

Pápa making workshop held in McLaughlin

Sitting Bull College recently sponsored a one-day *pápa* making workshop at the Bear Soldier campus in McLaughlin. *Pápa* is *Lakhóta* for meat that has been cut thin (*kablá*) and dried. This is a traditional way to preserve meat in many cultures. A young bison was used for the lesson. Five youth and three adults participated.

Verlinda Iron Cloud taught the lesson with her father Vernon's assistance. She demonstrated several methods of cutting the meat thin depending on the muscles used. The meat was dried for three days on wooden poles that had been peeled and smoothed. The meat had to be turned every four hours until dry. It is then kept in cloth or paper bags in a relatively dry room. Participants gifted some of the *pápa* to elders they know.



Verlinda Iron Cloud showing a thin layer of rib cage muscle to the participants.



Taló (Meat) cut thin by the workshop participants and hung up to dry.

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