

ANCESTRAL SCIENCE PODCAST

Episode 16 with DARYL KOOTENAY

"Glacier Sovereignty and the science of hunting and laughter"

DARYL KOOTENAY is from Stoney Nakoda Nation in Treaty 7 & member of Dine (Navajo) Nation in New Mexico. He taught us about the science of sinew and its representation as connection, how he uses the teachings of travelling abroad to help his home community, what we can learn from the parfleche, changing genes through laughter, hunting, and food, UNDRIP & Indigenous Science, glacier sovereignty, and how water is our bloodline.

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SCIENCE IS: sacred, powerful, our everything, our ceremony.

Bow Hunting

- creating and then using a bow teaches humility and values, as well as how to “learn as you go.”
- teachings happen from harvesting the willows to the hunting of the animal.

Sinew Science

- sinew keeps animal strong and flexible, which is the same way it has been used by humans for thousands of years- as thread in shoes and jackets.
- sinew helps animals get up to speed fast!

HOWL

-non-conventional educational programming on-the-land and centered around community so participants can develop their own community-based projects.

Reconciliation & Governments

- [Truth & Reconciliation](#)
- [Missing & Murdered Indigenous Women](#)
- [United Nations Report on Rights of Indigenous Peoples](#)
- how to learn from the world, then bring that back to community to help.

World Conference of Indigenous Peoples: “shaking the hands that shook the world”

[World Food Forum- Global Youth Action](#)

[The \(r\)Evolution of Indigenous Foods](#) TEDx. Sean Sherman

[The Power of Indigenous Foods](#) TEDx- Jared Qwustenuxum Williams

[Indigenous Leadership @ Banff Centre](#)

ARVOL LOOKING HORSE

-[interview](#), [Wiki](#), [hearts & minds](#)

MICHAEL YELLOW BIRD

- “Decolonizing Pathways towards Integrative Healing in Social Work” (book)
- mindfulness & food: connection with the sun, sleep, and awareness about food.
- [Epigenetics & Food](#)

HEALTH & Being on the LAND

-[our brain likes being outside!](#)

-[Time Article](#)

LANGUAGE & SCIENCE

-reconnecting with languages of the Land (Indigenous languages) is the key to truly understanding Indigenous Science. Language has its own spirit

NATIONAL PARKS & INDG PPL

[-give back Land rights to original peoples](#)

BOW RIVER is our LIFELINE

-glacier that feeds the bow is disappearing

-water is our bloodline. power of water. Water can change you and heal you.

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