

POTAWATOMI



# DGWAGÊK

(FALL)

8

**BNAKWI GISES**

**Falling Leaves Moon**

9

**TEKWAKI GISES**

**Forest Moon**

10

**GIWSE GISES**

**Hunting Moon**

8TH MOON

# BNAKWI GISES

# FALLING LEAVES MOON

## MNO BMADZEWEN (THE GOOD LIFE)

When the leaves begin to change and the colors of Mother Earth are vibrant, our harvest has been plentiful. We become aware of all the miracles of creation and the many gifts Mother Earth has bestowed upon us. Food is one of those gifts. Food is medicine that fuels our mind, body, and spirit. Food comes from our land; eating food from our land reminds us of who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. We can learn a lot from our food by describing its many different colors, sizes, tastes, names, smells, and textures. Eating a variety of colors of food means we are eating good food. Engaging with food by talking about it and experiencing it is a way to keep us well in our mind, body, and spirit. Being well in our mind body and spirit is called mno bmadzewen! When we practice mno bmadzewen, we are sharing positive energy with our families and friends for the good of all.

What are some ways you can share positive food experiences with your child this month?



# NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Bnakwi Gises	Bih-nah-kwee Gee-zis	Falling Leaves Moon
Dgwaget	Dig-wah-git	Autumn
Shwatso	Sh-waht-soh	Eight
Mnomen	Min-oh-min	Wild Rice
Datbegon	Dah-tbuh-gohn	Leaves
Mno Bmadzewen	Mih-no Bim-ah-dzuh-win	The Good Life

"ALL THE LOVE AND HARD WORK—  
COMMITMENT—THAT GOES INTO  
PLANTING, GROWING, AND  
HARVESTING, NOURISHES US. IT'S  
A LABOR OF LOVE, SIMILAR TO  
RAISING CHILDREN. I AM  
HONORING OUR ANCESTORS AND  
INDIVIDUALS WHO WERE ABLE TO  
TAKE CARE OF THE SEEDS. I AM  
FEEDING US EMOTIONALLY,  
SPIRITUALLY, AND PHYSICALLY,  
AND I AM NOURISHING BEINGS,  
KNOWN AND UNKNOWN."







9TH MOON

# MTEGWAGKE GISES

## FOREST MOON

### PREPARING FOR BBON (WINTER)

During forest moon, the temperature begins to get colder. It is important to prepare for winter and carry the abundance of foods we've harvested all year into the winter months. As every creature prepares for the coming fasting grounds, we are reminded to prepare ourselves for the winter time ahead. There are many ways we do this, including seed saving, drying food, and jarring food. It is also important to share our food with our families and Elders to ensure our communities have what they need to get through winter. Through this preparation, we are getting our mind, body, and spirit ready for winter.

What are some winter preparation activities you can do with your child this month?



# NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Mtegwapke Gises	Mtih-gwahg-keh Gee-zis	Forest Moon
Dgwaget	Dig-wah-giht	Autumn
Shak	Shock	Nine
Ndenwemagnek	Nden-way-mah-guh-nuck	My Relatives
Wabgon	Wahb-gohn	Pumpkin
Minkan	Meen-kahn	Seed



"PRESERVING  
THE HARVEST  
ABUNDANCE  
FOR WINTER"





10TH MOON

# GIWSE GISES HUNTING MOON

## GHOST SUPPER

During hunting moon, we are reminded of our ancestors that have walked on. It is said that this is the time of year when they come to visit us. A ghost supper is a feasting ceremony that families and communities hold to honor their ancestors. Around this time of year, we hold ghost suppers where we feast our ancestors that have walked on to the spirit world. Feasting our ancestors means that we are honoring and remembering those loved ones who have passed on. We prepare their favorite foods, gather in remembrance, and feed their spirits with a spirit plate.

What are some ways you can teach your child to take care of their ancestors this month?



# NESHNABEMWEN WORDS

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Giwse Gises	Geew-say Gee-zis	Hunting Moon
Mdatso	M-daht-soh	Ten
Ndenwemagnek	Nden-way-mah-guh-nuck	My Relatives
Thibakwe	Jee-bah-kweh	Ghost Supper

"STACKING WOOD,  
SPLITTING WOOD, GROWING  
POTATOES, MAKING FIRE,  
BEING TOGETHER OUTSIDE; I  
LOVE COOKING OUTSIDE.  
EVEN IF IT'S NOT FANCY IT  
CAN FEEL LIKE A SPECIAL  
THING WE DO TOGETHER. I  
FEEL SO LUCKY AND  
GRATEFUL TO BE CLOSE TO  
LAND IN MAKING A SIMPLE  
MEAL AS A FAMILY."

