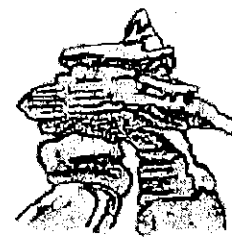
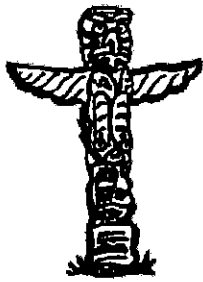


FIRST NATIONS of THE ARCTIC

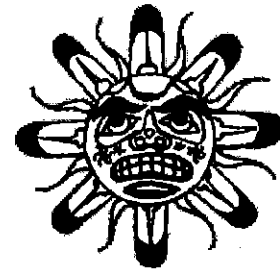


<p>Tribes</p>	<p>Chukchi, Asiat, Polar, Numaniut, Aleutian, Pacific, Bering Sea, Mackenzie, Copper, Caribou, Netsilik, Igluik, Labrador, Baffin Islanders</p>
<p>Land and Climate</p>	<p>With eight long, cold, dark months of winter, the Inuit live in one of the most harsh and inhospitable regions of the world. Their land, mostly tundra, consists of low, flat, treeless plains with permanently frozen ground.</p>
<p>Shelter</p>	<p>During the winter months with the sub-zero temperatures, shelter was far more important than food. If caught in a blizzard, the Inuit could construct a snow house (igloo) with incredible speed. Igloos strung together, connected by passageways, could shelter a family all winter. Food and clothing were often stored in the smaller adjoining igloos. In the summer the snow houses melted and it was time for the Inuit to move on to hunting and fishing grounds. The Inuit then used whale bones, antlers, caribou and seal skins to create their summer tent-like dwelling called a "tupiq".</p>
<p>Food</p>	<p>The fall migration of the Caribou provided the majority of the Inuit winter food supply, supplemented by hunting seals, walrus, and bears on the sea ice. Whale and seal oil was used in the preparation and storage of food. Soapstone lamps were fueled with the same oil. In the summer they caught fish, hunted seals, walruses and whales. On land, they hunted caribou, musk oxen, polar bears and other small animals..</p>
<p>Symbolism</p>	<p>"Inukshuk" means "One that looks like a person." The Inukshuk played an important role in caribou hunting. It was also used as a landmark and navigational aid.</p>
<p>Inventions and Tools</p>	<p>The Inuit created tools to help them hunt, including the harpoon and the bow and arrow. To protect their eyes from the glare of the snow they fashioned snow goggles.</p>

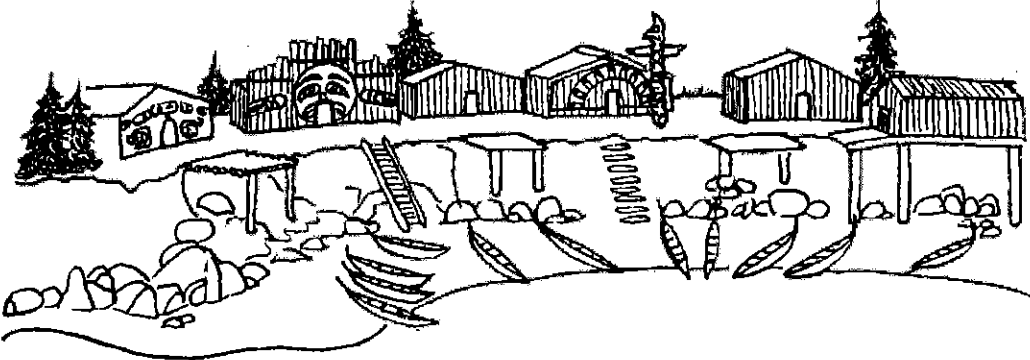




FIRST NATIONS of THE NORTHWEST

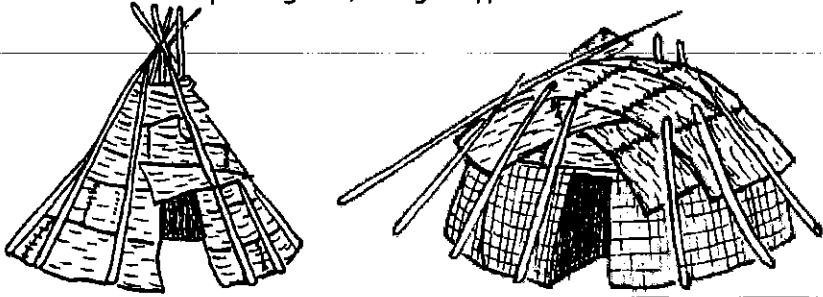
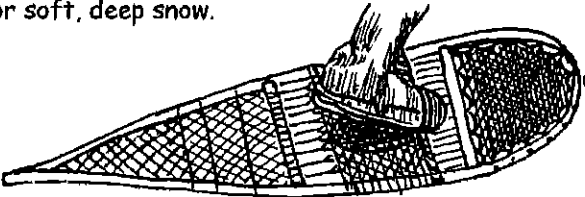


***sometimes called "Pacific Coast First Nations"

Tribes	Haida, Tlingit, Kwakwaka'Wakw
Land and Climate	These tribes inhabited the Pacific Coast line. In this mild, humid climate, rain forest conditions exist. The terrain includes mountains, highlands, alpine tundra, salt marshes, rugged coastline and rocky inlets.
Shelter	<p>These First Nations built villages on the shores of bays and inlets, away from the ocean. The giant red cedar trees provided the raw material for these First Nations to build spectacular wood structures. Thirty of these "Lodges" could support more than 700 people. Unlike any other aboriginal group, these tribes had a very complex social structure complete with nobles, commoners and slaves.</p> 
Food	These First Nations relied on fishing for their main source of food. A variety of techniques were developed to catch fish, including, nets, harpoons, traps and baited hooks.
Symbolism	Large totem poles and complex masks are associated with the Pacific Coast First Nations. Winter ceremonies were popular with carved masks playing an important role. These tribes believed in the "salmon people". Because salmon was so important to these people, it was personified.
Inventions and Tools	Using the cedar trees, these people made masks, totem poles, containers, houses, clothing, baskets, napkins, tablecloths and canoes. Above all, canoe-making was thought to be a sacred skill. These canoes were called "dugouts".

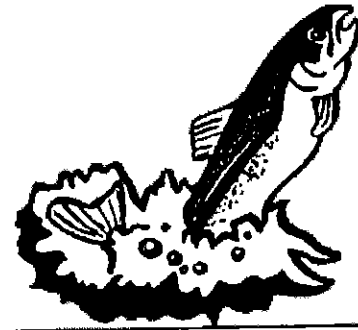
FIRST NATIONS of THE SUBARCTIC



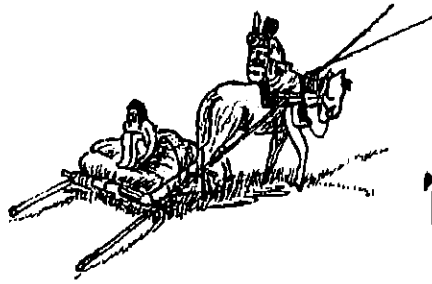
<p>Tribes</p>	<p>Gwich'in, Slavey, Tahltan, Dogrib, Beaver, Chipewyan, Cree, Ojibwa, Cree, Naskapi, Innu, Montagnais</p>
<p>Land and Climate</p>	<p>The arctic air creates a climate with a long, cold winter and a short, cool summer. Winter days are short and dark, while summer days are long, with up to 24 hours of daylight. The rolling, rugged terrain of the subarctic is characterized by boreal forests, plains, uplands, lakes and rivers. Permafrost is widespread in the northern regions.</p>
<p>Shelter</p>	<p>Shelters consisted of skin or bark-covered tipi or wigwam. These nomadic tribes would pack up their belongings, place them on toboggans or built-up basket sleds and domesticated dogs would haul their belongings from camp to camp. A more permanent shelter was the dome-shaped wigwam, a larger type of bark shelter.</p>
	
<p>Food</p>	<p>These tribes hunted and gathered food according to seasonal availability. The aboriginals of the subarctic enjoyed a diverse diet of edible berries, Labrador tea, wild roses, fireweed, migratory waterfowl, eggs, small game, fish, fruit, vegetables, caribou, moose, beaver and bear.</p>
<p>Symbolism</p>	<p>They believed that all animals had spirits. Many of these tribes believed the number four to be sacred. The Great Spirit created four directions, four seasons and four parts of a plant.</p>
<p>Inventions and Tools</p>	<p>To travel over the snow covered terrain they created snowshoes. Long narrow snow shoes were used to travel on hard frozen snow, while round-shaped bear-paw or beaver-tail snowshoes were used for soft, deep snow.</p> 



FIRST NATIONS of THE PLATEAU

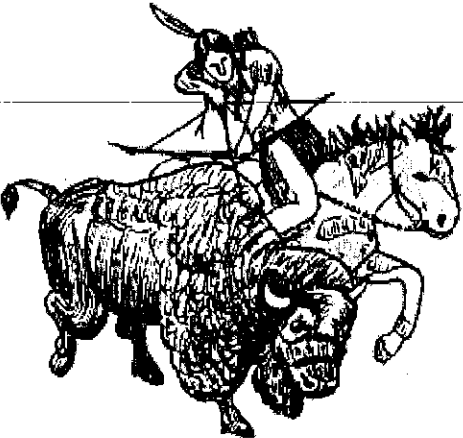



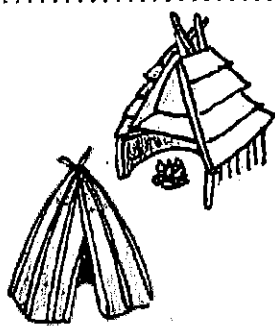
Tribes	Sallisha, Thompson, Shuswap, Okanagan, Lake, Kootenay, Chilcotin	
Land and Climate	These aboriginals lived in the valley between the Pacific Ocean and the Rocky Mountains. The northern reaches of this valley was forested and housed abundant wildlife such as moose and deer. The central region was characterized by rushing rivers and spectacular waterfalls. The southern portion of the valley was semi-desert, home to sagebrush, rattlesnakes and cactus.	
Shelter	The Salish First Nations built homes that were unique to their tribe alone. Several families lived together and shared these lodges. Each family was afforded private sleeping quarters. For cooking and other domestic activities everyone would gather around a central cooking pot. To construct these lodges, the Salish would dig a gravel pit near a river bed. A teepee-like cone was framed over the pit. This frame was covered with tree boughs, brush, bark or rush mats. In the winter, the lodges were lined with moss for insulation. Other Plateau First Nations built homes of cedar slab, or lean-tos made of spruce bark.	
Food	<p>Because the salmon migration provided year round food supplies for these tribes, many techniques were created to catch them. Very little of the fish was eaten fresh. They smoked much of it over a slow open fire and stockpiled it for winter, in pits lined with birch bark. Some of the salmon was boiled in spruce or cedar-lined Baskets, to collect fish oil that was used to make fish pemican, a mixture of powdered fish and saskatoon berries. With the use of the bow and arrow and traps, the Plateau First Nations hunted deer and water fowl. In addition to wild game and salmon, wild vegetables, roots and berries were part of their diet as well.</p>	
Symbolism	The Plateau First Nations were influenced by the Pacific Coast nations. They adopted the winter festivals where participants danced and wore masks. These tribes also believed in the power of the shaman to control the weather and heal the sick.	
Inventions and Tools	These tribes created a variety of techniques to fish for the salmon.	



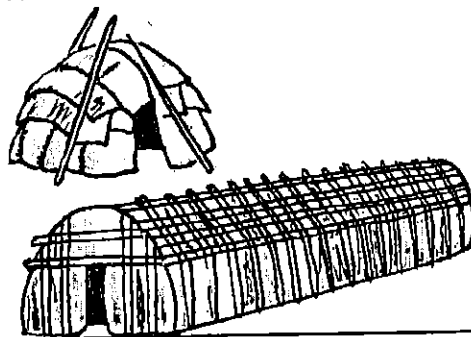
FIRST NATIONS of THE GREAT PLAINS



Tribes	Sioux, Blackfoot, Gros Ventre, Assiniboine, Blood, Peigan, Plains Cree, Sarcee	
Land and Climate	Rolling hills, lowlands and prairie characterize the landscape of the Great Plains. This arid environment had hot summers and cold, dry winters.	
Shelter	The First Nations of the Plains were a nomadic people following the seasonal migration of the buffalo. Their teepees were a symbol of their nomadic ways. These teepees were supported by 16 to 20 poles covered with the hides of animals, usually buffalo. All of their supplies could be packed and dragged on a travois.	
Food	<p>The bison was the primary source of food which was supplemented with moose, elk, waterfowl, berries, prairie turnips and wild rice. Pemican, a mixture of powdered meat, melted fat and berries was made and packed in skin bags. Pemican could remain edible for years.</p>	
Symbolism		<p>The Plains First Nations held dances to demonstrate hunting and warfare tactics. One of the most spectacular was the Blackfoot Sun Dance.</p> <p>The war bonnet, the long feathered head dress, was "Big Medicine", it protected the wearer in battle.</p>
Inventions and Tools	The Plains First Nations were skilled in curing hides, to supply clothing and shelter needs of their people.	



FIRST NATIONS of THE EASTERN WOODLANDS



<p>Tribes</p>	<p>Woodland: Beothuk, Mi'kmaq, Malecite, Montagnais, Ojibway, Odawa, Algonquin Iroquoian: Erie, Huron, Tobacco, Mohawk, Odeida,, Onondaga, Cayuga, Seneca</p>
<p>Land and Climate</p>	<p>The land that these First Nations inhabited was thickly forested with a variety of coniferous and deciduous trees. There were several belts of very fertile soil, and the Great Lakes provided transportation routes. Summer in this region was hot and humid. Winter brought large accumulations of snow and harsh conditions.</p>
<p>Shelter</p>	<p>Because most of the Woodland tribes followed the seasonal movements of the animals they hunted, their homes needed to be portable and easily erected. Their wigwams (both cone-shapes and dome-shapes had a frame of wooded poles covered with whatever material was easily procured, such as woven mats, bark or animal skins. In the winter, some tribes would erect their wigwams over a "basement" which was deeper than the frost line. The Iroquoian established villages with more than 2000 inhabitants. They built long houses which could have as many as 1000 people living in each one.</p>
<p>Food</p>	<p>The aboriginals of the Eastern Woodlands were hunters and trappers. Each tribe had recognized hunting grounds. They hunted deer, moose, bear, caribou and other small game. However, deer was the mainstay of their diet. They set aside a supply of dried meat and berries for difficult times. The Iroquoian nations were farmers. They raised corn, squash and beans. The surrounding forest provided wood for homes, shelters and fires.</p>
<p>Symbolism</p>	<p>The spirit of the Woodland First Nations was named Manitou. It was believed that singing, drumming and the use of tobacco created Manitou. Manitou lived in every human being. The shaman was skilled in the use of herbal remedies to cure the sick.</p>
<p>Inventions and Tools</p>	<p>For the Woodland Nations, birch bark was very important. It was lightweight, water-proof. Birch bark was used for a variety of innovative uses, such as the birch bark canoe, boxes, baskets, eating utensils, maps, and even a moose calling horn.</p>

