

Gichi-Amikozow (Beaver)

*Maajii-Ojibwemowag (They Begin to Speak Ojibwe) – ANA Language Project
Teacher/Caregiver Supplemental Document*

Amik & the Seven Grandfather Teachings

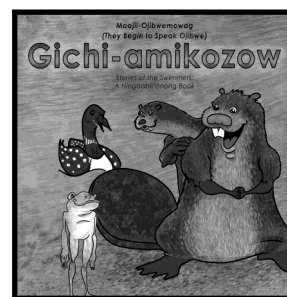
Many Anishinaabe communities have followed and continue to follow the Seven Grandfather Teachings, a set of Anishinaabe guiding principles passed down through generations. The goal of the teachings is to guide the Anishinaabe in living the bimaadiziwin (Anishinaabe way of life). It is said that Gichi-Manidoo gave the responsibility of watching over the Anishinaabe people to spirits known as the seven grandfathers. The grandfathers decided to send a messenger down to earth to find someone to spread Anishinaabe values. After searching

in all directions, the messenger found a baby. After finding this baby, the seven grandfathers instructed the messenger to bring the baby to Earth to learn the bimaadiziwin (Anishinaabe way of life). After seven years, the baby, now a young boy, returned with the messenger. The grandfathers then gave the child seven teachings to share with the Anishinaabe: Debwewin (Truth), Dabasendiziwin (Humility), Manaaji'idiwin (Respect), Zaagi'idiwin (Love), Gwayakwaadiziwin (Honesty), Zoongide'ewin

(Bravery), and Nibwaakaawin (Wisdom). All of these teachings are represented by an animal. Debwewin is mikinaak (turtle), Dabasendiziwin is ma'iingan (wolf), Manaaji'idiwin is mashkode-bizhiki (buffalo), Zaagi'idiwin is migizi (eagle), Gwayakwaadiziwin is gaagaagi (raven), Zoongide'ewin is makwa (bear), and Nibwaakaawin is Amik. It is said that Amik represents Nibwaakwin because they use their ability to cut trees and build dams which has a positive impact on their ecosystem, family, community, and themselves. The Amikwag remind us that we all have gifts and a purpose in this world.

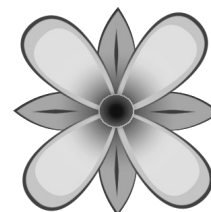
Three Amik Facts

1. Amikwag build dams and wiishan (lodges) using vegetation, mitigoonsan (tree branches), asinikaa (rock), and azhashki (mud); they chew down mitigoog (trees) for building material.
2. Amikwag are the largest rodents on Turtle Island (North America).
3. Amikwag usually spend five to six minutes underwater per dive, but they can hold their breath for as long as 15 minutes.

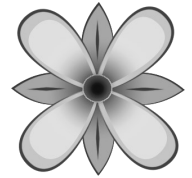


Ningaabii'anong Set: Gichi-amikozow Book Ojibwe Language Word List

- **DibaaJimowin**- a story
- **Aajim**- tell a story of
- **Gichi-ozow**- big tail
- **MewinZha**- long ago
- **Maang**- a loon
- **Miikawaadad**- it is handsome, is beautiful
- **Ina**- (yes/no question word)
- **Mino**- nice, good
- **Zhoomiingweni**- s/he smiles
- **Apiitenimo**- s/he is so proud of self
- **Bi-izhaa**- s/he comes
- **Noodin**- wind, it is windy
- **Omakakii**- a frog
- **Ahaaw**- okay, come on
- **Anokii**- work
- **Gichi-mitig**- big tree
- **Maazhise**- s/he has things go wrong, has bad luck



5 Reasons Why Amik is Important



1. They improve water quality

Amikwag build dams which reduces soil erosion while also retaining sediment. The sediment is good because it absorbs and filters out things that could pollute the nibi (water) such as heavy metals, pesticides, and fertilizers.

2. They Increase Plant Diversity

Amik activity can increase plant diversity by as much as 33%. Once land is flooded and mitigoon and other vegetation is removed, other plant species emerge in its place. This provides food and cover for new species.

3. They store water during droughts

Amikwag can help lessen the effects of drought because their dams store nibi on the surface and is absorbed into the sub-surface of the land. This can increase stream flow during dry periods, making ecosystems less vulnerable to droughts.

4. They minimize flood risk

Beaver dams help minimize flood risk by slowing the flow of water, which can delay and reduce flood peaks further downstream.

5. They create wetland habitat for other species!

Amikwag create wetlands by building dams and creating ponds, which creates habitats for other species including giigoonyag (fish), mammals, waterfowl, songbirds, amphibians, and insects.



Extra Resources:

More Amik Information & Facts

<https://nationalzoo.si.edu/animals/beaver>

Mini BBC Documentary:

<https://www.youtube.com/watch?v=iyNA62FrKCE>

Amikwiish camera footage:

<https://www.youtube.com/watch?v=W5hrzxqPOsg>

Ningaabii'anong Set: Gichi-amikozow Book Ojibwe Language Word List Continued

- **Amikwiish**- a beaver lodge
- **Nigig**- otter
- **Wiidookaw**- help
- **Biibaagi**- s/he calls out, yells
- **Gichi-gashkendam**- very sad
- **Agaji'iwemagad**- ashamed
- **Bagizo**- s/he baths, goes swimming
- **Gizhiyaadage**- s/he swims fast
- **Waabam**- see
- **Mawadish**- visit
- **Mashkawaa**- it is strong, hard, dense
- **Azhashki**- mud
- **Asiniikaa**- rock or stone
- **Mitigoonsan**- tree branches
- **Ambe Omaa**- Come here
- **Waabadan**- come see
- **Aanzinaagwad**- it looks changed
- **Niijiiwag**- friends
- **Oshki**- new, fresh
- **Miinawaa**- and, also, again
- **Zaagi'idizo**- s/he loves self
- **Ojibwewinikaazo**- s/he is named in Ojibwe
- **Mino-dibikak**- good night



Document prepared by:
GLIFWC Planning & Development Intern
Robin Lynn Armagost
Questions? Contact: inwe@glifwc.org
Visit our website - <https://www.glifwc-inwe.com>
Grant number: 90NL0645



Giigoonyag (Fish)

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The Ojibwe and Giigoonyag

Fishing and eating giigoonyag (fish plural) are central to Anishinaabe culture, as oгаа (walleye), maashkinoozhe (muskellunge), adikameg (white fish), namegos (trout), and other giigoonh have provided the Ojibwe with a delicious and nutritious food source for thousands of years. The practice of harvesting, sharing, and consuming giigoonyag has been passed down from generation to generation and is still a vital part of bimaadiziwin (the Anishinaabe way of life). With plenty of fish and plenty of

streams and lakes to fish from, the Ojibwe found many ways to catch giigoonyag; such as spearfishing, netting fish, fish traps, hook and line fishing—all things Anishinaabe still do today.

Unfortunately, some giigoonyag throughout the Ceded Territory contain environmental contaminants which pose a threat to the health of Anishinaabeg. Since Anishinaabeg eat a lot of fish, they are disproportionately affected by these contaminants. Contaminated giigoonyag cause restrictions on

consumption, which threatens the traditional bimaadiziwin. The ability of the Ojibwe to fully exercise their treaty harvest rights is severely impacted because the natural resources need to be available in both quantity and quality. Giigoonh consumption is a very important part of the bimaadiziwin, therefore there is no substitute for giigoonh consumption within Anishinaabe culture. Thankfully, GLIFWC's mercury program has worked on mercury awareness and ways to reduce mercury exposure from giigoonyag.

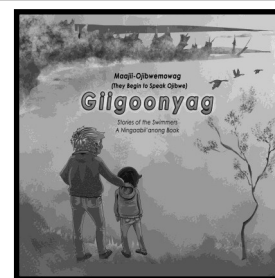
Reducing Mercury Exposure in Oгаа & Maashkinoozhe



- Sort & label oгааawag before freezing
- Put oгаа under 20 inches in bags labeled "under 20 inches"
- Put oгаа over 20 inches in bags labeled "over 20 inches"
- Label the bags with the name of the lake where the oгааawag were harvested
- For the maximum safe number of oгаа meals per month, follow the advice provided on GLIFWC's mercury maps
- Eat smaller oгааawag (those under 20 inches) and oгааawag from lakes with lower mercury levels; Check for lakes color-coded blue or green on GLIFWC's mercury maps



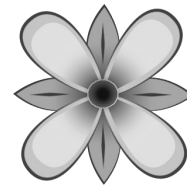
- Sort & label maashkinoozheg before freezing
- Put maashkinoozhe under 46" in bags labeled "under 46 inches"
- Put maashkinoozhe over 46" in bags labeled "over 46 inches"
- Label bags with the name of the lake where the maashkinoozheg were harvested
- For the maximum safe number of maashkinoozhe meals per month, follow the advice provided on GLIFWC's mercury maps
- Eat smaller maashkinoozhe (those under 46" inches) and maashkinoozhe from lakes with lower mercury levels; Check for lakes color-coded blue or green on GLIFWC's mercury maps



Ningaabii'anong Set: Giigoonyag Book Ojibwe Language Word List

- **Nashke!**- Look!
- **Giizhigong**- sky
- **Mitigoog**- trees
- **Bingwi**- sand, ashes
- **Zaaga'igan**- lake
- **Ambe omaa!**- come on!
- **Akawe**- first
- **Jiimaan**- canoe
- **Waaseyaamagad**- Sunny day, it's sunny outside
- **Ininiwag**- male
- **Ikwewag**- female
- **Adikameg**- whitefish
- **Ginoozhe**- northern pike
- **Minawaanigoziwag**- happy, having a good time

Alternative Giigoonh to Eat



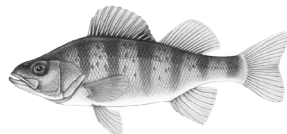
Fishing and consuming giigoonyag in the Great Lakes area has always been vital for Anishinabeg; and now with the help of GLIFWC's mercury maps, tribal members can now choose to eat giigoonh species known to contain less mercury if they wish to. Below are some safer alternatives for giigoonh consumption:



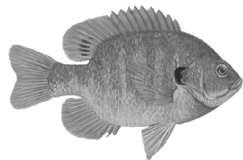
*Agwadaashi**
(Sunfish)



Adikameg
(White fish)



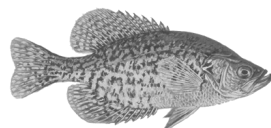
Asaawe
(Perch)



*Agwadashi**
(Bluegill)



Adikamegoons
Herring



Gidagwadaashi
(Crappie)

*The Ojibwe word for bluegill and sunfish are the same: *agwadaashi*

Extra Resources:

GLIFWC Mercury Program & Maps:
<https://sites.google.com/view/glifwcm Mercury/home>
 For more giigoonh recipes, check out GLIFWC's *Mino Wiisinidaa! Let's Eat Good* cookbook:
<http://glifwc.org/publications/#Cookbook>

Lemon Baked Fish (Excerpt from GLIFWC's cookbook *Mino Wiisinidaa! Let's Eat Good!*)
 Original concept from Biskakone Greg Johnson, Lac du Flambeau

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Serving Size: 4 ounces

Dagonigan (ingredients):

1 tablespoon of sunflower oil, divided

1 lemon, cut into ¼-inch slices, divided

1 shallot, diced, divided

1 tablespoon of fresh chives, minced, divided

1 tablespoon of fresh dill, divided

1 pound of skinless, boneless fish filet of your choosing— oгаа (walleye), ginoozhe (northern pike), namegos (lake trout), etc.

Directions:

Using a 9 x 13-inch pan, layer half the oil, lemon, shallot, herbs, and fillet and repeat.

Position the oven rack so that the giigoonh will be 4 to 5 inches below the broiler.

Broil on high heat for 10 to 15 minutes or until fish flakes easily

Note: If you are using an electric oven, preheat the boiler 5 to 10 minutes before broiling giigoonh. If you are using a gas oven there is no need to preheat the oven.

Recommended storage time:

3 to 4 days in the refrigerator, or 2 to 3 months in the freezer.



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Mikinaak

(Snapping Turtle)

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The Ojibwe and Mikinaako-minis

It is said that long ago there was a huge flood that covered the aki (earth) in nibi (water). Waynaboozhoo, a survivor of the great flood, found a floating log to sit on. Eventually some other animals that survived the flood came to join Waynaboozhoo and took turns resting on the log. After floating for a long time without seeing any land, Waynaboozhoo came up with a plan to swim to the bottom of the nibi to grab a piece of aki bring to the surface to serve as the new land. The animals watched Waynaboozhoo jump into the water and waited awhile, but eventually

Waynaboozhoo came back up weak and out of breath, with no aki. It was too deep, he said. Other animals tried to swim to the bottom to grab aki as well, such as Maang (loon), Zhingibis (hell diver), Zhangweshi (mink), and Nigig (otter), but no one could reach the bottom. Finally, little Wazhashk (muskrat) volunteered and dove in. Many animals thought he couldn't do it as Wazhashk was so tiny. After waiting for a long time, Wazhashk's body floated up to the top. Unfortunately, little Wazhashk drowned, and everyone mourned the loss of their friend.

Then, Waynaboozhoo noticed Wazhashk' had something clutched in his little hand—aki! All the animals cheered and were thankful for Wazhashk's sacrifice. Seeing the small clump of aki, Mikinaak said, "Use my back to bear the weight of the new Earth." And so Waynaboozhoo put the piece of aki on Mikinaak's back, where all of a sudden the wind began blowing from all four directions and the piece of aki on Mikinaak's back began to grow larger and larger, until a huge island was formed—Mikinaako-minis (Turtle Island). The Ojibwe still call Mikinaako-minis home today.

Ningabii'anong Set: Mikinaak Book Ojibwe Language Word List

- **Gikinoo'amagewin-** a teaching
- **Oozhishenyag-** grandchildren
- **Mikinaako-minis-** Turtle Island
- **Oshkaabewis-** a ceremonial attendant or messenger
- **Neshkaadizi-** s/he is angry/mad
- **Gii-kiigoonyike-** s/he is fishing
- **Migiskanaak-** a fishing pole
- **Giigoonyag-** fish (plural)
- **Zaaga'iganiing-** a lake
- **Bagizo-** s/he goes swimming
- **Bakade-** s/he is hungry
- **Owaabandan-** s/he sees it
- **Wiisini-** s/he eats

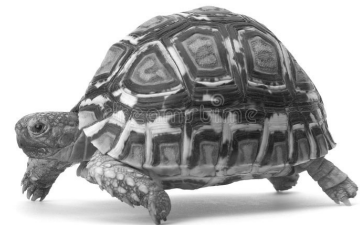
What do Mikinaakwag eat?



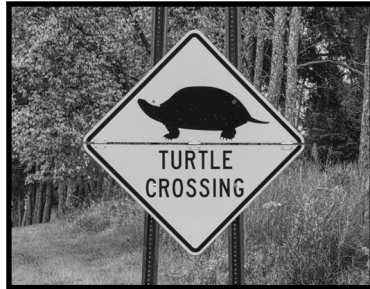
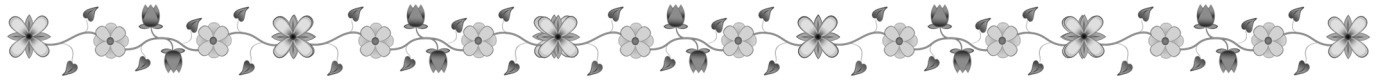
Mikinaakwag are omnivores and have a wide habitat range, from Nova Scotia to the Gulf of Mexico, which means they also have a wide diet range. Some things mikinaakwag eat in the wild are:

- | | |
|--|--------------------|
| -Aquatic plants (algae, moss, duckweed) | -Fish (mino, eels) |
| -Birds (mallards, ducklings, goslings) | -Frogs |
| -Invertebrates (insects, crayfish, snails) | -Small mammals |

Mikinaakwag will eat anything in their path if they want to, even carrion!



What to Do if You Find a Mikinaak in the Road



Mikinaak Fun Facts:

-Mikinaakwag need a permanent source of nibi to live, but they can go without it for two weeks which gives them enough time to travel between different bodies of nibi.

-In the colder, northern habitat range, Mikinaak hibernate under the ice. They don't breathe at all while hibernating, which can be up to 6 months in some regions.

-Mikinaakwag get their oxygen under ice through extrapulmonary Respiration. They push their head out of the mud and allow gas exchange to take place through the membranes of their mouth and throat.

- Pull over safely and switch on hazard lights.
- Make sure traffic is clear or stopping for you before you walk onto the road
- If the mikinaak is on his/her back, flip him/her over.
- If the mikinaak is injured, please contact your local or closest wildlife rehabilitation center.
- If the mikinaak seems uninjured, move him/her to the side of the road they were walking towards.
- Hold bigger mikinaakwag by the two back edges of the shell and push or drag him/her to the intended side of the road. A towel or floor mat will make it easier to push or drag the mikinaak, but don't worry, they have tough skin that can handle mild scrapes, but their skin won't protect them against heavy fast-moving vehicles.
- Turn the mikinaak back in the right direction if you decided to drag him/her across the road
- For smaller mikinaakwag, hold by both sides of the shell behind the front legs. Lift the mikinaak, keeping him/her low to the ground. If you lose your grip, the impact from the fall will be minimal.
- Wash your hands as soon as possible after handling mikinaak

Extra Resources:

More Mikinaak Facts:

<http://www.tortoisetrust.org/articles/snappers.htm>

POV Mikinaak Swim Footage:

<https://www.youtube.com/watch?v=9xQ6YlaYYHI>



Ningabii'anong Set: Mikinaak Book Ojibwe Language Word List continued

- **Segizi (zegizi)**- s/he is scared, afraid
- **Gego**- don't
- **Gaawiin**- no
- **Odedeyan**- father
- **Aaniin wenji-ishkendaman?**- why are you upset?
- **Geyaabi**- still, yet
- **Ningozis**- my son
- **ingo-diba'igaans**-one minute
- **aapiji**- very, quite
- **biindaakoojige**- s/he makes an offering of tobacco
- **onizhishin**- it is nice, pretty
- **asemaa**- tobacco
- **Ojibwe-wiinzowin**- Ojibwe name, spiritual name
- **Bazigonjise**- s/he stands up suddenly, leaps to feet
- **Dibaajimowin**- a story
- **Bekaa**- hold on!; slow down!; wait!
- **Weshki-bimaadiziyaan**- young?
- **Gikinoo-amaadiigamig**- school
- **Gichi-gikinoo-amaagewini**-a school superintendent (male)
- **gichi-wiidookaagewini**- an important helper, assistant
- **minjimendan**- keep it in h/ mind, remember it
- **Miinawa**- and, again, also



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