



SEVEN GENERATIONS EDUCATION INSTITUTE

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Mission Statement

The Seven Generations Education Institute is dedicated to excellence in lifelong learning and empowerment through Anishinaabemowin, by providing community-based and student-centered learning opportunities for Anishinaabeg.

Vision Statement

Anishinaabemowin is the basis of our teachings. With a strong identity, learners thrive with attitudes, skills, and knowledge to continue on their path of life-long learning.

Our Philosophy

Seven Generations Education Institute is cognizant of the strengths, values and traditions passed down through the generations of the Anishinaabe. Seven Generations Education Institute honours those who have walked ahead of us, respects those who walk with us and considers those yet to come.

Seven Generations Education Institute encompasses the traditional education process by blending culture, tradition, information and technology. This philosophy provides opportunities to demonstrate our commitment to the values, needs, and learning styles of our communities.

Our goal is to continue developing and implementing an education system that always takes into account the next Seven Generations. We will meet the needs of the present without compromising future generations and educate our people so they will succeed in the modern world.

SEVEN GENERATIONS EDUCATION INSTITUTE

DAGWAAGWANII MAAWINDOOSIJIGEWIN

Fall Harvest

October 1-3, 2013



Grades 4-8 Student Booklet

Student Name: _____

School: _____

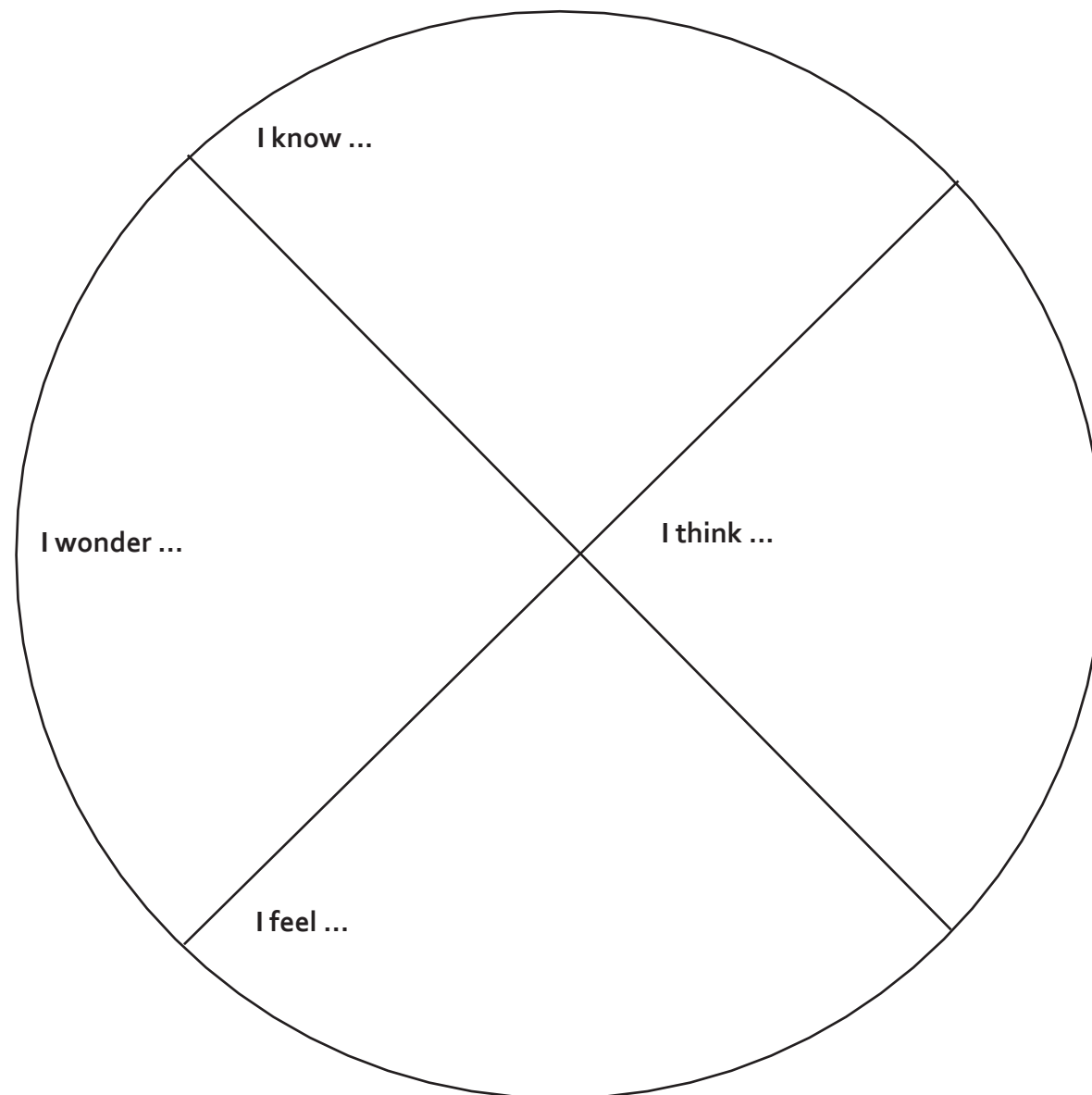
Fall Harvest



Fall is the time when First Nation, Métis and Inuit peoples prepared for the long winter ahead. These activities include wild rice, bird, hide, meat, and fish preparation; the process of gathering teas, medicines, foods; storytelling; and the making of mocassins, fishnets, jams, and bannock. The different techniques used have been developed and passed down for generations, for thousands of years. Elders in communities have maintained these traditions and now they offer you an opportunity to learn in traditional surroundings.

The activities in this booklet are designed for you to record the many experiences you will have today. Be ready to work hard and learn skills that many of us do not use in our contemporary lifestyle!

Medicine Wheel Reflections



Drum Teachings

The most common drums used today are the frame drum - a small, single drumhead, hand drum, and the large powwow drum that group members play together. Historically, most regions and cultures across the country had frame drums. Some exceptions included certain Aboriginal peoples of the West Coast - boreal rain forest, the Northern Arctic and the Iroquoian nations of Eastern Canada. Each group had its own distinct drums and other percussion instruments.

TO DO What is the meaning of the drum?
What is the name of the drum?

Name two things you learned about drums today.

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Bird Preparation

The land and sea provides many sources of food. Many traditional Aboriginal foods are based on pure ingredients that are meant to nourish the body and mind. The natural ingredients used from the local environment make the dishes well-balanced in order to keep the metabolism working well. Geese, duck, and partridge are examples of wild birds that were hunted for sustenance.

TO DO Describe the steps to preparing wild birds for eating.

In what ways can the feathers from the bird be used?

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Make a flow chart of the five stages, include labels, titles, and drawings.

Handwriting practice area consisting of 18 horizontal dashed lines.



Wild Blueberry Jam Making

Wild blueberries are one of the berries in North America that thrive in the glacial soils and northern climate. The berries are rich in anti-oxidants (highest capacity per serving) and have grown naturally for thousands of years. Wild blueberries are suited to acidic, low fertility soils, challenging winters and a low input crop requiring minimal management. Wild blueberries grow on a two year cycle and are harvested July through August.

TO DO

Name the ingredients needed to make blueberry jam.
How is blueberry jam made?
What health benefits do anti-oxidants provide?



A series of horizontal dashed lines for writing, spanning the right side of the page.



Fish Preparation

Some people, when telling fish stories, think the hardest part to fishing is catching the fish! However, preparing a fish for eating takes skill and practice. Fish have very fine bones located in various parts of the meat that can be removed. Some people eat certain fish with the skin on, while others remove the skin. It is important to be safe when using a sharp filet knife to handle and prepare the fish.

TO DO Can you think of what nutrients can be found in fish that are important for our bodies?

What part of the fish would have been used for fashion?



Traditional Foods



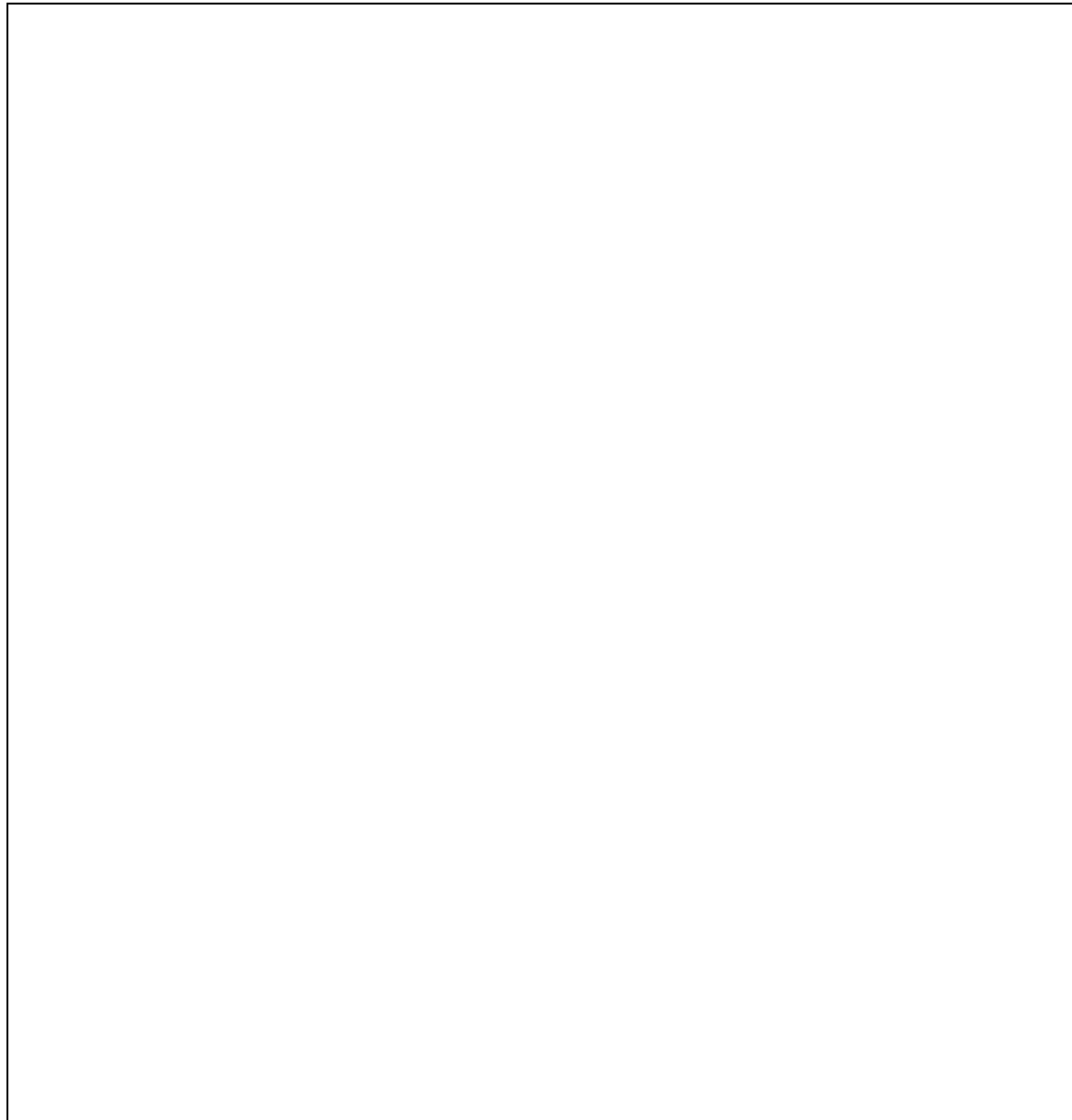
TO DO What traditional foods did you learn about today?

What preparation is done?

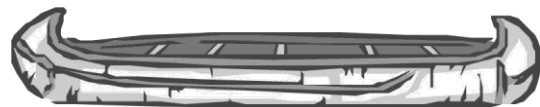
What are the ingredients?



Draw a picture of your favorite Fall Harvest Teaching



Twelve horizontal dashed lines for writing.



Bannock Making

You can bake bannock in the oven or fry it in a pan. Regardless of how it is cooked, bannock is a tasty treat! When in the bush, you have little other options besides cooking bannock on a stick. It is great because there are no dishes to clean. Watch and learn how the heat from a fire can be used to cook this delicious type of bread.

TO DO Write out the recipe and procedure (steps) to make bannock, list other ingredients that you could add to enhance the taste.

How has bannock evolved over the years?

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TO DO

What are some other types of fishnets?

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Why does the webbing/mesh vary in size?

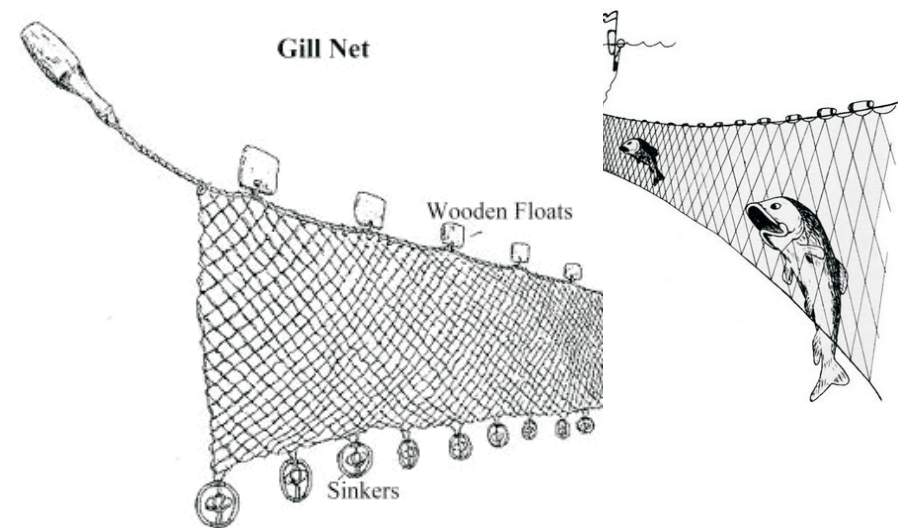
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What are some other potential uses of the fishnet weave?

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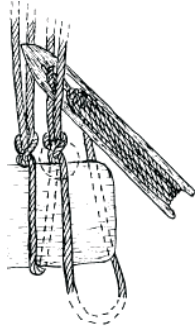
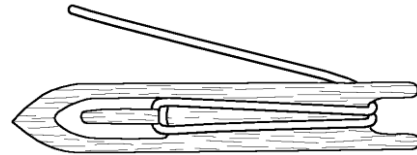
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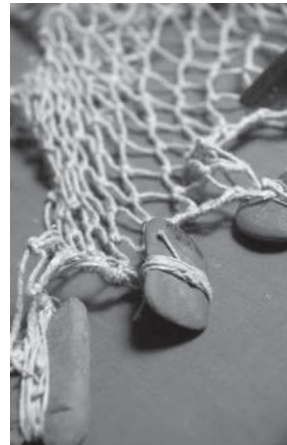
Fishnets

Among the Aboriginal peoples of Canada, there were style and technical differences between each. For the Ojibwe, nets called Gill Nets were often created.

To make Ojibwe gill nets, a shuttle was used to hold the twine or string.



Smooth square/rectangular blocks were also used to keep the spaces in the net (the mesh) the same size. These blocks were held in place while tying the knots. Mesh can vary in size from 3 inches to 5 & 1/2 inches. The nets can be up to 100 yards long. Nets are typically 5 feet in height



When a fishnet was completed, wooden floats (to keep the net open) and stone weights/sinkers were added to the net these also helped to keep the net vertical in the water.

Medicine/Tea Preparation

The long cold winters in the Rainy River District are eased by a cup or two of warm tea. Tea is not only used for warmth but traditionally has many medicinal purposes as well. For example, Aboriginal people were the first to use the roots of the Pitcher Plant to treat smallpox and other ailments.

TO DO

Compare traditional teas to modern teas, research the medicinal uses of traditional tea.

What is an important step when preparing traditional teas?