

Ganawenimaa nimamainan aki

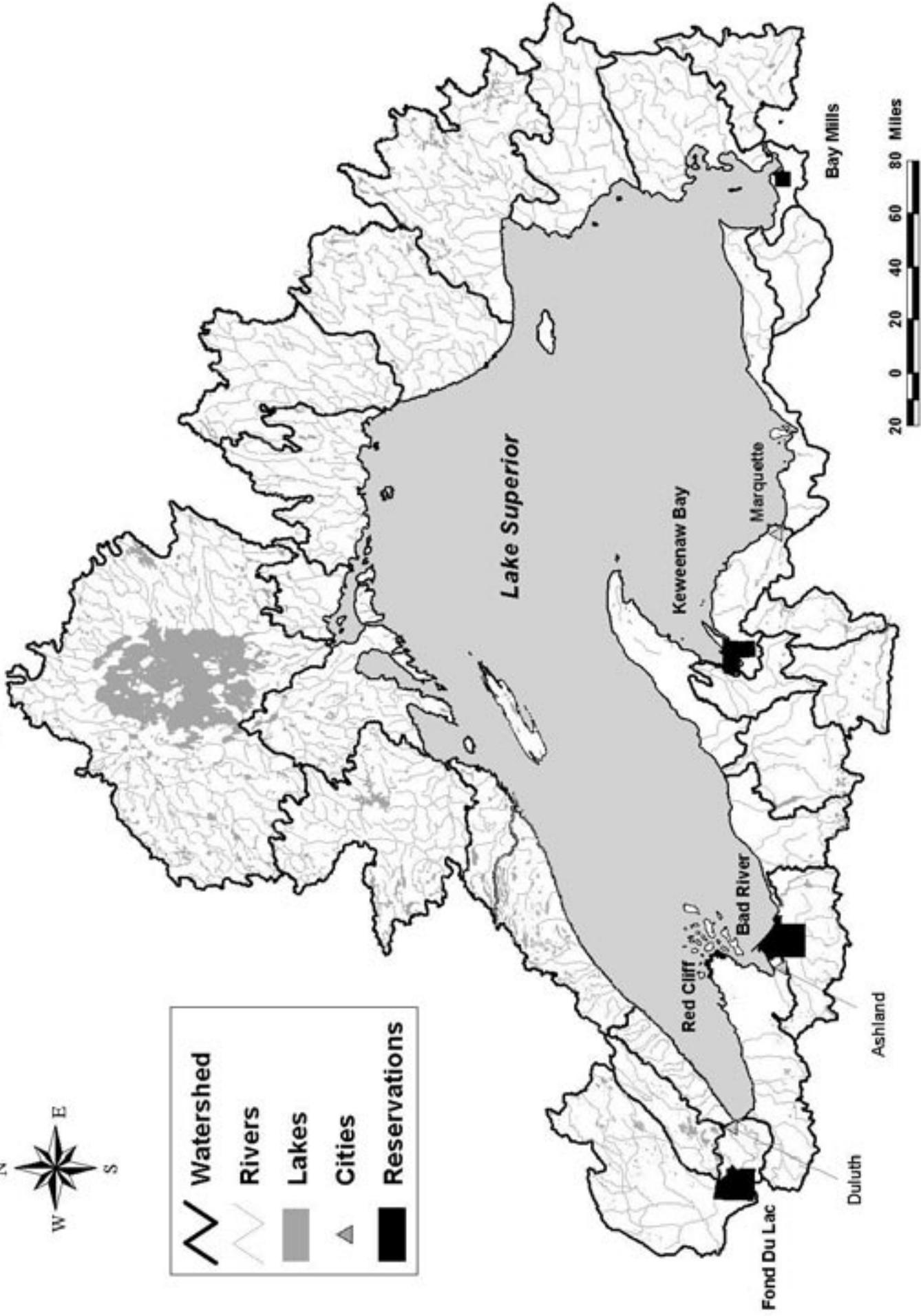
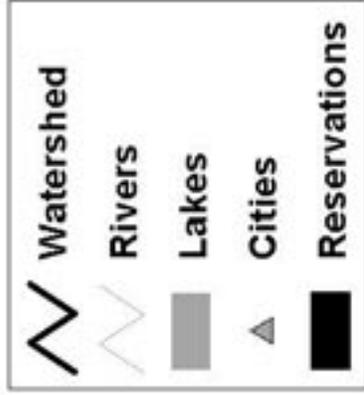


A kid's  
environmental  
activity  
booklet

**Ajijaak**

Respect our Mother Earth

# Lake Superior Watershed



# *Boozhoo/Hello Neighbor!*

Many of us live in towns, in cities, in rural communities, or on an Indian reservation. We live in counties; we live in states, and, of course, we all are part of one big country, the United States of America. But we are also part of another very important community—our watershed. Many of us who live near Lake Superior live in the Lake Superior watershed. We are watershed neighbors!

A watershed is an area of land over and through which all water flows to a single point—a stream, river, wetland or lake. In the Lake Superior watershed, all water flows to the big, freshwater lake, Lake Superior, known as Gichigami to the Ojibwe people who have long lived in the Lake Superior watershed.

The Lake Superior watershed is a very large area and includes lands in Canada as well as the United States. Within the Lake Superior watershed there are many smaller watersheds, like the Bad River watershed—the area of land over which all water runs into the Bad River. The Bad River watershed is one of many smaller watersheds in the big Lake Superior watershed. Can you find the Bad River on the map to the left?

All of us who share a watershed must be responsible for keeping our watershed clean for our own good and for the good of the plants and animals and all living things that also call the watershed their home. It is important to keep the water that flows through our watershed clean, because we all depend on clean water for life.

Do you live in the Lake Superior watershed?    Yes    No

Do you live in another, smaller watershed also?    Yes    No

If so, what would be its name? \_\_\_\_\_



# To cherish knowledge is to know WISDOM.

(Ojibwe teaching from The Mishomis Book)

## *Water is called "nibi" in the Ojibwe language.*

If we are to take care of our watershed wisely, we must learn as much as we can about our watershed and what it needs to be healthy. Water is the source of all life and necessary for continuing life for all beings on Earth. So taking care of our water should be very important to all of us, young and old.

For one thing, water has three forms: liquid, solid and gas. The water we drink and the water we swim in is liquid. Droplets of water can be very beautiful. Those droplets are precious because all living things need liquid water for nourishment. Without clean water, all things will die.

When the weather turns cold, liquid water freezes into beautiful crystals we call snowflakes or even hardens into ice. That's when it's fun to go out and make snowballs and snowmen, slide, skate, and ski. We do all those fun things on or with frozen water.

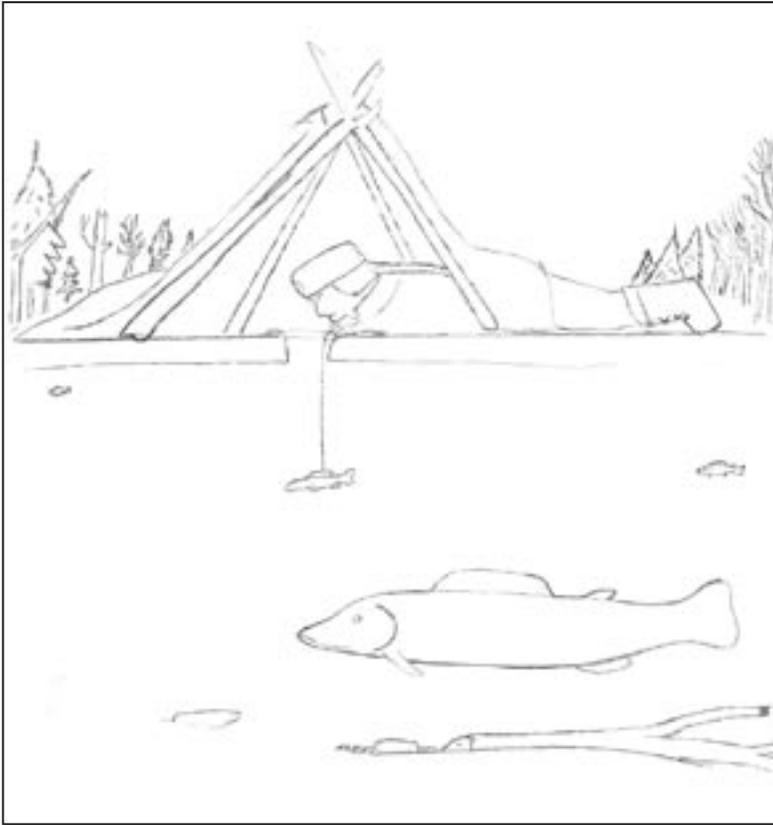
Sometimes water turns into a vapor or a gas. When we boil water on the stove, some of it vaporizes, and we see steam coming from the pot. Some of the water in lakes and water produced from plants also evaporates into the air. It rises as a gas, and as it gets colder, it forms clouds. It may change back into a liquid if it warms, returning to Earth as rain. It's important to keep all our water as clean as possible because water from Earth eventually returns to us as rain, and we need that rain coming down to be clean.

The Ojibwe people give special respect to nibi, water, because it is honored as the most important life-giver. Special ceremonies honor water at certain times of the year, like in the early spring when the ice first breaks, but the Ojibwe teach that we should honor nibi all through the year. They think of Earth as their Mother, and water is like the Earth's lifeblood. It must be kept clean and pure for the Earth and all things that live on Her to be healthy.

As neighbors in a watershed, we must all do our part to keep the water that runs through our watershed clean and pure. As good neighbors, we should not waste water. We want enough clean water for all living things.



# Water comes in three different forms



*SOLID water—ice is frozen water.*



*LIQUID water is wet and fluid.*

*Water as a GAS—vapor is always present in the air around us. You can not see it. When you boil water, it changes from a liquid to a gas.*





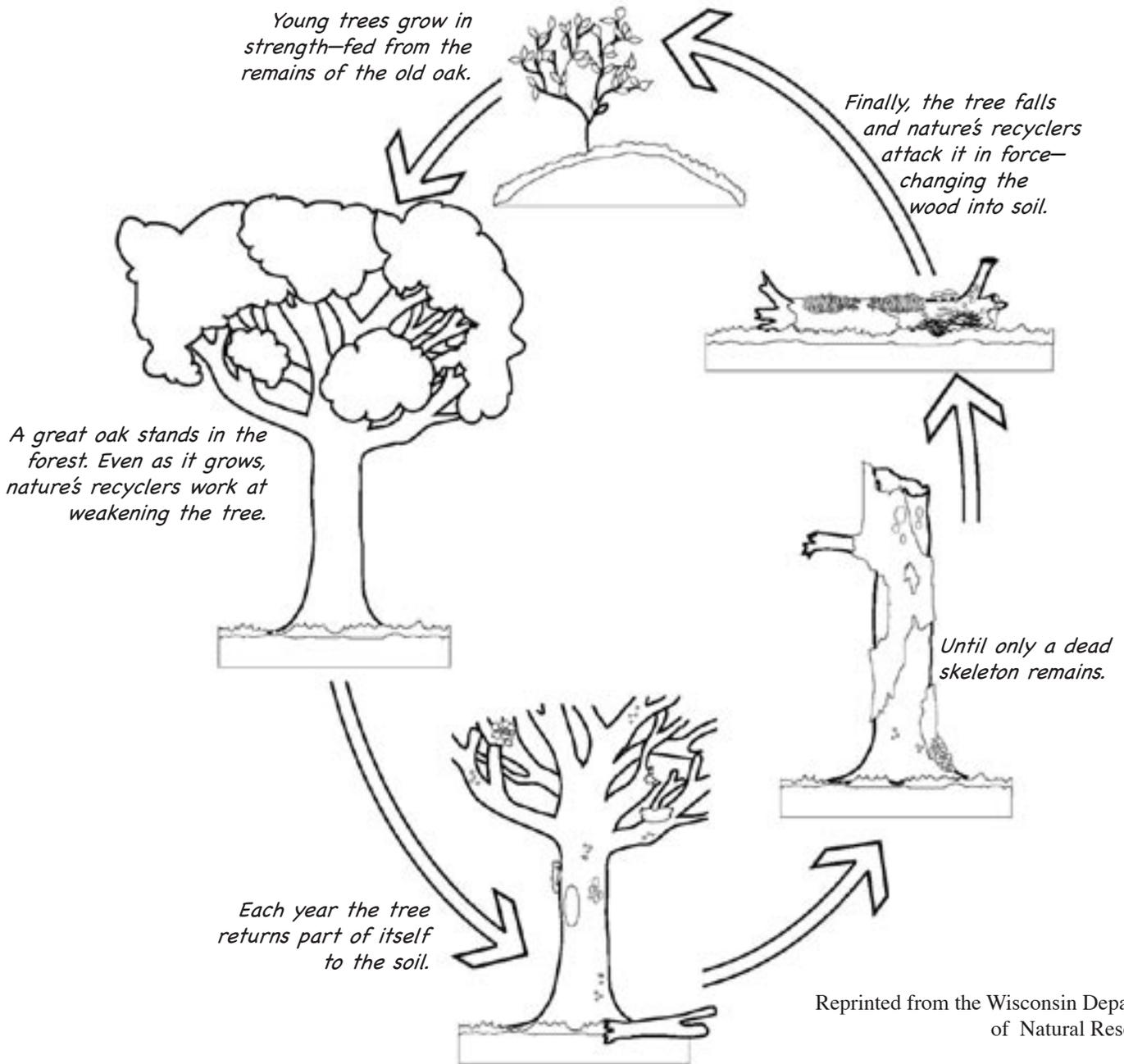
Sand and gravel help filter out dirt and pollutants from the water, so it is clean when we pump it back up through our wells.

# Word Search

- Water
- Aquifer
- Lake
- Well
- River
- Watershed
- Nibi

D	E	H	S	R	E	T	A	W
Z	T	F	E	E	K	A	L	E
R	S	V	H	F	N	A	L	L
J	I	B	Z	I	H	K	S	L
R	I	T	B	U	O	T	N	R
G	Y	I	N	Q	S	O	D	R
P	I	R	W	A	T	E	R	R

## Nature recycles her resources. Do you?



We share our watershed with many other living creatures, each one important to our watershed.

The Lake Superior watershed is the home to many kinds of fish. People living in the Lake Superior watershed have depended on the fish for food and for income for many, many years. Fish depend on clean water to live, and we depend on clean fish to eat. Some of the fish that live in the Lake Superior watershed are pictured below. Can you match their Ojibwe and English names to the pictures?

ogaa – walleye



namé – sturgeon

adikameg – whitefish

ashigan – bass



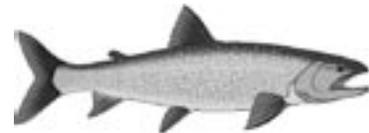
assawe – perch



ginoozhe – northern pike

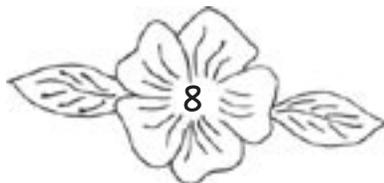
maazhamewgos – brook trout

namegos – lake trout



One of the oldest species of fish is the sturgeon. The Ojibwe call the sturgeon “namé”, pronounced nah-may. The numbers of sturgeon in Lake Superior and the rivers that flow into the big lake are far fewer than years ago. Some of this is due to overfishing; some because dams were built which stopped them from reaching areas where they lay eggs, called spawning beds. Other kinds of fish have decreased in numbers, too. So we have to be watchful and try to take care of their habitat (place where one lives).

One big problem for many fish are aquatic invasive species (AIS), plants and critters that are brought in from other places and takeover their new place, harming or driving out the fish that have always lived here.





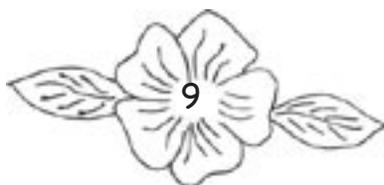
*Game – Pieces and Directions*

*for*

# *Survivor*

*Which fish will survive in the Lake Superior watershed?*

*A game for 2-4 players*

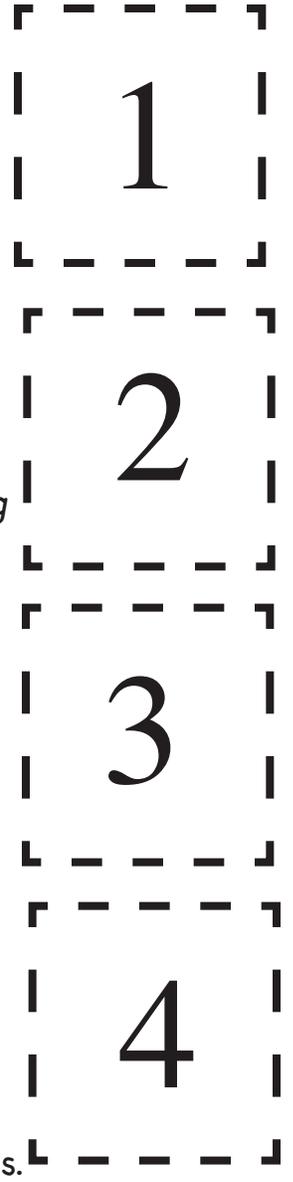
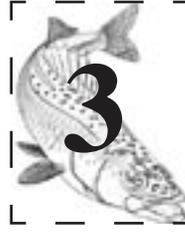


# Survivor

Which fish will survive in the Lake Superior watershed?

## Directions

1. Carefully remove the game board from the staples.
2. Cut out the fish game pieces on this page, one for each player. If you wish, color each one a different color. Place them at *START*.
3. Cut out the numbers on this page. Turn these over, mix them up, and each player pick one of them. The player with the highest number starts first.
4. Before each player's turn, mix up the numbers. The player then draws a number to see how many spaces he or she moves.
5. The winner is the first player to reach his or her spawning grounds. An exact number is not necessary to finish.

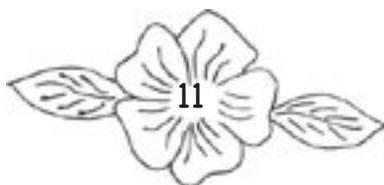
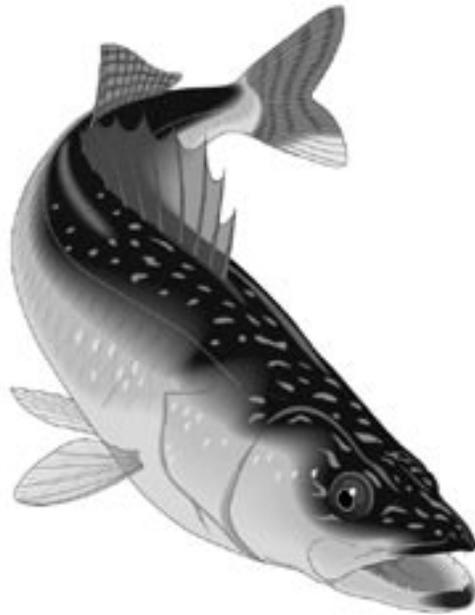


## Glossary

1. Fingerling – a young fish smaller than a man's finger.
2. Fry – a fish that has just hatched.
3. Hazardous waste – products such as cleansers, drain openers, motor oil, pesticides, and paints that warn of danger on their labels.
4. Predator – one that preys upon, as to eat or use, others.
5. Silt – material, like light soil, that settles to the bottom of liquid.
6. Spawn – the process when a female fish lays eggs and male fish fertilize them.
7. Reef – a strip or ridge of rocks or sand that rises to or near the surface of a body of water.
8. Yolk sac – a supply of food attached to a fry from the egg.
9. Zooplankton – an animal form of life that drifts or floats in water.
10. Eurasian Water Milfoil – an exotic underwater plant that grows rapidly and can choke out native plants and damage fish habitat.

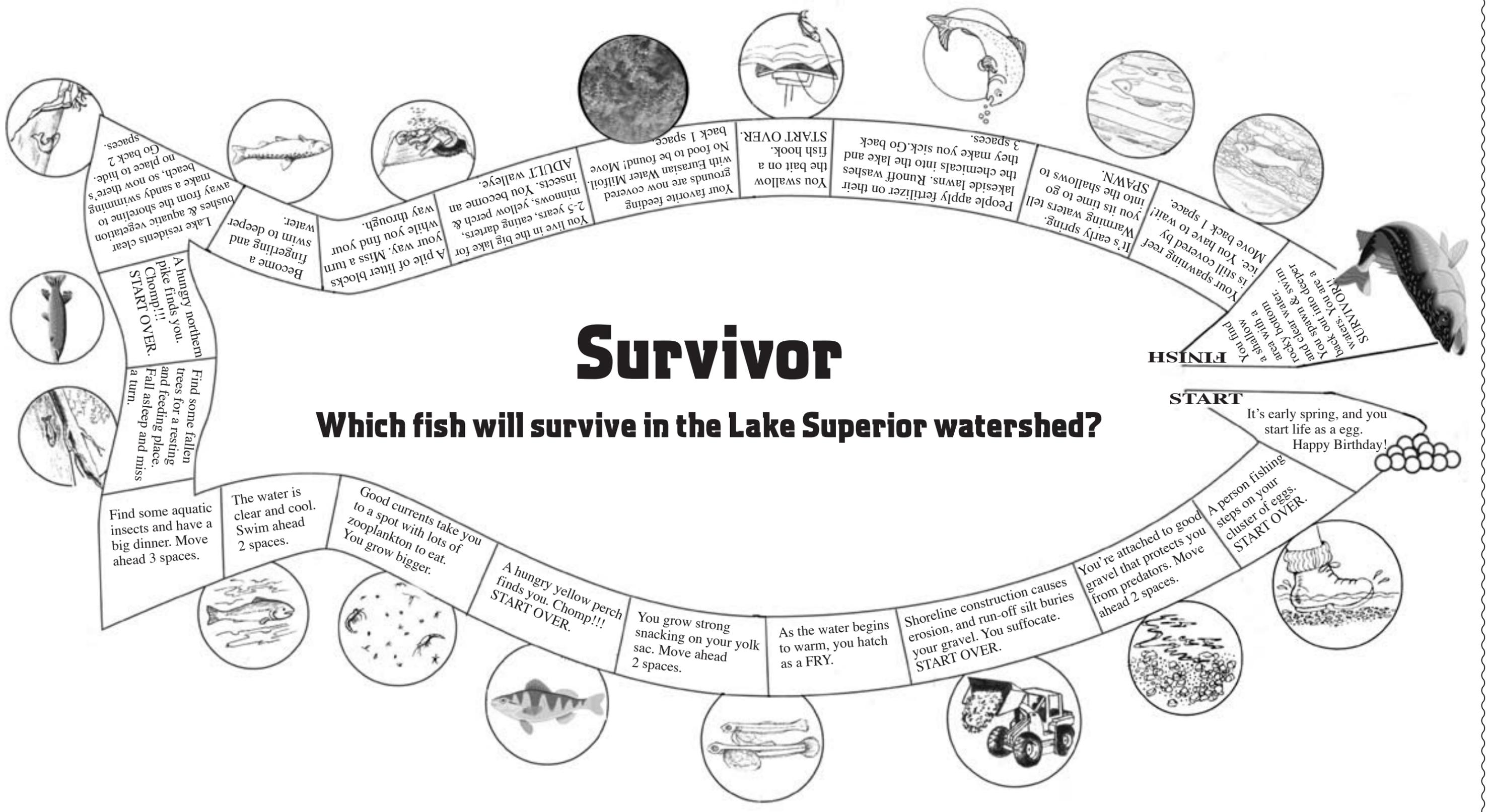
# *Survivor*

*Which fish will survive  
in the Lake Superior watershed?*



# Survivor

Which fish will survive in the Lake Superior watershed?



**FINISH**

**START**

It's early spring, and you start life as a egg. Happy Birthday!

Lake residents clear bushes & aquatic vegetation away from the shoreline to make a sandy swimming beach, so now there's no place to hide. Go back 2 spaces.

A hungry northern pike finds you. Chomp!!  
**START OVER.**

Find some fallen trees for a resting and feeding place. Fall asleep and miss a turn.

Find some aquatic insects and have a big dinner. Move ahead 3 spaces.

The water is clear and cool. Swim ahead 2 spaces.

Good currents take you to a spot with lots of zooplankton to eat. You grow bigger.

A hungry yellow perch finds you. Chomp!!!  
**START OVER.**

You grow strong snacking on your yolk sac. Move ahead 2 spaces.

As the water begins to warm, you hatch as a FRY.

Shoreline construction causes erosion, and run-off silt buries your gravel. You suffocate.  
**START OVER.**

You're attached to good gravel that protects you from predators. Move ahead 2 spaces.

A person fishing steps on your cluster of eggs.  
**START OVER.**

You find a shallow rocky bottom area with a rock and gear water. You spawn & swim back out into deeper waters. You are a **SURVIVOR!**

Your spawning reef is still covered by ice. You have to wait! Move back 1 space.

It's early spring. Warming waters tell you its time to go into the shallows to **SPAWN.**

People apply fertilizer on their lakeside lawns. Runoff washes the chemicals into the lake and they make you sick. Go back 3 spaces.

You swallow the bait on a fish hook.  
**START OVER.**

Your favorite feeding grounds are now covered with Eurasian Water Milfoil. No food to be found! Move back 1 space.

You live in the big lake for 2-5 years, eating darters, minnows, yellow perch & insects. You become an **ADULT** walleye.

A pile of litter blocks your way. Miss a turn while you find your way through.

Become a fingerling and swim to deeper water.

## *Facts about walleye*

The walleye is a member of the perch family (Percidae) of fishes in North America.

Many northern inland lakes are home to walleye, and rivers flowing into Lake Superior have small populations of walleye.

Walleyes live near or on lake bottoms.

Walleyes have big, bulging eyes that are highly sensitive to light, so walleye like deeper, darker water during the day and move closer to shore at night.

Walleye are likely to move around more during a cloudy day or if the water is muddy.

Female walleye are usually bigger than males. Males mature in two to three years, growing to 12 to 13.5 inches. Females mature in four to five years, growing to an average of 15 to 17 inches long. Some can grow up to 26 inches and weigh in at six pounds.

The average life of a walleye is seven years.

Larger, older walleye may contain toxins, such as chemicals from pesticides or mercury, in their bodies. People, especially kids, should be careful about how much of these fish they eat.

Walleye populations in some lakes are going down because too many weeds are in the lake. Too many weeds are caused by soil and fertilizer run-off from farms and lawns, also when invasive plant species, such as Eurasian water milfoil, takeover an area of a lake.

Walleye make very good eating and are popular at fish fries.

Other names for the walleye are: walleyed pike, yellow pike, grass pike, glasseye, perchpike, dory, and jack. In Ojibwe they are called ogaa (oh-gah). (The walleye is a perch, not a pike.)

*(Information from the Wisconsin Department of Natural Resources  
Publication FH-708 89, August 1989, pages 1-6)*



# HONESTY in facing a situation is to be brave.

(Ojibwe teaching from The Mishomis Book)

We must be honest with ourselves about what we are doing to the environment, and we must be honest with others who may be disrespectful to our environment—our watershed home. This takes bravery.

## *Some Do's and Don'ts*

### **Do's**

Use cloth or sponges to wipe up messes, not paper towels.

Turn off the t.v. if no one is watching it.

Turn off lights that are not needed.

Use two sides of paper when you can.

Put all garbage in a garbage can.

Recycle paper, cans, glass and plastic bottles.

### **Don't's**

Don't let the water run while you are brushing your teeth.

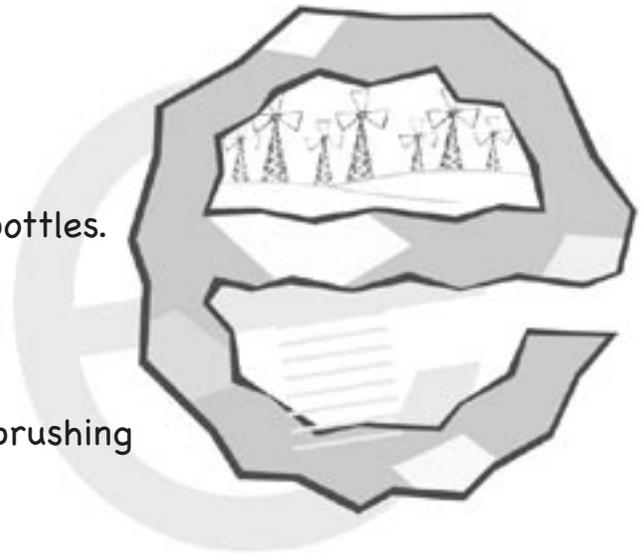
Don't leave the refrigerator door open.

Take what you want and shut the door quickly.

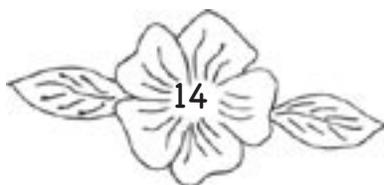
Don't pour paints or chemicals down the sink drain.

Don't leave the lights on in your room.

Don't throw old batteries in the garbage.



Environment



# HUMILITY is to know yourself as a sacred part of the Creation.

(Ojibwe teaching from The Mishomis Book)

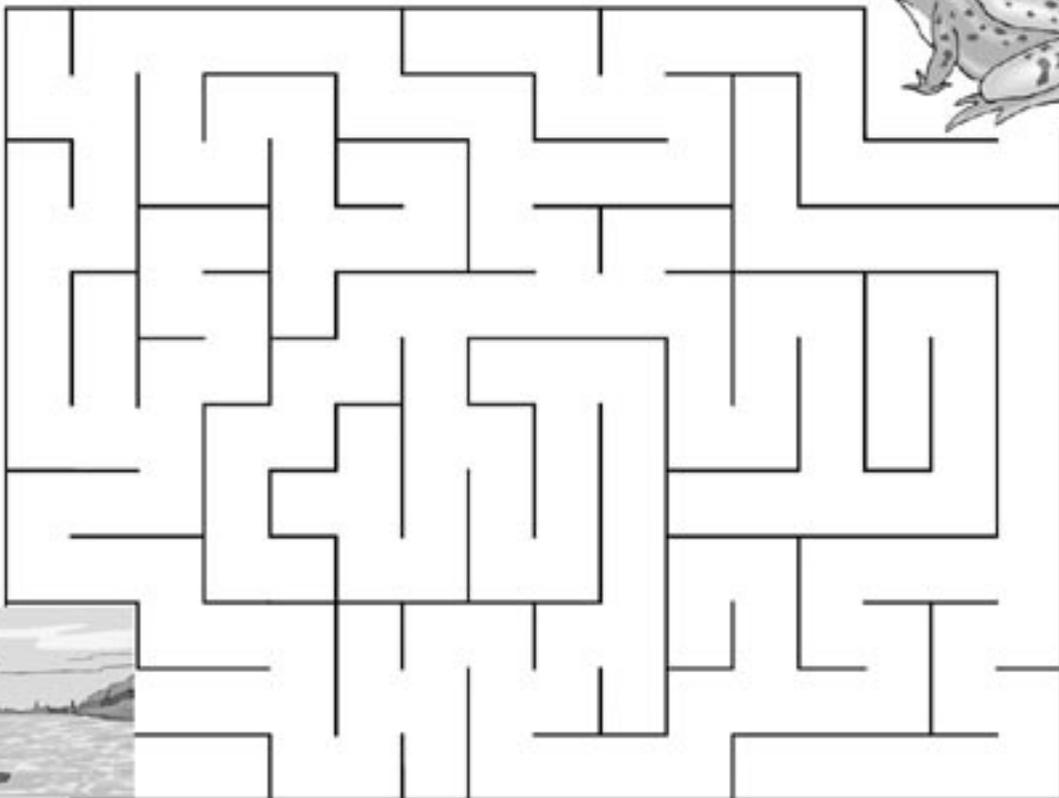
*Fill in the blanks to find out how you can be a respectful member of a watershed community. You are important to our watershed. (Words: cans, pick, electricity, both or two, clean, t.v., help, off, lights, garbage)*

When I am brushing my teeth, I turn the water \_\_\_\_\_. This saves on water use. When I color, I color on \_\_\_\_\_ sides of the paper. This saves paper that comes from trees. If I see litter on the ground, I can \_\_\_\_\_ it up and put it in the \_\_\_\_\_ can. I can also recycle bottles, \_\_\_\_\_ and newspapers. I can turn off the \_\_\_\_\_ in my room and turn off the \_\_\_\_\_, if no one is watching it. This saves \_\_\_\_\_. I can \_\_\_\_\_ keep my watershed \_\_\_\_\_.

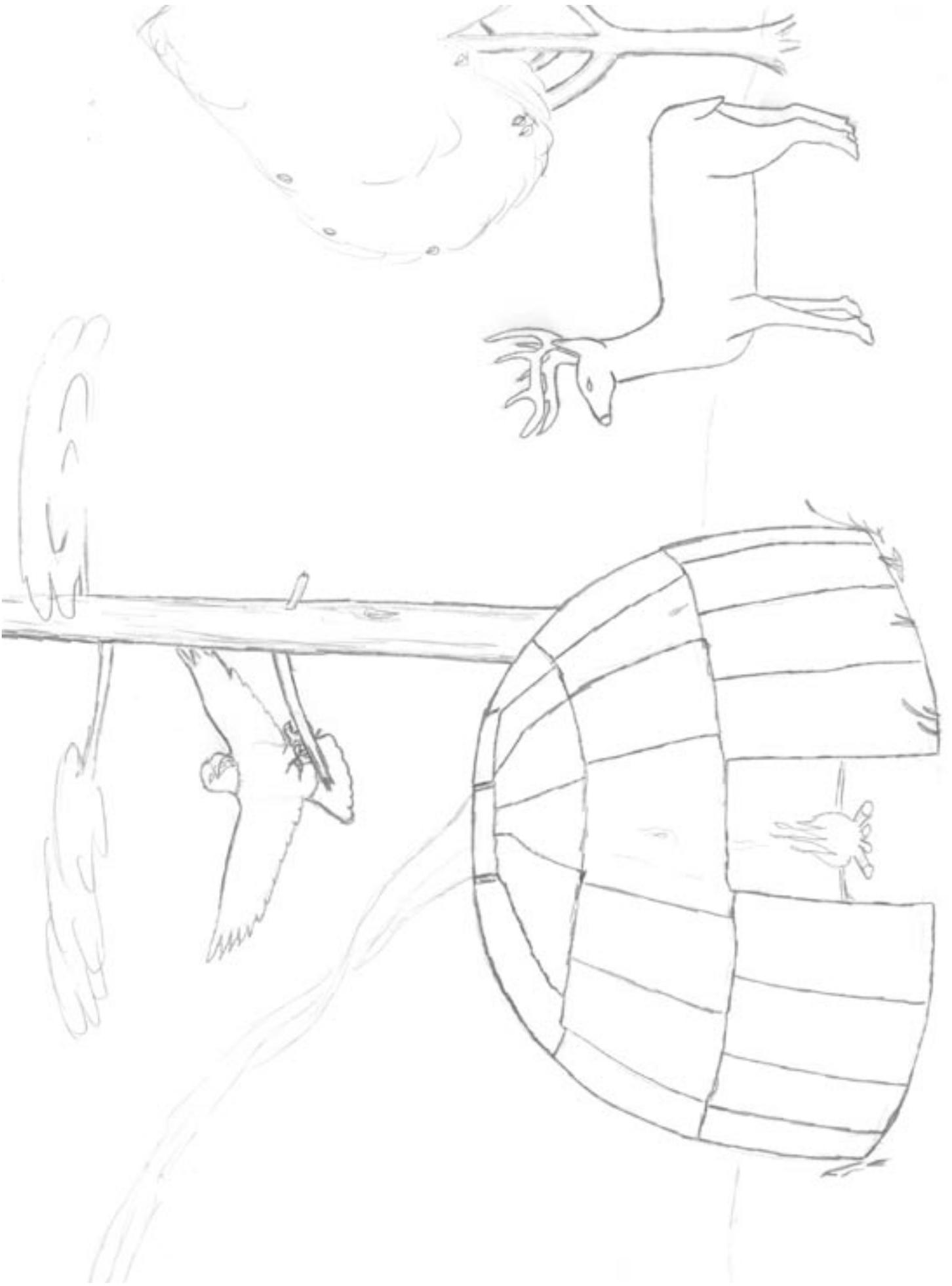
Sometimes we may misuse our resources, be wasteful or litter. This is disrespectful to all others who share our habitat. Respect others and respect yourself.

## Maze

Frog lives in a wetland, an area that borders lakes, rivers and streams. Can you help frog get to the river?







# How much water am I using?

## Water use matching

Directions: Match the activity to the amount of water it uses. Some amounts are used more than once.

- |   |                             |
|---|-----------------------------|
| 1) Washing one load of clothes in a washing machine _____ |                             |
| 2) Washing dishes from one meal by hand _____             |                             |
| 3) Washing one load of dishes in a dishwasher _____       |                             |
| 4) Cooking one meal _____                                 | A) 2 gallons                |
| 5) Drinking water per person per day _____                | B) 5-10 gallons             |
| 6) Taking a bath _____                                    | C) 35-50 gallons per minute |
| 7) Taking a shower with a standard showerhead _____       | D) 10 gallons               |
| 8) Washing hands _____                                    | E) 5-6 gallons per minute   |
| 9) Brushing teeth with water running _____                | F) 1 gallon                 |
| 10) Brushing teeth without water running _____            | G) 2-4 gallons              |
| 11) Flushing a toilet _____                               | H) 6 gallons                |
| 12) Washing a car _____                                   | I) 36-45 gallons            |
| 13) Watering a yard _____                                 | J) 100 gallons              |
|   | K) 60 gallons               |

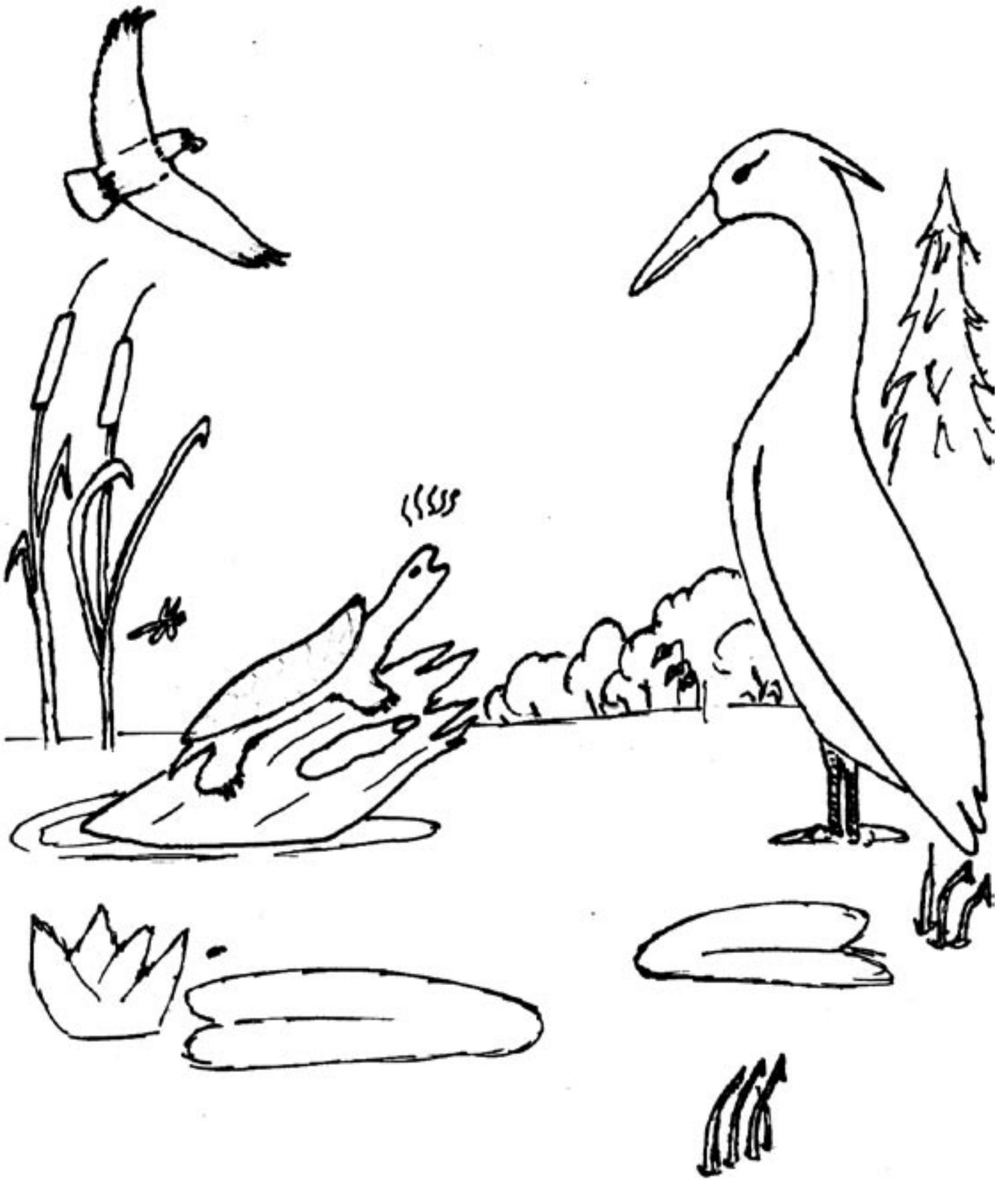


## Water use matching

Directions: Match the activity to the way you can save water while doing it. Some ways to save water are used more than once, and some activities have more than one way to save water.

- |                          |  |
|--------------------------|--|
| 1) Washing clothes _____ | A) Plant water-efficient plants.                         |
| 2) Washing dishes _____  | B) Only fill halfway.                                    |
| 3) Taking a bath _____   | C) Shorten the length.                                   |
| 4) Taking a shower _____ | D) Water off when not using it.                          |
| 5) Brushing teeth _____  | E) Replace old machines with water-efficient ones.       |
| 6) Using a toilet _____  | F) Only run with full loads.                             |
| 7) Washing a car _____   | G) Do this in the early morning for less evaporation.    |
| 8) Watering a yard _____ | H) Do this at a commercial site where water is recycled. |
|                          | I) Don't do this as often.                               |
|                          | J) Do this by hand.                                      |
|                          | K) Use a low-flow shower head.                           |





*Aquatic habitat coloring page.*

# *The hell-diver and the Spirit of Winter*

Every winter, the birds fly south. One winter, a hell-diver (also called a grebe) told all of the other birds that he would stay for the winter to take care of two of his friends who had been injured and couldn't fly south. Both of his friends, a whooping crane and mallard duck, had broken wings. To feed them, he got fish by diving through a hole in the ice. But the Spirit of Winter got jealous of his success at fishing and froze the water after the hell-diver had dived through his hole below the ice. But the hell-diver swam to shore where there were a lot of reeds and bulrushes. He pulled one of them down through the ice with his bill to make a hole in the ice and so he got out and flew home.

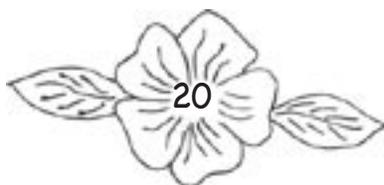
When he got home, he saw that someone was peeking in the door of his wigwam. It was the Spirit of Winter, who did not like him and who was trying to freeze him out. The hell-diver got a big fire going, but it was still cold in the wigwam because the Spirit of Winter was right there making it cold. But the hell-diver tricked the Spirit of Winter by mopping his face with a handkerchief and saying, "Gee, but it's hot in here!" The Spirit of Winter thought the fire was hot enough to melt him, so he ran away.

One day the hell-diver decided to have a feast. He got some wild rice and sent a duck to invite the Spirit of Winter, but it was so cold that the duck froze to death before he got there. Then he sent partridge with the invitation. She got very cold too, but she dove under the snow to warm up and then went on again. She reached the Spirit of Winter and invited him to the hell-diver's feast.

When the Spirit of Winter came to the feast, it was like a blizzard coming in the door of the wigwam. He had icicles on his nose and face. Hell-diver built the fire higher and higher, and it began to warm inside the wigwam. The icicles began to melt on the Spirit of Winter's face. He was getting awfully warm, but he liked the wild rice that hell-diver had at his feast and wanted to keep eating.

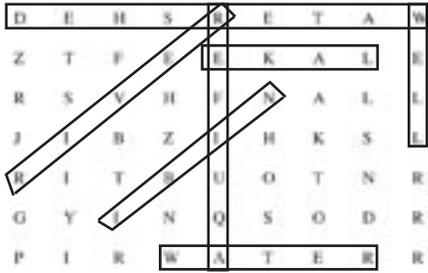
Hell-diver said, "Whew! It's very warm in here. It must be spring already." The Spirit of Winter got scared and grabbed his blanket and ran out of the wigwam. With his fire, hell-diver had brought the spring, and outside things were already melting, and there were just patches of snow here and there. The Spirit of Winter had a hard time getting back to his home in the north, where there is always snow.

(Adapted from Victor Barnouw, 1977, *Wisconsin Chippewa Myths and Tales and Their Relation to Chippewa Life*, Madison: The University of Wisconsin Press.)



# Answer page

## Word Search (Page 5)



## Identify the fish (Page 6)



walleye



perch



whitefish



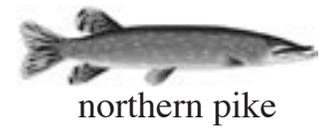
sturgeon



brook trout



lake trout

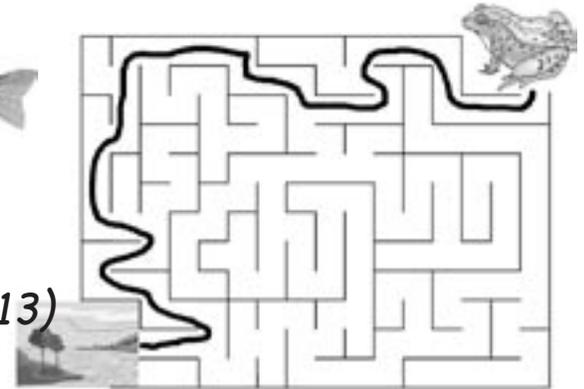


northern pike



bass

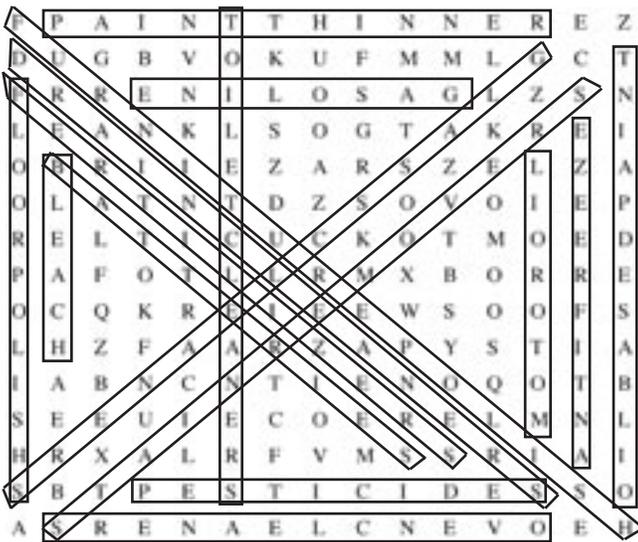
## Maze (Page 13)



## Fill in the blank (Page 13)

- |                 |                 |
|-----------------|-----------------|
| 1.) off         | 6.) lights      |
| 2.) both or two | 7.) t.v.        |
| 3.) pick        | 8.) electricity |
| 4.) garbage     | 9.) help        |
| 5.) cans        | 10.) clean      |

## Word Search (Page 15)



## How much water am I using? (Page 17)

### Water Use Matching:

- |       |       |       |      |       |
|-------|-------|-------|------|-------|
| 1) C  | 2) D  | 3) K  | 4) D | 5) F  |
| 6) I  | 7) E  | 8) A  | 9) G | 10) F |
| 11) H | 12) J | 13) B |      |       |

### Water Saving Matching:

- |         |            |            |       |
|---------|------------|------------|-------|
| 1) E, F | 2) E, F, J | 3) B       | 4) C, |
| D, K    | 5) D       | 6) B, E, I |       |

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Esteban Chiriboga, Great Lakes Indian Fish & Wildlife Commission (GLIFWC)

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Additional copies of this publication can be ordered from GLIFWC, P.O. Box 9, Odanah, WI 54861; e-mail [pio@glifwc.org](mailto:pio@glifwc.org); or order online at [www.glifwc.org](http://www.glifwc.org).

# Native thoughts

Ojibwe people call the Earth "Aki" and consider her to be the Mother of all. They teach respect for Aki and for nibi, the water, that flows through the Earth, and are grateful for all the nourishment both Aki and nibi supply. We must respect Aki, the Earth, and all living things, great and small, and then, together, we will make a better life for all.

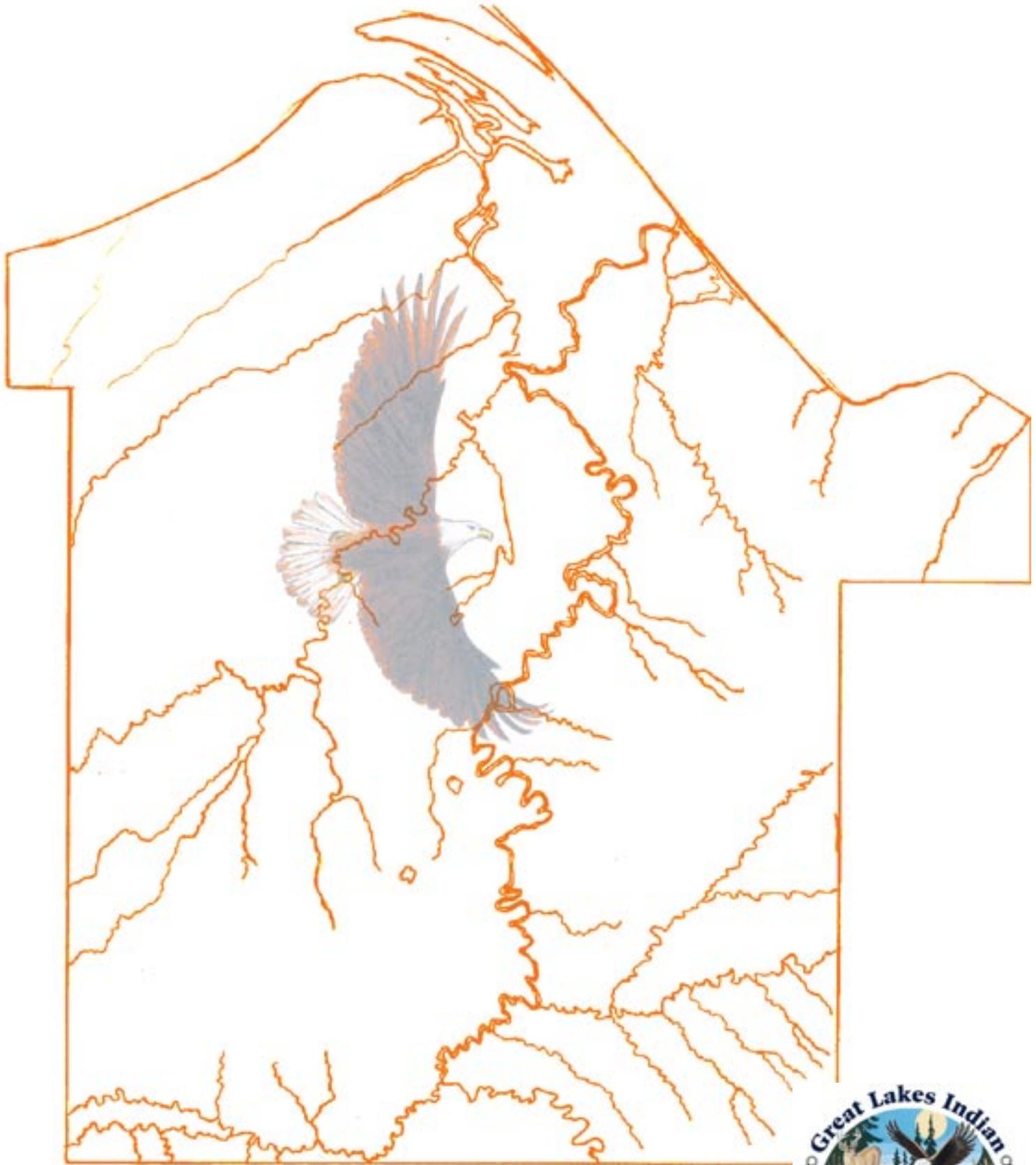
How we treat Mother Earth is how she will also treat us.

The four "R"s: Reduce, Reuse,  
Recycle & Respect



**Cover:** The cover depicts ajijaak, or crane, an important clan symbol of the Ojibwe people. The crane and the loon represent chieftainship in the Ojibwe clan system. The artwork is done by biskakone/Greg Johnson from the Lac du Flambeau Band of Ojibwe.

# Bad River Watershed



**Great Lakes Indian Fish & Wildlife Commission**

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