

Omushkego Land-Based Culture Development Checklists Parent's Toolkit



Celebrating the Omushkego Cycle of Life

Omushkego Land-Based Culture Development Checklist Parent's Toolkit

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Note to Parents

Developing strong relationships between parents, extended family members, elders, and cultural experts or knowledge keepers is important for your child's success in life.

The culture development checklists that follow provide you with a general guide to your child's cultural growth. These checklists offer opportunities to identify age specific cultural activities and initiate conversations about your child's cultural development. It is important to understand that all children and families are different and factors such as the effects of residential schools and modern-day influences may affect the degree of language and culture development. Consequently, you and your child's progress may not match specific age or skill level development.

These checklists follow a child from six years of age to adulthood. The elders in the 1980s and 90s suggested that adults were competent in all cultural practices and skills by the age of 20. Each checklist describes cultural activities to help you and your child grow together.

Did you know that a solid foundation in one's culture (Cree) helps your child establish a positive identify and become a higher achiever in all aspects of life? Now you know.



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About Culture

Culture can be simply expressed as a way of life. This way of life can include cognitive culture (worldview, value systems, spiritual understandings, and practical knowledge), material culture (objects and skills about a people's ecology and economy), linguistic culture (roles of language in identity and community situations), and social culture (patterns of interaction). The cultural development checklists in this resource focus primarily on elements of Omushkego material culture: wildlife harvesting, wildlife preparation, and tools and technology. These checklists are not inclusive.

The Omushkego people describe culture as a journey or movement on the land. There are two words that the Omushkegowuk use to describe culture: *ootabskanishawin* where you come from (*ootab* here) and *itabskanishawin* where you are going (*itab* there). Looking back at traditional culture is part of the journey moving forward.



Omushkego Land-Based Culture Development Checklists Parent's Toolkit

Introduction

In the late 1990s, Omushkego Education and Ojibway and Cree Cultural Centre hosted a three-day Cree Culture Workshop at the Mushkegowuk Council offices in Moose Factory. The purpose of this workshop was to maintain and enhance the Cree language and culture of the Mushkegowuk communities. 10 Omushkego elders from these communities attended this workshop. These elders were asked to provide their expertise on traditional Cree practices and life skills based on experiences in their communities and on the land.

On the first day, the Cree Culture Workshop began with an elder's opening prayer. This was followed by Greg Spence welcoming and introducing the participants. Next, Jim Etherington provided an overview of the workshop agenda. Then Jim Hollander gave an outline of the purpose of the Omushkego Language and Culture Curriculum. After a short break, Greg Spence offered an overview of the Omushkego cycle of life framework. The morning ended with a brief discussion on the strands or elements found in the culture curriculum: wildlife harvesting, wildlife preparation, and tools and technology.

In this workshop, wildlife harvesting activities included fishing, waterfowl hunting, small game hunting, trapping and snaring, and large game hunting; wildlife preparation activities included plant and berry gathering, food preparation and handling, hide and line handling, and clothing manufacturing; and tools and technology activities included craft making, transportation and traveling, and shelters and housing. Omushkego values were embedded in each of these activities.

After lunch, the elders began describing cultural development for each of these activities. They were orally given a list of cultural practices or skills and asked to describe the age when they first learned that skill and the season or seasons when that skill was taught or occurred, e.g., identify and collect high bush cranberries (*moosomin*): age 6, late summer or fall. All discussions were led by Greg Spence and Jim Etherington in the Cree language. The results were recorded by Jim Hollander.

On the second day, the elders continued describing cultural development around wildlife harvesting, wildlife preparation, and tools and technology. Although many discussions were held around specific cultural practices or skills, the elders rarely disagreed with one another.

On the final day, the elders continued describing cultural development around wildlife harvesting, wildlife preparation, and tools and technology until all listed cultural practices or skills were discussed. Furthermore, the elders were given opportunities to identify additional practices that they had experienced. Afterwards, Greg Spence reviewed workshop accomplishments and explained next steps. The Cree Culture Workshop ended with an elder's closing prayer and wishes for everyone's safe travels.

The result of this workshop was the development of resources as part of Omushkego language and culture programs. The following resources are available through Omushkego Education and Ojibway and Cree Culture Centre:

Omushkego Education and Ojibway and Cree Cultural Centre. (2014). *Omushkego Culture Early Learning to Grade 3*. Moose Factory and Timmins: Authors.

https://bit.ly/OmushkegoCulture_EarlyLearning-Grade3_2014

Omushkego Education and Ojibway and Cree Cultural Centre. (2014). *Omushkego Culture Grade 4 to 8*. Moose Factory and Timmins: Authors.

https://bit.ly/OmushkegoCulture_Grades4-8_2014

Omushkego Education and Ojibway and Cree Cultural Centre. (2014). *Omushkego Culture Grades 9 and 10*. Moose Factory and Timmins: Authors.

https://bit.ly/OmushkegoCulture_Grades9-10_2014

Omushkego Education and Ojibway and Cree Cultural Centre. (2014). *Omushkego Language Early Childhood Education to Grade 3*. Moose Factory and Timmins: Authors.

https://bit.ly/OmushkegoLanguage_EarlyLearning-Grade3_2014

In addition, resources were developed as part of Omushkego land-based initiatives. The following are available through Omushkego Education:

Omushkego Education. (2020). *Omushkego Education Land-Based Cooperative Education Policies and Procedures Principal's and Teacher's Guide*. Moose Factory: Author.

https://bit.ly/OE_Land-based_Co-op_Policies

Omushkego Education. (2020). *Omushkego Education Land-Based Cooperative Education Course Profile Teacher's Guide*. Moose Factory: Author.

https://bit.ly/OE_Land-based_Co-op_TeacherGuide

Omushkego Education. (2020). *Omushkego Education Land-Based Cooperative Education Course Activities and Assignments Student's Guide*. Moose Factory: Author.

https://bit.ly/OE_Land-based_Co-op_StudentWorkbook

Omushkego Education. (2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

https://bit.ly/OE_LBCA_Toolkit-Principal or http://bit.ly/OE_LBCA_Toolkit

Omushkego Education. (2020). *Omushkego Education School-Based Culture Activities Teacher's Toolkit*. Moose Factory: Author.

http://bit.ly/OE_SBCA_Toolkit

Omushkego Education. (2021). *Omushkego Land-Based Culture Development Checklist Parent's Toolkit*. Moose Factory: Author.

https://bit.ly/OE_Land-based_Checklists-Parents

All these resources celebrate the Omushkego cycle of life.



O mushkego Land-Based Culture Development Checklists Parent's Toolkit

O mushkego Cycle of Life

The concept of the Cycle of Life model is language oriented and its application is based on the cyclical cycles of nature that influences the lives of the O mushkego people. The names of the lunar months illustrate nature's activity beginning from the Eagle Moon (new year) as it progresses into six seasonal changes and climaxing into the Great Moon (end of year). Traditionally, life of the O mushkego people was and still is engraved by the cycles of nature. This is best reflected in the O mushkego language. The cycle of life model outlines and produces studies in O mushkego history, kinship, geography, ecology, science, technology, and social organization.

The O mushkego model reinforces O mushkego cultural identity, who we are and where we come from, and the interconnection to the seasonal life cycles of the O mushkego people and communities. These life cycles are based on the six O mushkego seasons and how they affect the land, rivers, birds, animals, and plants that are indigenous to the O mushkego people. This model reflects our uniqueness and origin of the O mushkego culture, traditions, and activities, its historical development, family principles, and values.

The Cycle of Life education model parallels the cultural changes, adaptations, and impacts, and clearly identifies O mushkego traditional culture and language. This model helps prevent further deculturalization of the O mushkego communities.

Specifically, this new method of teaching our students helps them to understand their culture and identity. This teaching tool's main focus is on the O mushkego language, but may be

implemented and adapted to other subject areas. The Cycle of Life model truly demonstrates the Omushkego way of life and promises reculturalization of our Omushkego communities.

This model helps students to understand and identify the impacts of both European and Aboriginal cultures upon the traditions of the Omushkego people. The Cycle of Life education model addresses these impacts and clearly identifies Omushkego traditional culture.

The culture expectations are arranged into six *strands* to coincide with the six seasons found in the Omushkego cycle of life: Spring, Blooming of the Earth, Summer, Fall, Freezing Up, and Winter. Unlike the four astronomical seasons, these six Omushkego seasons are not clearly defined by months but by seasonal changes in the environment. Consequently, the months recommended for each of the Omushkego seasons should be used as a guide only. Seasonal cultural activities are interactive processes best developed by responding to the cultural and language experiences of the students. Because values are usually transmitted in social and cultural contexts, integrating values with the six seasons enhances the cultural concepts and skills associated with them. These culture expectations, suggested as a guide for teachers, should be refined at the First Nation community level.

Spring (March-April)

Spring brought warmer weather and longer periods of daylight. Sometimes spring lasted longer if the cold weather persisted. In spite of occasional periods of starvation and the potential for snow blindness, the arrival of spring provided much excitement for the Omushkegowuk. During this time of the year, the people moved from their winter hunting and trapping camps to their spring camps. Moose migrated inland to forested areas and caribou travelled to their breeding grounds. Men hunted Canada geese from their blinds. Women watched over the children, trapped muskrat, snared rabbits, and prepared geese. They prepared Canada geese in many ways: roasted, smoked, salted, boiled, and stored in fat. Many children were born at this time of the year. Through cautionary stories or tales, children were warned about dangerous conditions present during spring and the blooming of the earth.

Blooming of the Earth (May-June)

The blooming of the earth brought waterfowl nesting and laying eggs, the birth of moose, the sound of frogs, and the blossoming of plants and trees. Those families living inland trapped muskrat, beaver, and otter. In addition, Omushkegowuk families continued preserving meat and drying pelts. After the ice and snow melted, canoes became the primary mode of transportation on rivers and along lakes and bays. Omushkego men and women helped each other making canoes. One canoe carried a family and all of its possessions to their communities or summer fishing camps. The blooming of the earth was time to clean up, store winter tools and equipment, and begin preparations for summer.

Summer (July-August)

Summer brought a brief period of rest and relaxation in the coastal communities or at summer fishing camps along the bay. This was also a spiritual time of prayer and retreats consisting of Christian and traditional spiritual gatherings, sweat lodges, and drumming. Many Omushkego social activities such as marriages, baptisms, feasts, dancing, and elections of leaders took place during summer. Shapotawans or teaching lodges were set up for telling stories. The most commonly eaten foods gathered during the summer were whitefish and trout caught in nets and Canada geese preserved from the spring hunt. In late summer, men and boys would camp along the coast and hunt ducks. Women and children would collect low bush cranberries, blue berries, black berries, and moose berries during the summer and early fall.

Fall (September-October)

Fall brought frost and preparations for the winter hunting and trapping camps. For the Omushkegowuk, fall was a time of excitement in anticipation of future harvesting activities on the land. Waterfowl, owl, loon, spruce grouse, sharp-tailed grouse, ruffed grouse, and willow ptarmigan were shot for food in the fall. Men and women caught fish in traps built along inland rivers, streams, and lakes. Caribou and moose provided other sources of food during this time. Women preserved food and prepared hides for winter clothing required for the long months ahead. Tools and utensils manufactured by men and women came from the environment around them. Once preparations were complete, Omushkegowuk families travelled to their winter camps or hunting and trapping areas before freeze-up.

Freezing Up (November-December)

Freezing up brought shorter periods of daylight. Travel was limited and would not resume until the rivers and streams were solidly frozen. During freeze-up, fish traps placed along rivers and streams caught fish returning from their spawning areas. Men began searching for beaver at this time. Trappers set nets for beaver in open water near dams or in smaller streams. In addition, the Omushkegowuk trapped small game animals, snared rabbits and foxes, and cut and hauled wood from the surrounding area. The preparation and preservation of food continued during freeze-up. Men and women constructed snowshoes for the coming winter.

Winter (January-February)

Winter brought extremely cold weather combined with heavy snowstorms and blizzards. During wintertime, the Omushkegowuk migrated inland to the shelter of forested areas near their hunting and trapping areas. Omushkegowuk families trapped beaver and muskrat besides small fur bearing animals such as mink, otter, marten, weasel, lynx, and fisher. Trapped beaver and muskrat served as a source of food sources as well a source of furs. Moose and caribou provided other sources of food. Ice fishing by angling or by netting was a common winter activity. Throughout the winter, women contributed to the food supply by snaring rabbits close to the camp. Periods of starvation occurred when game became scarce. Snowshoes supplied the primary means of travelling in the winter. Men and women wearing snowshoes pulled toboggans with hauling traces as they moved from camp to camp or checked their traps and snares. Life slowed for the Omushkegowuk and the animals on the land. Moose remained in one place; caribou and even fish reduced their movements at this time. Consequently, the Omushkegowuk often moved from camp to camp when the nearby resources were depleted or when a large game animal was killed far from camp. Winter was a time for teaching children and grandchildren the things they needed to know for survival. Increased activity by the Omushkegowuk and animals would resume with the return of spring.

— from *The Omushkego Language and Culture Curriculum: Omushkego Culture, 2014*

The *Omushkego Cultural Development Checklists Parent's Toolkit* was developed to provide opportunities for parents and their children to experience *milo* or *mino pimaatisiwin* based on the Omushkego cycle of life. Omushkego culture development checklists incorporate the good life or **living well** in all activities. Whenever possible cultural activities should be taught in the Omushkego language on the land.

Age 6 Cultural Development Activities

Plant and Berry Gathering



General Plant and Berry Gathering Activities

- handle plant and berry collecting tools and equipment safely

Specific Plant Gathering Activities (late summer and fall)

- identify and collect Labrador tea
- identify and collect wild rhubarb
- identify and collect wild onion
- identify and collect uncooked rose buds

Specific Berry Gathering Activities (late summer and fall)

- identify and collect low or high bush cranberries
- identify and collect blueberries
- identify and collect blackberries
- identify and collect black currants
- identify and collect raspberries
- identify and collect strawberries
- identify and collect chokecherries
- identify and collect gooseberries

Specific Berry Preparation and Storing Activities

- store berries outside
- cook berries with sugar and store as jam
- boil berries with flour and sugar and mix as a paste
- handle berry preparation tools and equipment safely

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Fishing

General Fishing Activities

- identify familiar fish

Waterfowl Hunting

General Waterfowl Hunting Activities

- identify familiar waterfowl and other birds

Trapping and Snaring

General Trapping and Snaring Activities

- identify familiar fur bearers and small game animals

Large Game Hunting

General Large Game Hunting Activities

- identify familiar large game animals

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish
- handle major meat foods properly, e.g., ducks, Canada geese, and grouse

Specific Food Preparation Activities

- identify major meat foods, e.g., ducks, Canada geese, and grouse

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Age 7 Cultural Development Activities

Plant and Berry Gathering



General Plant and Berry Gathering Activities

- handle plant and berry collecting tools and equipment safely

Specific Plant Gathering Activities (late summer and fall)

- identify and collect Labrador tea
- identify and collect wild rhubarb
- identify and collect wild onion
- identify and collect uncooked rose buds

Specific Berry Gathering Activities (late summer and fall)

- identify and collect low or high bush cranberries
- identify and collect blueberries
- identify and collect blackberries
- identify and collect black currants
- identify and collect raspberries
- identify and collect strawberries
- identify and collect chokecherries
- identify and collect gooseberries

Specific Berry Preparation and Storing Activities

- store berries outside
- cook berries with sugar and store as jam
- boil berries with flour and sugar and mix as a paste

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Fishing

General Fishing Activities

- identify and describe fish, e.g., pike, walleye, whitefish, sturgeon, trout, and sucker
- identify and use fishing equipment
- set net under ice
- maintain fish net
- empty fish net
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- identify and describe waterfowl, other birds, and small game birds, e.g., Canada geese, Snow geese, ducks (waterfowl), chickadees, owls, bald eagles, snowbirds, woodpeckers, cranes, loons, crows, swallows (other birds), and grouse (small game)
- make willow blinds (fall)
- lay out decoys (fall)
- maintain blinds
- take down blinds
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- build Snow goose blind (fall)
- call Snow geese (fall)
- call various ducks (fall)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Trapping and Snaring Activities

- identify and describe furbearers and small game animals, e.g., beaver, muskrat, fisher, marten, otter (furbearers) and rabbit (small game)

Large Game Hunting

General Large Game Hunting Activities

- identify and describe large game animals, e.g., moose and caribou

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish
- handle major meat foods properly, e.g., ducks, Canada geese, Snow geese, and grouse

Specific Food Preparation Activities

- identify major meat foods, e.g., ducks, Canada geese, Snow geese, and grouse

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- handle hide and line preparation tools and equipment safely

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line

Note: Store bought lines have replaced animal and plant lines.

Age 8 Cultural Development Activities

Plant and Berry Gathering



General Tree Gathering Activities

- handle tree collecting tools and equipment safely

Specific Tree Gathering Activities (late summer and fall)

- identify traditional medicinal species, e.g., cedar, tamarack, willow, balsam fir, and juniper

General Plant and Berry Gathering Activities

- handle plant and berry collecting tools and equipment safely

Specific Plant Gathering Activities (late summer and fall)

- identify and collect Labrador tea
- identify and collect wild rhubarb
- identify and collect wild onion
- identify and collect uncooked rose buds

Specific Berry Gathering Activities (late summer and fall)

- identify and collect low or high bush cranberries
- identify and collect blueberries
- identify and collect blackberries
- identify and collect black currants
- identify and collect raspberries
- identify and collect strawberries
- identify and collect chokecherries
- identify and collect gooseberries

Specific Berry Preparation and Storing Activities

- store berries outside
- cook berries with sugar and store as jam
- boil berries with flour and sugar and mix as a paste
- make berry stew with water, flour, shortening, sugar, and berries

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Fishing

General Fishing Activities

- identify and describe fish, e.g., pike, walleye, whitefish, sturgeon, trout, and sucker
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- identify and describe waterfowl, other birds, and small game birds, e.g., Canada geese, Snow geese, ducks (waterfowl), chickadees, owls, bald eagles, snowbirds, woodpeckers, cranes, loons, crows, swallows (other birds), and grouse (small game)
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- call geese and ducks
- become familiar with and handle shot guns and hunting equipment safely
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)
- read water currents and signs

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Small Game Hunting

General Small Game Hunting Activities

- identify and describe small game animals, e.g., grouse, ptarmigan, and rabbit
- make bird traps
- make ptarmigan nooses
- make ptarmigan hedges
- set bird traps
- check and maintain bird traps
- empty and remove bird traps
- become familiar with and handle .22s and hunting equipment safely
- read small game movements and signs

Specific Small Game Hunting Activities

- shoot rabbits with a .22 (fall, winter, spring)
- shoot grouse and ptarmigan with a .22 (fall, winter, and spring)
- trap ptarmigan with fish net bird traps (winter and spring)
- trap ptarmigan with snowshoe traps (winter and spring)
- trap grouse and ptarmigan with nets (spring)
- trap grouse and ptarmigan with nooses (spring)
- trap grouse and ptarmigan with hedges (spring)

Note: Shooting has replaced traditional small bird hunting with traps, nooses, and hedges.

Trapping and Snaring

General Snaring and Trapping Activities

- identify and describe furbearers and small game animals, e.g., beaver, muskrat, fisher, marten, otter (furbearers) and rabbit (small game)
- set snares
- check and maintain snares
- empty and remove snares
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare rabbit with spring pole and tossing pole snares (late fall and winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle plants properly, e.g., berries
- handle major meat foods properly, e.g., fish
- handle major meat foods properly, e.g., Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse, rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- pluck Snow goose
- pluck Canada goose

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- handle hide and line preparation tools and equipment safely

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line

Note: Store bought lines have replaced animal and plant lines.

Craft Making

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle knife safely
- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make wooden spoons

Note: Modern tools have replaced traditional implements.

Age 9 Cultural Development Activities

Plant and Berry Gathering

Specific Plant Gathering Activities

- identify and collect water lily roots
- identify and collect bulrushes
- identify and collect wild onion
- identify and collect uncooked rose buds



Fishing

General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker on the land
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- identify and describe waterfowl, e.g., Canada goose, Snow goose, and various ducks
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- call geese and ducks
- handle shot guns safely
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)
- read water currents and signs

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Small Game Hunting

General Small Game Hunting Activities

- identify and describe small game animals, e.g., grouse, ptarmigan, and rabbit
- make bird traps
- make ptarmigan nooses
- make ptarmigan hedges
- set bird traps
- check and maintain bird traps
- empty and remove bird traps
- handle .22s and hunting equipment safely
- read small game movements and signs

Specific Small Game Hunting Activities

- shoot rabbits with a .22 (fall, winter, spring)
- shoot grouse and ptarmigan with a .22 (fall, winter, and spring)
- trap ptarmigan with fish net bird traps (winter and spring)
- trap ptarmigan with snowshoe traps (winter and spring)
- trap grouse and ptarmigan with nets (spring)
- trap grouse and ptarmigan with nooses (spring)
- trap grouse and ptarmigan with hedges (spring)

Note: Shooting has replaced traditional small bird hunting with traps, nooses, and hedges.

Trapping and Snaring

General Snaring and Trapping Activities

- identify and describe furbearers and small game animals, e.g., beaver, muskrat, fisher, marten, otter (furbearers) and rabbit (small game)
- set snares
- check and maintain snares
- empty and remove snares
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare rabbit with spring pole and tossing pole snares (late fall and winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- handle bannock making ingredients properly
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- pluck Snow goose
- pluck Canada goose
- identify ingredients and equipment used to make bannock
- make baked bannock
- make fried bannock
- make bannock on a stick
- make bannock with raisins

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- handle hide and line preparation tools and equipment safely

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line

Note: Store bought lines have replaced animal and plant lines.

Craft Making

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle knife safely
- sharpen knife
- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make wooden spoons

Note: Modern tools have replaced traditional implements.

Age 10 Cultural Development Activities

(same as age 11)

Plant and Berry Gathering

General Plant and Tree Gathering Activities

- handle plant collecting tools and equipment safely
- handle tree collecting tools and equipment safely

Specific Plant Gathering Activities (late summer and fall)

- identify and collect water lily roots
- identify and collect bulrushes
- identify and collect wild onion
- identify and collect uncooked rose buds

Specific Tree Gathering Activities (late summer and fall)

- identify and collect traditional medicinal trees, e.g., cedar, tamarack, willow, balsam fir, and juniper



Fishing

General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow , various ducks, plovers, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- call geese and ducks
- handle shot guns safely
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Small Game Hunting

General Small Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of grouse, ptarmigan, and rabbit on the land
- make bird traps
- make ptarmigan nooses
- make ptarmigan hedges
- set bird traps
- check and maintain bird traps
- empty and remove bird traps
- handle .22 s and hunting equipment safely
- read small game movements and signs

Specific Small Game Hunting Activities

- trap owls (year-round)
- shoot owls (year-round)
- shoot rabbits with a .22 (fall, winter, spring)
- shoot grouse and ptarmigan with a .22 (fall, winter, and spring)
- trap ptarmigan with fish net bird traps (winter and spring)
- trap ptarmigan with snowshoe traps (winter and spring)
- trap grouse and ptarmigan with nets (spring)
- trap grouse and ptarmigan with nooses (spring)
- trap grouse and ptarmigan with hedges (spring)

Note: Shooting has replaced traditional small bird hunting with traps, nooses, and hedges.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), owl, ptarmigan, grouse, rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- handle plants properly
- handle bannock making ingredients properly
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- gut and clean fish
- boil fish
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- pluck grouse, ptarmigan and owls
- skin rabbits
- gut and clean grouse, ptarmigan, owls, and rabbits,
- boil grouse, ptarmigan, owls, and rabbits,
- roast grouse, ptarmigan, and rabbits,
- make baked bannock
- make fried bannock
- make bannock on a stick
- make bannock with raisins

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover

Craft Making

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make sling shot
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements

- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife
- sharpen crooked knife
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Camping

General Camping Activities

- identify names and importance of particular places and areas within the O mushkegowuk territory, e.g., fishing, hunting, trapping, other seasonal, or gathering

Specific Camping Activities

- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (summer)
- plan a camping trip
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp
- practice camp safety

Note: For more information on camping activities, please see Omushkego Education. (2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 11 Cultural Development Activities

(same as age 10)

Plant and Berry Gathering



General Plant and Tree Gathering Activities

- handle plant collecting tools and equipment safely
- handle tree collecting tools and equipment safely

Specific Plant Gathering Activities (late summer and fall)

- identify and collect water lily roots
- identify and collect bulrushes
- identify and collect wild onion
- identify and collect uncooked rose buds

Specific Tree Gathering Activities (late summer and fall)

- identify and collect traditional medicinal trees, e.g., cedar, tamarack, willow, balsam fir, and juniper

Fishing

General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- call geese and ducks
- handle shot guns safely
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Small Game Hunting

General Small Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of grouse, ptarmigan, and rabbit on the land
- make bird traps
- make ptarmigan nooses
- make ptarmigan hedges
- set bird traps
- check and maintain bird traps
- empty and remove bird traps
- handle .22 s and hunting equipment safely
- read small game movements and signs

Specific Small Game Hunting Activities

- trap owls (year-round)
- shoot owls (year-round)
- shoot rabbits with a .22 (fall, winter, spring)
- shoot grouse and ptarmigan with a .22 (fall, winter, and spring)
- trap ptarmigan with fish net bird traps (winter and spring)
- trap ptarmigan with snowshoe traps (winter and spring)
- trap grouse and ptarmigan with nets (spring)
- trap grouse and ptarmigan with nooses (spring)
- trap grouse and ptarmigan with hedges (spring)

Note: Shooting has replaced traditional small bird hunting with traps, nooses, and hedges.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), owl, ptarmigan, grouse, rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- handle plants properly
- handle bannock making ingredients properly
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- gut and clean fish
- boil fish
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- pluck grouse, ptarmigan and owls
- skin rabbits
- gut and clean grouse, ptarmigan, owls, and rabbits,
- boil grouse, ptarmigan, owls, and rabbits,
- roast grouse, ptarmigan, and rabbits,
- make baked bannock
- make fried bannock
- make bannock on a stick
- make bannock with raisins

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover

Craft Making

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make sling shot
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements

- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife
- sharpen crooked knife
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Camping

General Camping Activities

- identify names and importance of particular places and areas within the O mushkegowuk territory, e.g., fishing, hunting, trapping, other seasonal, or gathering

Specific Camping Activities

- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (summer)
- plan a camping trip
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp
- practice camp safety

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 12 Cultural Development Activities

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- become familiar with and handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shoot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks, plovers and yellowlegs
- gut and clean ducks, plovers, and yellowlegs
- boil ducks, plovers, and yellowlegs
- roast ducks, plovers, and yellowlegs
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- make sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife
- sharpen crooked knife
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make square sails
- practice using west coast snowshoes (pointed toe)

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas within the O mushkegowuk territory, e.g., fishing, hunting, trapping, other seasonal, or gathering

Specific Camping Activities

- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- plan a camping trip
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp
- practice camp safety

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 13 Cultural Development Activities

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plover godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shoot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparation Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks
- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks

- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife

- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- make skidoo sled (smaller version)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- plan a camping trip
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp
- practice camp safety

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 14 Cultural Development Activities

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shoot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparing Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks
- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks

- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line (tendons of moose or caribou)
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife

- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- maintain snowshoes
- repair snowshoes
- make skidoo sled (smaller version)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional shelters and housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build *mikiwam* with spruce or birch bark (conical dwelling—spring and summer)
- take down *mikiwam* with spruce or birch bark
- construct *mikiwam* with canvas (conical dwelling—spring and summer)
- take down *mikiwam* with canvas
- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional trapping sites
- identify the locations of traditional trapping camps
- participate in a trapping camp (winter)
- identify the locations of traditional caribou hunting sites (winter)
- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (blooming of the earth)
- plan a camping trip
- make practical choices of persons forming camping groups
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp
- practice camp safety

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 15 Cultural Development Activities

(same as age 16)

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shoot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparing Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks
- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks

- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife

- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- maintain snowshoes
- repair snowshoes
- make skidoo sled (larger version)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional shelters and housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build *mikiwam* with spruce or birch bark (conical dwelling—spring and summer)
- take down *mikiwam* with spruce or birch bark
- construct *mikiwam* with canvas (conical dwelling—spring and summer)
- take down *mikiwam* with canvas
- help make *shabutowan* (two conical dwellings joined together with a ridge pole)
- help take down *shabutowan*
- help construct *ashkikan* with fire hearth (fall)
- help take down *ashkikan* with fire hearth
- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional trapping sites
- identify the locations of traditional trapping camps
- participate in a trapping camp (winter)
- identify the locations of traditional caribou hunting sites (winter)
- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (blooming of the earth)
- plan a camping trip
- make practical choices of persons forming camping groups
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 16 Cultural Development Activities

(same as age 15)

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparing Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks
- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks

- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease

Hide and Line Preparation and Handling

General Hide and Line Preparation Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparation Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparation Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife

- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- maintain snowshoes
- repair snowshoes
- make skidoo sled (larger version)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build *mikiwam* with spruce or birch bark (conical dwelling—spring and summer)
- take down *mikiwam* with spruce or birch bark
- construct *mikiwam* with canvas (conical dwelling—spring and summer)
- take down *mikiwam* with canvas
- help make *shabutowan* (two conical dwellings joined together with a ridge pole)
- help take down *shabutowan*
- help construct *ashkikan* with fire hearth (fall)
- help take down *ashkikan* with fire hearth
- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional trapping sites
- identify the locations of traditional trapping camps
- participate in a trapping camp (winter)
- identify the locations of traditional caribou hunting sites (winter)
- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (blooming of the earth and summer)
- plan a camping trip
- make practical choices of persons forming camping groups
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 17 to Adult Cultural Development Activities

Fishing



General Fishing Activities

- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plover, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Trapping and Snaring

General Snaring and Trapping Activities

- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparing Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks
- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks

- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease

Hide and Line Preparation and Handling

General Hide and Line Preparing Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparing Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparing Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- manufacture adult's tanned buckskin garments
- make winter headgear (e.g., plaited rabbit, fox, or muskrat) with skin flaps
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle axe safely
- sharpen axe
- handle saw safely
- sharpen saw
- make crooked knife

- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- maintain snowshoes
- repair snowshoes
- make toboggan
- maintain toboggan
- make skidoo sled (larger version)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build *mikiwam* with spruce or birch bark (conical dwelling—spring and summer)
- take down *mikiwam* with spruce or birch bark
- construct *mikiwam* with canvas (conical dwelling—spring and summer)
- take down *mikiwam* with canvas
- help make *shabutowan* (two conical dwellings joined together with a ridge pole)
- help take down *shabutowan*
- help construct *ashkikan* with fire hearth (fall)
- help take down *ashkikan* with fire hearth
- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional trapping sites
- identify the locations of traditional trapping camps
- participate in a trapping camp (winter)
- identify the locations of traditional caribou hunting sites (winter)
- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (blooming of the earth and summer)
- plan a camping trip
- make practical choices of persons forming camping groups
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Age 6 to Adult Cultural Development Activities

Note: Adults were competent in all cultural skills by the age of 20.

Plant and Berry Gathering

General Plant and Tree Gathering Activities

- handle plant collecting tools and equipment safely
- handle tree collecting tools and equipment safely

Specific Plant and Tree Gathering Activities (late summer and fall)

- identify and collect Labrador tea
- identify and collect wild rhubarb
- identify and collect wild onion
- identify and collect uncooked rose buds
- identify and collect water lily roots
- identify and collect bulrushes
- identify traditional medicinal species, e.g., cedar, tamarack, willow, balsam fir, and juniper

General Berry Gathering Activities

- handle plant collecting tools and equipment safely

Specific Berry Gathering Activities (late summer and fall)

- identify and collect low or high bush cranberries
- identify and collect blueberries
- identify and collect blackberries
- identify and collect black currants
- identify and collect raspberries
- identify and collect strawberries
- identify and collect chokecherries
- identify and collect gooseberries

Specific Berry Preparing and Storing Activities

- store berries outside
- cook berries with sugar and store as jam
- boil berries with flour and sugar and mix as a paste
- make berry stew with water, flour, shortening, sugar, and berries
- handle berry preparation tools and equipment safely

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Fishing

General Fishing Activities

- identify familiar fish
- identify and describe fish, e.g., pike, walleye, whitefish, sturgeon, trout, and sucker
- observe the locations, habitats, characteristics, and life cycles of pike, walleye, whitefish, sturgeon, trout, and sucker in water on the land
- identify and use fishing equipment
- set net near the bay
- set net in the bay
- set net in river
- set net near streams
- set net under ice
- maintain fish net
- empty fish net
- make fish weir in streams
- empty fish weir
- handle fishing equipment safely
- read water currents and signs
- read ice conditions and signs

Specific Fishing Activities

- angle pike with rod and reel (spring, summer, and fall)
- angle walleye with rod and reel (spring, summer, and fall)
- angle speckled and lake trout with line and hooks (late summer and winter)
- angle sturgeon with hook and line (spring, summer, and fall)
- net pike (winter)
- jig pike with hook and line (winter)
- net ling cod/loche/mariah (winter)
- net sturgeon (winter?)
- net pike along banks of rivers and mouths of streams with gill nets (late spring)
- net sturgeon along banks of rivers and mouths of streams with gill nets (late spring)
- net whitefish (early spring, late fall migrations)
- spear sturgeon, pike, suckers, and whitefish (early spring)
- trap sturgeon, pike, suckers, and whitefish with weirs (early spring)
- make fish net with paddle shaped spruce net floats and rough stone sinkers

Note: Angling and hook and line fishing has replaced traditional fishing with nets and weirs.

Waterfowl Hunting

General Waterfowl Hunting Activities

- identify familiar waterfowl and other birds
- identify and describe waterfowl, other birds, and small game birds, e.g., Canada geese, Snow geese, ducks (waterfowl), chickadees, owls, bald eagles, snowbirds, woodpeckers, cranes, loons, crows, swallows (other birds), and grouse (small game)
- observe the locations, habitats, characteristics, and life cycles of Canada goose, Snow goose, various ducks, plovers, godwits, and yellowlegs on the land
- make willow blinds (fall)
- make grass blinds and wooden goose decoys (spring)
- lay out decoys (fall and spring)
- maintain blinds
- take down blinds
- handle shot guns safely
- call geese and ducks
- read geese and duck movements and signs

Specific Waterfowl Hunting Activities

- shoot plovers, godwits, and yellow legs (fall)
- build Snow goose blind (fall)
- call and shoot Snow geese (fall)
- build Canada goose blind (spring)
- call and shoot Canada geese (spring)
- call and shoot various ducks (fall and spring)

Note: Traditional Omushkego harvesting activities include the following practices: treating animals and plants with respect (as gifts from the Creator), taking only what is needed to live on, sharing with others, and using all parts of the animal.

Small Game Hunting

General Small Game Hunting Activities

- identify and describe small game animals, e.g., grouse, ptarmigan, and rabbit
- observe the locations, habitats, characteristics, and life cycles of grouse, ptarmigan, and rabbit on the land
- make bird traps
- make ptarmigan nooses
- make ptarmigan hedges
- set bird traps
- check and maintain bird traps
- empty and remove bird traps
- become familiar with and handle .22s and hunting equipment safely
- read small game movements and signs

Specific Small Game Hunting Activities

- shoot rabbits with a .22 (fall, winter, spring)
- shoot grouse and ptarmigan with a .22 (fall, winter, and spring)
- trap ptarmigan with fish net bird traps (winter and spring)
- trap ptarmigan with snowshoe traps (winter and spring)
- trap grouse and ptarmigan with nets (spring)
- trap grouse and ptarmigan with nooses (spring)
- trap grouse and ptarmigan with hedges (spring)

Note: Shooting has replaced traditional small bird hunting with traps, nooses, and hedges.

Trapping and Snaring

General Snaring and Trapping Activities

- identify familiar fur bearers and small game animals
- identify and describe furbearers and small game animals, e.g., beaver, muskrat, fisher, marten, otter (furbearers) and rabbit (small game)
- observe the locations, habitats, characteristics, life cycles, and harvesting times of mink, weasel, red squirrel, marten, otter, beaver, muskrat, lynx, fisher, and black bear on the land
- identify and collect trapping and snaring tools and equipment
- set snares
- check and maintain snares
- empty and remove snares
- set traps
- check and maintain traps
- empty and remove traps
- handle trapping equipment safely
- read furbearer movements and signs

Specific Trapping and Snaring Activities

- snare mink, marten, otter, lynx, and fisher (late fall and winter)
- trap black bear, mink, marten, otter, weasel, lynx, and fisher with deadfall
- snare beaver (late fall and winter)
- trap beaver using fence (late fall and winter)
- trap otter, mink, marten, fisher, muskrat (fall), beaver (winter)
- trap or snare red squirrel with wire snares or steel traps (late fall–after freeze-up)
- trap beaver using chisel technique (winter)

Note: Steel traps have replaced traditional trapping with snares and deadfalls.

Large Game Hunting

General Large Game Hunting Activities

- identify familiar large game animals
- identify and describe large game animals, e.g., moose and caribou
- observe the locations, habitats, characteristics, and life cycles of moose and caribou on the land
- identify and collect large game hunting tools and equipment
- set snares for moose
- check and maintain snares for moose
- empty and remove snares for moose
- handle rifles and hunting equipment safely
- call moose
- read caribou and moose movements and signs

Specific Large Game Hunting Activities

- call and shoot moose (fall)
- snare moose (fall)
- track and shoot moose (winter)
- track and shot caribou (winter)
- drive caribou
- snare caribou
- trap caribou using brush fences or hedges

Note: Shooting has replaced large game hunting with drives, snares and traps using fences or hedges.

Food Preparation and Handling

General Food Preparation and Handling Activities

- identify major meat foods, e.g., ducks, Canada geese, and grouse
- identify major meat foods, e.g., ducks, Canada geese, Snow geese, and grouse
- handle plants properly, e.g., berries
- handle major meat foods properly, e.g., fish
- handle major meat foods properly, e.g., ducks, Canada geese, Snow geese, and grouse
- handle major meat foods properly, e.g., fish, Snow geese, Canada geese and ducks (twice annually), ptarmigan, grouse rabbit, beaver (mainly in winter), muskrat, fisher, marten, otter, moose, and caribou
- handle bannock making ingredients properly
- identify and select appropriate tools, equipment, and ingredients for use in food preparation
- handle food preparation tools and equipment safely

Specific Food Preparing Activities

- make dried fish
- gut and clean fish
- boil fish with intestines
- fry fish
- pluck Snow goose
- pluck Canada goose
- gut and clean goose
- boil goose including goose heads, wings and lower legs scraped free of feathers, and intestines as well
- make smoked goose stored in lard (*shinegamishigan*)
- make smoked goose with sternum removed only (*mikobeshigan*)
- make smoked goose with no bones (*nameshitek*)
- roast goose from a frame with string (*sakapwan*)
- roast goose on a spit or grill with green sticks (*apwan*)
- make salted goose (*shiohigan*)
- preserve geese outside in cool weather
- pluck ducks
- gut and clean ducks

- boil ducks
- roast ducks
- boil small game birds, rabbit, squirrel, and muskrat with heart, lungs, and kidney attached
- make smoked beaver
- roast beaver on a spit or grill with green sticks
- roast moose or caribou on a spit or grill using green sticks
- boil moose including heart, liver, unborn calf, and stomach contents
- make smoked moose or caribou which is cut into thin strips
- make pemmican, e.g., meat dried on a grill over a fire and pounded into a powder mixed with caribou grease
- make baked bannock
- make fried bannock
- make bannock on a stick
- make bannock with raisins

Note: Traditional cooking used estimated measurements, e.g., pinch or handful.

Hide and Line Preparation and Handling

General Hide and Line Preparing Activities

- identify and collect hide and line preparing tools and equipment
- clean various fur bearers
- stretch various fur bearers
- prepare and fix hides
- handle hide and line preparation tools and equipment safely

Specific Hide Preparing Activities

- prepare moose or caribou hide through fleshing, scraping, washing, softening (with brain and water mixture), stretching or pulling, and smoking
- fix moose or caribou hide
- make moose rawhide
- make caribou rawhide
- produce babiche (semi-tanned skin line)
- manufacture fully tanned skin line
- form sinew line from tendons of moose or caribou
- make rabbit skin line (for rabbit skin garments)

Specific Line Preparing Activities

- make willow bark or root line for netting and anchors
- make spruce root line
- manufacture grass line

Note: Store bought lines have replaced animal and plant lines.

Clothing Manufacturing

General Clothing Manufacturing Activities

- identify and collect clothing manufacturing tools and equipment
- create coloured beadwork in floral pattern or geometrical designs
- create silk work in floral pattern or geometrical designs
- handle clothing preparation tools and equipment safely

Specific Clothing Manufacturing Activities

- make moss bag
- produce cradleboard cover
- create children's rabbit skin garments, e.g., hat
- manufacture adult's tanned buckskin garments
- make winter headgear (e.g., plaited rabbit, fox, or muskrat) with skin flaps
- construct winter moccasins with ankle flaps and thongs
- fashion mittens with duffel and tanned skin line
- manufacture rabbit skin sleeping robes
- produce feather blankets
- construct summer moccasins

Craft Making

General Carving Activities

- identify and collect wood, stone, or bone carving materials
- select tools used to make particular carving products
- practice carving using wood, stone or bone
- handle carving tools and materials safely

Specific Carving Activities (fall and winter)

- make flat goose for wall mount
- make sitting goose no legs
- make sitting goose on stand
- make flying goose on stand
- make mink, otter, beaver, rabbit on stand
- make flying geese free standing
- make mink, otter, beaver, rabbit free standing
- make duck, beaver, mink in assorted styles
- make individually designed carving using material of choice
- make tamarack geese

General Hide and Bead Working Activities

- identify and collect hide and bead working materials
- select tools used to make particular hide and bead working products
- practice hide working and bead working
- handle hide and bead working tools and materials safely

Specific Hide and Bead Working Activities (fall and winter)

- make single strand necklace with hearts
- make double strand necklace
- make beaded double strand necklaces with tassels
- make bead loom necklace
- make small beaded mittens

General Games and Toys Making Activities

- identify and collect games and toys materials
- select tools used to make particular games and toys
- practice using tools and materials
- handle tools and materials safely
- play with games and toys

Specific Games and Toys Making Activities (fall, winter, and spring)

- make buzzer
- make bull roarer
- make cup and pin
- make dolls with clothing
- make small cradle board
- make small bow and arrow
- make sling shot
- make small canoe or boat
- make small sled
- make small toboggan

General Traditional Implements Making Activities

- identify and collect traditional implements
- select tools and materials used to make particular traditional implements
- make traditional implements
- maintain traditional implements
- repair traditional implements
- practice using traditional implements
- handle traditional implements safely

Specific Traditional Implements Making Activities (fall, winter, and spring)

- handle knife safely
- sharpen knife
- handle axe safely
- sharpen axe
- handle saw safely

- sharpen saw
- make crooked knife
- sharpen crooked knife
- make caribou rib bone knives
- make bone awl
- make bone sewing needle
- make bone thimble hollowed out moose or caribou toe bone
- make wooden spoons
- make bows and arrows

Note: Modern tools have replaced traditional implements.

Transportation and Travelling

General Traditional Transportation and Travelling Equipment Activities

- identify traditional travel and transportation equipment
- handle traditional travel and transportation equipment safely

Specific Traditional Transportation and Travelling Equipment Activities (fall, winter, spring, and summer)

- practice using west coast snowshoes (pointed toe)
- make west coast snowshoe (pointed toe) including netting and frame
- make flat spruce or cedar board snowshoe (for emergency use)
- maintain snowshoes
- repair snowshoes
- make toboggan
- maintain toboggan
- make skidoo sled (smaller and larger versions)
- repair skidoo sled
- maintain freighter canoe
- repair freighter canoe
- make square sails

Shelters and Housing

General Shelters and Housing Activities

- identify traditional housing
- select tools and materials used to make particular traditional housing
- make traditional housing
- maintain traditional housing
- practice living in traditional housing
- handle traditional housing tools and materials safely

Specific Shelters and Housing Activities (spring, summer and fall)

- build *mikiwam* with spruce or birch bark (conical dwelling—spring and summer)
- take down *mikiwam* with spruce or birch bark
- construct *mikiwam* with canvas (conical dwelling—spring and summer)
- take down *mikiwam* with canvas
- help make *shabutowan* (two conical dwellings joined together with a ridge pole)
- help take down *shabutowan*
- help construct *ashkikan* with fire hearth (fall)
- help take down *ashkikan* with fire hearth
- build temporary shelters—open brush or lean-to
- remove temporary shelters—open brush or lean-to
- erect prospector tent with stove
- take down prospector tent with stove

Camping

General Camping Activities

- identify names and importance of particular places and areas on the land, e.g., fishing, hunting, trapping, other seasonal or gathering

Specific Camping Activities

- identify the locations of traditional trapping sites
- identify the locations of traditional trapping camps
- participate in a trapping camp (winter)
- identify the locations of traditional caribou hunting sites (winter)
- identify the locations of traditional moose hunting sites
- identify the locations of traditional moose camps
- participate in a moose camp (fall)
- identify the locations of traditional waterfowl hunting sites
- identify the locations of traditional goose camps
- participate in a goose camp (fall and spring)
- identify the locations of traditional fishing sites
- identify the locations of traditional fishing camps
- participate in a fishing camp (blooming of the earth and summer)
- plan a camping trip
- make practical choices of persons forming camping groups
- help set up camp, e.g., tent, stove, collect firewood, and haul water
- keep camp in good order
- care for camping equipment and materials
- take down camp

Note: For more information on camping activities, please see Omushkego Education.

(2020). *Omushkego Education Land-Based Camp Activities Teacher's and Principal's Toolkit*. Moose Factory: Author.

Omushkego Values

- listen to, be considerate of, and honour themselves (respect for themselves);
- listen to, be considerate of, and honour everything in the world (respect for the Creator);
- listen to, be considerate of, and honour parents (respect for parents);
- listen to, be considerate of, and honour elders (respect for elders);
- listen to, be considerate of, and honour others (respect for others);
- listen to, be considerate of, and honour plants and animals (respect for plants and animals);
- listen to, be considerate of, and honour the land (respect for the environment);
- use resources together (sharing);
- recognize and accept accountability to themselves for decisions made and action taken (responsibility to themselves);
- recognize and accept accountability to others for decisions made and action taken (responsibility to others);
- recognize and accept accountability to themselves and others for decisions made and action taken (responsibility to themselves and others);
- recognize and accept accountability to the environment for decisions made and action taken (environmental responsibility);
- recognize, value and enjoy their own language, traditions, and culture (appreciation for their culture);
- recognize, value and enjoy another's language, traditions, and culture (appreciation for another's culture);
- recognize and appreciate the significance of teasing and joking (humour)*;
- control their actions or feelings which may be demonstrated by listening attentively, observing quietly, asking questions properly, and participating effectively (self-control);
- show a desire to work hard with steady, careful effort (diligence);
- feel or express thanks for the good things that the Creator has given them and others (thankfulness);
- show honesty (truthfulness);
- show feelings of interest or concern which may be demonstrated by the kind treatment of others (caring);
- develop a willingness to put up with anything that annoys, troubles or hurts without losing self-control (patience);
- pursue a problem or task to its completion (perseverance);
- show initiative in beginning tasks, working independently and solving problems (self-reliance).

– from Cree School Board. (1997). *Cree School Board Cree Language and Culture Guide—Secondary Sector*. Chisasibi, QC: Cree School Board; Northern Nishnawbe Education Council. (1996). *Sioux Lookout District First Nations' Response to Secondary School Reform*. Sioux Lookout, ON: Northern Nishnawbe Education Council; Ohmagari, K. (1996). *Social Change and Transmission of Knowledge and Bush Skills Among Omushkegowuk Cree Women*. Unpublished doctoral dissertation, University of Manitoba, Winnipeg, Canada; Hishkoonikun Education Authority. (1995). *The Traditional Values Project 1994D1995*. Kashechewan, ON: Hishkoonikun Education Authority; Hishkoonikun Education Authority. (1994). *The Traditional Values Project 1993D1994*. Kashechewan, ON: Hishkoonikun Education Authority.

* not found in these resources but shown to be an important aspect of Omushkego life



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About the Omushkego Land-Based Culture Development Checklists Parent's Toolkit

This toolkit was developed to provide opportunities for parents and their children to experience *milo* or *mino pimaatisiwin* based on the Omushkego cycle of life. Omushkego culture development checklists incorporate the good life or living well in all activities. Whenever possible cultural activities should be taught in the Omushkego language on the land. This and other Omushkego language and culture resources can be found on the OE drive at https://bit.ly/OE_Land-based_Checklists-Parents, <http://bit.ly/OECreeLanguage>, and <http://bit.ly/OECultureResources>.