



**First Nations Language Keepers Gathering  
Workshop  
Albert Scott**

**Title:** How to Smudge!

**Presenter:** Albert Scott

**Biography:** Albert Scott is Saulteaux from the Kinistin Saulteaux Nation and speaks the Nakawē Language. He works at the Saskatoon Tribal Council as the Language & Culture Coordinator for the last five years. He follows Nakawē customs, beliefs, teachings, traditions and Saulteaux culture. His partner is Frances Scott, they have been together 44 years. He has spent years learning about Ōskābēhos or Traditional server. He assists at ceremonies and is considered a Nitamābīhāgan or sitting Elder.

**Abstract:** Now that most schools are smudging, some are taking a short cut and not doing it properly. Albert will explain the four elements that are used; fire (embers), earth (sweet grass, sage, tobacco and cedar), water (sea shell) and wind (feather). Power point will be used to explain why we smudge and the spiritual powers. Details will be given about Manitou-ōskābēhos (Creator's helper) and Oskōtē-akiwēzī (fire ember spirit). Sometimes we fail include these spirits. Teachings will be shared so that people will understand. Instructions will be taught to smudge in the direction of the sun. Albert will explain about the shorts cuts, where the fire came from, why we shouldn't play with fire and not to blow on the fire. He will also explain that if you don't have embers (outside fire) and what you could use, why you should include tobacco and the meaning, the meaning of the fire embers and the job that the fire spirit does. His presentation will touch on some protocols.

**Learning Outcomes:** Participants will:

- Understand the teachings and the four elements;
- Know the proper way to smudge;
- Understand the spirits that are used to smudge;
- Know the spiritual powers of the different plants;
- Understand why smudging is good and its benefits; and,
- Understand why tobacco is used.