



Celebrate
**NATIVE AMERICAN
HERITAGE MONTH**

with us through the month of November!

Come in to the library to check out books by and about Native Americans of various tribes!

You can also log on to Mango Languages to learn Potawatomi or Cherokee FREE with your library card!

In this packet you and your family will:

- Read a poem from the first Native American Poet Laureate Joy Harjo!
- Learn modern words that came from Native American Languages!
- Bust common myths about Native Americans!
- Create your own totem pole and pottery pattern!
- Learn recipes using "The Three Sisters"!



Have fun! And thanks for celebrating Native American Heritage with Security Public Library!



Security Public Library

715 Aspen Drive
Colorado Springs, Colorado 80911 | 719-391-3191
www.securitypubliclibrary.org

Remember

By: Joy Harjo of the Mvskoke/Creek Nation

Remember the sky that you were born under,
know each of the star's stories.

Remember the moon, know who she is.
Remember the sun's birth at dawn, that is the
strongest point of time. Remember sundown
and the giving away to night.

Remember your birth, how your mother struggled
to give you form and breath. You are evidence of
her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth.

Remember the plants, trees, animal life who all have their
tribes, their families, their histories, too. Talk to them,
listen to them. They are alive poems.

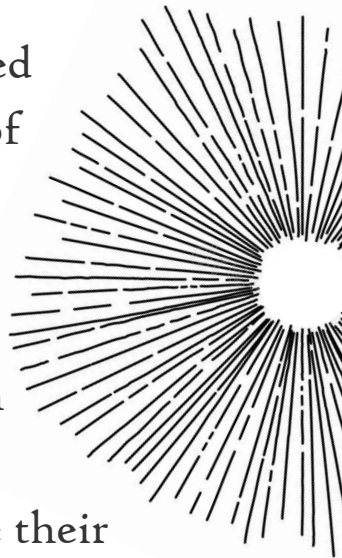
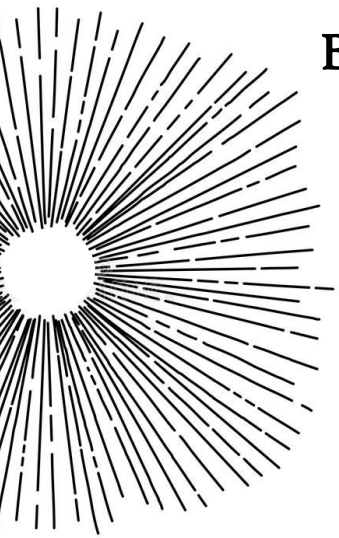
Remember the wind. Remember her voice. She knows the
origin of this universe.

Remember you are all people and all people
are you.

Remember you are this universe and this
universe is you.

Remember all is in motion, is growing, is you.

Remember language comes from this.
Remember the dance language is, that life is.
Remember.





Can you match each territory to its color?

Color the NORTHWEST COASTAL territory blue.

The Northwest Coastal Native Americans lived along the coast of Washington and Oregon.

Color the CALIFORNIAN area brown.

The Californian Native Americans organized themselves into small bands of hunters and gatherers in California.

Color the SOUTHWEST area red.

The Southwestern Native Americans lived in Arizona, New Mexico, Colorado, and Texas.

Color the GREAT BASIN area yellow.

Nomadic tribes like the Shoshone inhabited the Great Basin region. They foraged for roots, seeds, nuts, and small mammals in present-day .

Color the GREAT PLAINS area pink.

The Great Plains region covers the middle of the U.S. where the inhabitants used horses to pursue buffalo.

Color the NORTHEAST area orange.

This area stretched from the Atlantic coast of Canada to North Carolina.

Color the SOUTHEAST area purple.

The Southeastern Native Americans were expert farmers and lived from Louisiana to Florida.

Color the PLATEAU area green.

This culture area is north of the Great Basin. The inhabitants lived in villages along streams and riverbanks and survived by fishing and gathering wild berries, roots, and nuts.



MYTHS ABOUT NATIVE AMERICANS

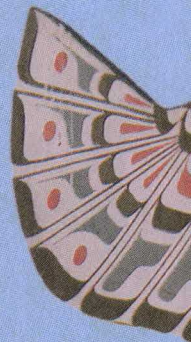
Let's clear the air of some common misconceptions.



MYTH #1:

All Indians wear eagle feathers

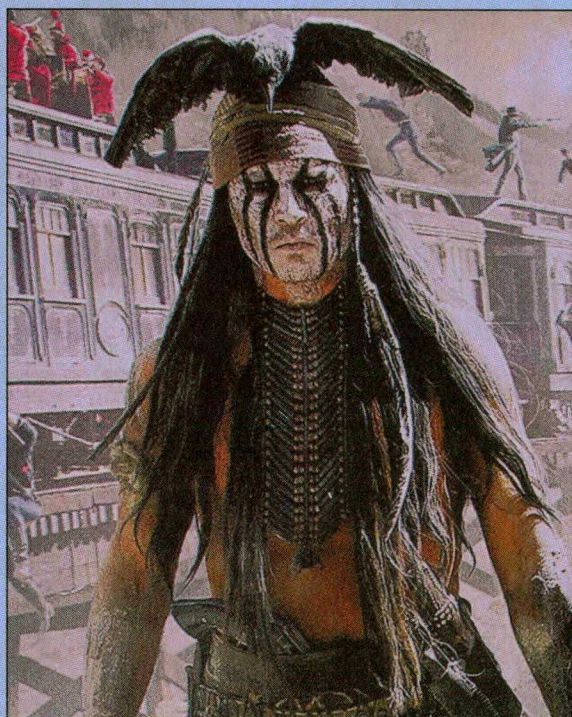
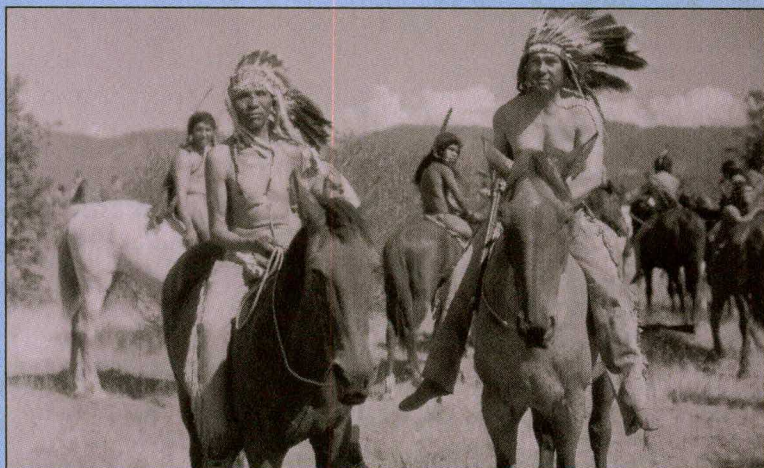
Eagle feathers symbolize trust, honor, strength, power, and freedom in many Native American cultures. Indians on the Great Plains and in the Southwest believe eagles have a special connection with the heavens since they soar so close to the sky. Handled with care and respect — like the American flag — the sacred feathers are placed in headdresses that tribal leaders wear during special ceremonies. However, many Indian nations do not wear eagle feathers at all.



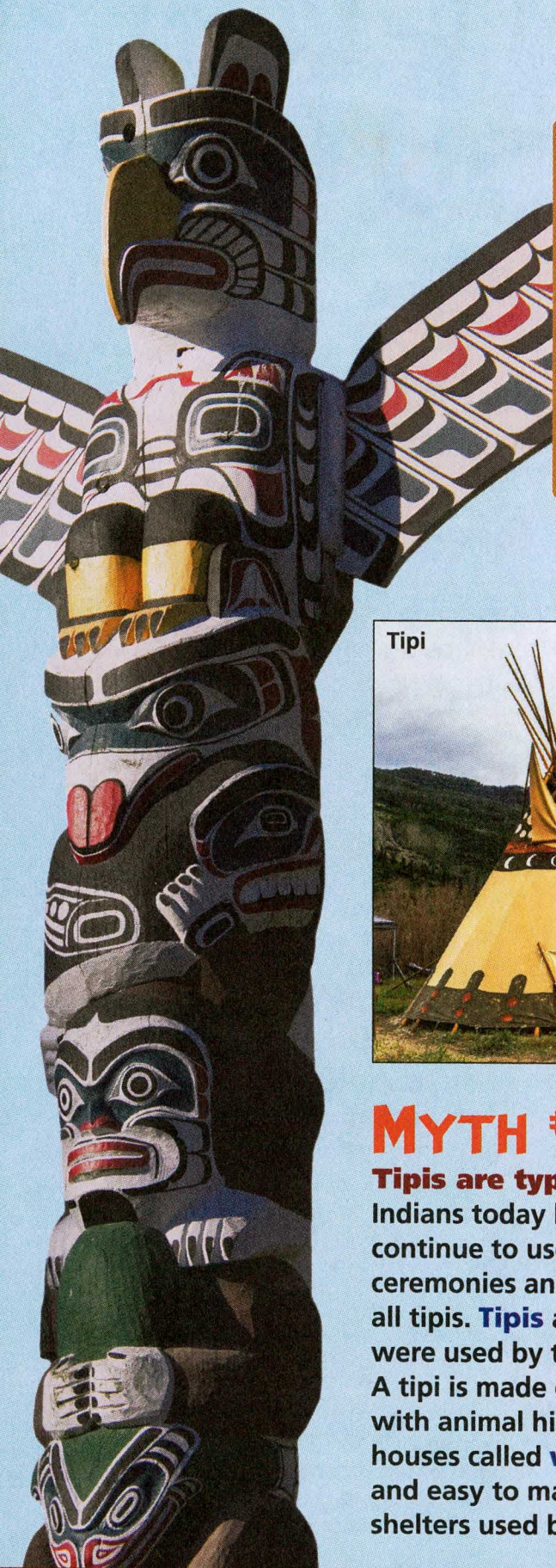
MYTH #2:

Movies accurately portray Native Americans

There are more than 550 Native American tribes, but the "Hollywood Indian" depicted in early movies (example below) more often resembled tribes from the Great Plains than any other— regardless of where the story took place. Today, many Indian people make their own movies from a Native American perspective.



While the 2013 film *The Lone Ranger* was congratulated for bringing in experts to certify accuracy, it received some criticism for not starring a Native American.

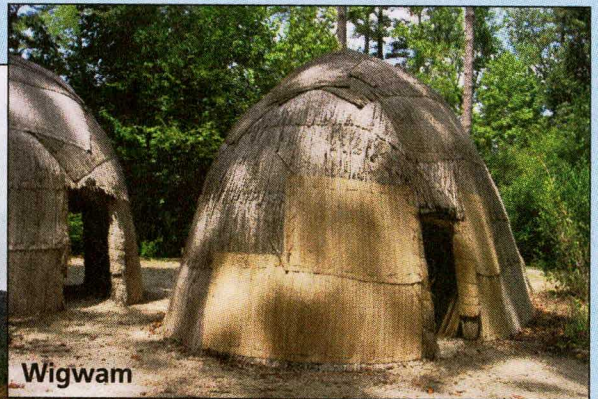
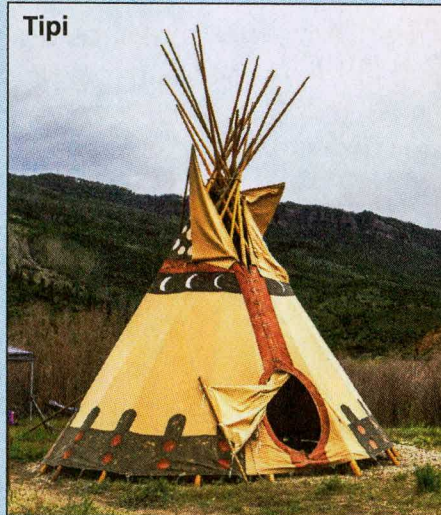


MYTH #3:

Totem poles are just for decoration

Totem poles are carved out of cedar by the Native Americans of the Northwest Pacific Coast. Carvings represent the tribal nation's history, legends, and stories that are passed down from generation to generation. The poles may also serve as functional architectural features, such as welcome signs for village visitors or mortuary vessels for the remains of deceased ancestors.

Tipi



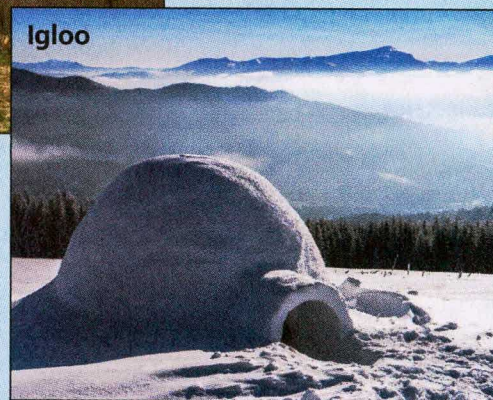
Wigwam

MYTH #4:

Tipis are typical of all tribes

Indians today live in houses, but many continue to use traditional shelters for ceremonies and travel, and they aren't all tipis. **Tipis** are portable homes that were used by the Plains Indians who moved from place to place. A tipi is made of a cone-shaped wooden frame that is covered with animal hide or canvas. Algonquin Indians build birchbark houses called **wigwams** that are usually dome-shaped, small, and easy to make. **Igloos** are temporary, dome-shaped, snow shelters used by the Inuit (Eskimos) of northern Canada.

Igloo



Create Your Own Totem Pole

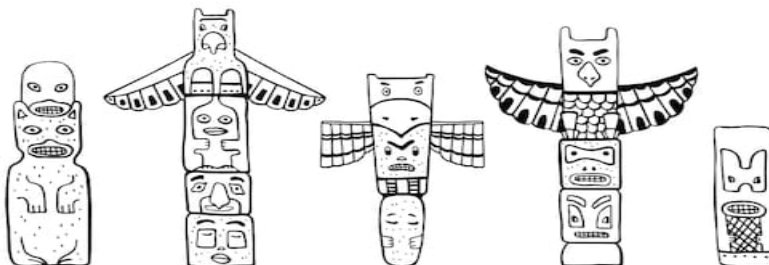
Totem poles are monuments created from red cedar wood by Native Americans, particularly those of the Pacific Northwest. They represent and commemorate ancestry, history, people, events, and even family legends! Often the animals or beings carved into the totem poles show a family's story or history.

In the space below, design your own totem pole!

What is important to you and your life? What makes up your personal or family history?

What would you want people to know about you when they see your totem pole?

Describe what you have created and what each element of your totem means to you!



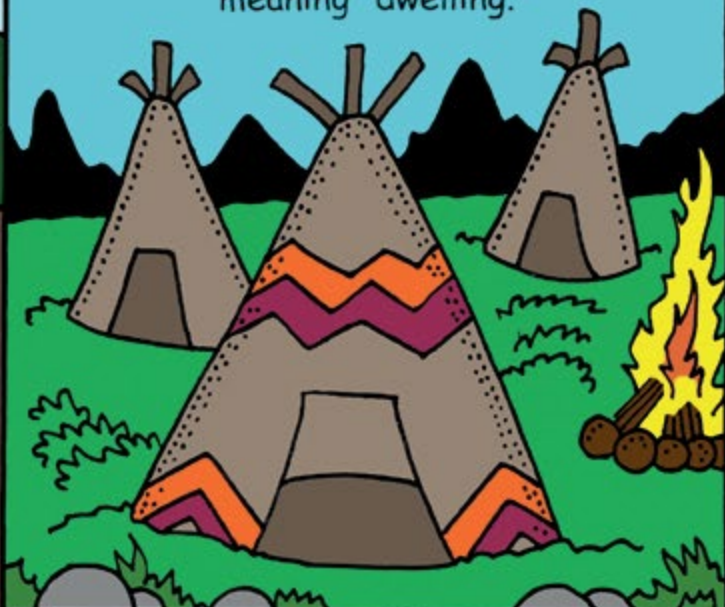
10 WORDS THAT COME FROM NATIVE AMERICAN LANGUAGES



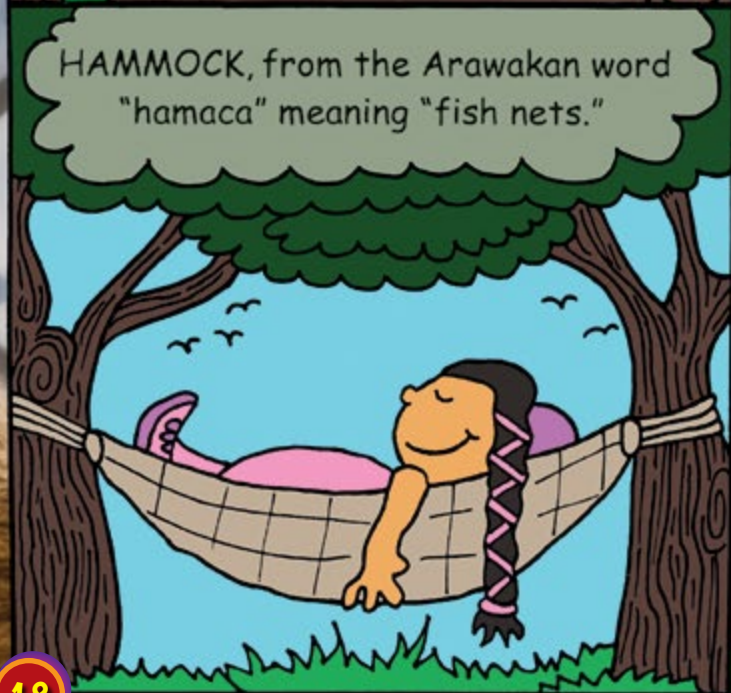
RACCOON, from the Powhatan word "arahkunem" meaning "he scratches with the hands."



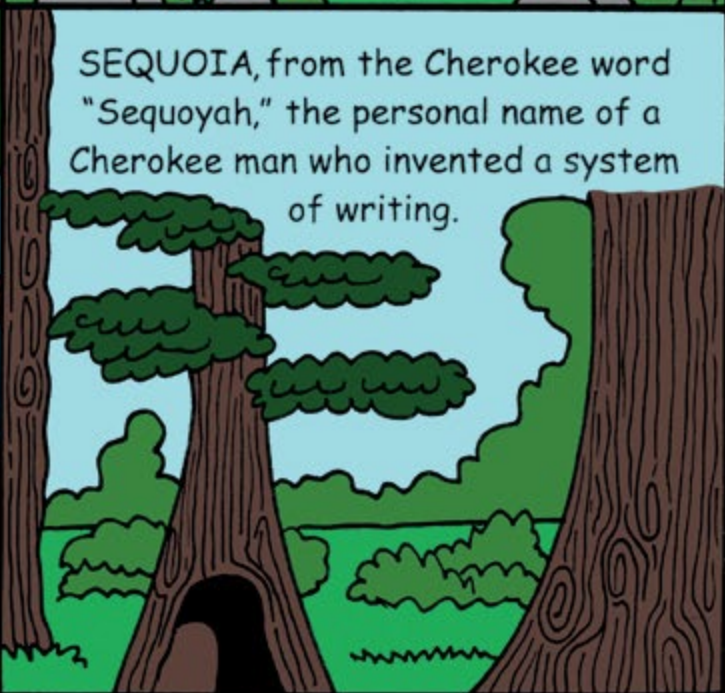
TEPEE, from the Sioux word "tipi" meaning "dwelling."



HAMMOCK, from the Arawakan word "hamaca" meaning "fish nets."



SEQUOIA, from the Cherokee word "Sequoyah," the personal name of a Cherokee man who invented a system of writing.



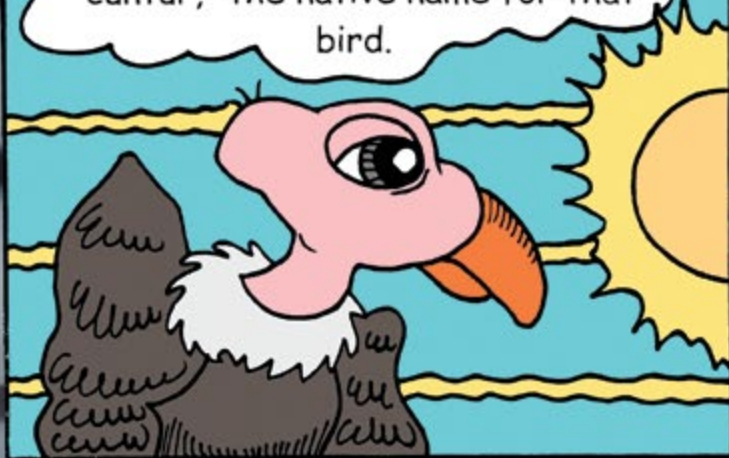
PETUNIA, from the Tupi Guarani word
"petun" meaning "smoke."



BARBECUE, from the Arawakan word
"barbakoa" meaning "framework of
sticks."



CONDOR, from the Quechua word
"cuntur," the native name for that
bird.



MOOSE, from the Abenaki word
"moz," the native name for
that animal.



TOMAHAWK, the Algonquin word
"tamahaac" meaning "hatchet."



NEAL LEVIN

MICHIGAN, from the Ojibwa word
"Michigana" meaning "great
or large lake."



Three Sisters Soup

The “Three Sisters” is a vegetable medley of corn, squash and beans that are planted together so each plant can support and nourish each other. Traditionally, the vegetables were planted together in late May or early June. In the center of each dirt mound, several corn kernels were planted in a small circle. After the corn grew about a hand high, pole beans were planted in another circle in the mound, about 6 inches outside the corn. A week later, squash seeds were planted around the outer edge of the mound. The beans grew up the cornstalks, which were strong enough to hold the weight. The squash grew out and covered the ground, keeping out the weeds and keeping in the moisture.

These plants provided for each other, just as they provided for many native tribes.

Ingredients:

- 4 lbs. winter squash
- 1/4 cup olive oil
- 2 small diced yellow onions
- 1/4 cup chopped garlic
- 2 tsps. dried thyme
- 1 tsp. ground black pepper
- 4 quarts vegetable stock (or water)
- 1 large bay leaf
- 1/2 cup white wine
- 1 lb. fresh or frozen corn kernels
- 4 cans cannellini beans
- 1 bunch sliced green onions



Instructions:

Preheat your oven to 350 °F. Slice your squash in half and scoop out the seeds, then roast for about 40 minutes. Once the squash is soft, remove from the oven and allow it to cool. Once cool enough to handle, scrape out the flesh and blend until totally smooth (you can use a food processor or blender). Save the blended squash for later.

Using your olive oil, sauté onions in a large pot over medium heat until brown, then add garlic, thyme, and black pepper, stirring until the garlic turns brown as well.

Pour the stock into the pot and follow with the bay leaf, wine, and blended squash. Allow it to simmer for a few minutes. Add in the corn, beans, and green onions. Simmer for about 20 minutes before serving.

Fry Bread

Ingredients:

3 cups white flour

2 teaspoons of baking powder

1 teaspoon of salt

1 tablespoon of animal fat or shortening

1½ cups of warm water

Oil or shortening for frying

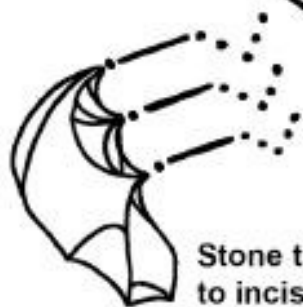
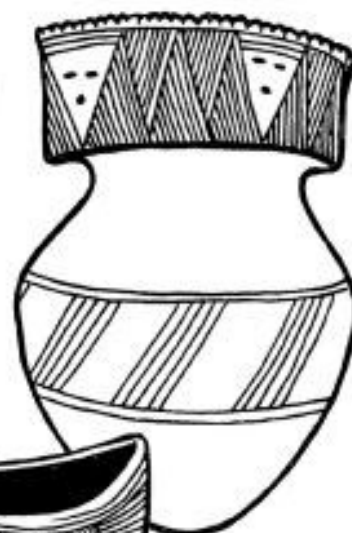


Instructions:

Mix dry ingredients together. Add in the fat or shortening, cutting it in with the dry ingredients mixture. Add water gradually and mix together to form a soft dough. (Be careful not to knead the dough too much, otherwise the dough will turn tough and make hard fry bread.) Divide the dough into balls and allow to rise for about 20 minutes. Smash the balls into flat circles then deep fry in bear fat like the natives or other oil/shortening. Carefully remove the fry bread with tongs when it reaches a golden brown color.

Design Your Own Pottery Etching

Instead of painting, most Woodland Indian clay vessels were decorated by etching geometric designs into the clay before it was fully dried. Decorate the large, blank pot below with your own geometric designs.



Stone tool used to incise pottery.

Pictured here are four Delaware incised cooking pots and one ceramic disk, which was probably used as a lid or a flat cooking surface.