



MEDICINE WALK

With Daisy Kostus



Sunday, Aug. 9, 2026

3-4 p.m. | Meet at Powwow Grounds (The Hill Campground)

7525 E. Tomah Rd., Mt. Pleasant, MI 48858

About Daisy Kostus

Boozhoo, Waabokniikwe minwa Daisy Kostus ndesinkase, Waswanipi ndunjabah, Mukwa ndoodem.

My original reservation was Waswanipi Island (light over water), Quebec Canada. I was raised in the bush with my family who were hunters and gatherers. I learned about medicinal plants while living with parents and grandparents. I also learned all about cultural ways of living in the bush by gathering plant medicines, gathered boughs and sphagnum moss to put inside our tents and wigwams and labrador tea with my aunts, parents, and grandparents. While living in the bush, I learned how to set rabbit snares, how to skin beaver, and clean and fillet fish. I learned how to process rabbit skins, and beaver skins to make into clothes, blankets, hats from the skins. Also, I learned how to process moose and caribou skins to be made into, sinew, moccasins, cradle board trim, moss bags for babies, mittens and gloves, etc.

As a young child at the age of seven years old, I was sent to the Shingwauk Indian Residential School in Sault Ste. Marie, Ontario. At this school I learned how to read and write English, which I didn't understand. I went to the residential school for thirteen years. The Cree/Oji Cree language was the only languages I was able to speak back then. After, high school I went to Delta College and Lake Superior State University.

Presently, I teach an Herbal/Plant Medicines/Foraging Class at the Saginaw Chippewa Tribal College in Mt. Pleasant, Mich. off and on for last seven years. I also teach medicine classes with the Grand Traverse Band of Indians in Peshowbestown, Mich. in August for the last 10 years. I'm also a certified massage therapist, reflexologist, and natural health consultant. I work with Great Lakes Arts and Crafts Mukukers in Michigan, Iowa, Minnesota, Wisconsin and Canada to restore birchbark canoes, dugout wooden canoes, medicine/ceremonial lodges, etc.



For more information, please contact:

Tiana Escobar at TEscobar@sagchip.org or 989-775-4870



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org