

## Water Walk Statement

Beginning on the Spring Equinox, Youth and Community members of Saugeen First Nation will undertake a days journey to Sauble Beach; carrying a copper vessel and the community eagle staff, the ceremony endeavours to bring forward healing, wellbeing and signify a time of renewal for the community.

This Water Walk ceremony presents an opportunity for youth to become engaged in the roles of being a Water Keeper and Water Protector. It also gives seasoned Water Walkers from within the community, space and time to give back and share their teachings with Youth.

Together as community members, with Youth leading the way, we will uplift one another, create space to heal, and pick up our responsibilities to look after the Waters within us and around us.

“Saugeen is in a crisis of grief. Caused by substance abuse and the impacts of colonialism but mostly because we don’t know where to turn; there is no one untouched by the losses we’ve experienced and hardly any time to grieve only to find out we’ve lost another.

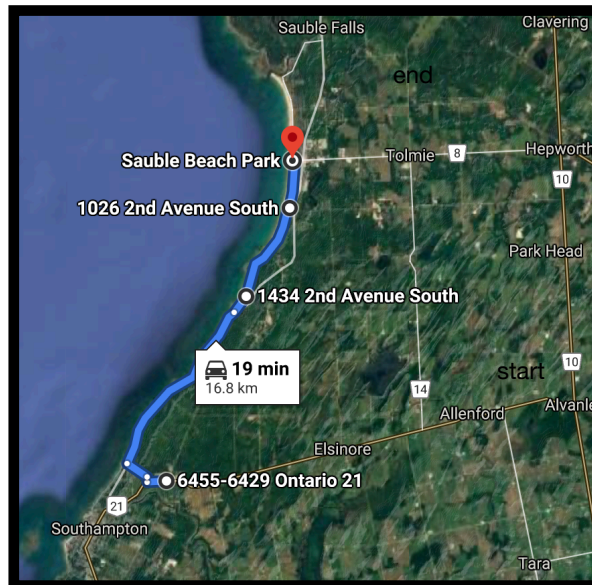
We all need a reason to hope and continue on. Especially the emerging leaders, the youth.

As a Water Walker, I know the water can heal. The water gives us real hope.

It has helped me on my healing journey. I believe spirit called me to help bring this ceremony together so we can start the healing that is needed in our community.” — Tania Ritchie, Organizer

## Water Walk Route

- Begin at Aaron Roote Memorial Youth Centre
- Turn Right onto Craig Street.
- Turn Left onto Cameron Drive
- Turn Right onto Bruce Rd 13
- Turn Left on 2nd Avenue
- Turn Right on 16 St. S
- Turn Left on Lot 21 Concession E
- Turn Left onto Main St, towards Sauble Beach
- End at Sauble Beach



Follow the Journey

Saugeen First Nation Happenings Group Page

For inquiries or questions contact:

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# Saugeen FN Youth Water Walk

*Walking for Our Health & Wellbeing*



**March 20th, 2021**

**Aaron Roote Memorial Youth Centre  
Saugeen First Nation**

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## Important Information & Protocols

Please bring a mask, warm clothing, proper footwear for walking, a pack for your personal belongings & your own reusable water bottle

Helpers will be onsite to look after walkers needs: refreshing water, washroom breaks, first aid if needed, emotional support and encouragement.

Please stay with the procession, if you need a break a support vehicle will offer you a ride until you're ready to walk again.

Tobacco & smudge will be available for all participants. Lunch and snacks will also be provided.

### Ceremonial Protocols

Everyone is learning so everything we do, we do in a kind way.

The water leads the way, the staff walks beside the water but not in front.

When we are in prayer we put our tobacco in our left hand, and offer it to the earth and water when we are ready.

We are asked to think, pray and be with the water and why we are walking. So we try not to socialize too much.

The grandmothers ask that women wear skirts. Some of our relatives do not feel themselves in a skirt, so you are of course still welcome. Men are encouraged to wear their ribbon shirts.

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## Day Itinerary

**7:30 AM – SFN Youth Centre**

Sacred Fire Lighting, Sunrise  
& Water Ceremony

Elder Shirley John & Waasekom  
Encouragement from Chief Lester Anouquot

**9:00 AM – Light Breakfast**

**9:30 AM – Begin Walk**

**10:30 AM – Touch Down for Break**

**10:45 – Touch Up & Continue Walk**

**12 PM – Lunch**

**1 PM – Touch Up & Continue Walk**

**2:30 PM – Touch Down for Break**

**2:45 PM – Touch Up & Continue Walk**

**4 PM – Touch Down for Break**

**4:15pm – Touch Up & Continue Walk**

**5:00 PM – Complete Water Walk**



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## COVID-19 Safety

In light of the ongoing COVID-19 pandemic, health and safety is a top priority. As such, protocols have been established to minimize risk to walkers, as well as to the community members engaged in this essential work. Below we outline some of the details of our COVID-19 safety precautions:

- All activities will take place **outside**, including the walk and ceremonies.
- Any outdoor gatherings for ceremonial purposes will be **limited to 100 People**, as is the allowable limit for Green Zone outdoor gatherings in Ontario.
- A physical distance of **2-meters** will be maintained.
- **Mask-wearing** is strongly encouraged throughout the ceremonial proceedings .
- Hands will be **washed and sanitized** frequently.

While we appreciate the support from relatives and friends from beyond the community of Saugeen, we ask that this ceremony be for the community by the community as to limit the **risk of potential** exposure.

Acknowledging that COVID-19 risks and restrictions have changed since then, this Water Walk has limited contacts and increased protections. It is in full compliance with current federal, provincial, and regional COVID-19 regulations and will continue to operate on the best available information.