

Ashi-niswi giizisoog (Thirteen Moons)

Binaakwe-giizis

Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 19.

Introducing Two New Volunteers in Service to America (VISTA) Workers

Last month you met Thomas and Judy. This month please help us welcome Ellen and Jessica.

Boozhoo! My name is Ellen Friedrich, I'm an AmeriCorps VISTA (Volunteer in Service to America) working with food sovereignty here at the Fond du Lac Reservation. I am a native of rural Northeast Iowa. I have degrees in Anthropology and Environmental Studies from Iowa State University. I recently spent a year in Madagascar as a teacher and farmhand at an agricultural school that taught farmers how to use their land to meet their nutritional needs, improve their economic



Ellen Friedrich, VISTA

standing, and to practice proper land care. I have strong passions for conservation, the environment, and development work.

It's a pleasure to now be here working with Fond du Lac's Food Sovereignty Initiative! I will be working to increase Tribal food security, develop agricultural properties, and help establish an agricultural division. I have been so impressed by the passion and strength that I've already seen in many people as they work to realize a food system that supports their values, beliefs, and bodies. There are some wonderful programs underway here and I am excited to be getting involved with them and helping them build!

Hello! My name is Jessica Murray and I am serving as an AmeriCorps VISTA member with a focus on food sovereignty. I was born and raised in Pittsburgh, Pennsylvania, and spent the past year serving in Seattle, Washington. I graduated from the University of Pittsburgh with a degree in Nutrition and Dietetics in 2017. I love hiking, photography, gardening, and trying new recipes. I am so excited to finally be serving with Fond du Lac's Food Sovereignty Initiative! Some of my projects include connecting nutrition and cooking education with our already developed gardening programs,



Jessica Murray, VISTA

implementing healthier resources for the community, and providing education opportunities surrounding food and nutrition. I feel like it is so important to not only grow our own food but also know how to eat it. I have already learned so much about manoomin this past week and cannot wait to learn more from your community. I would love to hear any ideas you may have regarding food sovereignty and how I could help achieve your goals. Feel free to email me any suggestions you may have, JessicaMurray@fdlrez.com.



Traveling exhibition

We Are Water MN




We Are Water MN explores the connections between the humanities and water through a hands-on exhibit. Visitors reflect on local stories and the meaning and experiences of water in Minnesota with space to add their own stories.



Learn about drinking water quality and the threats to our drinking water sources.



Minnesota sits atop a triple-continental-scale water divide. This means that we do not receive polluted water from a state with lower environmental standards. But it also means we have a responsibility to keep water clean for our communities, other states and nations, and future generations. We Are Water MN explores the question, "How's the water?"



Listen to stories from parents, children, fishers, farmers, indigenous Minnesotans, immigrants to Minnesota, water professionals, and people who just love to be out on the lake.

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com

Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.
All consonants sound the same as in English.

- “Zh”- sounds like the “su” in measure
- “a”- sounds like the “u” in sun
- “aa”- sounds like the “a” in father
- “i”- sounds like the “i” in sit
- “ii”- sounds like the “ee” in feet
- “o”- sounds like the “o” in go
- “oo”- sounds like the “oo” in food
- “e”- sounds like the “ay” in stay

I am...

- Afraid--Ningotaaaj
- Cold--Ningiikaj
- Crazy--Ningiiwanaadiz
- Hungry--Nimbakade
- Mad--Ninishkaadiz
- Resting--Nindanweb
- Sad--Ningashkendam
- Sick--Nindaakoz

- Sorry--Nimaanendam
- Thirsty--Ninoondeminikwe
- Tired--Nidayekoz
- Warm --Ningiizhooz
- Well--Niminoayaa
- Working—Nindanokii

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

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