

KEEP IT SACRED



National Native Network
Technical Assistance Webinar

Traditional Tobacco



Presented by:
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- Bachelor of Science – Haskell Indian Nations University – Environmental Science - 2006

Traditional Tobacco



Terra Houska is an enrolled member of the Oglala Sioux Tribe. While attending Haskell Indian Nations University, she took courses related to plants, plant identification, ethnobiology; and traditional plants, foods and medicines. After graduating, she began working with the U.S. Forest Service in the Black Hills of South Dakota and Wyoming as a Botany and Wildlife Biotech where she spent the next 10 years.

Soon after, she joined with the Great Plains Tribal Chairmen's Health Board and works closer with tribal communities.

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- Continuing Education guidelines require that the attendance of all who participate be properly documented.
- To obtain a certificate of continuing education, you must be registered for the course, participate in the webinar in its entirety and submit a completed post-webinar survey.
- The post-webinar survey will be emailed to you after the completion of the course.
- Certificates will be mailed to participants within four weeks by the Indian Health Service Clinical Support Center.

Learning Objectives/Outcomes

By the end of this webinar, participants will be able to:

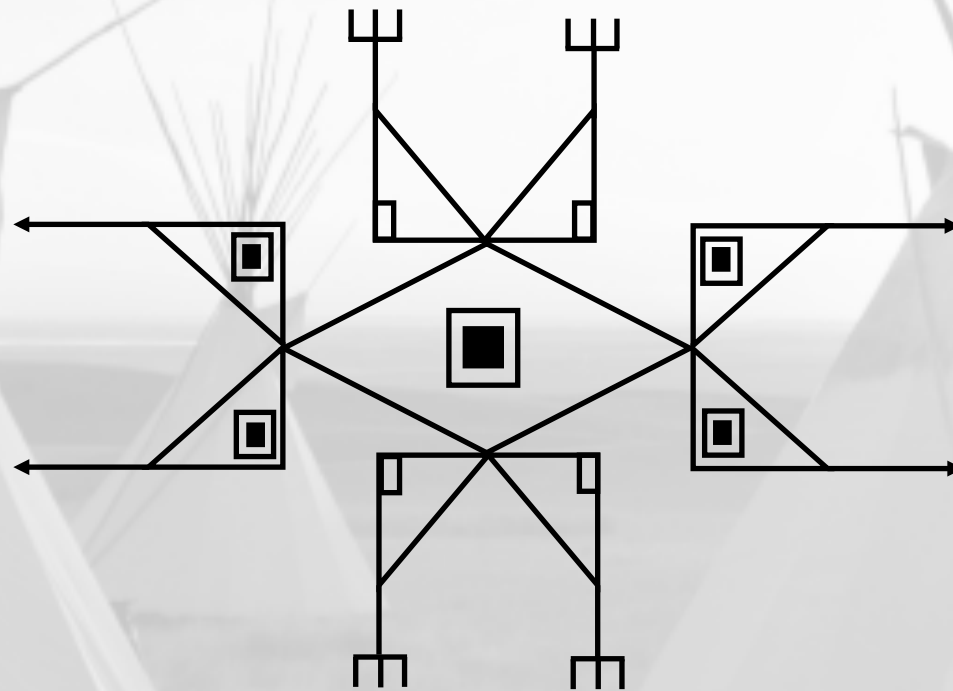
1. Examine the cultural and spiritual importance of traditional tobacco employed by the Lakota/Dakota.
2. Differentiate between traditional tobacco and commercial tobacco health effects.
3. Educate tribal communities on the harmful health effects of commercial tobacco use and assist with identifying resources for prevention and control.



"Hecel Oyate Kin Nipi Kte -- So That The People May Live"



SACRED WILLOW



Terra Houska, B.S. Environmental Science



Traditional Tobacco definition:

Traditional tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

There is a variety of “traditional tobacco” that the different tribes of the Great Plains use, in this presentation traditional tobacco is referred to as the plants that the Lakota/Dakota use as offering, smoking during prayer and ceremony.





RED WILLOW/Red Osier Dogwood



Scientific name: *Cornus sericea*

Lakota name: Cansasa (means: redwood or red tree)

Habitat: Wetland bottoms, near water

-other plants you can find near me:

mints, sweet flag, arrowroot

Description: White flower, reddish-brownish stem (brighter red in winter), opposite and simple leaves.

Basic uses: Cansasa is the basic ingredient of a smoking mixture and is what is referred to as traditional tobacco. It is commonly mixed with bearberry, lovage root and Osha root.

Collection: Only gathered after the last thunder and before the first thunder of the spring (winter months during dormancy).

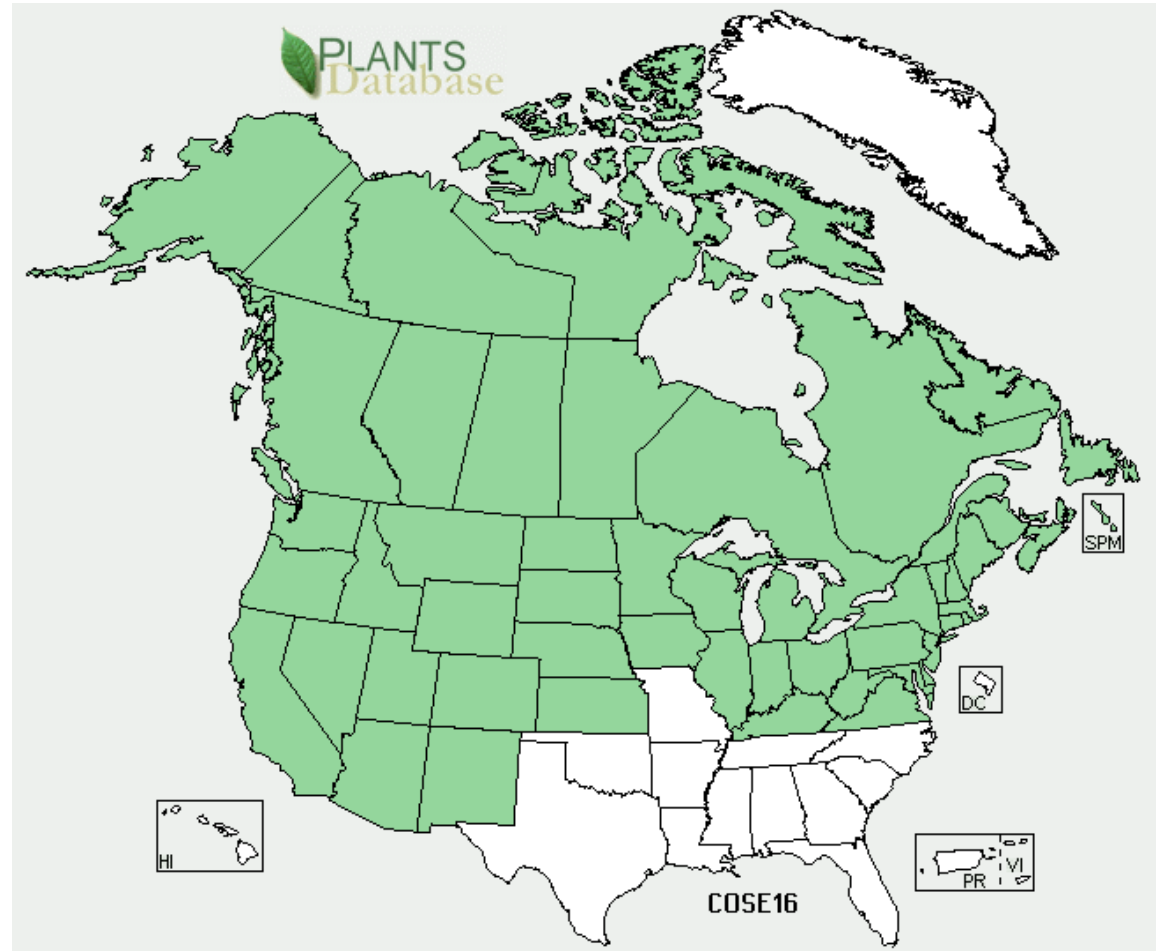
Other Cool Information and facts: The Chinese have found it may be used to treat diabetes.





Distribution:

Habitat: Wetland areas with moist soil, typically near a creek and valley bottoms. Also often found near cottonwood groves.



<https://plants.usda.gov/core/profile?symbol=COSE16>

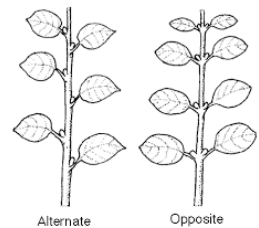


Identification



- Cansasa a cream white flower with 4 petals and 4 stamens (blooms in May-August).
- Leaves are simple and opposite. Smooth in texture with 5-6 lateral veins on each side.
- Stems are reddish-brownish during the warmer months and turn bright red during harvest season and during the dormant time period. Elders say it is the color of the people's skin in the winter time, which makes it easier to locate.

<https://www.minnesotawildflowers.info/shrub/red-osier-dogwood>





Collecting Cansasa

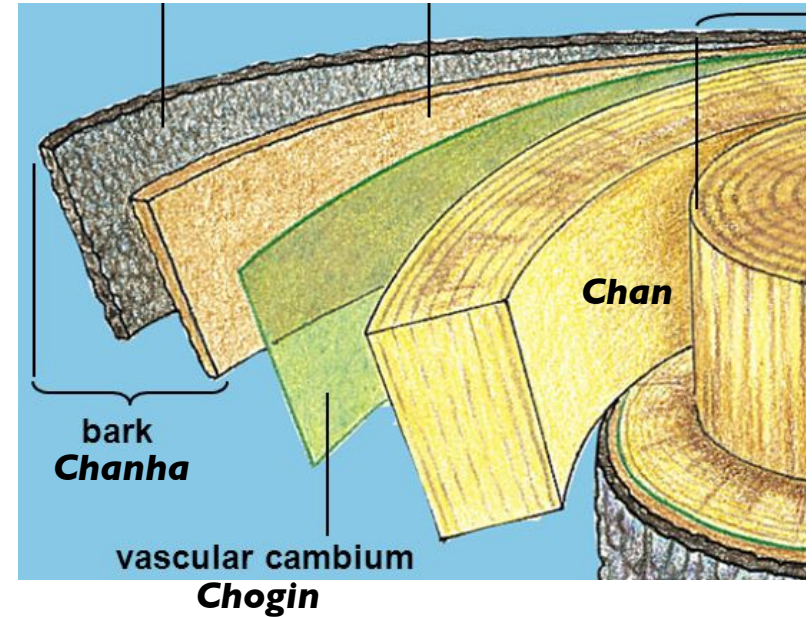


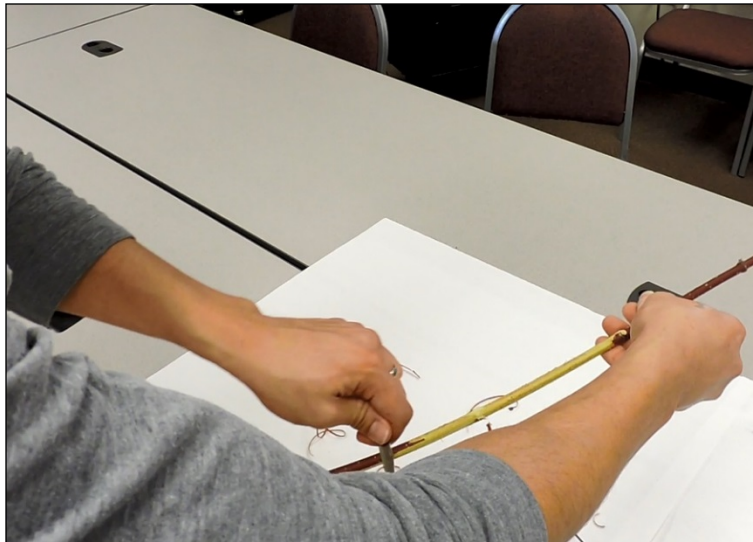
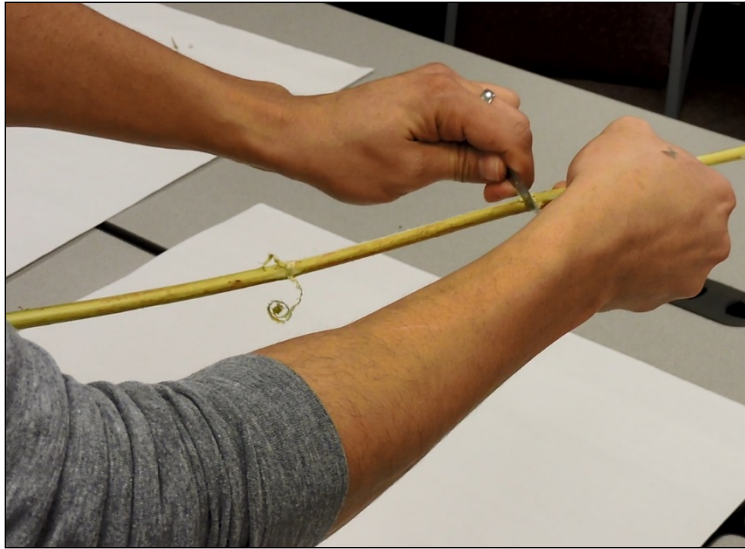
- The proper way to gather cansasa is during winter time, after the last thunder or before the thunder beings come. Between the months of December and March is when the sap is in the roots and when cansasa tastes its best.
- Use a very sharp object like a knife or pruning sheers to cut just above the branch. **DO NOT PULL FROM ROOTS.**



Preparation

Using a sharp tool slowly peel the green part (cambium) off of the bark.





First, the outer bark should be shaved off. It should come off in a nice, long strip. On the inside, there should be a green film, and that should be stripped off.



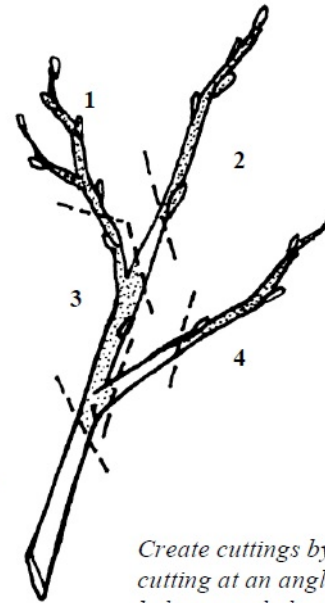
Propagation

What is Propagation?

"the propagation of plants by root cuttings"

The breeding of specimens of a plant or animal by natural processes from the parent stock (plant).

(Think of this process similar to you taking a clip of someone's aloe plant and making a new plant of those clippings.)



Create cuttings by cutting at an angle below a node leaving at least 3 nodes above the cut. This example results in 4 useable cuttings.

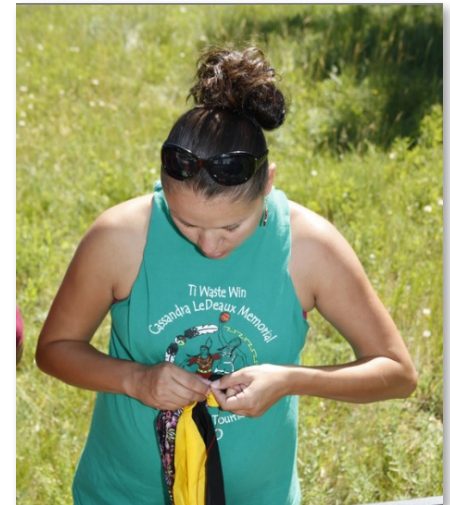


When properly prepared and cared for cuttings have the potential to set roots and new leaves at nodes during the first season. Dotted lines show where this might occur.



How do I offer Cansasa?

When offering cansasa to spirits or when praying, the individual that is praying needs to say their prayer and present the tobacco or smoke it. The prayer is delivered through the smoke that is exhaled and carried up to Tunkasila. The thing that keeps cansasa sacred, is that it is not to be inhaled. It is intended to savor in the mouth as a person is praying.





Plants to mix with Cansasa



Lavender Hyssop

<http://www.muslimgrower.com/discussionforum/showthread.php?t=1931>



Bear Berry/ Kinnicknick



Smooth Sumac



Bear root/Osha root





Uses of Cansasa

MEDICINAL

- Cut, Burn or Wound: Cansasa will cleanse the wound. Place chewed cansasa on wound & bandage it.
- Headache: Chew the leaves from the cansasa & swallow the juice.
- Flu: Drink water that has been boiled with cansasa
- Soreness, Ear Infection, or Muscle Ailments: Blow the cansasa smoke on affected are 3-4 times.

CEREMONIAL

- | | |
|------------------------------------|----------------|
| -Opagi | -Sundances |
| -Offering as a gift to the spirits | -Sacred Rights |
| -Strengthening the house or Tipi | -Vision Quest |
| -A form of bonding a contract | -Wopila |
| -Naming ceremonies | -In marriages |

PRAYER

Cansasa is used to pray to the 4 directions & Tunkasila. It is used in tobacco ties as an offering to the spirits for asking them to do something for whoever is praying. They are burned so that the spirits can received the cansasa. When cansasa is smoked, whoever smoking should think about their prayers and when they exhale their prayers are carried up in the form of smoke. What makes it sacred is when smoked, the smoke is NOT inhaled.

SMUDGE

When burned, cansasa gives off a really pleasant aroma. But it is also used to smudge or purify oneself and it cleanses the spirit and body.



More Uses:

SOCIAL

- Intertribal and interpersonal gatherings (i.e. enemy tribes or for trading)
- Marriage counseling
- Binder of contract with treaties (i.e. 1860 Treaty)
- As a means of forming relationships or bonding with families and peers.
- Political or diplomatic gatherings
- Source of social cohesion for the Lakota people.

TRADE

In earlier years, a handful of cansasa would be traded for a horse. It is seen as gold to Indigenous peoples because of its scarcity.

GIFT

- Wamakaskan Oyate
- Spirits
- Medicine Men
- Tunkasila
- Drum
- Seven directions
- A way of saying thank you and exchanging cansasa for what is being asked





ALBERT WHITE HAT St. Francis, SD

"I was addicted to it (smoking) for a long time, when I was a little guy. My mom used to smoke Bull Durham, she would ask me to roll her tobacco. So I started real early, I quit a little over a year ago. I smoked all my life and I couldn't quit. I was so addicted to it. Over a year ago, I was just rasping and saw junk in my throat. I finally got a prescription from a doctor. I have grandchildren. So I don't smoke in the house, when the grandchildren came I never smoke in the house. It'll be a blizzard out there and I'll be outside smoking. It was that bad. If I want to spend some time with them I better quit, especially when I started rasping. They told me it's gonna take about five years to clear my lungs when I quit smoking and I have to believe it. Because, once in awhile, I still cough up a lot of junk. So now it really has a negative effect on you and you as a smoke it without a ceremonial use as commercial use its abuse. Not just tobacco abuse but you're abusing yourself."





Richard Broken Nose,

a respected elder of the Oglala Sioux tribe, was born on April 28, 1939. He has worked at Loneman School for over 12 years. Richard had the opportunity to go to Bagdad, Iraq for the Native American Peace Mission and talked about American Indian history and prophecy.

“When we have *cansasa*, we don’t mix it with domestic tobacco. It’s just pure *cansasa...opagi*. We don’t have anything to do with American *canli*. I am 69 years old and in my life, I have never smoked commercial tobacco. If I want to smoke, sweat, or go to ceremony, I only smoke *cansasa*.”





Traditional Tobacco vs. Commercial Tobacco

<i>Traditional</i>	<i>Commercial</i>
Not inhaled	Inhaled
Sacred	Not sacred
Not easy to get or convenient, scarce	Easy & convenient
Simple, humble, common, not flashy	Fast/rushed
Spiritual	For profit
Not addictive	Addictive
Natural / Ikce (wild, in a state of nature)	Unnatural, processed, has additives, harmful
No additives & absence of negative health consequences	Diseases related to product include cancer, emphysema, heart disease, breathing problems, pre-term birth, mouth cancer, SIDS
Used in a respectful manner	Not used with respect
Red	Brown
Deliberative, thoughtful	Broad consumption by general population
Appropriateness	Recreational
With awareness	For pleasure
Used in moderation	Casual
Generosity	Wakanj siča (Satan, a devil, the bad spirit)
Used in community and social content	Used individually as a personal choice



- Cardiovascular disease is the leading cause of death among American Indians/Alaska Natives.
- Lung cancer is the leading cause of cancer deaths among American Indians/Alaska Natives.
- Diabetes is the fourth leading cause of death among American Indians/Alaska Natives. The risk of developing diabetes is 30–40% higher for smokers than nonsmokers.



Cancers Linked to Smoking

- Bladder
- Blood (acute myeloid leukemia)
- Cervix
- Colon and rectum (colorectal)
- Esophagus
- Kidney and ureter
- Larynx
- Liver
- Pancreas
- Stomach
- Oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils)
- Trachea, bronchus, and lung

If nobody smoked, one of every three cancer deaths in the United States would not happen.



2nd Hand Smoke

In general, children breathe in more air than adults because their lungs are still developing. They also have little or no control over their environments and cannot leave if secondhand smoke is bothering them. As a result, children exposed to secondhand smoke run a greater risk of damaging health effects.

- Children who breathe secondhand smoke on a regular basis are at a higher risk for middle-ear infections.
- Exposure to secondhand smoke can not only bring on asthma attacks, but can also cause asthma in children.
- Babies and children younger than age 6 who are exposed to secondhand smoke regularly are more likely to get respiratory tract infections, such as pneumonia and bronchitis.
- Elders are also at a higher risk, especially if they already have existing lung problems.

<http://tobaccofreeca.com/secondhand-smoke/in-cars/>



3rd Hand Smoke



Thirdhand smoke is generally considered to be residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. This residue is thought to react with common indoor pollutants to create a toxic mix. This toxic mix of thirdhand smoke contains cancer-causing substances, posing a potential health hazard to nonsmokers who are exposed to it, especially children.



- Studies show that thirdhand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces, even long after smoking has stopped.
- Infants, children and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest or touch substances containing thirdhand smoke.
- Thirdhand smoke is a relatively new concept, and researchers are still studying its possible dangers.



Resources

- <https://plants.usda.gov/core/profile?symbol=COSE16>
- <http://gardening.wsu.edu/text/nvcuthw.htm>
- https://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2012/states/south_dakota/index.htm
- https://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2012/states/north_dakota/index.htm
- https://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2012/states/nebraska/index.htm
- https://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2012/states/iowa/index.htm
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm
- http://www.cdc.gov/cancer/healthdisparities/pdf/0809_hd_fs.pdf
- CDC Office on Smoking and Health E-cigarette Information November 2015.
<https://www.cdc.gov/tobacco/stateandcommunity/pdfs/cdc-osh-information-on-e-cigarettes-november-2015.pdf>
- <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/third-hand-smoke/faq-20057791>
- <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>
- <https://www.cdc.gov/tobacco/disparities/american-indians/index.htm>
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/economics/econ_facts/index





Thank you

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