

ARCANE RADIO

Exploring the Unexplained

July 24th, 2020

9PM Eastern

Chad Lewis

**'Wendigo Lore: Monsters,
Myth & Madness'**

BXP

1
00:00:09,190 --> 00:00:05,749
the oldest

2
00:00:11,430 --> 00:00:09,200
and strongest human emotion is fear

3
00:00:12,390 --> 00:00:11,440
and the oldest and strongest type of

4
00:00:15,589 --> 00:00:12,400
fear

5
00:00:17,990 --> 00:00:15,599
is trepidation of the unknown

6
00:00:21,429 --> 00:00:18,000
when we were children our parents told

7
00:00:23,910 --> 00:00:21,439
us that monsters didn't exist

8
00:00:27,109 --> 00:00:23,920
but we were sure that something was

9
00:00:31,669 --> 00:00:27,119
lurking under the bed or in the closet

10
00:00:34,790 --> 00:00:31,679
fear sees even if our eyes are closed

11
00:00:35,670 --> 00:00:34,800
welcome to the realm of the arcane my

12
00:00:38,549 --> 00:00:35,680
name is lon

13
00:00:40,389 --> 00:00:38,559

stripler join me as i examine

14

00:00:43,030 --> 00:00:40,399

unexplained creatures

15

00:00:45,350 --> 00:00:43,040

strange manifestations of remarkable

16

00:00:48,310 --> 00:00:45,360

realities

17

00:00:50,950 --> 00:00:48,320

imagine this next hour as a voyage of

18

00:00:53,990 --> 00:00:50,960

discovery to strange lands

19

00:00:56,549 --> 00:00:54,000

seeking not for new territory but for

20

00:00:59,349 --> 00:00:56,559

new knowledge of the supernatural

21

00:01:00,740 --> 00:00:59,359

come on board as we begin this adventure

22

00:01:08,469 --> 00:01:00,750

together

23

00:01:12,950 --> 00:01:10,550

hey folks good evening and welcome we're

24

00:01:13,910 --> 00:01:12,960

back again for another episode of arcane

25

00:01:15,749 --> 00:01:13,920

radio

26
00:01:18,070 --> 00:01:15,759
where we explore the unexplained here on

27
00:01:20,469 --> 00:01:18,080
the paranormal king radio network

28
00:01:22,550 --> 00:01:20,479
i'm your host lon strickler coming to

29
00:01:24,070 --> 00:01:22,560
you within a cannon shot of historic

30
00:01:26,950 --> 00:01:24,080
gettysburg pennsylvania

31
00:01:29,350 --> 00:01:26,960
i thank you for joining me now before we

32
00:01:32,469 --> 00:01:29,360
uh start talking to our guests

33
00:01:34,870 --> 00:01:32,479
i want to talk about a recent report

34
00:01:38,069 --> 00:01:34,880
that we received but the team

35
00:01:40,230 --> 00:01:38,079
uh where a witness observed observed the

36
00:01:42,870 --> 00:01:40,240
tall human shaped being

37
00:01:43,910 --> 00:01:42,880
in a preserve near o'hare international

38
00:01:46,069 --> 00:01:43,920

airport

39

00:01:48,469 --> 00:01:46,079

now the description is interesting since

40

00:01:50,550 --> 00:01:48,479

it is near several other wing humanoid

41

00:01:53,190 --> 00:01:50,560

siding locations

42

00:01:54,550 --> 00:01:53,200

now i recently talked to two women who

43

00:01:56,630 --> 00:01:54,560

have had an encounter

44

00:01:58,230 --> 00:01:56,640

with an unknown entity in this forest

45

00:02:01,910 --> 00:01:58,240

preserve located near

46

00:02:04,389 --> 00:02:01,920

rosemont illinois lj later

47

00:02:06,230 --> 00:02:04,399

forward the following written report my

48

00:02:08,949 --> 00:02:06,240

friend and i were biking north on a

49

00:02:12,790 --> 00:02:08,959

closed cook county forest preserve trail

50

00:02:13,910 --> 00:02:12,800

near rosemont on december 8 2019 at

51

00:02:17,110 --> 00:02:13,920

around 2pm

52

00:02:19,350 --> 00:02:17,120

central time now i believe we entered

53

00:02:21,350 --> 00:02:19,360

the trail on the north side

54

00:02:23,350 --> 00:02:21,360

off of lawrence avenue into the

55

00:02:26,550 --> 00:02:23,360

catherine chevalier

56

00:02:29,110 --> 00:02:26,560

woods we walked their bikes at this

57

00:02:31,509 --> 00:02:29,120

point because the trail was muddy

58

00:02:33,430 --> 00:02:31,519

now it was along the desk plains river

59

00:02:34,309 --> 00:02:33,440

maybe a quarter mile later the trail

60

00:02:37,350 --> 00:02:34,319

hooked up

61

00:02:39,430 --> 00:02:37,360

with a more official looking bike trail

62

00:02:41,190 --> 00:02:39,440

after a few minutes on that trail i was

63

00:02:42,309 --> 00:02:41,200

overcome with an immediate sense of

64

00:02:46,229 --> 00:02:42,319

anxiety and

65

00:02:47,750 --> 00:02:46,239

doom about 30 to 50 yards away on the

66

00:02:50,470 --> 00:02:47,760

right side of the trail

67

00:02:51,350 --> 00:02:50,480

i swear i saw something that was about

68

00:02:54,550 --> 00:02:51,360

six to seven

69

00:02:54,869 --> 00:02:54,560

foot tall with its back mostly towards

70

00:02:58,229 --> 00:02:54,879

us

71

00:02:59,830 --> 00:02:58,239

but slightly facing east it looked like

72

00:03:02,149 --> 00:02:59,840

the back was covered in

73

00:03:02,949 --> 00:03:02,159

feathers or some scraggly looking light

74

00:03:06,070 --> 00:03:02,959

brown

75

00:03:06,470 --> 00:03:06,080

or great coat it looked kind of hunched

76

00:03:08,790 --> 00:03:06,480

over

77

00:03:09,750 --> 00:03:08,800

i thought it was just my imagination and

78

00:03:11,430 --> 00:03:09,760

didn't say

79

00:03:13,589 --> 00:03:11,440

anything to my friend about it at the

80

00:03:15,750 --> 00:03:13,599

time and tried to focus on the

81

00:03:17,830 --> 00:03:15,760

conversation we were having at the time

82

00:03:21,030 --> 00:03:17,840

while

83

00:03:21,990 --> 00:03:21,040

i left nervous i felt nervous biking

84

00:03:24,229 --> 00:03:22,000

toward it

85

00:03:25,110 --> 00:03:24,239

and was not looking at it as we biked in

86

00:03:27,750 --> 00:03:25,120

this direction

87

00:03:28,949 --> 00:03:27,760

think it was just my imagination but i

88

00:03:31,350 --> 00:03:28,959

felt worried

89

00:03:32,550 --> 00:03:31,360

now later that day a friend texted us

90

00:03:34,949 --> 00:03:32,560

jokingly

91

00:03:37,030 --> 00:03:34,959

to say that we were that there were a

92

00:03:38,630 --> 00:03:37,040

number of mothman sightings in the area

93

00:03:41,350 --> 00:03:38,640

we had biked

94

00:03:43,030 --> 00:03:41,360

uh through the earlier that day through

95

00:03:45,910 --> 00:03:43,040

earlier that day

96

00:03:47,990 --> 00:03:45,920

that's when i felt my heart sink now we

97

00:03:49,509 --> 00:03:48,000

didn't know much about this being before

98

00:03:51,509 --> 00:03:49,519

we found your site

99

00:03:54,229 --> 00:03:51,519

when researching the mothman after we

100

00:03:56,710 --> 00:03:54,239

got back from her bike trip

101
00:03:57,750 --> 00:03:56,720
now she attached uh some google earth

102
00:04:01,830 --> 00:03:57,760
images to show

103
00:04:06,229 --> 00:04:01,840
specifics and such and uh

104
00:04:08,789 --> 00:04:06,239
they also sent a photograph

105
00:04:09,589 --> 00:04:08,799
that her friend took of her right before

106
00:04:13,190 --> 00:04:09,599
the sighting

107
00:04:15,990 --> 00:04:13,200
so anyway you know the witness is a

108
00:04:17,509 --> 00:04:16,000
known professional in chicago and the

109
00:04:19,670 --> 00:04:17,519
location

110
00:04:22,310 --> 00:04:19,680
is east of o'hare international airport

111
00:04:25,270 --> 00:04:22,320
now i know the area is somewhat since

112
00:04:27,909 --> 00:04:25,280
it's in nature preserve behind the the

113
00:04:28,950 --> 00:04:27,919

convention center and the lowe's chicago

114

00:04:30,950 --> 00:04:28,960

hotel

115

00:04:32,550 --> 00:04:30,960

places i've been while i've been wahia

116

00:04:34,469 --> 00:04:32,560

visited chicago

117

00:04:36,070 --> 00:04:34,479

now the des plaines river is directly

118

00:04:37,590 --> 00:04:36,080

behind the convention center in the

119

00:04:41,030 --> 00:04:37,600

hotel

120

00:04:43,830 --> 00:04:41,040

uh for some reason i personally believe

121

00:04:46,150 --> 00:04:43,840

that this may be a key location

122

00:04:48,390 --> 00:04:46,160

for whatever reason and one of our team

123

00:04:50,230 --> 00:04:48,400

is investigating the area

124

00:04:52,710 --> 00:04:50,240

so we're getting a follow-up we are

125

00:04:54,950 --> 00:04:52,720

going to i will report it

126

00:04:56,870 --> 00:04:54,960

emanuel navrat who is one of our team

127

00:04:58,070 --> 00:04:56,880

investigators we'll be going out there

128

00:05:00,950 --> 00:04:58,080

he's already

129

00:05:02,469 --> 00:05:00,960

talked to the witnesses and uh they're

130

00:05:05,749 --> 00:05:02,479

gonna arrange something

131

00:05:09,270 --> 00:05:05,759

uh to go out there together but it's

132

00:05:12,629 --> 00:05:09,280

we have had sightings near that area

133

00:05:13,990 --> 00:05:12,639

so um i don't know you know hopefully

134

00:05:15,189 --> 00:05:14,000

we're gonna get some more answers but

135

00:05:18,550 --> 00:05:15,199

you know

136

00:05:21,270 --> 00:05:18,560

that's part of what we do anyway tonight

137

00:05:22,550 --> 00:05:21,280

i welcome paranormal researcher author

138

00:05:26,070 --> 00:05:22,560

lecturer

139

00:05:28,310 --> 00:05:26,080

chad lewis to arcane radio

140

00:05:29,110 --> 00:05:28,320

now chad has a background of psychology

141

00:05:31,350 --> 00:05:29,120

and earned a

142

00:05:32,310 --> 00:05:31,360

bachelor and master's degree in his

143

00:05:34,790 --> 00:05:32,320

field

144

00:05:36,150 --> 00:05:34,800

but for the last 20-plus years he has

145

00:05:38,390 --> 00:05:36,160

traveled the globe

146

00:05:39,670 --> 00:05:38,400

in search of unique and bizarre stories

147

00:05:42,230 --> 00:05:39,680

in history

148

00:05:44,550 --> 00:05:42,240

from tracking vampires in transylvania

149

00:05:46,790 --> 00:05:44,560

and searching for the elusive monster

150

00:05:48,550 --> 00:05:46,800

of loch ness to investigating ghosts in

151

00:05:50,870 --> 00:05:48,560

ireland's haunted castles

152

00:05:52,390 --> 00:05:50,880

and london's underground chad has

153

00:05:53,590 --> 00:05:52,400

scoured the earth in search of the

154

00:05:55,510 --> 00:05:53,600

paranormal

155

00:05:56,870 --> 00:05:55,520

he has authored over 20 books on the

156

00:05:58,950 --> 00:05:56,880

supernatural

157

00:06:00,870 --> 00:05:58,960

and extensively lectures on his

158

00:06:02,790 --> 00:06:00,880

fascinating findings

159

00:06:05,830 --> 00:06:02,800

the more bizarre the legend the more

160

00:06:08,230 --> 00:06:05,840

likely it is that you'll find chad there

161

00:06:09,110 --> 00:06:08,240

his latest book is titled when to go to

162

00:06:12,550 --> 00:06:09,120

lore

163

00:06:15,029 --> 00:06:12,560

monsters miss and madness

164

00:06:17,430 --> 00:06:15,039

so chad thanks for coming on the show

165

00:06:19,430 --> 00:06:17,440

hey great to be back

166

00:06:23,189 --> 00:06:19,440

man it's great talking to you i guess

167

00:06:25,430 --> 00:06:23,199

i've been over a year i suppose

168

00:06:28,550 --> 00:06:25,440

yeah i think we did big money monster

169

00:06:33,110 --> 00:06:30,550

now this book i mean i tell you what

170

00:06:36,790 --> 00:06:33,120

fascinates me about this book

171

00:06:38,950 --> 00:06:36,800

is that the wendigo is not a subject

172

00:06:40,790 --> 00:06:38,960

that i'm well versed in now of course i

173

00:06:44,469 --> 00:06:40,800

do get some reports where people

174

00:06:47,430 --> 00:06:44,479

claim that they have encountered one of

175

00:06:49,909 --> 00:06:47,440

these beings or seen one of these beings

176
00:06:51,749 --> 00:06:49,919
but you know i'm kind of left hanging

177
00:06:53,270 --> 00:06:51,759
out there trying to figure out if that's

178
00:06:56,629 --> 00:06:53,280
what they actually

179
00:07:00,390 --> 00:06:56,639
all

180
00:07:03,189 --> 00:07:00,400
what is a wendigo well there are

181
00:07:05,189 --> 00:07:03,199
two different windigos if you will one

182
00:07:07,110 --> 00:07:05,199
is a modern windigo which is much

183
00:07:09,110 --> 00:07:07,120
different than the

184
00:07:11,029 --> 00:07:09,120
traditional lore now the traditional

185
00:07:13,990 --> 00:07:11,039
lore tells of the windigo

186
00:07:14,870 --> 00:07:14,000
in three forms and the most terrifying

187
00:07:17,909 --> 00:07:14,880
form would be

188
00:07:18,909 --> 00:07:17,919

its flesh and blood where it's some sort

189

00:07:23,110 --> 00:07:18,919

of

190

00:07:25,350 --> 00:07:23,120

tall

191

00:07:27,110 --> 00:07:25,360

uh reports going from anywhere from

192

00:07:30,550 --> 00:07:27,120

eight feet tall to

193

00:07:31,670 --> 00:07:30,560

top taller than trees if it wants to it

194

00:07:35,110 --> 00:07:31,680

can grow

195

00:07:38,390 --> 00:07:35,120

as much as it eats it's often very thin

196

00:07:41,510 --> 00:07:38,400

very skeletal looking it's gaunt

197

00:07:42,070 --> 00:07:41,520

it's often missing its mouth and its

198

00:07:45,189 --> 00:07:42,080

lips

199

00:07:45,670 --> 00:07:45,199

as it's chewed them or consumed them in

200

00:07:49,029 --> 00:07:45,680

its

201
00:07:51,189 --> 00:07:49,039
insatiable hunt for human flesh it is

202
00:07:53,749 --> 00:07:51,199
said to have a paralyzing voice

203
00:07:55,430 --> 00:07:53,759
that if you hear the windigo you will be

204
00:07:58,390 --> 00:07:55,440
frozen in fear

205
00:07:59,909 --> 00:07:58,400
and then it will be able to devour you

206
00:08:02,070 --> 00:07:59,919
quicker that way

207
00:08:04,869 --> 00:08:02,080
but it also comes in the form of a

208
00:08:07,909 --> 00:08:04,879
spirit being where it can possess you

209
00:08:08,790 --> 00:08:07,919
and slowly turn you into a windigo as

210
00:08:11,270 --> 00:08:08,800
well

211
00:08:12,150 --> 00:08:11,280
and i think for me that's the most

212
00:08:14,869 --> 00:08:12,160
terrifying

213
00:08:16,790 --> 00:08:14,879

part of it is that you could actually be

214

00:08:19,029 --> 00:08:16,800

possessed by this thing

215

00:08:20,070 --> 00:08:19,039

and then slowly turn into this

216

00:08:24,950 --> 00:08:20,080

cannibalistic

217

00:08:28,790 --> 00:08:26,710

well before we get into some of the

218

00:08:31,589 --> 00:08:28,800

legends and traditional

219

00:08:32,550 --> 00:08:31,599

uh accounts i do want to ask you one

220

00:08:35,829 --> 00:08:32,560

thing i have

221

00:08:37,829 --> 00:08:35,839

been you know for a few years now

222

00:08:39,670 --> 00:08:37,839

myself and other researchers and

223

00:08:40,870 --> 00:08:39,680

investigators have been receiving these

224

00:08:44,389 --> 00:08:40,880

settings

225

00:08:46,389 --> 00:08:44,399

of these emaciated pale

226

00:08:48,070 --> 00:08:46,399

humanoids or rakes they want to call

227

00:08:49,750 --> 00:08:48,080

them flesh gates

228

00:08:52,870 --> 00:08:49,760

crawlers or whatever you want to name

229

00:08:55,350 --> 00:08:52,880

them is there a possibility that there's

230

00:08:58,790 --> 00:08:55,360

any connection with this

231

00:08:59,829 --> 00:08:58,800

a lot of people note the similarities

232

00:09:02,389 --> 00:08:59,839

between these

233

00:09:03,829 --> 00:09:02,399

new versions of monsters and the old

234

00:09:06,550 --> 00:09:03,839

windigo that

235

00:09:08,710 --> 00:09:06,560

a few years back a couple brothers in

236

00:09:09,990 --> 00:09:08,720

spooner wisconsin which is in the north

237

00:09:13,430 --> 00:09:10,000

woods we're at a

238

00:09:14,389 --> 00:09:13,440

old historic summer camp and on separate

239

00:09:17,110 --> 00:09:14,399

nights

240

00:09:18,630 --> 00:09:17,120

both separately spotted a creature that

241

00:09:20,470 --> 00:09:18,640

they had no idea what it was

242

00:09:22,710 --> 00:09:20,480

same thing is what you probably get a

243

00:09:26,389 --> 00:09:22,720

lot of reports of very tall

244

00:09:28,949 --> 00:09:26,399

very thin very menacing creature

245

00:09:29,750 --> 00:09:28,959

staring at them they had no idea what it

246

00:09:32,150 --> 00:09:29,760

was

247

00:09:34,310 --> 00:09:32,160

went home started researching had never

248

00:09:37,350 --> 00:09:34,320

heard of the windigo before

249

00:09:39,430 --> 00:09:37,360

but when they started finding uh images

250

00:09:41,350 --> 00:09:39,440

of drawings and likenesses of the

251
00:09:42,550 --> 00:09:41,360
windigo they said that's exactly what

252
00:09:45,430 --> 00:09:42,560
they spotted

253
00:09:47,190 --> 00:09:45,440
because there's no other creature that

254
00:09:50,389 --> 00:09:47,200
really resembles it

255
00:09:53,509 --> 00:09:50,399
throughout cryptozoology of that

256
00:09:57,030 --> 00:09:53,519
tall thin menacing

257
00:09:59,590 --> 00:09:57,040
claws um often a zone of fear

258
00:10:01,829 --> 00:09:59,600
around it so a lot of people i don't

259
00:10:05,030 --> 00:10:01,839
know if they're seeing it nowadays but

260
00:10:07,269 --> 00:10:05,040
it's the only reference they have

261
00:10:10,550 --> 00:10:07,279
yeah exactly i mean you know when they

262
00:10:12,790 --> 00:10:10,560
come to me and tell me about this

263
00:10:14,069 --> 00:10:12,800

you know of course they they probably

264

00:10:15,670 --> 00:10:14,079

digging a bit on

265

00:10:17,430 --> 00:10:15,680

google and they're coming up with this

266

00:10:20,310 --> 00:10:17,440

wendigo legends

267

00:10:21,430 --> 00:10:20,320

and they're automatically assuming

268

00:10:24,949 --> 00:10:21,440

that's what they saw

269

00:10:28,069 --> 00:10:24,959

and i don't know you know i guess maybe

270

00:10:29,269 --> 00:10:28,079

a few of them may possibly be that but

271

00:10:31,269 --> 00:10:29,279

it's uh

272

00:10:32,389 --> 00:10:31,279

you know it's just another [h__h] that

273

00:10:35,430 --> 00:10:32,399

we're faced with

274

00:10:36,630 --> 00:10:35,440

and you know maybe we're dealing with an

275

00:10:40,150 --> 00:10:36,640

absolutely different

276

00:10:42,389 --> 00:10:40,160

type of entity it certainly seems to be

277

00:10:46,150 --> 00:10:42,399

because the windigo in traditional lore

278

00:10:47,110 --> 00:10:46,160

was attached to not only the weather the

279

00:10:50,310 --> 00:10:47,120

environment

280

00:10:53,190 --> 00:10:50,320

but also starvation and famine and food

281

00:10:56,710 --> 00:10:53,200

shortage and it was tied to the

282

00:11:00,069 --> 00:10:56,720

blizzards the cold and that

283

00:11:02,870 --> 00:11:00,079

mental i just the

284

00:11:05,990 --> 00:11:02,880

mental toughness of surviving in one of

285

00:11:09,030 --> 00:11:06,000

the most brutal areas in north america

286

00:11:10,310 --> 00:11:09,040

it was tied to that and these other

287

00:11:14,310 --> 00:11:10,320

reports

288

00:11:15,110 --> 00:11:14,320

one from south dakota somebody believing

289

00:11:17,910 --> 00:11:15,120

they've

290

00:11:18,710 --> 00:11:17,920

captured a sighting of a windigo

291

00:11:20,790 --> 00:11:18,720

creature so

292

00:11:22,069 --> 00:11:20,800

again i don't know if they're different

293

00:11:24,630 --> 00:11:22,079

creatures or

294

00:11:27,110 --> 00:11:24,640

these things have morphed and progressed

295

00:11:28,870 --> 00:11:27,120

i'm also getting reports nowadays of the

296

00:11:31,350 --> 00:11:28,880

more traditional

297

00:11:32,550 --> 00:11:31,360

thought looking when to go with the

298

00:11:34,790 --> 00:11:32,560

antlers

299

00:11:36,550 --> 00:11:34,800

and the more deer like so when people

300

00:11:39,030 --> 00:11:36,560

see years ago what they would have

301
00:11:41,829 --> 00:11:39,040
called a deer man or a deer woman

302
00:11:43,829 --> 00:11:41,839
you know half human half deer like they

303
00:11:45,829 --> 00:11:43,839
often refer to that as windigo

304
00:11:48,389 --> 00:11:45,839
because of the more popular

305
00:11:50,150 --> 00:11:48,399
representation of it with antlers

306
00:11:51,670 --> 00:11:50,160
right yeah and that's what i have

307
00:11:54,710 --> 00:11:51,680
received also

308
00:11:57,350 --> 00:11:54,720
uh i i think in the past several years i

309
00:11:59,590 --> 00:11:57,360
probably received two or three

310
00:12:01,670 --> 00:11:59,600
uh humanoids with antlers and the first

311
00:12:04,629 --> 00:12:01,680
thing the witness is saying ah

312
00:12:06,069 --> 00:12:04,639
that's a when to go well i don't know i

313
00:12:08,470 --> 00:12:06,079

think most of these were down in the

314

00:12:10,629 --> 00:12:08,480

south that's not traditionally the area

315

00:12:13,750 --> 00:12:10,639

where the wendigo is known for can you

316

00:12:15,750 --> 00:12:13,760

tell us where it is known for

317

00:12:16,949 --> 00:12:15,760

the windigo started with the first

318

00:12:19,829 --> 00:12:16,959

nation people of

319

00:12:21,910 --> 00:12:19,839

canada the algonquin which is a series

320

00:12:24,550 --> 00:12:21,920

of different tribes

321

00:12:26,710 --> 00:12:24,560

sharing a similar language and even

322

00:12:28,389 --> 00:12:26,720

though the views of each tribe could be

323

00:12:31,590 --> 00:12:28,399

tremendously different

324

00:12:35,110 --> 00:12:31,600

they all believed in this large giant

325

00:12:36,870 --> 00:12:35,120

creature and shamans could

326

00:12:38,470 --> 00:12:36,880

fight the creature they could also

327

00:12:41,030 --> 00:12:38,480

summon it so

328

00:12:41,910 --> 00:12:41,040

you could summon the windigo to a

329

00:12:43,990 --> 00:12:41,920

different

330

00:12:46,389 --> 00:12:44,000

tribe or village that you were warring

331

00:12:47,590 --> 00:12:46,399

with and either have it devour that

332

00:12:50,069 --> 00:12:47,600

community or

333

00:12:52,389 --> 00:12:50,079

scare off all the game in that community

334

00:12:53,509 --> 00:12:52,399

so that community then would then starve

335

00:12:55,829 --> 00:12:53,519

to death

336

00:12:56,949 --> 00:12:55,839

so it was a first nation story

337

00:12:59,110 --> 00:12:56,959

originally

338

00:13:00,870 --> 00:12:59,120

and has slowly spread its way through

339

00:13:03,030 --> 00:13:00,880

the great lakes region

340

00:13:04,389 --> 00:13:03,040

of the united states and even out on the

341

00:13:07,110 --> 00:13:04,399

eastern coast

342

00:13:08,470 --> 00:13:07,120

of the northern uh eastern portion of

343

00:13:10,710 --> 00:13:08,480

the u.s

344

00:13:11,750 --> 00:13:10,720

but that's mainly where it went through

345

00:13:14,949 --> 00:13:11,760

canada

346

00:13:16,230 --> 00:13:14,959

and the great lakes region of the united

347

00:13:19,430 --> 00:13:16,240

states here and

348

00:13:21,910 --> 00:13:19,440

being that i grew up in wisconsin i

349

00:13:22,470 --> 00:13:21,920

heard stories of the windigo growing up

350

00:13:24,389 --> 00:13:22,480

but

351
00:13:26,790 --> 00:13:24,399
unless like you and i were talking about

352
00:13:28,629 --> 00:13:26,800
earlier that unless you grew up in the

353
00:13:30,550 --> 00:13:28,639
great lakes you probably

354
00:13:32,790 --> 00:13:30,560
may not have heard of the windigo or if

355
00:13:33,990 --> 00:13:32,800
you did you would have known a few

356
00:13:37,110 --> 00:13:34,000
little tidbits about

357
00:13:38,870 --> 00:13:37,120
it but there wasn't a lot of substance

358
00:13:40,790 --> 00:13:38,880
on it

359
00:13:43,110 --> 00:13:40,800
yeah you know i've talked to several

360
00:13:45,990 --> 00:13:43,120
people in who live in that area

361
00:13:47,910 --> 00:13:46,000
and in canada and you know a lot of a

362
00:13:49,670 --> 00:13:47,920
lot of them are not familiar with it as

363
00:13:51,430 --> 00:13:49,680

well they've heard of it

364

00:13:54,069 --> 00:13:51,440

you know they heard of either the cree

365

00:13:56,870 --> 00:13:54,079

or chippewa or bishway

366

00:13:59,590 --> 00:13:56,880

you know in their legends their lore but

367

00:14:01,990 --> 00:13:59,600

that's about all they know

368

00:14:03,590 --> 00:14:02,000

and it sticks with people here a few

369

00:14:05,350 --> 00:14:03,600

years back i did a program

370

00:14:06,710 --> 00:14:05,360

in northern minnesota way up by the

371

00:14:09,110 --> 00:14:06,720

canadian border

372

00:14:10,310 --> 00:14:09,120

and after the program a woman in her 80s

373

00:14:12,310 --> 00:14:10,320

came up to me

374

00:14:14,790 --> 00:14:12,320

and told me that as a young girl in the

375

00:14:17,269 --> 00:14:14,800

area she recalled that her father

376

00:14:18,629 --> 00:14:17,279

used to warn her and all the other kids

377

00:14:22,069 --> 00:14:18,639

playing together

378

00:14:24,150 --> 00:14:22,079

that if they ever heard a kettle being

379

00:14:26,230 --> 00:14:24,160

banged in the woods they needed to get

380

00:14:28,310 --> 00:14:26,240

home as fast as they could

381

00:14:30,150 --> 00:14:28,320

because that meant the windigo was

382

00:14:32,870 --> 00:14:30,160

coming and that it was

383

00:14:33,590 --> 00:14:32,880

smashing its kettle announcing its

384

00:14:36,310 --> 00:14:33,600

arrival

385

00:14:38,230 --> 00:14:36,320

and she told me that even though she

386

00:14:39,110 --> 00:14:38,240

never heard the sound of the kettle in

387

00:14:42,710 --> 00:14:39,120

the woods

388

00:14:43,430 --> 00:14:42,720

the story stuck with her 70 plus years

389

00:14:46,310 --> 00:14:43,440

later

390

00:14:47,110 --> 00:14:46,320

like it just happened the day before

391

00:14:49,670 --> 00:14:47,120

that's

392

00:14:52,550 --> 00:14:49,680

how important the windigo was or is in

393

00:14:54,230 --> 00:14:52,560

the great lakes region

394

00:14:56,150 --> 00:14:54,240

yeah it's interesting i mean it's almost

395

00:14:59,189 --> 00:14:56,160

like your boogeyman you know

396

00:15:02,470 --> 00:14:59,199

uh yeah it really was it was

397

00:15:06,150 --> 00:15:02,480

uh get home before the

398

00:15:08,949 --> 00:15:06,160

boogeyman or the windigo came to get you

399

00:15:09,670 --> 00:15:08,959

so uh some of the legends that you wrote

400

00:15:11,750 --> 00:15:09,680

about well

401
00:15:13,189 --> 00:15:11,760
not really legends because they involve

402
00:15:16,470 --> 00:15:13,199
real people

403
00:15:19,509 --> 00:15:16,480
who seem to have been

404
00:15:22,310 --> 00:15:19,519
possessed by this wendigo

405
00:15:23,670 --> 00:15:22,320
spirit because of either hardship

406
00:15:26,230 --> 00:15:23,680
starvation

407
00:15:27,189 --> 00:15:26,240
some type of metamorphosis that cause

408
00:15:29,350 --> 00:15:27,199
them

409
00:15:31,110 --> 00:15:29,360
to change can you talk about a few of

410
00:15:33,509 --> 00:15:31,120
these

411
00:15:34,389 --> 00:15:33,519
yes and that's the angle we took with

412
00:15:38,949 --> 00:15:34,399
this book

413
00:15:41,269 --> 00:15:38,959

that if you go on any academic journals

414

00:15:42,550 --> 00:15:41,279

websites you'll find tons of articles

415

00:15:45,910 --> 00:15:42,560

about the windigo

416

00:15:49,269 --> 00:15:45,920

all of them mostly looking at it from

417

00:15:52,710 --> 00:15:49,279

the view of sociology or anthropology

418

00:15:55,990 --> 00:15:52,720

and looking at it from a very academic

419

00:15:57,350 --> 00:15:56,000

lens not looking at it from a paranormal

420

00:15:59,749 --> 00:15:57,360

lens where

421

00:16:00,710 --> 00:15:59,759

we believed that when people explained

422

00:16:03,350 --> 00:16:00,720

these stories

423

00:16:03,749 --> 00:16:03,360

and wrote about them and documented them

424

00:16:10,550 --> 00:16:03,759

that

425

00:16:12,629 --> 00:16:10,560

believed these stories and

426
00:16:13,829 --> 00:16:12,639
if any of your listeners have ever heard

427
00:16:16,389 --> 00:16:13,839
of the windigo

428
00:16:17,990 --> 00:16:16,399
most likely the story that they've heard

429
00:16:21,110 --> 00:16:18,000
bits and pieces of

430
00:16:22,069 --> 00:16:21,120
is that of swift runner swift runner's

431
00:16:24,710 --> 00:16:22,079
perhaps the most

432
00:16:25,829 --> 00:16:24,720
infamous story of a person turning

433
00:16:28,629 --> 00:16:25,839
windigo

434
00:16:30,470 --> 00:16:28,639
and of course swift runner was a cree he

435
00:16:33,030 --> 00:16:30,480
was a trapper and hunter

436
00:16:34,389 --> 00:16:33,040
living in alberta canada north of

437
00:16:37,470 --> 00:16:34,399
edmonton

438
00:16:39,749 --> 00:16:37,480

and this was in the winter of 1878 and

439

00:16:42,069 --> 00:16:39,759

1879 and swift runner

440

00:16:42,790 --> 00:16:42,079

was this tall six foot three strapping

441

00:16:45,189 --> 00:16:42,800

man

442

00:16:46,069 --> 00:16:45,199

he was about 40 winters of age when this

443

00:16:48,790 --> 00:16:46,079

happened

444

00:16:49,990 --> 00:16:48,800

and he had his family with him and what

445

00:16:52,150 --> 00:16:50,000

normally would take place

446

00:16:53,910 --> 00:16:52,160

for these tribes is that in the summer

447

00:16:55,829 --> 00:16:53,920

they would have a huge community

448

00:16:57,350 --> 00:16:55,839

they would all live together but when

449

00:17:00,069 --> 00:16:57,360

winter sprung up

450

00:17:00,550 --> 00:17:00,079

they would go into these little pods far

451
00:17:03,030 --> 00:17:00,560
away

452
00:17:03,990 --> 00:17:03,040
in these family structures because game

453
00:17:05,909 --> 00:17:04,000
would be spread out

454
00:17:07,630 --> 00:17:05,919
more and they'd have a better chance of

455
00:17:10,789 --> 00:17:07,640
surviving not feeding

456
00:17:12,710 --> 00:17:10,799
150 people so swift runner went off to

457
00:17:15,590 --> 00:17:12,720
his winter hunting grounds

458
00:17:16,390 --> 00:17:15,600
and bad things began happening to the

459
00:17:18,789 --> 00:17:16,400
point where

460
00:17:19,669 --> 00:17:18,799
he was with his wife and their six

461
00:17:21,990 --> 00:17:19,679
children

462
00:17:24,789 --> 00:17:22,000
and his mother and his brother and they

463
00:17:27,909 --> 00:17:24,799

ended up splitting off and swift runner

464

00:17:28,470 --> 00:17:27,919

started going crazy from starvation he

465

00:17:31,590 --> 00:17:28,480

ended up

466

00:17:33,669 --> 00:17:31,600

killing his entire family and then

467

00:17:37,750 --> 00:17:33,679

consuming their bodies

468

00:17:40,789 --> 00:17:37,760

over that winter his first

469

00:17:41,669 --> 00:17:40,799

kill if you will was his son that he

470

00:17:43,750 --> 00:17:41,679

shot

471

00:17:45,590 --> 00:17:43,760

and then he had to stab him and then he

472

00:17:47,750 --> 00:17:45,600

met back up with his wife

473

00:17:49,669 --> 00:17:47,760

and took out the rest of the children

474

00:17:52,150 --> 00:17:49,679

and his wife except one

475

00:17:53,350 --> 00:17:52,160

son that he traveled with the rest of

476

00:17:56,310 --> 00:17:53,360

the winter that one

477

00:17:57,350 --> 00:17:56,320

son had to consume his siblings and

478

00:18:00,230 --> 00:17:57,360

watch his father

479

00:18:02,950 --> 00:18:00,240

murder the family knowing deep down that

480

00:18:05,430 --> 00:18:02,960

he was the next to go

481

00:18:07,750 --> 00:18:05,440

and then swift runner when spring came

482

00:18:08,470 --> 00:18:07,760

along he went down into a community and

483

00:18:10,390 --> 00:18:08,480

said

484

00:18:11,750 --> 00:18:10,400

i have a terrible story to tell my

485

00:18:15,190 --> 00:18:11,760

family starved to death

486

00:18:16,310 --> 00:18:15,200

out in the uh elements and everyone

487

00:18:18,630 --> 00:18:16,320

looked at him and

488

00:18:19,430 --> 00:18:18,640

thought he doesn't look like he's been

489

00:18:21,510 --> 00:18:19,440

starving

490

00:18:23,590 --> 00:18:21,520

he looks healthier than ever so

491

00:18:24,950 --> 00:18:23,600

authorities had him lead him back to his

492

00:18:26,830 --> 00:18:24,960

winter quarters

493

00:18:29,270 --> 00:18:26,840

and that's when they found this virtual

494

00:18:34,630 --> 00:18:29,280

graveyard of his family

495

00:18:41,110 --> 00:18:38,549

so i mean and now generally is this um

496

00:18:41,669 --> 00:18:41,120

is this similar to other stories that

497

00:18:44,950 --> 00:18:41,679

have

498

00:18:48,630 --> 00:18:44,960

you know come up about when to go uh

499

00:18:51,750 --> 00:18:48,640

possession it is in the manner of

500

00:18:53,669 --> 00:18:51,760

swift runner reported several of the

501
00:18:55,990 --> 00:18:53,679
same symptoms that a lot of

502
00:18:57,270 --> 00:18:56,000
other people who believed they were

503
00:19:00,029 --> 00:18:57,280
going windigo or

504
00:19:02,950 --> 00:19:00,039
turning windigo would report

505
00:19:05,270 --> 00:19:02,960
hallucinations or seeing things

506
00:19:06,950 --> 00:19:05,280
calling out and groaning and pain and

507
00:19:09,669 --> 00:19:06,960
making odd noises

508
00:19:10,630 --> 00:19:09,679
being quiet and withdrawn personality

509
00:19:14,150 --> 00:19:10,640
changes

510
00:19:17,510 --> 00:19:14,160
uh apathy being uh depressed

511
00:19:20,310 --> 00:19:17,520
and swift runner said that he actually

512
00:19:21,029 --> 00:19:20,320
was possessed by the devil or the

513
00:19:23,590 --> 00:19:21,039

windigo

514

00:19:26,150 --> 00:19:23,600

and that made him do it that once he

515

00:19:29,190 --> 00:19:26,160

shot and ate the last of his children

516

00:19:30,070 --> 00:19:29,200

he had fully become the windigo and was

517

00:19:34,390 --> 00:19:30,080

no longer

518

00:19:37,110 --> 00:19:34,400

human and he was actually tried

519

00:19:38,789 --> 00:19:37,120

convicted and ended his life at the end

520

00:19:41,430 --> 00:19:38,799

of a gallows

521

00:19:41,990 --> 00:19:41,440

for the murder of his family which he

522

00:19:45,510 --> 00:19:42,000

believe

523

00:19:48,230 --> 00:19:45,520

blamed on the possession of the windigo

524

00:19:49,270 --> 00:19:48,240

so a lot of these cases of the windigo

525

00:19:52,230 --> 00:19:49,280

or someone

526
00:19:52,549 --> 00:19:52,240
turning windigo they would often beg to

527
00:19:56,789 --> 00:19:52,559
be

528
00:19:59,190 --> 00:19:56,799
once they turned windigo

529
00:20:00,310 --> 00:19:59,200
they were going to harm and kill and

530
00:20:02,470 --> 00:20:00,320
consume

531
00:20:03,350 --> 00:20:02,480
their family and loved ones so they

532
00:20:07,669 --> 00:20:03,360
begged

533
00:20:10,149 --> 00:20:07,679
kill me before i turn windigo

534
00:20:13,270 --> 00:20:10,159
so how did the the press back in those

535
00:20:15,909 --> 00:20:13,280
days handle these stories

536
00:20:16,950 --> 00:20:15,919
oh it seems like we have not progressed

537
00:20:20,950 --> 00:20:16,960
much in the last

538
00:20:24,950 --> 00:20:20,960

couple hundred years because the press

539

00:20:27,990 --> 00:20:24,960

looked at those as savage beliefs

540

00:20:31,669 --> 00:20:28,000

of primitive people that

541

00:20:35,190 --> 00:20:31,679

they often uh acquainted it with uh

542

00:20:38,710 --> 00:20:35,200

devil worship and being

543

00:20:42,070 --> 00:20:38,720

savages that these people knew no better

544

00:20:44,070 --> 00:20:42,080

and oftentimes it did play out to the

545

00:20:44,710 --> 00:20:44,080

benefit of some of these people that

546

00:20:47,750 --> 00:20:44,720

were

547

00:20:50,789 --> 00:20:47,760

uh brought to a trial because

548

00:20:53,029 --> 00:20:50,799

at trial they would often say we knew

549

00:20:55,350 --> 00:20:53,039

nothing of the white man's law

550

00:20:56,870 --> 00:20:55,360

we many of our tribes people had never

551

00:20:59,909 --> 00:20:56,880

seen a white person

552

00:21:02,070 --> 00:20:59,919

so when the white uh law would hear

553

00:21:04,470 --> 00:21:02,080

about these murders as they called them

554

00:21:05,270 --> 00:21:04,480

these people killing the suspected

555

00:21:07,110 --> 00:21:05,280

windigo

556

00:21:09,110 --> 00:21:07,120

they would often try to make an example

557

00:21:11,190 --> 00:21:09,120

and go arrest these people

558

00:21:12,310 --> 00:21:11,200

and the tribes people would go along

559

00:21:15,430 --> 00:21:12,320

with them thinking

560

00:21:16,470 --> 00:21:15,440

we've done nothing wrong we have nothing

561

00:21:19,669 --> 00:21:16,480

to fear

562

00:21:23,190 --> 00:21:19,679

but the newspapers were brutal uh

563

00:21:26,710 --> 00:21:23,200

completely racist completely

564

00:21:28,710 --> 00:21:26,720

uh downplaying any real belief that

565

00:21:30,310 --> 00:21:28,720

these things could be real

566

00:21:32,470 --> 00:21:30,320

again they just saw it as these

567

00:21:36,470 --> 00:21:32,480

uneducated savages

568

00:21:39,750 --> 00:21:36,480

living in primitive times wow

569

00:21:42,789 --> 00:21:39,760

now of course we know about uh other

570

00:21:45,909 --> 00:21:42,799

tribes and other areas that have

571

00:21:49,590 --> 00:21:45,919

these types of legends or these type of

572

00:21:51,430 --> 00:21:49,600

paranormal beings uh and

573

00:21:53,669 --> 00:21:51,440

just say the skin walker for instance

574

00:21:57,510 --> 00:21:53,679

where it's a

575

00:21:57,990 --> 00:21:57,520

a uh a witch or something to do with the

576
00:22:00,710 --> 00:21:58,000
occult

577
00:22:01,750 --> 00:22:00,720
that transforms into something else is

578
00:22:04,950 --> 00:22:01,760
that

579
00:22:07,990 --> 00:22:04,960
happens with

580
00:22:10,630 --> 00:22:08,000
uh those who do when to go

581
00:22:11,350 --> 00:22:10,640
the windigos seem to have supernatural

582
00:22:14,549 --> 00:22:11,360
powers

583
00:22:16,149 --> 00:22:14,559
not only could it manifest itself in any

584
00:22:18,870 --> 00:22:16,159
size it wanted

585
00:22:20,230 --> 00:22:18,880
it was impervious to any element it

586
00:22:22,870 --> 00:22:20,240
never got cold

587
00:22:24,870 --> 00:22:22,880
uh it needed to eat but that seemed to

588
00:22:28,149 --> 00:22:24,880

be more of a spiritual

589

00:22:31,350 --> 00:22:28,159

uh a requirement than actual

590

00:22:34,390 --> 00:22:31,360

sustenance and it could shape shift

591

00:22:38,149 --> 00:22:34,400

many cultures were fearful that

592

00:22:40,870 --> 00:22:38,159

the windigo would appear often as an owl

593

00:22:42,789 --> 00:22:40,880

that if an owl appeared in the community

594

00:22:46,230 --> 00:22:42,799

it was either the windigo or a

595

00:22:50,149 --> 00:22:46,240

spy for the windigo there's often

596

00:22:52,470 --> 00:22:50,159

uh also reports of mysterious black dogs

597

00:22:55,350 --> 00:22:52,480

that would roam into a community

598

00:22:56,470 --> 00:22:55,360

and the villagers or tribes folks would

599

00:22:59,350 --> 00:22:56,480

believe that those

600

00:23:00,149 --> 00:22:59,360

dogs were the windigo in its form is

601
00:23:03,510 --> 00:23:00,159
that it could

602
00:23:05,510 --> 00:23:03,520
shape-shift into any form it wanted to

603
00:23:07,590 --> 00:23:05,520
almost like the you know the shape

604
00:23:08,310 --> 00:23:07,600
shifters or even the trickster there's a

605
00:23:10,710 --> 00:23:08,320
lot of

606
00:23:12,630 --> 00:23:10,720
trickster components in the windigo as

607
00:23:16,630 --> 00:23:12,640
well and a lot of the

608
00:23:17,430 --> 00:23:16,640
folklore or more fantastical stories of

609
00:23:21,430 --> 00:23:17,440
the windigo

610
00:23:24,149 --> 00:23:21,440
where it was outsmarted or a weasel

611
00:23:25,190 --> 00:23:24,159
uh ran up its anus and ate it from the

612
00:23:27,190 --> 00:23:25,200
inside out

613
00:23:31,350 --> 00:23:27,200

those type of stories seem to fit in

614

00:23:39,750 --> 00:23:36,070

you know there does seem to be a lot

615

00:23:42,390 --> 00:23:39,760

of these uh harbinger

616

00:23:43,909 --> 00:23:42,400

sightings of other animals are actually

617

00:23:47,190 --> 00:23:43,919

transformed

618

00:23:50,390 --> 00:23:47,200

entities that precede

619

00:23:51,830 --> 00:23:50,400

these suspected sightings it's

620

00:23:52,549 --> 00:23:51,840

interesting you mentioned the owl

621

00:23:54,789 --> 00:23:52,559

because

622

00:23:56,390 --> 00:23:54,799

a friend of mine and i were actually

623

00:23:59,669 --> 00:23:56,400

talking tonight about

624

00:24:02,630 --> 00:23:59,679

most most first nations

625

00:24:03,590 --> 00:24:02,640

tribes kind of see the owl as a

626

00:24:06,710 --> 00:24:03,600

harbinger

627

00:24:09,909 --> 00:24:06,720

something not good to come and uh

628

00:24:12,230 --> 00:24:09,919

the black dog as well that you know

629

00:24:14,549 --> 00:24:12,240

that that is like a harbinger so i

630

00:24:15,350 --> 00:24:14,559

suspect you know that's kind of the idea

631

00:24:19,669 --> 00:24:15,360

what

632

00:24:23,190 --> 00:24:19,679

the wendigo is concerned

633

00:24:25,269 --> 00:24:23,200

and in northern minnesota in the 1800s

634

00:24:27,510 --> 00:24:25,279

and early 1900s

635

00:24:28,710 --> 00:24:27,520

the windigo was thought to be a death

636

00:24:31,590 --> 00:24:28,720

omen one of these

637

00:24:32,789 --> 00:24:31,600

harbingers of death that there was a

638

00:24:34,710 --> 00:24:32,799

white pioneer

639

00:24:36,470 --> 00:24:34,720

that lived up there by the name of jake

640

00:24:38,950 --> 00:24:36,480

nelson and he wrote

641

00:24:39,909 --> 00:24:38,960

detailed reports in his journal about

642

00:24:42,310 --> 00:24:39,919

the beliefs

643

00:24:43,269 --> 00:24:42,320

in that area of a place called indian

644

00:24:46,149 --> 00:24:43,279

village

645

00:24:48,950 --> 00:24:46,159

of the windigo that if the windigo was

646

00:24:51,269 --> 00:24:48,960

spotted or if you heard it or saw it

647

00:24:53,190 --> 00:24:51,279

much like hearing the irish banshee and

648

00:24:55,190 --> 00:24:53,200

numerous other cryptids

649

00:24:56,310 --> 00:24:55,200

that it meant you or someone you knew

650

00:24:59,430 --> 00:24:56,320

was going to die

651
00:24:59,990 --> 00:24:59,440
very shortly and sure enough jake nelson

652
00:25:02,789 --> 00:25:00,000
reported

653
00:25:04,310 --> 00:25:02,799
that each and every time it was spotted

654
00:25:07,269 --> 00:25:04,320
in that village

655
00:25:08,549 --> 00:25:07,279
someone died the very next day because

656
00:25:11,430 --> 00:25:08,559
of the windigo

657
00:25:12,149 --> 00:25:11,440
so the windigo in northern minnesota was

658
00:25:15,990 --> 00:25:12,159
seen

659
00:25:19,590 --> 00:25:18,789
wow yeah i mean i've been looking at

660
00:25:22,230 --> 00:25:19,600
your book

661
00:25:22,870 --> 00:25:22,240
you know and some of these pictures are

662
00:25:25,830 --> 00:25:22,880
are

663
00:25:28,470 --> 00:25:25,840

amazing uh and you you actually went to

664

00:25:31,510 --> 00:25:28,480

a lot of these locations didn't you

665

00:25:33,990 --> 00:25:31,520

i did and um myself and my co-author

666

00:25:34,470 --> 00:25:34,000

kevin nelson we visited these places one

667

00:25:37,510 --> 00:25:34,480

of our

668

00:25:38,310 --> 00:25:37,520

favorite places is a place called lake

669

00:25:40,950 --> 00:25:38,320

windigo

670

00:25:43,350 --> 00:25:40,960

in northern minnesota just east of

671

00:25:44,549 --> 00:25:43,360

bemidji which is paul bunyan country for

672

00:25:47,510 --> 00:25:44,559

those of you not

673

00:25:48,789 --> 00:25:47,520

uh in the midwest and they have a place

674

00:25:51,190 --> 00:25:48,799

called lake windigo

675

00:25:53,510 --> 00:25:51,200

it's on an island in a lake which makes

676
00:25:55,990 --> 00:25:53,520
it an anomaly in itself

677
00:25:57,269 --> 00:25:56,000
and many believe the the island is

678
00:25:59,029 --> 00:25:57,279
haunted and the lake

679
00:26:00,789 --> 00:25:59,039
there are numerous legends one of my

680
00:26:03,269 --> 00:26:00,799
favorite stories tells of

681
00:26:05,350 --> 00:26:03,279
people going out to the uh island and

682
00:26:06,149 --> 00:26:05,360
the women set up base camp and started

683
00:26:08,870 --> 00:26:06,159
cooking

684
00:26:09,990 --> 00:26:08,880
and the men went into the heart of the

685
00:26:12,230 --> 00:26:10,000
woods to search for

686
00:26:13,350 --> 00:26:12,240
game and when they never returned that

687
00:26:15,590 --> 00:26:13,360
night the next day

688
00:26:16,390 --> 00:26:15,600

the concerned women went to look for

689

00:26:20,549 --> 00:26:16,400

them

690

00:26:22,549 --> 00:26:20,559

from trees

691

00:26:24,470 --> 00:26:22,559

and they left the island and cursed it

692

00:26:26,549 --> 00:26:24,480

saying it was bad medicine

693

00:26:27,830 --> 00:26:26,559

they would never return to that island

694

00:26:29,909 --> 00:26:27,840

ever again

695

00:26:31,350 --> 00:26:29,919

and when help came those bodies were

696

00:26:33,669 --> 00:26:31,360

never found

697

00:26:34,710 --> 00:26:33,679

and in the middle of that island is lake

698

00:26:36,549 --> 00:26:34,720

windigo and

699

00:26:38,630 --> 00:26:36,559

there are stories of people finding

700

00:26:41,350 --> 00:26:38,640

giant holes in the lake

701
00:26:42,149 --> 00:26:41,360
with huge footprints coming out of the

702
00:26:44,390 --> 00:26:42,159
water

703
00:26:45,750 --> 00:26:44,400
leading to the island not as though

704
00:26:48,230 --> 00:26:45,760
somebody walked out to the

705
00:26:49,029 --> 00:26:48,240
lake and fell through but the windigo

706
00:26:53,110 --> 00:26:49,039
coming out

707
00:26:55,430 --> 00:26:53,120
hunting for prey so during the winter

708
00:26:57,190 --> 00:26:55,440
a couple colleagues and i went on a

709
00:26:59,669 --> 00:26:57,200
camping expedition

710
00:27:01,590 --> 00:26:59,679
to the area because the windigo is

711
00:27:04,390 --> 00:27:01,600
associated with winter

712
00:27:05,990 --> 00:27:04,400
and cold so we picked a cold weekend

713
00:27:08,789 --> 00:27:06,000

where the wind chill was about 30

714

00:27:09,909 --> 00:27:08,799

degrees below zero and we decided we

715

00:27:13,190 --> 00:27:09,919

were going to camp

716

00:27:15,110 --> 00:27:13,200

on the island uh right next to the lake

717

00:27:18,149 --> 00:27:15,120

and what's interesting is that one night

718

00:27:20,470 --> 00:27:18,159

when we had a great base camp fire going

719

00:27:21,510 --> 00:27:20,480

my colleague noah and i were walking

720

00:27:23,590 --> 00:27:21,520

filming

721

00:27:25,350 --> 00:27:23,600

going to the lake to try to conjure up

722

00:27:27,510 --> 00:27:25,360

the spirit of the windigo

723

00:27:28,789 --> 00:27:27,520

and as we were filming noah stopped and

724

00:27:30,870 --> 00:27:28,799

he said

725

00:27:32,549 --> 00:27:30,880

our boots are crunching the snow too

726
00:27:33,990 --> 00:27:32,559
loud nobody's going to even hear what

727
00:27:36,470 --> 00:27:34,000
we're talking about

728
00:27:37,990 --> 00:27:36,480
we have to be much quieter and as we

729
00:27:40,070 --> 00:27:38,000
pause there for a moment

730
00:27:42,310 --> 00:27:40,080
all of a sudden something on our left

731
00:27:44,710 --> 00:27:42,320
startled us and really scared us

732
00:27:45,590 --> 00:27:44,720
we couldn't see it but it was big up in

733
00:27:48,149 --> 00:27:45,600
the trees

734
00:27:48,789 --> 00:27:48,159
and the camera we're filming shows us

735
00:27:52,230 --> 00:27:48,799
both like

736
00:27:53,350 --> 00:27:52,240
ducking down and most likely it was a

737
00:27:56,230 --> 00:27:53,360
bird of prey or

738
00:27:58,230 --> 00:27:56,240

even an owl but we didn't see anything

739

00:28:01,190 --> 00:27:58,240

but i can tell you it got our adrenaline

740

00:28:05,110 --> 00:28:01,200

going for the rest of the expedition

741

00:28:06,149 --> 00:28:05,120

wow i bet and that was an expedition

742

00:28:08,389 --> 00:28:06,159

where

743

00:28:10,070 --> 00:28:08,399

one of the ways that you can kill the

744

00:28:13,190 --> 00:28:10,080

windigo is by pouring

745

00:28:14,389 --> 00:28:13,200

hot tallow down his throat and tallow is

746

00:28:17,909 --> 00:28:14,399

a beef or

747

00:28:19,909 --> 00:28:17,919

moose or bear fat it's a rendered fat

748

00:28:22,310 --> 00:28:19,919

and it was thought that if you poured

749

00:28:25,110 --> 00:28:22,320

this down the windigo's

750

00:28:26,549 --> 00:28:25,120

mouth it would defrost its icy heart and

751
00:28:28,310 --> 00:28:26,559
it would die

752
00:28:30,230 --> 00:28:28,320
now how you're supposed to pour it down

753
00:28:33,029 --> 00:28:30,240
his throat lon i don't know

754
00:28:34,710 --> 00:28:33,039
yeah i i don't know if there's any any

755
00:28:37,269 --> 00:28:34,720
proof of that ever happening

756
00:28:39,190 --> 00:28:37,279
no but we did have our tallow hot on our

757
00:28:43,110 --> 00:28:39,200
fire the entire expedition

758
00:28:44,870 --> 00:28:43,120
just in case um and again i wasn't

759
00:28:46,149 --> 00:28:44,880
thinking that it would protect us

760
00:28:46,630 --> 00:28:46,159
against the windigo but there's

761
00:28:49,430 --> 00:28:46,640
something

762
00:28:50,070 --> 00:28:49,440
psychological when your three-hour hike

763
00:28:53,350 --> 00:28:50,080

across

764

00:28:55,750 --> 00:28:53,360

ice in the middle of nowhere 30

765

00:28:58,230 --> 00:28:55,760

degrees below zero there's something

766

00:29:01,350 --> 00:28:58,240

psychological about having that

767

00:29:05,190 --> 00:29:01,360

protection even if it would probably do

768

00:29:11,750 --> 00:29:09,029

now you you have degrees in psychology

769

00:29:14,070 --> 00:29:11,760

what what is your take on this the when

770

00:29:16,870 --> 00:29:14,080

to go psychosis

771

00:29:18,070 --> 00:29:16,880

yes i believe now my as you mentioned in

772

00:29:20,149 --> 00:29:18,080

the great introduction

773

00:29:21,990 --> 00:29:20,159

my background i did both my bachelor's

774

00:29:23,110 --> 00:29:22,000

and master's degree in the field of

775

00:29:25,909 --> 00:29:23,120

psychology

776

00:29:27,110 --> 00:29:25,919

i ended up doing my master's thesis on

777

00:29:30,230 --> 00:29:27,120

exploring

778

00:29:31,830 --> 00:29:30,240

students belief in the paranormal now

779

00:29:35,590 --> 00:29:31,840

when to go psychosis

780

00:29:37,990 --> 00:29:35,600

is uh it's not in the dsm which is the

781

00:29:39,190 --> 00:29:38,000

diagnostic and statistical manual of

782

00:29:41,590 --> 00:29:39,200

mental disorders

783

00:29:43,350 --> 00:29:41,600

pretty much the bible for anyone in the

784

00:29:45,110 --> 00:29:43,360

mental health field that's trying to

785

00:29:47,590 --> 00:29:45,120

diagnose disorders

786

00:29:48,630 --> 00:29:47,600

but it is seen as more of a culture

787

00:29:51,190 --> 00:29:48,640

bound syndrome

788

00:29:51,750 --> 00:29:51,200

meaning that they believe that it's a

789

00:29:54,950 --> 00:29:51,760

mental

790

00:29:58,230 --> 00:29:54,960

illness that is contained within

791

00:30:00,789 --> 00:29:58,240

within one specific culture or segment

792

00:30:02,070 --> 00:30:00,799

of the society which would be in our

793

00:30:05,110 --> 00:30:02,080

case the first nation

794

00:30:08,149 --> 00:30:05,120

people of alberta uh canada

795

00:30:10,710 --> 00:30:08,159

and across canada and i really see it

796

00:30:11,669 --> 00:30:10,720

as uh what we've dubbed as white

797

00:30:19,029 --> 00:30:11,679

splaining

798

00:30:22,389 --> 00:30:19,039

400 plus years later us educated

799

00:30:23,909 --> 00:30:22,399

westerners can look back on the first

800

00:30:26,630 --> 00:30:23,919

nation primitive people

801
00:30:28,470 --> 00:30:26,640
and say this thing wasn't real there

802
00:30:30,630 --> 00:30:28,480
were no when to go creatures

803
00:30:32,470 --> 00:30:30,640
they were simply suffering from a mental

804
00:30:34,950 --> 00:30:32,480
illness that came with this

805
00:30:38,070 --> 00:30:34,960
compulsion of violence and depression

806
00:30:41,110 --> 00:30:38,080
and this desire for human flesh

807
00:30:43,110 --> 00:30:41,120
and sometimes actual cannibalism

808
00:30:45,350 --> 00:30:43,120
but i really have a lot of trouble with

809
00:30:47,029 --> 00:30:45,360
when to go psychosis because one i think

810
00:30:49,830 --> 00:30:47,039
it's impossible

811
00:30:51,590 --> 00:30:49,840
to really know what the people of that

812
00:30:53,590 --> 00:30:51,600
era believed in

813
00:30:55,350 --> 00:30:53,600

unless you were there unless you lived

814

00:30:57,750 --> 00:30:55,360

in their belief systems

815

00:30:59,110 --> 00:30:57,760

unless you experienced what life was

816

00:31:02,389 --> 00:30:59,120

like i think it's just

817

00:31:04,310 --> 00:31:02,399

too difficult centuries later

818

00:31:07,029 --> 00:31:04,320

to look at these stories and explain

819

00:31:08,950 --> 00:31:07,039

them away also i think it discredits a

820

00:31:10,870 --> 00:31:08,960

lot of these stories that

821

00:31:13,350 --> 00:31:10,880

there are many stories where people

822

00:31:15,990 --> 00:31:13,360

killed a suspected windigo

823

00:31:18,230 --> 00:31:16,000

and found that their heart or their

824

00:31:21,269 --> 00:31:18,240

backbone or other organs

825

00:31:23,070 --> 00:31:21,279

seem to be encased in ice

826

00:31:25,110 --> 00:31:23,080

and they weren't they weren't

827

00:31:26,870 --> 00:31:25,120

misidentifying it they weren't making

828

00:31:29,350 --> 00:31:26,880

these stories up so

829

00:31:30,070 --> 00:31:29,360

if they if we take them for their word

830

00:31:32,310 --> 00:31:30,080

on it

831

00:31:34,470 --> 00:31:32,320

you know what was really happening and i

832

00:31:37,110 --> 00:31:34,480

think wendigo psychosis

833

00:31:37,990 --> 00:31:37,120

too easily dismisses this as a mental

834

00:31:40,389 --> 00:31:38,000

disorder

835

00:31:41,509 --> 00:31:40,399

without looking at it as more of a

836

00:31:45,190 --> 00:31:41,519

complex

837

00:31:49,190 --> 00:31:45,200

uh social belief system right

838

00:31:52,230 --> 00:31:49,200

do you believe that possession

839

00:31:55,269 --> 00:31:52,240

or someone who has

840

00:31:58,470 --> 00:31:55,279

had a spirit of one of these

841

00:32:01,750 --> 00:31:58,480

beings attached to them can actually

842

00:32:02,789 --> 00:32:01,760

physically change well that's the

843

00:32:08,350 --> 00:32:02,799

reports

844

00:32:09,750 --> 00:32:08,360

not only talked about mental

845

00:32:15,990 --> 00:32:09,760

transformations

846

00:32:17,350 --> 00:32:16,000

and one of the weirdest ones uh first

847

00:32:20,470 --> 00:32:17,360

documented by nathan

848

00:32:21,110 --> 00:32:20,480

carlson in his windigo research was and

849

00:32:24,070 --> 00:32:21,120

one we

850

00:32:25,110 --> 00:32:24,080

found in many cases as well was this

851
00:32:27,990 --> 00:32:25,120
unexplained

852
00:32:29,430 --> 00:32:28,000
swelling of somebody that thought they

853
00:32:31,990 --> 00:32:29,440
were turning windigo

854
00:32:33,110 --> 00:32:32,000
they were starting to get really big and

855
00:32:35,509 --> 00:32:33,120
swollen

856
00:32:37,590 --> 00:32:35,519
and minnie said they could not even

857
00:32:38,230 --> 00:32:37,600
recognize their loved one anymore that

858
00:32:42,149 --> 00:32:38,240
their

859
00:32:45,269 --> 00:32:42,159
face had taken on a grotesque uh

860
00:32:47,990 --> 00:32:45,279
image that they were terrified

861
00:32:49,750 --> 00:32:48,000
and i think just diving back quick to

862
00:32:52,149 --> 00:32:49,760
that when to go psychosis

863
00:32:52,950 --> 00:32:52,159

one of the other components of it was

864

00:32:55,830 --> 00:32:52,960

that

865

00:32:56,710 --> 00:32:55,840

these things were done these killings

866

00:32:59,750 --> 00:32:56,720

were done

867

00:33:03,269 --> 00:32:59,760

merely out of a convenience

868

00:33:06,950 --> 00:33:03,279

that tribes people could kill their weak

869

00:33:09,430 --> 00:33:06,960

their elderly their frail and then

870

00:33:10,149 --> 00:33:09,440

have the wind to go absolve them of any

871

00:33:12,470 --> 00:33:10,159

guilt

872

00:33:13,750 --> 00:33:12,480

because they could state we weren't

873

00:33:16,789 --> 00:33:13,760

killing grandma

874

00:33:17,269 --> 00:33:16,799

or uncle whoever it was they were

875

00:33:20,870 --> 00:33:17,279

turning

876

00:33:22,950 --> 00:33:20,880

windigo we were saving the community

877

00:33:25,669 --> 00:33:22,960

but when you look at when you look at

878

00:33:29,029 --> 00:33:25,679

the original literature

879

00:33:30,230 --> 00:33:29,039

it's completely opposite of that so many

880

00:33:32,789 --> 00:33:30,240

of these people

881

00:33:34,310 --> 00:33:32,799

tried to save their loved ones often

882

00:33:37,750 --> 00:33:34,320

they would try to save them

883

00:33:40,950 --> 00:33:37,760

tie them up um try to cure them for

884

00:33:41,590 --> 00:33:40,960

weeks on end now imagine you're in the

885

00:33:45,590 --> 00:33:41,600

middle of

886

00:33:47,909 --> 00:33:45,600

nowhere no medical facilities no doctors

887

00:33:49,590 --> 00:33:47,919

your shaman is trying to perform some

888

00:33:52,630 --> 00:33:49,600

medicine on this person

889

00:33:54,710 --> 00:33:52,640

who at night starts to struggle and say

890

00:33:56,710 --> 00:33:54,720

that if you let me out of these ropes

891

00:33:57,909 --> 00:33:56,720

i'm going to grab an axe and kill you

892

00:34:00,070 --> 00:33:57,919

and eat you

893

00:34:01,430 --> 00:34:00,080

and they do this screaming at you for

894

00:34:03,430 --> 00:34:01,440

weeks on end

895

00:34:05,190 --> 00:34:03,440

but these people still tried to cure

896

00:34:08,389 --> 00:34:05,200

them which is

897

00:34:10,310 --> 00:34:08,399

beyond you know caring in my book

898

00:34:12,230 --> 00:34:10,320

that you know i think for a lot of

899

00:34:13,349 --> 00:34:12,240

people three nights of that and that

900

00:34:18,069 --> 00:34:13,359

person's gone

901
00:34:20,310 --> 00:34:18,079
yeah do you um

902
00:34:23,030 --> 00:34:20,320
do you think there were any actual

903
00:34:26,869 --> 00:34:23,040
physical diseases that were

904
00:34:30,069 --> 00:34:26,879
either misidentified as

905
00:34:33,510 --> 00:34:30,079
when to go or maybe

906
00:34:36,950 --> 00:34:33,520
led to this yes i think it's

907
00:34:38,950 --> 00:34:36,960
easy to uh to see

908
00:34:41,190 --> 00:34:38,960
a lot of the mental illness that may

909
00:34:43,669 --> 00:34:41,200
come around it a lot of the

910
00:34:46,149 --> 00:34:43,679
things of the symptoms of when to go

911
00:34:49,829 --> 00:34:46,159
psychosis or turning windigo

912
00:34:52,710 --> 00:34:49,839
seem to mirror general uh disorders

913
00:34:54,149 --> 00:34:52,720

and mental disorders as i said you know

914

00:34:57,109 --> 00:34:54,159

being withdrawn

915

00:34:57,910 --> 00:34:57,119

personality changes feeling depressed

916

00:35:00,710 --> 00:34:57,920

having no

917

00:35:01,510 --> 00:35:00,720

energy those type of things happen quite

918

00:35:04,310 --> 00:35:01,520

a bit

919

00:35:05,990 --> 00:35:04,320

in modern times with our mental

920

00:35:08,470 --> 00:35:06,000

illnesses as well

921

00:35:10,230 --> 00:35:08,480

you also have to look at seasonal affect

922

00:35:12,470 --> 00:35:10,240

disorder

923

00:35:13,829 --> 00:35:12,480

of how it affects today people in the

924

00:35:16,710 --> 00:35:13,839

u.s where

925

00:35:17,030 --> 00:35:16,720

we've had the easiest living conditions

926
00:35:19,589 --> 00:35:17,040
than

927
00:35:20,470 --> 00:35:19,599
anyone in the history of this country in

928
00:35:23,030 --> 00:35:20,480
terms of

929
00:35:24,390 --> 00:35:23,040
we have heat we have electricity we have

930
00:35:27,670 --> 00:35:24,400
indoor plumbing we have

931
00:35:31,030 --> 00:35:27,680
food but yet the lack of sun still

932
00:35:34,550 --> 00:35:31,040
affects us and still puts people into

933
00:35:35,750 --> 00:35:34,560
you know feeling feeling low on energy

934
00:35:38,630 --> 00:35:35,760
and depressed so

935
00:35:39,589 --> 00:35:38,640
i think that may have factored in as

936
00:35:41,670 --> 00:35:39,599
well

937
00:35:44,310 --> 00:35:41,680
and it's certainly not the cause of it

938
00:35:48,630 --> 00:35:44,320

but it might have been a condition that

939

00:35:52,710 --> 00:35:48,640

really settled in and made it even worse

940

00:35:55,829 --> 00:35:52,720

wow you know

941

00:35:58,870 --> 00:35:55,839

you look at these uh you look at these

942

00:36:01,750 --> 00:35:58,880

stories legends tales and such

943

00:36:02,310 --> 00:36:01,760

i mean these people that were living in

944

00:36:09,270 --> 00:36:02,320

these

945

00:36:13,589 --> 00:36:12,470

without a doubt the windigo the fear of

946

00:36:16,550 --> 00:36:13,599

this creature was

947

00:36:17,670 --> 00:36:16,560

unlike anything i've ever researched any

948

00:36:21,270 --> 00:36:17,680

other creature

949

00:36:23,349 --> 00:36:21,280

haunting whatever it is nothing compares

950

00:36:25,030 --> 00:36:23,359

to the fear of the windigo i'll give you

951
00:36:28,470 --> 00:36:25,040
two quick examples

952
00:36:29,829 --> 00:36:28,480
as to illustrate the fear there's a

953
00:36:32,950 --> 00:36:29,839
story in canada

954
00:36:36,069 --> 00:36:32,960
in the newspapers of a certain tribe

955
00:36:39,109 --> 00:36:36,079
that heard they didn't see they didn't

956
00:36:41,750 --> 00:36:39,119
hear it they heard of the creature

957
00:36:44,230 --> 00:36:41,760
coming toward their village someone told

958
00:36:45,990 --> 00:36:44,240
them a windigo was on the prowl

959
00:36:48,310 --> 00:36:46,000
be on the lookout they didn't hear it

960
00:36:50,230 --> 00:36:48,320
they didn't see it but that fear was

961
00:36:52,390 --> 00:36:50,240
enough to keep them inside their

962
00:36:55,109 --> 00:36:52,400
shelters during the winter

963
00:36:56,790 --> 00:36:55,119

so much so that they would not come out

964

00:36:59,589 --> 00:36:56,800

and hunt for game

965

00:37:01,750 --> 00:36:59,599

several of them starved to death because

966

00:37:04,150 --> 00:37:01,760

they would not leave their shelter

967

00:37:06,230 --> 00:37:04,160

on the mere whisper that a windigo was

968

00:37:09,349 --> 00:37:06,240

in the area

969

00:37:12,710 --> 00:37:09,359

wow and the other story

970

00:37:13,270 --> 00:37:12,720

this is just crazy the amount of effort

971

00:37:15,910 --> 00:37:13,280

they took

972

00:37:17,349 --> 00:37:15,920

to make sure that somebody going windigo

973

00:37:20,630 --> 00:37:17,359

would not come back

974

00:37:23,030 --> 00:37:20,640

to haunt them or to curse them there's a

975

00:37:24,230 --> 00:37:23,040

story up in the lesser slave lake area

976
00:37:26,470 --> 00:37:24,240
of alberta

977
00:37:28,710 --> 00:37:26,480
canada and this story dates back to the

978
00:37:30,870 --> 00:37:28,720
uh 1899 the winter

979
00:37:32,790 --> 00:37:30,880
and it involves a native or first nation

980
00:37:35,510 --> 00:37:32,800
man named mustus

981
00:37:37,109 --> 00:37:35,520
and he was going crazy for many days

982
00:37:39,190 --> 00:37:37,119
they tried to cure him

983
00:37:40,790 --> 00:37:39,200
they brought the shaman brought his best

984
00:37:43,670 --> 00:37:40,800
medicine and nothing

985
00:37:45,750 --> 00:37:43,680
worked and he said i'm going to kill all

986
00:37:47,670 --> 00:37:45,760
of you i'm going to eat you

987
00:37:50,069 --> 00:37:47,680
finally the tribe could take it no

988
00:37:51,510 --> 00:37:50,079

longer several people hit him with an

989

00:37:54,550 --> 00:37:51,520

axe in the chest

990

00:37:55,510 --> 00:37:54,560

splitting open his chest and he dropped

991

00:37:58,310 --> 00:37:55,520

to the ground

992

00:38:00,069 --> 00:37:58,320

and was in the state of dying but that

993

00:38:02,069 --> 00:38:00,079

wasn't enough for the people

994

00:38:03,990 --> 00:38:02,079

because they believed he would simply

995

00:38:06,710 --> 00:38:04,000

heal himself and get back up

996

00:38:07,510 --> 00:38:06,720

and come after them so they drove a

997

00:38:09,910 --> 00:38:07,520

stake

998

00:38:12,230 --> 00:38:09,920

through the axe hole in his chest

999

00:38:15,109 --> 00:38:12,240

pinning him to the ground in case

1000

00:38:15,670 --> 00:38:15,119

he tried to get back up that he would be

1001
00:38:18,069 --> 00:38:15,680
actually

1002
00:38:19,270 --> 00:38:18,079
pinned to the ground but that wasn't

1003
00:38:22,310 --> 00:38:19,280
enough for them

1004
00:38:25,109 --> 00:38:22,320
so as the hours went by that evening

1005
00:38:26,069 --> 00:38:25,119
they took that pin or that steak out of

1006
00:38:29,430 --> 00:38:26,079
his chest

1007
00:38:33,109 --> 00:38:29,440
and they poured hot tea in that hole

1008
00:38:36,069 --> 00:38:33,119
trying to defrost his icy heart then

1009
00:38:37,829 --> 00:38:36,079
they simply did not give up they tied

1010
00:38:40,230 --> 00:38:37,839
his legs together

1011
00:38:43,109 --> 00:38:40,240
with some chains pinning him to the

1012
00:38:46,069 --> 00:38:43,119
ground they restaked him in the ground

1013
00:38:47,990 --> 00:38:46,079

and eventually as daylight was coming

1014

00:38:51,349 --> 00:38:48,000

just to be certain he was dead

1015

00:38:57,990 --> 00:38:55,190

sounds a lot like the vampire strigolli

1016

00:38:59,589 --> 00:38:58,000

legends well again does it make sense

1017

00:39:02,470 --> 00:38:59,599

that if you're trying to get rid of a

1018

00:39:05,990 --> 00:39:02,480

loved one who's no longer capable of

1019

00:39:08,230 --> 00:39:06,000

uh being part of the society

1020

00:39:09,109 --> 00:39:08,240

don't you just strangle them or shoot

1021

00:39:10,950 --> 00:39:09,119

them or

1022

00:39:13,430 --> 00:39:10,960

do something you're going through a lot

1023

00:39:14,630 --> 00:39:13,440

of work to put on a show that you think

1024

00:39:16,710 --> 00:39:14,640

it's a windigo

1025

00:39:17,990 --> 00:39:16,720

i mean these people were absolutely

1026

00:39:21,910 --> 00:39:18,000

terrified

1027

00:39:25,349 --> 00:39:21,920

of the windigo wow

1028

00:39:28,790 --> 00:39:25,359

so um speaking of cures what did they

1029

00:39:30,630 --> 00:39:28,800

consider a cure or was there no cure

1030

00:39:32,150 --> 00:39:30,640

that's a tricky question and very

1031

00:39:33,750 --> 00:39:32,160

confusing and

1032

00:39:35,349 --> 00:39:33,760

as we go through this i want your

1033

00:39:38,150 --> 00:39:35,359

listeners to try

1034

00:39:38,630 --> 00:39:38,160

not only to keep these straight but then

1035

00:39:41,349 --> 00:39:38,640

try

1036

00:39:42,150 --> 00:39:41,359

doing it when you're in the midst of a

1037

00:39:45,270 --> 00:39:42,160

panic

1038

00:39:47,270 --> 00:39:45,280

because a giant cannibalistic monster is

1039

00:39:50,470 --> 00:39:47,280

outside your structure

1040

00:39:52,230 --> 00:39:50,480

so for uh curing it there were several

1041

00:39:55,910 --> 00:39:52,240

ways in which you could cure

1042

00:39:58,310 --> 00:39:55,920

a windigo but only before it fully

1043

00:40:00,710 --> 00:39:58,320

turned into a flesh and blood

1044

00:40:01,990 --> 00:40:00,720

and where that line was where somebody

1045

00:40:05,430 --> 00:40:02,000

who was possessed

1046

00:40:08,309 --> 00:40:05,440

fully had turned i don't know it's very

1047

00:40:10,630 --> 00:40:08,319

shady but you could cure them for

1048

00:40:11,589 --> 00:40:10,640

several means one as i mentioned the hot

1049

00:40:13,750 --> 00:40:11,599

tallow

1050

00:40:14,950 --> 00:40:13,760

not only were they used to kill the

1051

00:40:17,030 --> 00:40:14,960

windigo

1052

00:40:18,470 --> 00:40:17,040

but it was also thought that if somebody

1053

00:40:20,710 --> 00:40:18,480

was turning windigo

1054

00:40:22,790 --> 00:40:20,720

you could pour hot tallow and it would

1055

00:40:25,910 --> 00:40:22,800

cure them it would defrost the heart

1056

00:40:28,069 --> 00:40:25,920

before it fully became encased in ice

1057

00:40:29,030 --> 00:40:28,079

and a lot of skeptics and researchers

1058

00:40:30,950 --> 00:40:29,040

claimed that

1059

00:40:32,309 --> 00:40:30,960

it was really that if you're starving to

1060

00:40:35,589 --> 00:40:32,319

death the

1061

00:40:36,470 --> 00:40:35,599

influx of the heavily fat containing

1062

00:40:38,630 --> 00:40:36,480

tallow

1063

00:40:40,950 --> 00:40:38,640

would do the body and the mind a lot of

1064

00:40:43,270 --> 00:40:40,960

good in a short amount of time

1065

00:40:45,670 --> 00:40:43,280

that it wasn't that you were defrosting

1066

00:40:48,150 --> 00:40:45,680

his icy heart but you were simply

1067

00:40:49,670 --> 00:40:48,160

providing nutrients that were lacking

1068

00:40:51,670 --> 00:40:49,680

for so many months

1069

00:40:53,030 --> 00:40:51,680

so you could give it hot tallow it could

1070

00:40:56,390 --> 00:40:53,040

also be cured

1071

00:40:59,190 --> 00:40:56,400

by a powerful shaman like jack

1072

00:41:00,550 --> 00:40:59,200

fiddler who was one of the best known

1073

00:41:04,150 --> 00:41:00,560

windigo hunters

1074

00:41:04,870 --> 00:41:04,160

of all time he was said to be powerful

1075

00:41:07,270 --> 00:41:04,880

enough

1076
00:41:08,150 --> 00:41:07,280
to actually cure people of being a

1077
00:41:10,790 --> 00:41:08,160
windigo

1078
00:41:12,470 --> 00:41:10,800
there's one case where jack fiddler was

1079
00:41:15,829 --> 00:41:12,480
called by tribe members

1080
00:41:18,390 --> 00:41:15,839
because a man was acting crazy in a tent

1081
00:41:20,470 --> 00:41:18,400
and saying he was turning windigo so

1082
00:41:22,390 --> 00:41:20,480
jack fiddler simply showed up

1083
00:41:24,550 --> 00:41:22,400
picked the man up started throwing him

1084
00:41:26,950 --> 00:41:24,560
to the ground and whipping him

1085
00:41:28,309 --> 00:41:26,960
saying if you turn into a windigo i'm

1086
00:41:31,829 --> 00:41:28,319
going to kill you

1087
00:41:34,790 --> 00:41:31,839
i have the power to do it and

1088
00:41:35,190 --> 00:41:34,800

according to the records that worked the

1089

00:41:37,430 --> 00:41:35,200

man

1090

00:41:39,030 --> 00:41:37,440

said the whipping and the fear of being

1091

00:41:41,750 --> 00:41:39,040

killed by the shaman

1092

00:41:44,069 --> 00:41:41,760

was enough to get rid of the windigo it

1093

00:41:45,670 --> 00:41:44,079

also happened where religious leaders

1094

00:41:48,230 --> 00:41:45,680

could cure windigo

1095

00:41:49,030 --> 00:41:48,240

oftentimes tribespeople who were brought

1096

00:41:51,910 --> 00:41:49,040

to the

1097

00:41:52,470 --> 00:41:51,920

missionaries and the chapels that were

1098

00:41:55,349 --> 00:41:52,480

there

1099

00:41:56,950 --> 00:41:55,359

would often be cured but again was that

1100

00:41:59,990 --> 00:41:56,960

due to the warm weather

1101

00:42:02,550 --> 00:42:00,000

the food the dry

1102

00:42:03,349 --> 00:42:02,560

living environment or was it the power

1103

00:42:05,910 --> 00:42:03,359

of belief

1104

00:42:07,270 --> 00:42:05,920

that if you believe some higher power is

1105

00:42:10,630 --> 00:42:07,280

going to cure you

1106

00:42:14,829 --> 00:42:10,640

whether it's a priest or a shaman maybe

1107

00:42:21,190 --> 00:42:17,589

wow uh

1108

00:42:24,309 --> 00:42:21,200

now talking about the modern wendigo

1109

00:42:25,990 --> 00:42:24,319

and some of the stories associated with

1110

00:42:28,950 --> 00:42:26,000

now the only one i can really

1111

00:42:30,390 --> 00:42:28,960

think of that's been documented is the

1112

00:42:33,030 --> 00:42:30,400

individual

1113

00:42:35,190 --> 00:42:33,040

who claimed he was a when to go are

1114

00:42:38,150 --> 00:42:35,200

transformed into a windigo

1115

00:42:40,870 --> 00:42:38,160

while aboard the greyhound bus i think

1116

00:42:44,550 --> 00:42:40,880

that was with 2008.

1117

00:42:46,870 --> 00:42:44,560

i mean remember seeing this story

1118

00:42:47,829 --> 00:42:46,880

uh they were traveling from edmonton to

1119

00:42:49,670 --> 00:42:47,839

winnipeg

1120

00:42:52,470 --> 00:42:49,680

and this guy just went completely nuts

1121

00:42:56,069 --> 00:42:52,480

and started chewing on people

1122

00:42:58,069 --> 00:42:56,079

yes mr lee who's now out of psychiatric

1123

00:43:01,349 --> 00:42:58,079

care and is a free man

1124

00:43:03,589 --> 00:43:01,359

if you're looking to ride the greyhound

1125

00:43:05,030 --> 00:43:03,599

he was on board the greyhound now what's

1126

00:43:07,910 --> 00:43:05,040

interesting about this case

1127

00:43:09,990 --> 00:43:07,920

is really i think this was propped up in

1128

00:43:12,069 --> 00:43:10,000

the media to be more than it was in

1129

00:43:14,230 --> 00:43:12,079

terms of its connection to the windigo

1130

00:43:15,349 --> 00:43:14,240

where it came out in court records that

1131

00:43:18,470 --> 00:43:15,359

mr lee

1132

00:43:19,109 --> 00:43:18,480

believed he was uh hearing from the

1133

00:43:20,790 --> 00:43:19,119

devil or

1134

00:43:23,030 --> 00:43:20,800

aliens or something it wasn't the

1135

00:43:25,030 --> 00:43:23,040

windigo he believed that he was being

1136

00:43:26,150 --> 00:43:25,040

told that if he didn't kill the person

1137

00:43:28,390 --> 00:43:26,160

next to him

1138

00:43:30,710 --> 00:43:28,400

that that person was a demon or was

1139

00:43:34,150 --> 00:43:30,720

going to harm him in some way

1140

00:43:35,990 --> 00:43:34,160

so during the greyhound ride he simply

1141

00:43:37,990 --> 00:43:36,000

turned to the man next to him who was

1142

00:43:40,710 --> 00:43:38,000

sleeping with his earphones on

1143

00:43:42,630 --> 00:43:40,720

and started stabbing him to death and

1144

00:43:44,790 --> 00:43:42,640

the bus driver pulled over

1145

00:43:46,790 --> 00:43:44,800

and everybody scurried off the bus and

1146

00:43:50,230 --> 00:43:46,800

they propped the doors closed

1147

00:43:53,030 --> 00:43:50,240

trapping mr lee with the victim

1148

00:43:54,550 --> 00:43:53,040

who was already deceased at that time

1149

00:43:56,630 --> 00:43:54,560

and that's when he

1150

00:43:58,630 --> 00:43:56,640

cut off the head and was carrying it

1151
00:43:59,109 --> 00:43:58,640
around through the windows like some

1152
00:44:01,829 --> 00:43:59,119
sort of

1153
00:44:03,030 --> 00:44:01,839
grisly trophy and he did consume

1154
00:44:06,309 --> 00:44:03,040
portions of

1155
00:44:09,030 --> 00:44:06,319
his victim's body and because it was in

1156
00:44:11,990 --> 00:44:09,040
canada and because of the cannibalism

1157
00:44:13,510 --> 00:44:12,000
that transpired that he was deemed a

1158
00:44:15,109 --> 00:44:13,520
windigo even though

1159
00:44:17,030 --> 00:44:15,119
it was never brought up about the

1160
00:44:19,750 --> 00:44:17,040
windigo it was more of

1161
00:44:22,710 --> 00:44:19,760
um you know demonic possession type

1162
00:44:24,390 --> 00:44:22,720
where he was hearing voices and

1163
00:44:26,950 --> 00:44:24,400

but i think if this would have happened

1164

00:44:27,910 --> 00:44:26,960

anywhere else it would not have had a

1165

00:44:30,470 --> 00:44:27,920

windigo

1166

00:44:32,870 --> 00:44:30,480

label attached to it uh when people were

1167

00:44:35,349 --> 00:44:32,880

going crazy in florida on bath salts and

1168

00:44:37,829 --> 00:44:35,359

eating the faces off of one another

1169

00:44:40,390 --> 00:44:37,839

nobody brought up windigo here in

1170

00:44:43,589 --> 00:44:40,400

wisconsin when jeffrey dahmer or

1171

00:44:45,510 --> 00:44:43,599

ed gein resorted to cannibalism

1172

00:44:47,270 --> 00:44:45,520

nobody brought up the windigo even

1173

00:44:49,990 --> 00:44:47,280

though we're in the northwoods

1174

00:44:51,829 --> 00:44:50,000

of the great lakes so i think just

1175

00:44:53,829 --> 00:44:51,839

because it was in canada

1176

00:44:55,670 --> 00:44:53,839

that it got this and there's a whole

1177

00:44:57,030 --> 00:44:55,680

section in the book where we addressed

1178

00:45:00,069 --> 00:44:57,040

this because it got

1179

00:45:03,270 --> 00:45:00,079

a lot of international news and

1180

00:45:05,510 --> 00:45:03,280

we were debating or tempted to try to

1181

00:45:06,550 --> 00:45:05,520

contact mr lee for an interview for the

1182

00:45:09,030 --> 00:45:06,560

book but

1183

00:45:09,589 --> 00:45:09,040

we felt it best just to let that uh

1184

00:45:12,630 --> 00:45:09,599

segment

1185

00:45:14,710 --> 00:45:12,640

go uh a bit yeah i think that would have

1186

00:45:17,109 --> 00:45:14,720

been an interesting interview i mean the

1187

00:45:19,589 --> 00:45:17,119

fact that the guy's out now

1188

00:45:21,190 --> 00:45:19,599

uh i don't know if it has anything to do

1189

00:45:24,230 --> 00:45:21,200

to say about the uh

1190

00:45:28,550 --> 00:45:24,240

the criminal justice system in

1191

00:45:30,630 --> 00:45:28,560

canada but i i really doubt that he

1192

00:45:32,550 --> 00:45:30,640

he would have been out walking around

1193

00:45:33,910 --> 00:45:32,560

here in the united states but then again

1194

00:45:36,390 --> 00:45:33,920

what do i know

1195

00:45:38,710 --> 00:45:36,400

yeah i would feel a little safer there

1196

00:45:39,750 --> 00:45:38,720

with maybe a few more years of treatment

1197

00:45:42,550 --> 00:45:39,760

before

1198

00:45:43,910 --> 00:45:42,560

uh letting him out but again you know

1199

00:45:47,109 --> 00:45:43,920

canada is a

1200

00:45:49,190 --> 00:45:47,119

not only a whole different place

1201
00:45:51,430 --> 00:45:49,200
politically and socially but if you've

1202
00:45:54,470 --> 00:45:51,440
never been to canada

1203
00:45:57,670 --> 00:45:54,480
it's very difficult to

1204
00:46:00,630 --> 00:45:57,680
overstate how vast and wild

1205
00:46:02,309 --> 00:46:00,640
it is that you can go 30 minutes out of

1206
00:46:06,710 --> 00:46:02,319
a big city and you're

1207
00:46:09,589 --> 00:46:06,720
in nowhere for miles and miles and miles

1208
00:46:09,990 --> 00:46:09,599
nothing is around you except a heavy

1209
00:46:12,309 --> 00:46:10,000
thick

1210
00:46:13,109 --> 00:46:12,319
forest it's you know i grew up here in

1211
00:46:15,109 --> 00:46:13,119
wisconsin

1212
00:46:17,190 --> 00:46:15,119
we have a lot of thick forests in the

1213
00:46:18,470 --> 00:46:17,200

north woods you can get lost pretty

1214

00:46:21,750 --> 00:46:18,480

easily but

1215

00:46:24,790 --> 00:46:21,760

nothing compared to just how gigantic

1216

00:46:27,030 --> 00:46:24,800

and desolate canada is

1217

00:46:28,710 --> 00:46:27,040

oh absolutely i can attest to that i

1218

00:46:31,670 --> 00:46:28,720

used to spend time

1219

00:46:33,109 --> 00:46:31,680

up in the algonquin provincial park in

1220

00:46:36,309 --> 00:46:33,119

ontario

1221

00:46:37,670 --> 00:46:36,319

and uh that's that is that you know

1222

00:46:39,589 --> 00:46:37,680

you're like in the middle of nowhere

1223

00:46:41,430 --> 00:46:39,599

there

1224

00:46:42,630 --> 00:46:41,440

it really does have and that was one of

1225

00:46:45,190 --> 00:46:42,640

the things when

1226
00:46:47,270 --> 00:46:45,200
for i don't know 15 years or so i had

1227
00:46:48,550 --> 00:46:47,280
been researching swift runner who i just

1228
00:46:51,750 --> 00:46:48,560
talked about earlier

1229
00:46:54,069 --> 00:46:51,760
right consuming his family and

1230
00:46:55,190 --> 00:46:54,079
every story i tried to dig up about him

1231
00:46:57,829 --> 00:46:55,200
his court records

1232
00:46:58,309 --> 00:46:57,839
everything but it wasn't until last year

1233
00:47:00,870 --> 00:46:58,319
that i

1234
00:47:02,230 --> 00:47:00,880
finally was able to go to the places

1235
00:47:05,430 --> 00:47:02,240
where he lived

1236
00:47:06,630 --> 00:47:05,440
and he died and he loved and that's when

1237
00:47:09,430 --> 00:47:06,640
it really set in

1238
00:47:10,309 --> 00:47:09,440

and i can tell you that i was not

1239

00:47:13,430 --> 00:47:10,319

prepared

1240

00:47:16,550 --> 00:47:13,440

for the emotional wallop that that

1241

00:47:17,589 --> 00:47:16,560

visit had on me and for 20 some years

1242

00:47:20,230 --> 00:47:17,599

i've investigated

1243

00:47:20,790 --> 00:47:20,240

serial killers mob hits all these

1244

00:47:23,589 --> 00:47:20,800

haunted

1245

00:47:25,829 --> 00:47:23,599

gruesome places and people doing a

1246

00:47:28,470 --> 00:47:25,839

abhorrent things to one another

1247

00:47:30,309 --> 00:47:28,480

but i thought i was pretty immune to

1248

00:47:31,109 --> 00:47:30,319

that but there was something about just

1249

00:47:33,589 --> 00:47:31,119

being

1250

00:47:34,230 --> 00:47:33,599

in those thick wooded areas and putting

1251
00:47:37,990 --> 00:47:34,240
myself

1252
00:47:40,470 --> 00:47:38,000
in the view of his last young child

1253
00:47:42,870 --> 00:47:40,480
that was traveling with him having to

1254
00:47:45,510 --> 00:47:42,880
know that he was next in line

1255
00:47:46,069 --> 00:47:45,520
for the acts that it was just something

1256
00:47:49,670 --> 00:47:46,079
that

1257
00:47:53,990 --> 00:47:49,680
even now you know seven eight months

1258
00:47:57,670 --> 00:47:54,000
later on cold wisconsin nights i'm still

1259
00:48:00,390 --> 00:47:57,680
struck with that chill from swift runner

1260
00:48:01,109 --> 00:48:00,400
just because of the brutality of of that

1261
00:48:04,069 --> 00:48:01,119
case

1262
00:48:05,349 --> 00:48:04,079
oh i can imagine that sticks with you my

1263
00:48:08,630 --> 00:48:05,359

god i mean you know

1264

00:48:10,950 --> 00:48:08,640

especially as desolate those areas are

1265

00:48:12,630 --> 00:48:10,960

and that these stories coming out of

1266

00:48:15,190 --> 00:48:12,640

those areas

1267

00:48:17,430 --> 00:48:15,200

and of course people you know i imagine

1268

00:48:21,670 --> 00:48:17,440

some of the people you talk to

1269

00:48:23,430 --> 00:48:21,680

up there kind of added to the flavor of

1270

00:48:25,910 --> 00:48:23,440

the story

1271

00:48:27,589 --> 00:48:25,920

it really was and it was fun to see the

1272

00:48:29,829 --> 00:48:27,599

differences between

1273

00:48:30,870 --> 00:48:29,839

sometimes you'd talk with an old timer

1274

00:48:33,030 --> 00:48:30,880

that would have

1275

00:48:33,990 --> 00:48:33,040

more of a personal story of hearing

1276

00:48:36,390 --> 00:48:34,000

these legends as

1277

00:48:37,829 --> 00:48:36,400

they grew up and then oftentimes you

1278

00:48:40,230 --> 00:48:37,839

talk to younger people

1279

00:48:41,190 --> 00:48:40,240

teenagers and they they knew of the

1280

00:48:43,030 --> 00:48:41,200

story

1281

00:48:44,309 --> 00:48:43,040

and oftentimes they knew of it as a

1282

00:48:47,670 --> 00:48:44,319

legend there was this

1283

00:48:48,470 --> 00:48:47,680

uh uh we were in um a town and we spoke

1284

00:48:51,670 --> 00:48:48,480

with this

1285

00:48:54,630 --> 00:48:51,680

uh a waitress at a local diner and

1286

00:48:56,230 --> 00:48:54,640

she told us the story in her town where

1287

00:48:58,390 --> 00:48:56,240

the windigo was said to have been

1288

00:49:00,950 --> 00:48:58,400

chopped up into several pieces

1289

00:49:02,230 --> 00:49:00,960

and spread out to the four corners of

1290

00:49:05,030 --> 00:49:02,240

the town

1291

00:49:05,510 --> 00:49:05,040

and buried so it could never come back

1292

00:49:07,430 --> 00:49:05,520

but

1293

00:49:09,829 --> 00:49:07,440

even to that day they were kind of

1294

00:49:12,069 --> 00:49:09,839

apprehensive that the body might

1295

00:49:15,270 --> 00:49:12,079

reform itself and come back seeking

1296

00:49:19,270 --> 00:49:17,750

you know i found one one part of your

1297

00:49:20,549 --> 00:49:19,280

book very interesting where you

1298

00:49:23,910 --> 00:49:20,559

mentioned

1299

00:49:25,910 --> 00:49:23,920

how the um the creatures in game of

1300

00:49:29,589 --> 00:49:25,920

thrones are actually

1301

00:49:32,790 --> 00:49:29,599

in george r.r martin's novel

1302

00:49:35,990 --> 00:49:32,800

are very much are very similar to

1303

00:49:37,670 --> 00:49:36,000

the the wendigo the white walkers uh

1304

00:49:39,190 --> 00:49:37,680

do you believe that was done on purpose

1305

00:49:41,670 --> 00:49:39,200

or you just believe that that

1306

00:49:42,470 --> 00:49:41,680

that's just the way it turned up no i

1307

00:49:44,150 --> 00:49:42,480

believe that

1308

00:49:46,630 --> 00:49:44,160

and that section that chapter was

1309

00:49:48,470 --> 00:49:46,640

written by my co-author kevin nelson and

1310

00:49:49,829 --> 00:49:48,480

uh we talked about it and we think it

1311

00:49:53,270 --> 00:49:49,839

was done on

1312

00:49:56,470 --> 00:49:53,280

purpose that again it's it's

1313

00:49:59,910 --> 00:49:56,480

taking that innate fear

1314

00:50:03,349 --> 00:49:59,920

that humans have of this tall

1315

00:50:05,510 --> 00:50:03,359

grotesque thin looking monster of ice

1316

00:50:07,670 --> 00:50:05,520

and just how terrifying that would have

1317

00:50:10,230 --> 00:50:07,680

been it's much like with the

1318

00:50:12,470 --> 00:50:10,240

new antlers movie that is scheduled for

1319

00:50:15,670 --> 00:50:12,480

uh released next year now

1320

00:50:19,670 --> 00:50:15,680

um del toro's new movie where

1321

00:50:21,829 --> 00:50:19,680

they get into a windigo story without

1322

00:50:24,230 --> 00:50:21,839

overly stating that it's a windigo

1323

00:50:26,870 --> 00:50:24,240

leaving it up to your interpretation

1324

00:50:28,870 --> 00:50:26,880

and i think in some places that's even

1325

00:50:31,510 --> 00:50:28,880

scarier than labeling it

1326

00:50:33,430 --> 00:50:31,520

the windigo because now your imagination

1327

00:50:35,829 --> 00:50:33,440

goes crazy

1328

00:50:38,309 --> 00:50:35,839

wow well del toro be the perfect person

1329

00:50:39,829 --> 00:50:38,319

to do a movie like that

1330

00:50:42,150 --> 00:50:39,839

yeah and again it's the it's called

1331

00:50:43,190 --> 00:50:42,160

antlers and it it has the more of that

1332

00:50:45,670 --> 00:50:43,200

modern

1333

00:50:46,390 --> 00:50:45,680

uh view of the the windigo as this

1334

00:50:48,630 --> 00:50:46,400

antlered

1335

00:50:51,270 --> 00:50:48,640

monster if any of your listeners are

1336

00:50:53,990 --> 00:50:51,280

fans of the tv show supernatural

1337

00:50:55,190 --> 00:50:54,000

they did an episode where it had antlers

1338

00:50:58,710 --> 00:50:55,200

as well

1339

00:51:01,510 --> 00:50:58,720

and a lot of people now think that's the

1340

00:51:04,950 --> 00:51:01,520

the modern windigo and in some regards

1341

00:51:05,670 --> 00:51:04,960

it is because when these legends and

1342

00:51:07,510 --> 00:51:05,680

folklore

1343

00:51:09,349 --> 00:51:07,520

when they progress and morph through

1344

00:51:11,510 --> 00:51:09,359

decade after decade

1345

00:51:13,670 --> 00:51:11,520

at some point that does become the

1346

00:51:17,510 --> 00:51:13,680

legend

1347

00:51:20,710 --> 00:51:17,520

wow well let me ask you this

1348

00:51:24,069 --> 00:51:20,720

and this is something i just thought of

1349

00:51:27,670 --> 00:51:24,079

you you hear of people

1350

00:51:31,109 --> 00:51:27,680

that develop or manifest

1351

00:51:33,430 --> 00:51:31,119

thought forms or tulpas

1352

00:51:34,150 --> 00:51:33,440

do you believe there's a possibility

1353

00:51:37,270 --> 00:51:34,160

that

1354

00:51:40,470 --> 00:51:37,280

some of these entities

1355

00:51:42,549 --> 00:51:40,480

could actually been manifested by the

1356

00:51:45,589 --> 00:51:42,559

mind

1357

00:51:47,910 --> 00:51:45,599

without a doubt and my again my

1358

00:51:50,950 --> 00:51:47,920

colleague kevin nelson who's

1359

00:51:54,950 --> 00:51:50,960

much more schooled in the occult than i

1360

00:51:57,030 --> 00:51:54,960

am did a chapter on the shamans

1361

00:51:58,150 --> 00:51:57,040

and what role they played with the

1362

00:52:00,150 --> 00:51:58,160

windigo

1363

00:52:02,710 --> 00:52:00,160

because not only would they be called

1364

00:52:03,990 --> 00:52:02,720

upon to fight the windigo in the spirit

1365

00:52:06,309 --> 00:52:04,000

world in a shaking

1366

00:52:08,790 --> 00:52:06,319

tent where they would go in and call in

1367

00:52:11,589 --> 00:52:08,800

spirits and animals to help them

1368

00:52:12,390 --> 00:52:11,599

fight the windigo they could also summon

1369

00:52:15,430 --> 00:52:12,400

it

1370

00:52:23,990 --> 00:52:15,440

of

1371

00:52:26,870 --> 00:52:24,000

but a powerful

1372

00:52:28,150 --> 00:52:26,880

shaman was said to be able to create one

1373

00:52:30,950 --> 00:52:28,160

of these things

1374

00:52:31,589 --> 00:52:30,960

and send it to do its bidding so it's

1375

00:52:34,190 --> 00:52:31,599

very

1376
00:52:35,349 --> 00:52:34,200
likely that these things could have

1377
00:52:38,950 --> 00:52:35,359
materialized

1378
00:52:40,390 --> 00:52:38,960
out of nowhere again so much of the lore

1379
00:52:43,589 --> 00:52:40,400
of the windigo

1380
00:52:46,230 --> 00:52:43,599
was lost to history because people

1381
00:52:48,150 --> 00:52:46,240
when you're on the verge of starvation

1382
00:52:49,829 --> 00:52:48,160
you're not sitting down with a notebook

1383
00:52:52,309 --> 00:52:49,839
writing down legends

1384
00:52:54,069 --> 00:52:52,319
you're trying to survive so so much of

1385
00:52:57,510 --> 00:52:54,079
the oral stories

1386
00:52:59,510 --> 00:52:57,520
were lost over the last 300 years that

1387
00:53:00,630 --> 00:52:59,520
i think you could do 10 more books on

1388
00:53:03,430 --> 00:53:00,640

what was lost

1389

00:53:04,790 --> 00:53:03,440

but i certainly think that the belief in

1390

00:53:07,190 --> 00:53:04,800

the windigo

1391

00:53:08,950 --> 00:53:07,200

had some effect not only on its

1392

00:53:12,390 --> 00:53:08,960

appearing and summoning

1393

00:53:15,670 --> 00:53:14,309

now before we uh end the show can you

1394

00:53:18,069 --> 00:53:15,680

tell us another

1395

00:53:19,750 --> 00:53:18,079

uh older story about a when to go

1396

00:53:22,950 --> 00:53:19,760

possession

1397

00:53:24,069 --> 00:53:22,960

yes this is a a great story and this

1398

00:53:27,109 --> 00:53:24,079

happened

1399

00:53:28,870 --> 00:53:27,119

well let me first state that windigo uh

1400

00:53:31,589 --> 00:53:28,880

the creatures could be male

1401
00:53:32,870 --> 00:53:31,599
or female many people thought they were

1402
00:53:35,349 --> 00:53:32,880
genderless but no

1403
00:53:36,069 --> 00:53:35,359
they were often reported as having a

1404
00:53:38,230 --> 00:53:36,079
gender

1405
00:53:39,349 --> 00:53:38,240
there are even occasional reports of

1406
00:53:42,710 --> 00:53:39,359
when to go creatures

1407
00:53:44,230 --> 00:53:42,720
living with one another in almost a pack

1408
00:53:47,349 --> 00:53:44,240
of some sort but

1409
00:53:50,549 --> 00:53:47,359
this story involves uh marie cootrae

1410
00:53:52,790 --> 00:53:50,559
and this goes back to the 1800s as well

1411
00:53:53,829 --> 00:53:52,800
and she was traveling with her husband

1412
00:53:56,870 --> 00:53:53,839
and his

1413
00:53:59,589 --> 00:53:56,880

son it was her son-in-law it was uh

1414

00:54:01,990 --> 00:53:59,599

her second marriage her first marriage

1415

00:54:04,150 --> 00:54:02,000

with all of her children ended terribly

1416

00:54:06,710 --> 00:54:04,160

as though she was cursed she started

1417

00:54:09,349 --> 00:54:06,720

losing her husband and all the children

1418

00:54:10,950 --> 00:54:09,359

in freak accidents and deaths but anyway

1419

00:54:13,829 --> 00:54:10,960

she's traveling

1420

00:54:14,470 --> 00:54:13,839

traveling with her husband and his son

1421

00:54:17,270 --> 00:54:14,480

and

1422

00:54:17,829 --> 00:54:17,280

she starts to act very strange where the

1423

00:54:20,549 --> 00:54:17,839

husband

1424

00:54:20,950 --> 00:54:20,559

notices weird things are happening a few

1425

00:54:23,670 --> 00:54:20,960

days

1426

00:54:25,190 --> 00:54:23,680

into their track so over the course of

1427

00:54:28,390 --> 00:54:25,200

the next week

1428

00:54:29,910 --> 00:54:28,400

she starts turning into a windigo even

1429

00:54:32,390 --> 00:54:29,920

telling her husband

1430

00:54:33,910 --> 00:54:32,400

i'm turning into a windigo help me i do

1431

00:54:36,549 --> 00:54:33,920

not want to harm you

1432

00:54:37,750 --> 00:54:36,559

i do not want to kill you you have to

1433

00:54:39,510 --> 00:54:37,760

kill me

1434

00:54:41,990 --> 00:54:39,520

and the husband and the son said we

1435

00:54:46,069 --> 00:54:42,000

cannot kill you we love you too much

1436

00:54:49,190 --> 00:54:46,079

we will cure you so for the next 21 days

1437

00:54:50,950 --> 00:54:49,200

they spent every moment trying to cure

1438

00:54:53,750 --> 00:54:50,960

her

1439

00:54:55,510 --> 00:54:53,760

they could not they eventually ended up

1440

00:54:58,549 --> 00:54:55,520

having to kill her

1441

00:55:00,789 --> 00:54:58,559

and they um killed her with an

1442

00:55:02,630 --> 00:55:00,799

axe and then buried her body right away

1443

00:55:05,270 --> 00:55:02,640

now the interesting thing is

1444

00:55:06,630 --> 00:55:05,280

lon that when you killed a suspected

1445

00:55:09,750 --> 00:55:06,640

windigo

1446

00:55:11,349 --> 00:55:09,760

the only real way to make sure that it

1447

00:55:14,150 --> 00:55:11,359

would never come back

1448

00:55:15,750 --> 00:55:14,160

was to cremate it burn it so not one

1449

00:55:17,990 --> 00:55:15,760

piece of it remained

1450

00:55:18,870 --> 00:55:18,000

otherwise the belief was it would repair

1451

00:55:20,630 --> 00:55:18,880

itself

1452

00:55:22,549 --> 00:55:20,640

go back into the woods and wait for

1453

00:55:23,349 --> 00:55:22,559

someone to go hunting and then possess

1454

00:55:26,549 --> 00:55:23,359

them

1455

00:55:28,150 --> 00:55:26,559

but they didn't cremate her they just

1456

00:55:30,549 --> 00:55:28,160

simply buried her

1457

00:55:32,789 --> 00:55:30,559

and again the white law enforcement

1458

00:55:34,870 --> 00:55:32,799

found out about this and arrested

1459

00:55:36,710 --> 00:55:34,880

the husband and his son they were

1460

00:55:40,309 --> 00:55:36,720

eventually convicted and spent

1461

00:55:42,710 --> 00:55:40,319

six months in prison for this murder but

1462

00:55:43,750 --> 00:55:42,720

most of the murders of the suspected

1463

00:55:46,630 --> 00:55:43,760

windigo

1464

00:55:47,510 --> 00:55:46,640

they were done by family members which

1465

00:55:50,789 --> 00:55:47,520

cut down

1466

00:55:53,589 --> 00:55:50,799

on the idea of retaliation from somebody

1467

00:55:55,990 --> 00:55:53,599

who might not have agreed with it

1468

00:55:58,549 --> 00:55:56,000

because it was a family they were

1469

00:56:00,470 --> 00:55:58,559

expected to do this and many times

1470

00:56:02,789 --> 00:56:00,480

they were forced to do it where the

1471

00:56:05,109 --> 00:56:02,799

entire community or the tribe would say

1472

00:56:07,190 --> 00:56:05,119

you have to do it to save the rest of us

1473

00:56:10,069 --> 00:56:07,200

but marie kutray was buried

1474

00:56:11,030 --> 00:56:10,079

along the shores of lesser slave lake

1475

00:56:13,270 --> 00:56:11,040

her grave

1476
00:56:14,390 --> 00:56:13,280
which is unmarked is still up there and

1477
00:56:16,710 --> 00:56:14,400
those who know

1478
00:56:17,990 --> 00:56:16,720
when the galore know that she was never

1479
00:56:19,829 --> 00:56:18,000
cremated

1480
00:56:22,710 --> 00:56:19,839
and i can tell you while we were walking

1481
00:56:25,829 --> 00:56:22,720
around we had our hands on our hatchets

1482
00:56:30,549 --> 00:56:28,390
i bet you did you know it's canada there

1483
00:56:32,870 --> 00:56:30,559
are no guns allowed which

1484
00:56:34,470 --> 00:56:32,880
wouldn't have helped us anyway but uh

1485
00:56:37,990 --> 00:56:34,480
our hatchet certainly

1486
00:56:40,630 --> 00:56:38,000
gave us some sense of safety

1487
00:56:42,349 --> 00:56:40,640
and that area in alberta also had

1488
00:56:45,750 --> 00:56:42,359

stories going back to the

1489

00:56:48,069 --> 00:56:45,760

1700s of a place called eating creek

1490

00:56:49,270 --> 00:56:48,079

and eating creek road where it was said

1491

00:56:51,910 --> 00:56:49,280

that one of these

1492

00:56:53,430 --> 00:56:51,920

flesh-and-blood windigos actually lived

1493

00:56:55,990 --> 00:56:53,440

for many years

1494

00:56:58,230 --> 00:56:56,000

and it would often consume people and

1495

00:57:01,109 --> 00:56:58,240

tribes folk would often tell

1496

00:57:01,990 --> 00:57:01,119

any white missionaries or fur traders to

1497

00:57:05,030 --> 00:57:02,000

avoid that

1498

00:57:07,190 --> 00:57:05,040

area unless they be eaten by this giant

1499

00:57:10,230 --> 00:57:07,200

windigo

1500

00:57:12,789 --> 00:57:10,240

wow so chad

1501
00:57:14,150 --> 00:57:12,799
what uh what do you have coming up in

1502
00:57:18,069 --> 00:57:14,160
the future uh

1503
00:57:20,789 --> 00:57:18,079
appearances books what's up

1504
00:57:21,589 --> 00:57:20,799
yeah i'm right now after and let me tell

1505
00:57:24,549 --> 00:57:21,599
you i've done

1506
00:57:26,870 --> 00:57:24,559
25 books on the paranormal 20 years of

1507
00:57:29,030 --> 00:57:26,880
doing this um

1508
00:57:30,069 --> 00:57:29,040
i think this is the most important work

1509
00:57:32,950 --> 00:57:30,079
that i've done

1510
00:57:33,670 --> 00:57:32,960
and the most complex puzzling and

1511
00:57:36,630 --> 00:57:33,680
hardest

1512
00:57:38,470 --> 00:57:36,640
work of research that i've done as you

1513
00:57:40,390 --> 00:57:38,480

and i were talking earlier

1514

00:57:41,910 --> 00:57:40,400

you know i've done this for 20 years

1515

00:57:44,069 --> 00:57:41,920

with the windigo and still

1516

00:57:45,109 --> 00:57:44,079

feel like i know very little about the

1517

00:57:48,069 --> 00:57:45,119

legend

1518

00:57:49,190 --> 00:57:48,079

so i'm shifting over right now and doing

1519

00:57:51,990 --> 00:57:49,200

something a little

1520

00:57:54,470 --> 00:57:52,000

less serious where my next book is going

1521

00:57:56,710 --> 00:57:54,480

to be on supernatural dares

1522

00:57:57,910 --> 00:57:56,720

where people dare one another to do

1523

00:58:00,789 --> 00:57:57,920

things at these

1524

00:58:01,990 --> 00:58:00,799

places where if you sit on the mausoleum

1525

00:58:04,069 --> 00:58:02,000

the ghost of the

1526
00:58:05,829 --> 00:58:04,079
people buried inside will come out and

1527
00:58:09,190 --> 00:58:05,839
haunt you those type of things

1528
00:58:12,150 --> 00:58:09,200
wow so a little a little less serious

1529
00:58:12,630 --> 00:58:12,160
uh than the windigo because this really

1530
00:58:16,069 --> 00:58:12,640
was

1531
00:58:17,829 --> 00:58:16,079
a again a book that had profound impact

1532
00:58:21,750 --> 00:58:17,839
on me

1533
00:58:24,390 --> 00:58:21,760
it's a marvelous book i mean i uh

1534
00:58:25,510 --> 00:58:24,400
like i told you earlier i it's it's one

1535
00:58:28,870 --> 00:58:25,520
subject that i've

1536
00:58:32,789 --> 00:58:28,880
really never have been

1537
00:58:35,990 --> 00:58:32,799
very good at you know recognizing

1538
00:58:37,430 --> 00:58:36,000

the phenomena and you know but i i

1539

00:58:39,030 --> 00:58:37,440

have learned a lot from the book and

1540

00:58:41,750 --> 00:58:39,040

i've learned a lot from you talking

1541

00:58:42,549 --> 00:58:41,760

tonight now the book is titled wendigo

1542

00:58:46,630 --> 00:58:42,559

lore

1543

00:58:47,750 --> 00:58:46,640

monsters miss and madness and i highly

1544

00:58:49,910 --> 00:58:47,760

recommend it i

1545

00:58:51,349 --> 00:58:49,920

really do it's it's fantastic and i

1546

00:58:53,109 --> 00:58:51,359

agree with you i think it's your best

1547

00:58:55,910 --> 00:58:53,119

book so far

1548

00:58:56,549 --> 00:58:55,920

and one last thing for your listeners is

1549

00:58:59,109 --> 00:58:56,559

that

1550

00:59:00,069 --> 00:58:59,119

the windigo not only could possess

1551
00:59:02,710 --> 00:59:00,079
people

1552
00:59:03,510 --> 00:59:02,720
it could possess uh obviously the old

1553
00:59:06,069 --> 00:59:03,520
but also

1554
00:59:06,549 --> 00:59:06,079
babies there are stories of babies being

1555
00:59:09,270 --> 00:59:06,559
killed

1556
00:59:10,069 --> 00:59:09,280
after trying to eat at their mother and

1557
00:59:13,109 --> 00:59:10,079
chew on them

1558
00:59:15,030 --> 00:59:13,119
and also animals could turn windigo

1559
00:59:16,950 --> 00:59:15,040
so all of your listeners out there

1560
00:59:18,230 --> 00:59:16,960
getting ready for bed or whatever

1561
00:59:21,030 --> 00:59:18,240
they're doing

1562
00:59:23,030 --> 00:59:21,040
no one is safe from the windigo well

1563
00:59:24,470 --> 00:59:23,040

definitely get this book and be sure

1564

00:59:26,470 --> 00:59:24,480

make sure you read it right before you

1565

00:59:29,670 --> 00:59:26,480

go to sleep

1566

00:59:31,270 --> 00:59:29,680

perfect advice right so chad thanks

1567

00:59:32,789 --> 00:59:31,280

again for coming on the show it's always

1568

00:59:35,030 --> 00:59:32,799

great talking to you

1569

00:59:37,109 --> 00:59:35,040

and uh when the next book comes out i

1570

00:59:39,990 --> 00:59:37,119

will definitely have you on

1571

00:59:43,190 --> 00:59:40,000

thank you and keep an eye out okay you

1572

00:59:46,470 --> 00:59:44,789

now if you haven't explained encounter

1573

00:59:48,069 --> 00:59:46,480

or sighting feel free to contact me

1574

00:59:48,950 --> 00:59:48,079

through the phantoms and monsters blog

1575

00:59:50,470 --> 00:59:48,960

site

1576

00:59:52,870 --> 00:59:50,480

now if you're interested in supporting

1577

00:59:54,950 --> 00:59:52,880

phantoms and monsters on arcane radio

1578

00:59:57,109 --> 00:59:54,960

you can use the paypal donation buttons

1579

00:59:58,870 --> 00:59:57,119

on the blog or the newsletter

1580

01:00:01,510 --> 00:59:58,880

your continued support is always

1581

01:00:04,630 --> 01:00:01,520

appreciated now our new youtube channel

1582

01:00:07,190 --> 01:00:04,640

beyond explanation has new kind being

1583

01:00:09,270 --> 01:00:07,200

new content being added every day

1584

01:00:12,390 --> 01:00:09,280

including arcane radio archive

1585

01:00:14,390 --> 01:00:12,400

shows so check it out and subscribe

1586

01:00:15,829 --> 01:00:14,400

i want to again thank chad lewis for

1587

01:00:17,670 --> 01:00:15,839

joining me this evening

1588

01:00:19,910 --> 01:00:17,680

and i want to thank you for listening to

1589

01:00:30,830 --> 01:00:19,920

the show good night stay healthy

1590

01:00:30,840 --> 01:00:43,460

[Music]

1591

01:00:43,470 --> 01:01:08,550

[Applause]