

North Cascades National Park

Lake Chelan National Recreation Area

Ross Lake National Recreation Area

National Park Service
U.S. Department of the Interior



RAVEN

Corvus corax

JUNIOR RANGER

PROGRAM



AGES
8-11

**CULTURAL
AWARENESS**





this booklet belongs to

this booklet's theme:

CULTURAL AWARENESS

North Cascades National Park preserves the stories of people who have lived here for over 9,000 years. These are tales of struggle, adventure, and life in a wild place. They are stories of people's ever-changing relationship with this wild place. They are written in the rock and buried beneath the earth, just waiting to be discovered!



Why did you want to visit North Cascades National Park?

Why do you want to become a Junior Ranger in North Cascades National Park?

Junior Ranger Totem

Hi!

I am a **Raven**, though I am anything but common. I am one of the most clever animals found in North Cascades National Park. In Native American legends, I am known as the trickster and creator spirit.

I can be found soaring above every life zone in the park. I am the largest songbird in North America. Listen for the many unique sounds I utter as they echo through the forest, down the valleys and up into the mountains.



krrrraacckk!

crroakkk!

caw! caw!

What is a totem?

A totem is an animal, plant, or natural object that is meaningful to people living in the area where it can be found.

A totem can be an important cultural symbol for a group of people or an individual. Many indigenous people believe that each person has a totem from nature which acts as a spirit guide and protector for that person. Totem poles can be found throughout the Pacific Northwest with carvings of each tribe's totems.

How are YOU like a raven?

CHOOSE YOUR OWN TOTEM!



HOW TO BECOME A JUNIOR RANGER



There are two different types of activities within this booklet. Some are specific to a region in the park complex while others you can do wherever you are visiting! To receive an official North Cascades Junior Ranger patch, badge and certificate, *please complete at least **1 PLACE-BASED ACTIVITY** and **5 GENERAL ACTIVITIES**.* *

CHOOSE 1

HOZOMEEN and ROSS LAKE

NEWHALEM and HIGHWAY 20

STEHEKIN and LAKE CHELAN

ONLY HERE FOR A SHORT VISIT?

If you do not have enough time to finish all the activities in your Junior Ranger booklet, please come back and visit soon!

We also have 3 other Junior Ranger booklets, each with their own theme and totem animal.

CHOOSE 5

Learn about the North Cascades **1**

A Legend of the Pacific Northwest **2**

Sounds of the North Cascades **3**

Junior Ranger Matching **4**

Poets on the Peaks **5**

Who am I? **6**

South Cascade Glacier **7**

Tree of Life **8**

Exploring the North Cascades **9**

Total Activities Completed

ages 3 - 5

Pacific Treefrog



EXPLORATION OF THE NATURAL WORLD

ages 5 - 8

Black Bear



BIODIVERSITY

ages 8 - 11

Raven



CULTURAL AWARENESS

ages 12+

Mountain Goat



PUBLIC LAND STEWARDSHIP

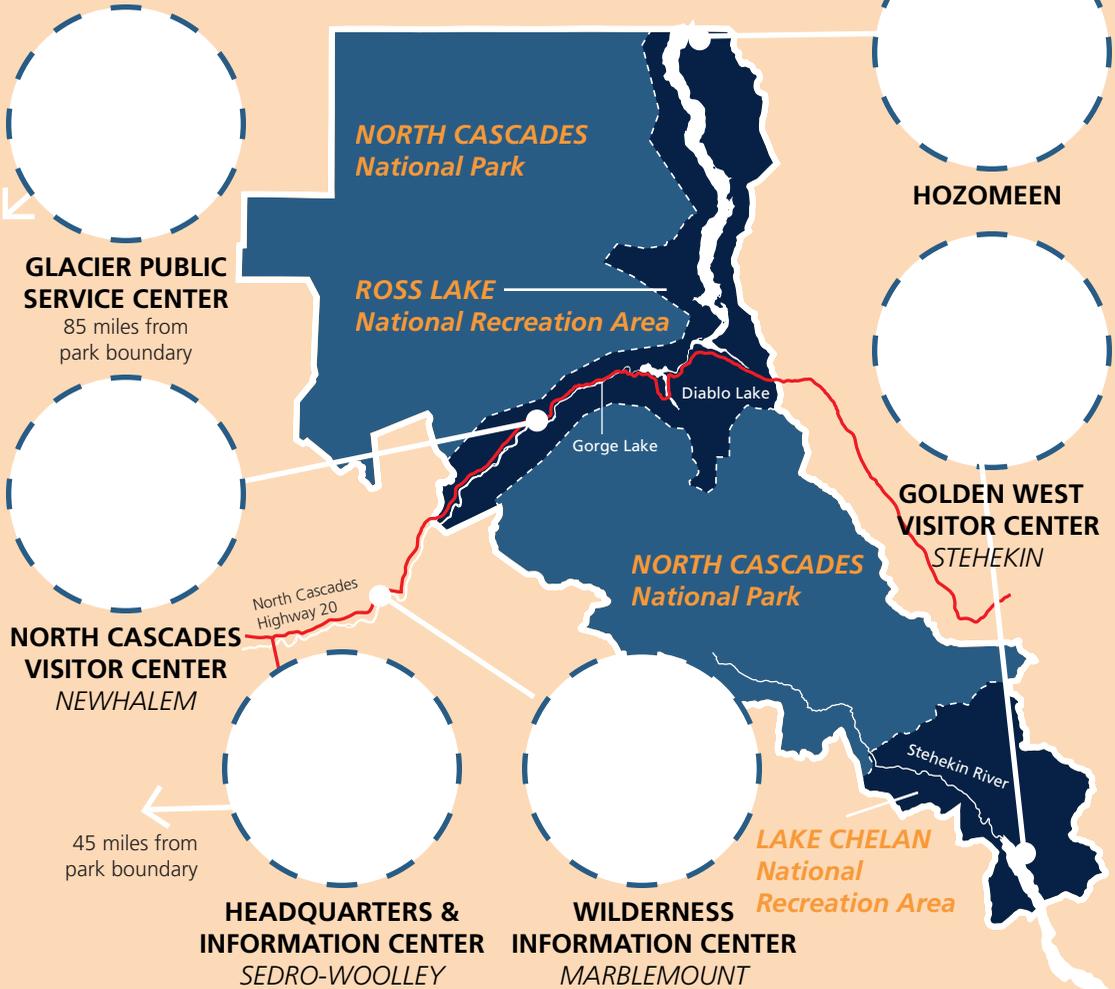


Where am I in North Cascades National Park?

North Cascades National Park is a *complex* place. There are three different areas within the park complex: **Ross Lake National Recreation Area**, **Lake Chelan National Recreation Area**, and **North Cascades National Park**. Each area within the park complex is unique, yet when combined, preserves an important cultural history and a vast wilderness.



* Label the Skagit River, Ross Lake, and Lake Chelan. Then mark the places in the park you have visited.





Jim Harris

Newhalem is a community on the edge of the wilderness in the upper Skagit Valley. Native Americans lived in this wild place for thousands of years. With the arrival of homesteaders, loggers, and miners, the area changed, yet it has remained a place of wild, natural beauty.

Jim Harris, pictured in the photo to the left, was the first District Interpreter at North Cascades National Park. He grew up on a homestead in the small community of Rockport just outside of the park. Read the excerpt below, written by Jim Harris, and learn about a life lived close to the land.



My Place in the Mountains

-excerpt from *Impressions of the North Cascades*

"Our life was centered on the land around us. A walk in the woods or a picnic by the river was a special family event... I remember well the feeling of sun and showers, the rich, mingling odors of sweating horses, freshly worked soil, and the sweet scent of erupting cottonwood buds as I trudged behind team and harrow...

In reflection, those experiences were the weaving of a fiber which still connects me to the land... Neighbors often dropped by on weekends, and I was delighted when they could stay for the weekend. Our log living room with open fireplace as an inviting setting for storytelling... These were stories of people and the land- stories of hidden gold mines high in the Cascades, beautiful mountain lakes and meadows, and isolated stream valleys where a person could live well.

To get to town, we walked or drove our old truck to the ferry landing. If the ferryman was in his cabin on the far side, we gonged the saw hanging from the maple which clung to the river's bank...

In late summer, through the dusk and wafting mists, I could hear the slap of water as great salmon made their way upstream. My Indian friends knew there were spirits in all things-- I too could hear voices in those gently swirling waters."

-Jim Harris



Pretend that you are living on a homestead with no electricity in the upper Skagit Valley. Write about your life in the journal below. You can include the chores you have to do, adventures in the wilderness around your home, games you created for entertainment without electricity, and so on.

A large, blank page from a notebook with horizontal lines. The page is white and is set against a dark blue background. The lines are evenly spaced and extend across the width of the page. The page is slightly curved, suggesting it is part of a bound notebook.

Visit the Rockshelter in Newhalem to learn how Native Americans survived in this mountain wilderness.

Complete this activity if you are visiting:

Hozomeen and Ross Lake

Located on the border between the United States and Canada, **Hozomeen** is an area rich in cultural history. Native Americans depended on trade routes through this area, and settlers came to build a life in this wild place.

Learn more about this amazing place by completing this crossword puzzle. ✨

You may have to explore the area to find some of the answers





ACROSS

- 3 Name of a family with a ranch in the area on the Canadian side of the border in the early 1900s.
- 5 Native Americans collected this type of stone for making tools.
- 6 This word means "sharp like a knife."
- 9 Campers here today are encouraged to follow the guidelines of _____ to reduce human impact on the environment.
- 11 The type of monument used to indicate the boundary between the USA and Canada.
- 12 Community built to service prospectors during a gold rush in the late 1800s that is now submerged beneath Ross Lake.
- 13 Many recreationists visit Ross Lake and the Skagit River to take part in this activity.

DOWN

- 1 This map feature is marked with a regularly maintained 20ft (6m) wide swath cut through the trees.
- 2 Curly _____ was a significant person in the fight against raising Ross Dam.
- 4 The water stored in Ross Lake is used to produce _____.
- 7 An open area in a forest, dominated by grasses and wildflowers. Native Americans sometimes burned these areas to keep trees from growing.
- 8 Name of the mountain where a gold strike in the early 1900s turned out to be a hoax.
- 10 Ross Lake is not a natural lake, but one created by damming the Skagit River, making it a _____.



Tucked away at the head of Lake Chelan and surrounded by mountains, **Stehekin** is a remote community that can only be reached by boat, plane, or trail. There are no roads that connect Stehekin to the outside world. As a result, life in this isolated valley takes on an unhurried, quiet pace for residents and visitors alike.

People have been making the pilgrimage to the Stehekin Valley for thousands of years. Native Americans traveled over mountain passes, explorers crossed Lake Chelan, and homesteaders journeyed by boat in search of the freedom to create their own lives. The unique community of Stehekin was created and shaped by the legacy and stories they left behind.

What is a *pictograph*?

A pictograph, also referred to as a pictogram, is a picture which represents a word or an idea. This pictograph is located on a rock face on Lake Chelan. It was created by Native Americans who lived in the North Cascades many years ago.



Write a sentence or two describing what you think the person(s) who made this image was trying to say. Why do you think people left these messages?

Can you think of codes or signs we use in our culture to communicate with each other?



Pretend the space below is a rock face. Draw your own pictograph with a message about your North Cascades experience for people in the present or a message for future generations. Share it with your friends and family to see if they can figure out the meaning of your drawing.



ACTIVITY

1

Learn about the North Cascades

Find out why North Cascades National Park is such a special place!

Attend a ranger program or interview a ranger!



#1 Attend a Program

Type of program:

Something I would teach my friends and family if I were a ranger:

#2 Interview a Ranger

What is your job at North Cascades?

Pick a totem plant or animal that lives in the park. Why is this species important to you?

ACTIVITY

2

A Legend of the Pacific Northwest

People rely on **natural resources** for their survival. Around the world, people have learned how to survive in places with unique resources. There are many important resources within North Cascades National Park which people have utilized for thousands of years. For Native Americans who lived here, many of these resources developed symbolic meaning which was shared through the tradition of storytelling.

Salmon Boy

LONG AGO, there was a boy who showed no respect for the salmon. Even after he was told to behave properly and warned that the salmon spirits were not pleased, he did not listen.

One day, he was served a meal of salmon. He looked at it with disgust and threw it upon the ground. Later, when he went to the river to swim, he was swept away and drowned.

There, in the deep water, the Salmon People took him with them. They were returning to the ocean without their bodies, which had been left behind as food for the humans and animal people. Reaching their home in the ocean, the Salmon People looked just like humans and lived in a village that looked like the boy's home.

When the boy got hungry, the Salmon People told him to go behind the village and eat one of their children, who were salmon swimming in the stream. However, he was told, he must be respectful and return all of the bones and everything he did not intend to eat to the water. If the bones were not returned, then the children would not come back to life.

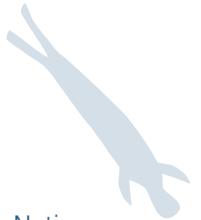
When spring came and it was time for the Salmon People to return to the rivers, the boy swam with them. As he swam past the village, he was caught in his mother's net. She recognized her child and held him. As she held him, he shed his salmon skin and became human again.

-Condensed from Keepers of the Animals, Joseph Bruchac

Salmon were and continue to be an important natural resource and symbol of life for the Native Americans living in the Pacific Northwest.

What is an important natural resource from your community?

Read the legend of Salmon Boy and answer the question below!



NEW WORD! A **natural resource** is something people use that comes from nature. Water, oil, and wood are examples of **natural resources**.



The Native Americans who lived in this area for thousands of years found everything they needed to survive from nature. Learn about some of the plants they depended on by reading the descriptions below. Then try to find each plant and draw a picture of it in the corresponding box. You can get bingo by finding three squares in a row in any direction.

ACTIVITY 3
Nature Detective Bingo

Ponderosa Pine

Pinus ponderosa - Reddish pitch was used as chewing gum. Seeds were used to make quick, hot, smokeless fires.

Western Redcedar

Thuja plicata - Wood was used for canoes. Inner bark was used to make warm clothing, twine, nets, and diapers!

Tiger Lily

Lilium columbianum - Bulbs were steamed and eaten in soups and used to flavor food. Also were dried for winter.

Stinging Nettle

Urtica dioica - Leaves were cooked and eaten or made into tea. Called "Indian Spinach". Fiber from plant was used to make fish nets.

Douglas Fir

Pseudotsuga mensiesii - Thick bark was used as fuel for fire.

Devil's Club

Oplopanax horridus - Related to ginseng. Root was used to make medicine. Twig was used as a household charm.

Salal

Gaultheria shallon - Berries were eaten fresh and dried into cakes to eat during the winter.

Oregon Grape

Mahonia aquifolium - Yellow root was used as a dye for clothing and made into a tea to treat illness.

Vine Maple

Acer circinatum - Called "basket tree" because its branches were woven into baskets for carrying firewood.

ACTIVITY

4

Sounds of the North Cascades

If you have time, find another spot, make a second diagram, and compare the different sounds you heard in each place.



Raven has soared above the North Cascades for many years and has witnessed many changes—mountains rising, glaciers and rivers carving valleys, and people building communities, paths and roads through the wilderness. The sounds heard within North Cascades National Park have changed as well.

For this activity, choose two areas —natural and developed—to sit and listen. Label each place and list or describe the sounds you hear in the circles below. If you hear a sound in both places, record the sound you heard in the area where the circles overlap.



NATURAL AREA

DEVELOPED AREA

BOTH PLACES

ACTIVITY

5

Poets on the Peaks



People journey from near and far to be inspired by the rugged peaks of the North Cascades. Famous writers like Gary Snyder and Jack Kerouac spent time in fire lookouts, where they wrote poetry about these majestic mountains.

There are many forms of poetry. Read the examples of different forms of poetry on this and the next page. If you would like some help writing your own poem, take a look at the explanations for creating a Cinquain and a Haiku.

Mountain

*Formidable Form
Rising, Breaking, Sloping
Home to many creatures
Rock*

Wilderness

*Ever-changing wild
Majestic peaks, glacier made
Gift for us to save*

Mid-August at Sourdough Mountain Lookout

*Down valley a smoke haze
Three days heat, after five days rain
Pitch glows on the fir-cones
Across rocks and meadows
Swarms of new flies.*

*I cannot remember things I once read
A few friends, but they are in cities.
Drinking cold snow-water from a tin cup
Looking down for miles
Through high still air.*

*Try writing your own poems about
your North Cascades experience!*

—Gary Snyder, Rip Rap, 1959



write your cinquain here

write your haiku here

What is a Cinquain (*sin-cane*)?

- Line 1** One word to name the subject
- Line 2** Two words to describe subject
- Line 3** Three words of action about subject
- Line 4** Four-word phrase
- Line 5** One new word to name subject

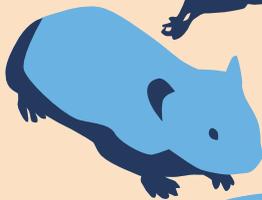
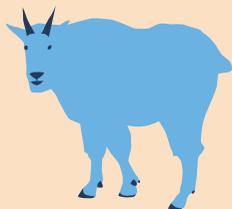
What is a Haiku (*high-coo*)?

- Line 1** 5 syllables
- Line 2** 7 syllables
- Line 3** 5 syllables

Who Am I?

North Cascades National Park provides important habitat for many creatures. Each of the animals pictured below matches one of the descriptions on the right.

** Write the name of the animal that best fits each description on the line above. You might need to explore different habitats or take a look in field guides to find the answers!*



I am a: _____

I was a prize catch for trappers who came to the North Cascades and searched far and wide in this vast wilderness in the hopes of being able to trade my pelt. I am no longer found in North Cascades National Park but have been reintroduced into Olympic National Park.

I am a: _____

I am an important symbol of the United States. While my species was once endangered, citizen action helped protect us. Today, you can see me all throughout the North Cascades, especially in the winter when I like to feed on salmon in the Skagit River.

I am a: _____

Though I am not found in every realm of North Cascades National Park, the Native Americans who traveled throughout the area greatly depended on me for their survival. I begin my life in freshwater, travel to saltwater as a young adult, and return to freshwater at the end of my life.

I am a: _____

I live on the highest peaks of the North Cascades. I was highly valued by Native Americans for my wool, which could be made into a very warm coat for winter.

I am a: _____

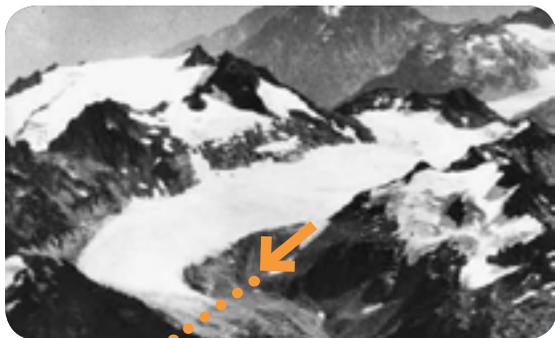
I live high in the alpine zone. I collect plants during the summer and store them beneath large rocks to eat during the winter. I depend on a lot of snow in the winter to insulate my home. My nickname is "boulder bunny".

Raven has been flying over the North Cascades for many years, watching the landscape and ecosystems change over time. Raven has seen the ground covered by a sheet of ice a mile deep and watched as ice melted and glaciers carved wide valleys. Imagine you are a raven and your family has been flying over the mountains and studying the South Cascade **Glacier** for the past 70 years.

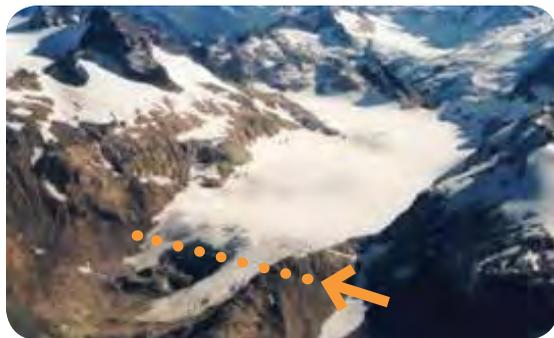
ACTIVITY

7

South Cascade Glacier



South Cascade Glacier 1929



South Cascade Glacier 2000

How has the South Cascade Glacier changed over time?

What might happen if it disappears?

How many glaciers are there in North Cascades National Park?

Glaciers are slow-moving, sheets of ice which are constantly changing. They provide water for the plants and animals living in the North Cascades.

ACTIVITY

8

Tree of Life

For over 9,000 years, the area now known as North Cascades National Park has been a grocery, hardware, and pharmacy for humans. In particular, Native Americans call the Western Redcedar, the *Tree of Life* because it provides them with many items they need to survive. From cedar trees, they make baskets, twine, canoes, longhouses, clothing, and even diapers!



Every man-made item comes from nature. List some man-made items you own and the natural materials they are made from.





North Cascades National Park has a rich cultural history. Many different people have passed through its forests, traveled along its rivers, climbed its mountains, and spent time contemplating its beauty. As you explore North Cascades National Park, take a few minutes to record some of your own experiences with this place. Use pictures and words to document your findings in the circles below.

ACTIVITY 9
Exploring the North Cascades

Something Beautiful

Something New I Learned

Something Special about this Place

Something I Want to Remember

AS AN OFFICIAL JUNIOR RANGER I PLEDGE TO:

- Continue learning about North Cascades National Park.
- Get to know the plants and animals in my community.
- Share what I learned with my friends and family.

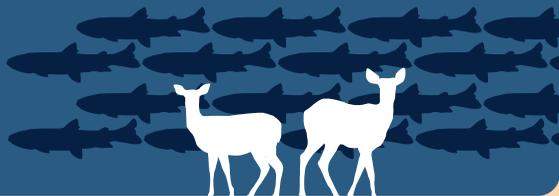


Junior Ranger

Date

Park Ranger

Date





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