

Secwépemc Seasonal Rounds

The Secwépemc calendar revolves around seasonal resources, and activities are influenced by the local climate. Month names reflect major activities being carried out or typical weather for that time of year.

EARLY FALL:

- hunting up in the mountains and the last of the season's gathering
- drying racks are filled with salmon and meat is dried in the heat of small, specially built huts or above the sweat lodge fires

SUMMER:

- trips continue
- groups follow the ripening berry patches at mid-elevations
- berries are dried on mats surrounding encampments
- trout are fished and salmon runs arrive at different times throughout the territory

Pesqelqélten

Many salmon moon ~September

- elk, sheep, and deer
- balsamroot seeds for protein, mushrooms dried or added to soups, huckleberries preserved in large numbers
- salmon

Pellctéxeicten

Salmon runs upstream ~August

- later berries, such as blueberries, oregon grape, and red-osier dogwood berries
- abundant salmon

Pelltqwelqwéit

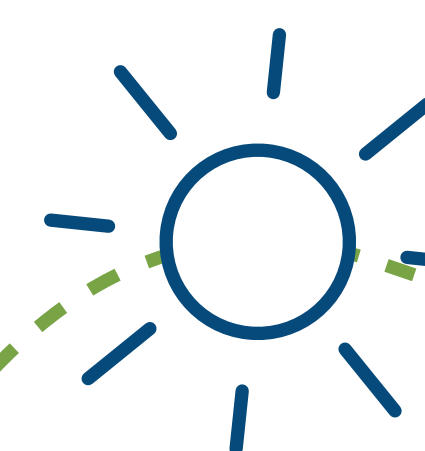
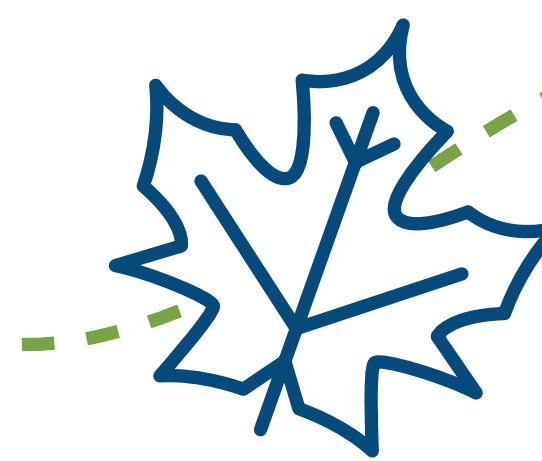
Everything ripens ~July

- berries collected in large numbers to be preserved
- many bulbs gathered and dried for winter use
- trout and salmon

Pesllwélsten

Fall begins ~October

- ripe cranberries pitted and dried, thistle roots preserved, and tiger lily roots roasted for storage
- marmots and deer harvested for meat and fur
- nuts gathered



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Mid summer ~June

- Saskatoon berries ripen, the first of many berries

Pell7ell7é7llqten

Root digging moon ~May

- trout in the lower lakes
- easier hunting as deer moved out of wintering areas
- various edible stems, bulbs, and potatoes

LATE FALL:

(beginning of the year)

- people move into their c7ístkteŋ (winter underground home)
- caches are filled with food to last the winter
- sweat lodges provide physical and spiritual cleansing and storytelling helps to pass the long, dark evenings

Pellc7ell7ú7llcwten

Entering the winter home ~November

- food caches well stocked
- elk or deer hunted to dry or eat fresh

Pelltetéqem

Fall and winter merge ~December

- deer meat stews, berry cakes, and soups
- trapping small animals

Pellkwetmín

Remain at home ~January

- ice fishing for trout and white fish
- hunting in large groups to drive deer into valleys

Pellctsípweŋten

With cache pits ~February

- trapping and snaring small animals
- ice fishing continued
- hunting more difficult in snowy terrain

Pellsqépts

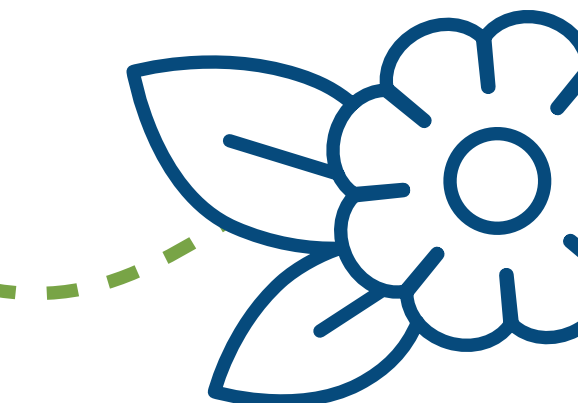
Spring winds ~March

- winter food supplies at their lowest
- ice no longer safe for fishing
- later in the month, balsamroot shoots provided vitamins

Peslléwten

Snow melt ~April

- edible flower bulbs
- cambium and sap of yellow pine

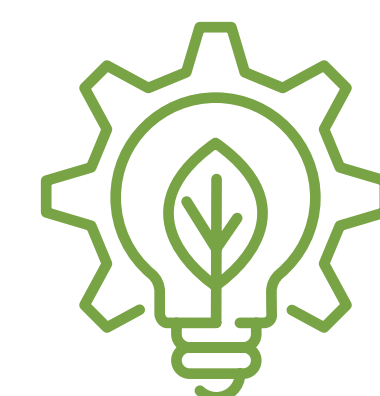


WINTER:

- garments are sewn for the year ahead and small game with soft, thick winter fur is trapped for its warmth
- as stored food supplies become diminished, families with extra share with those in need

SPRING:

- canoes are built, storage bags sewn or repaired, and mats are made for summer dwellings
- family groups move into camps in traditional gathering places
- major trips are undertaken throughout the territory to visit, attend gatherings, and trade



MAKING THE CONNECTION

What activities do you do on a seasonal basis?
How could you live and eat more in tune with the seasons?



CLIMATE CONNECTIONS TRAIL



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