

PLANT WISDOM

Dechı̨tah t'ahsíı nezheh met'áhodéǰá



NAHE NÁHODHE - OUR WAY OF LIFE



PROJECT OF DECHO FIRST NATIONS

welcome

máhsı edı megháhahnda

This project is dedicated to our ancestors. They show us the way through the stories they have told, the knowledge they have shared, and the children they have raised.

Edı tı'a nahecho gılé gonats'éndıh t'áh mek'eh eghálats'ındá á ąt'e. Gogąndıé gháádé goghánahonehtę, t'ahsıı goghágonétą kegededıhshọ nahets'ę kagedı, gots'ęh dáąndıh t'áh deząą genehsseh.

To promote Dene Zhatie in the Dehcho region, Dehcho First Nations, in collaboration with partners and local communities, undertook this video and book project to share Dehcho Dene language, culture and knowledge of the land.

Dehcho zhıeh gozhatıé k'éndah met'áh ats'et'ı gha, Dehcho First Nations, Dene ndaa gohéh eghálagenda, gots'ęh kúé zhágóla ndaa gots'ágęndı t'áh Dehcho Dene zhatıé, gonáhodhe, gots'ęh dáąndıh ndéh ts'ęh keots'edıhshọ t'áh edı edıhtı'éh náedah gots'ęh edıhtı'éh mek'ezhats'ehtı k'eh eghálats'ıdá.





From October 1 to October 7th 2019, twenty-four participants including elders, fluent language speakers, youth and staff members gathered at the Kat'odeeche Dene Wellness Center. Videographers documented the knowledge shared during the week and produced six short videos. The videos were then developed into six booklets in Dene Zhatie entitled Moose Hide, Spruce Tree, Dene Laws, Dene Laws and Stories, Camp Setup, and Plant Wisdom.

Įts'éndaa Zaa łé gots'eh łáhdıı, 2019 gots'ę ekúh Dene ęki honę ęóó-dıı léthede, ęndah, Dene amıı Dene zhatıé t'áh nezuh ęondeh, dezęa ohndah gots'eh gohéh eghálagedéh Kát'odeeche Dene Najéh K'é łéęehdeh. Dene dáęndıh t'ahsıı keęogedįhshę gots'ę kagedı t'áh Dene goedht'éhıhchuh dek'ehnízhénıdhah gots'eh mets'eh edįht'éh náedah ehts'ętai aek'áhe ts'ehtsı. Edı edįht'éh náedah ts'ets'ı ts'eh edįht'éh mek'ezhats'ehı aetséııa ts'ehts'ı.

We hope that this project inspires our youth. Enjoy.

**Edı mets'eh keots'edúęáh ts'enıdhę t'áh mek'eh eghálats'ındá.
Nezuh meęháahnda.**



The creator created us and the land. He created the things out on the land for us to use.

Tahsí ndéh k'eh nínila met'áh aút'í gha azhílá á qt'e.

Moss like this had many uses during the time when our parent traveled on the land.

Dí nímbaa chu káa t'ahsí łq̄q̄ gha nahecho zháogíndíh zhet'áh ageat'í á qt'e.

In those day, there weren't things like pampers, and this is what was used for diapers.

Dez̄ona tth̄oné húle t'áh ezhi kaq̄ndíh á dez̄ona tth̄oné gha ageh̄ł ehíéh.

I observed my mother doing this for my younger brothers.

Dez̄ona thídł sem̄q̄ ezhi kaq̄ndíh ndahegha ah̄ł.

Back in the times I am talking about, when you have to keep things cool,
Ekúh adehsíih, ekúh t'óh, t'ahsú thek'á mek'éts'ëndíh gha énidé

you remove some moss and place the object in the place of the moss and cover it up.

edi nímbaa godjchá ejihst'edhah gots'èh mezhíh t'ahsú nítjdhah gots'èh mek'eh nímbaa níats'jdhah.

It kept things cool, like in a fridge.

Met'áh t'ahsú thek'á, fridge éljh.

In the olden day, when people moved from place to place, they mark the direction for the people who are following behind, by placing moss on trees.

Thaah't'óh gok'eats'edeh, hóozhí k'ets'edeh, gok'éh gots'ahtheh godè agejá k'eogedjshq íle ch'á dı kaqndíh nímbaa kágehdlá súaodéhthah degeeh níágedhah.



Years ago, my dad shot a moose and people wanted
Thaahť'q̄h setá dechłtahé golq ɫhk'é gots'eh godéé ajá

to follow him to get the meat, but they didn't know where it was.
moots'edɫhshq íle.

He had placed moss every so often on the trees on his way back,
K'éť'áh naet'eh dı kaqndih nímbaa súaodéhthah dahzhédhah,

and that's how they found his moose.

ezhı gháádé á mek'éh k'eots'ehthe gháádé megolq ots'łhɔq etéh.





Back then, things were hard to come by, but not out in the land.
Ekúh t'óh náohí aguyt'é, dechytah t'a kí kagondíh íle.

This is a soapberry bush. A lot of it grows among us living here.
Dúhdęę náhthídéh dı kaqondíh ts'enehxoh ıq zháníhzhéh.

The berries that grow on this has many uses.
Dı jíe kaqondíh met'áhots'edehthı á qt'e.

It is a good medicine.
K'qni náidíh nezı á qt'e.

It is good for cleansing yourself.
Met'áh edegha segots'edleh gha énidé edı, t'a séé nezı á qt'e.

It is sought after by many animals.
T'ahsıı kaqondíh zhets'é hıtt'ıı aıııdhę.



If I don't gather the ones growing around my house, it is gone in two days.

Sekúé godhah ɔkí dze t'áah náhthihsj íle énidé kí húle.

Little animals or creatures such as chipmunks, ravens, and whiskey jacks, they know what it's important for

Ethodhoa, ezhahé kaqndíh, úhk'aa kaqndíh éhdah, azhíi ɔt'e séé zheghogedjshq

so they are attracted to it.

t'áh zhets'é kaget'j.



It is a good source of medicine.

Ezhi gɔɔʔóó séé náídí nezú á ɔt'e.

Some also chop up the branches into small pieces

Ndaa chu dehkoh gha énídé láa t'áh tágedet'áh kaɔndíh

and boil it in hot water and drink the solution for the common cold.

gots'eh tu thekóɔ tah gehcheh maɛhnda gots'eh zhetú gedɔ.

If you're going to use it, you don't boil it too much.

T'ahsíi gha met'áh ats'et'ɪ gha énídé chu, kí hútb'íí ts'ehcheh ɔt'e íle.

You just boil it until you can taste it a bit. That is what helps you the best.

łáa tɛndíh gots'é, ezhi á hútb'íí gots'ándı.





So when I'm gathering things,
T'ahsú met'áodehthi gha énidé chu

I usually make an offering once and I say to it,
íaa ndéh ts'ëhndíh gots'ëh kadehsí,

I'm going to be using your branches and eating your berries; help me
benefit from them.

**Met'áodehthi gha, nechíne t'áh chu aht'í gha nejré chu qhshéhtíh gha t'áh
séé set'ánendi.**



That's what you do. You're always talking to the things you are using.
Kats'et'j. T'áhsíi ts'éots'endeh t'áh met'áh ats'et'j.

I just want to tell you that a lot of our medicines come from our land.
Ezhi á kanahóhdushí enehthę, dechjtah tł'nah enáidí tq á qt'e.

Medicines that are bought are not too useful to us.
Godj náidih náendih kí met'áhodéá qt'e íle.

VOCABULARY

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thehtsɿ - he/she made

nímbaa – moss

ɬoq - a lot

zháogíndíh – when they were still living

tthqné – diaper

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thek'á – cool

godɿchá – big area

mezhɿh – under it

gok'eats'ededeḥ – when people roamed/traveled

kágehdlá – they pull out

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setá – my father

godéé – where

dahzhédhah – (one) placed them high above ground

golq - moose

k'éṭ'áh – back

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náohṭí – things were scarce

náhthídéh – we lived

ts'enehxoh – soapberry

zhánizheh – they grow

met'áhots'edeḥthɿ – make use of

náídíh – medicine

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sekúé – my house

náhtihstɿ - I picked them

etthodhoa – chipmunk

úhk'aa – whiskey jack

zhoghogedɿhshɔ - they know

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dehkoh – cold

łaa – little bit

tágedet'áh – they chop

thekóɔ - hot

gehcheh – they boil

metú – its broth/juice

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ndéh – land

ts'éehndíh – I made an offer

kadehsɿ – I said

met'áodehthɿ – I will make use of

nechɿné – your branch

nejié – your berry

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kats'edi – you say that

kanahóhdushí - I want to tell you all

náendíh – purchased

met'áhodéɔá - useful

THANK YOU FOR YOUR SUPPORT

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