

Ashi-niswi giizisoog (Thirteen Moons)

Namebini-giizis

The new Namebini-giizis begins February 4. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.

We use how much water?!

By **George Knutson**,
*Fond du Lac MN GreenCorps
Member*

Boozhoo! What comes to mind when I say water? A lake, a river, a stream, the ocean, snow, ice, rain, fish, turtles, food, transportation, your shower, or the glass of water you drink every night before you go to bed? The possibilities are endless. Why are they endless? Water is an all-encompassing topic because it, in one way or another, is connected to everything. Most people may know how important water is to life on Earth, but fail to realize the vast quantity of water we use every single day, and like other finite resources, reserves are not infinite.

First, let's talk about surface water and groundwater. Surface water is probably exactly what you're thinking, water that is found on the surface of the planet; oceans, rivers, lakes, etc. Groundwater, then, is water that is contained beneath the Earth's surface. We (humans) use both as sources for our water supply. In the U.S., which category (surface water or groundwater) do you think has more water? If you guessed surface water, you'd be wrong. The correct answer is groundwater. Groundwater is 20 to 30 times larger than all

U.S. lakes, streams, and rivers combined. Kind of crazy, right? Keep reading, I have a few more crazy statistics for you.

The following are U.S. water-use estimations for the year 2015 by U.S. Geological survey (USGS). Total water withdrawals for 2015 were estimated to be 322 billion gallons per day. Freshwater made up 87% of withdrawals while saline-water made up 13%. By category, from most to least use in billions of gallons, thermo-electric power (133), irrigation (118), public supply (39), self-supplied industrial (14.8), aquaculture (7.55), mining (4), self-supplied domestic (3.26), and livestock (2). You can find more water-use stats online from various government and non-profit entities.

Now that you know estimates of U.S. water use, I want you to take a guess at the amount of water that was used on the Fond du Lac Reservation in 2010. Make your guess quickly, the next sentence gives it away...In 2010, residents of the Reservation used an estimated 105 million gallons of water. Broken down to daily usage, that is approximately 287,671 gallons per day. Furthermore, there are a reported 743 private drinking wells on the Reservation. That's roughly 4.8 wells per square mile. These Fond du Lac numbers were prepared by

FDL Office of Water protection. How does water usage break down for individuals then?

According to the Environmental Protection Agency (EPA), this is how individual water-use breaks down: toilet 24%, shower 20%, faucet 19%, clothes washer 17%, leak 12%, and other 8%. You can estimate your own usage at home by observing your water habits. Some examples: time how long your showers take, keep track of how many times you flush the toilet, track how many times you use a clothes washer and dishwasher, track how long you use any faucets (bathroom sink, kitchen sink, etc.). However, to estimate your total water usage, you need to include things like your diet, transportation methods, and other factors.

Hopefully you now know that we use lots and lots of water every single day. The good news is that there are a lot of ways that you can reduce the amount of water that you use. Some of these are definitely simple, but if you can stick with them, water savings add up quickly.

- Take shorter showers: Twenty minute showers can use up to 140 gallons of water. I time my showers with music. I have a three-song playlist that lasts roughly 8 minutes, so once the last song comes on, I know I

need to turn the water off before it's over. You can use other methods as well, but the music one works well for me.

- Install WaterSense labeled products: WaterSense labeled products are backed by independent, third-party certification and meet EPA's specifications for water efficiency and performance.

- Turn the faucet off when brushing your teeth: Newer faucets use about 1 gallon per minute, whereas older models use over 2 gallons.

- If it's yellow, let it mellow: This one might not be for everyone. As you learned above, toilets are usually the biggest water user in a home. Do you need to flush every time?

- Install a rain barrel: Harvested rain water can be used to water plants and lawns in place of using your hose. There are many online resources if you're interested in constructing one.

The above tips decrease water you use that you can see (i.e. water coming out of your showerhead). However, you know that water plays a role in everything including food, consumer goods, and transportation. That means to get a complete water-use picture, you have to look at other areas of your life, too. For example, it takes a lot of water to grow meat. To get ¼ of beef, it takes

450 gallons of water. Same goes for other goods like a cotton t-shirt. It takes a 100 gallons of water to grow a pound of cotton. The point is, you make choices every day that affect your water usage (shower, diet, what you buy, your transportation methods, etc.).

Being cognizant of it can help you make different, more efficient decisions. It's also important to not only hold yourself accountable, but also other entities like government and businesses because they play a huge role on how water is used. Water is a part of everything, keeping it clean, using it efficiently, and making sure everyone has access to it are imperative goals to making the environment and ourselves healthy.

PSA: The We Are Water Exhibit, hosted by Fond du Lac Band of Lake Superior Chippewa, is coming up very quickly. It will be housed at the Great Lakes Aquarium in Duluth. Opening day is on March 10th! The event runs until April 22nd. We are currently looking for volunteers to staff the exhibit. There are midday and afternoon slots. Each shift is four-hours long. If you're interested, please contact George Knutson at gerorge.knutson@fdlrez.com and/or (218) 878-7137.

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

A New Tribal Wellness Radio Show

By **Judy Tan**,
Fond du Lac Behavioral Health
VISTA

Boozhoo, Thirteen Moons is excited to announce a new Tribal Wellness Radio Show! Starting in March, this monthly, hour-long program will air on Fond du Lac's community radio station, 89.1 WGZS. Hosts Nikki Crowe and Pat Puchalla will engage guests on a variety of health topics ranging from social emotional learning to adverse childhood experiences. These may be

tough topics to address, but the show hopes to engage in conversation to reduce stigma and overcome barriers in addressing health in the Fond du Lac community.

What would you like to hear? We are accepting suggestions for topics, guests, and segments. Also, we would love to feature any local public service announcements related to wellness. Please contact Judy Tan at judytan@fdlrez.com or (218) 878-7142 with your suggestions or any questions. Miigwech!

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

Days of the Week

- Monday(day after prayer day)- Ishwaa-anami’e giizhigad
- Tuesday(second day)- Niizho-giizhigad
- Wednesday(half way)- Aabitoose
- Thursday(fourth day)- Niiyo giizhigad
- Friday(fifth day)- Naano giizhigad
- Saturday(floor washing day)- Giziibiigiisaginige-giizhigad
- Sunday(last work day or prayer day)- Ishwaa-anokiigiizhigad or Anami’e-giizhigad

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

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

Ojibwe language	Anishinaabemowin
Outside	Agwajiing
Pipe	Opwaagan
Powwow	Niimi'idim
Restaurant	Wiisiniwigamig
River	Ziibi
School	Gikinoo'amaadiwigamig
Singers	Negamowaad
Smudge	Nookwezigan
Star	Anang
Store	Adaawewigamig
Stream	Ziibiins
Sun	Giizis

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13 Moons FDLTCC Extension Program Lacrosse Workshop



Contact: Naomi Conley
218-878-7142
naomiconley@fdlrez.com

Sat, February 16th, 2019 9a.m. - 12p.m.
Ojibwe school gym

Looking for community members who want to learn about and play baaga'adowewin. The workshop will start with the cultural significance of the game to Ojibwe people, followed up by learning the skills to play. Then we'll play a game!

Baaga'adowewin has been played by Ojibwe people for generations and is an important part of our culture. It's more than just a game, it's a way of life!

Sticks will be provided. Bring clothing you can run around in, some water, and your awesome energy!

A light breakfast will be provided.



Fond du Lac Tribal & Community College

DEPARTMENT OF HEALTH



13 Moons FDLTCC Extension Program Snowsnakes Workshop and Tournament!



Contact: Naomi Conley
218-878-7142
naomiconley@fdlrez.com
For questions/sign-up!

Workshop: Fri, February 15, 2019 4-7p.m.

Cloquet Community Center

Snowsnake Tournament (all ages): Sat, February 16, 2019 1-5 p.m.

Ojibwe School

Join us Friday afternoon at CCC to hear the story of snowsnakes and learn the game! A light dinner will be provided.

On Saturday from 1-5 p.m., a snowsnake tournament will take place on the Ojibwe school grounds!

Please contact Naomi Conley at 218-878-7142 or naomiconley@fdlrez.com for any questions or to sign up!



DEPARTMENT OF HEALTH

Fond du Lac Tribal & Community College

