Chief Zzeh Gittlit School

2023 Calendar

fnsb First Nation School Board

Chief Zzeh Gittlit School Old Crow YT

yfned YUKON FIRST NATION EDUCATION DIRECTORATE

Ch'adaachoo Zrii — JULY

Birds moult month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 July 1-25 (25 Days) Arnica-Flowers July 1-Aug 10 (41 Days) Fireweed-Leaves & Flowers Canada Day
2 Arnica-Flowers Fireweed-Leaves & Flowers	3	4	5 July 5-Aug 14 (41 Days) Larkspur	6	7	8 July 8-Sept 7 (62 Days) Dry Cow Moose
9 Arnica-Flowers Fireweed-Leaves & Flowers Larkspur Dry Cow Moose	10 July 10-31 (22 Days) Rabbit	11	12	13	14 July 14-28 (15 Days) Colt's Foot-Leaves	15
16 Arnica-Flowers Fireweed-Leaves & Flowers Larkspur Dry Cow Moose Rabbit Colt's Foot-Leaves	17 July 17-Aug 15 (30 Days) Horse Tail-Leaves & Stems July 17-31 (15 Days) Black Ducks	18	19 July 19-Aug 11 (24 Days) Chamomile	20 July 20-Aug 8 (20 Days) Juniper	21	22
23 Arnica-Flowers Fireweed-Leaves & Flowers Larkspur Dry Cow Moose Rabbit Colt's Foot-Leaves Horse Tail-Leaves & Stems July 17-31 (15 Days) Black Ducks July 19-Aug 11 (24 Days) Chamomile July 20-Aug 8 (20 Days) Juniper	24 July 24-Aug 12 (20 Days) Yellow Berry July 24-31 (8 Days) Porcupine July 24-31 (8 Days) Gopher	25	26	27	28 July 28-Sept 3 (38 Days) Bull Caribou	29
30 Bull Caribou Fireweed-Leaves & Flowers Larkspur Dry Cow Moose Rabbit Horse Tail-Leaves & Stems Black Ducks Chamomile Juniper Yellow Berry Porcupine July 30-Aug 23 (25 Days) Blueberry	31					

Arnica-Flowers

Arnica Ointment

1 Cup	Arnica Flowers
1 ½ Cups	Sunflower Oil
½ Cup	Olive Oil
1 Tsp	Vitamin E
1 oz	Beeswax

Place arnica flowers and oil in double boiler. Warm slowly on medium heat. Let simmer for 20-40 minutes. Stir often. Strain Flowers out and wipe the pot clean, so that there are no petals left. Add beeswax to pot and let melt. Add strained oil and stir. Once blended, pour into a jar. Cap jar only after the ointment has cooled down and solidified. The active constituents stimulate and dilate the blood vessels near the surface of the skin and improves circulation and promotes healing. Can be used for bumps, bruises, sprains, rheumatic joint pain, inflammation, insect bites and swelling due to fractures.

Vananh Ne'ni'dajaa Zrii — AUGUST

Birds fly again month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bull Caribou Fireweed-Leaves & Flowers Larkspur Dry Cow Moose Horse Tail-Leaves & Stems July 19-Aug 11 (24 Days) Chamomile July 20-Aug 8 (20 Days) Juniper Yellow Berry Blueberry	2	3 Aug 3-Sept 5 (34 Days) Stoneberry/Bearberry/Kinnikinnick	4 Aug 4-31 (28 Days) Fireweed-Roots Aug 4-Sept 12 (40 Days) Soapberry/Mooseberry Aug 4-Sept 9 (37 Days) Blackberry/Mossberry/Crowberry Aug 4-11 (8 Days) King Salmon	5
6 Bull Caribou Fireweed-Leaves & Flowers Larkspur Dry Cow Moose Horse Tail-Leaves & Stems Chamomile Juniper Yellow Berry Blueberry Stoneberry/Bearberry/Kinnikinnick Fireweed-Roots Soapberry/Mooseberry Blackberry/Mossberry/Crowberry King Salmon	7 Bull Moose	8	9	10	11	12 Aug 12-29 (18 Days) Bear Root
13 Bull Caribou Bear Root Larkspur Dry Cow Moose Horse Tail-Leaves & Stems Blueberry Stoneberry/Bearberry/Kinnikinnick Soapberry/Mooseberry Blackberry/Mossberry/Crowberry Bull Moose	14 Aug 14-Sept 17 (35 Days) Gopher	15 Aug 15-Sept 19 (36 Days) Puff Balls	16	17 No School	18	19
20 Bull Caribou Bear Root Dry Cow Moose Blueberry Stoneberry/Bearberry/Kinnikinnick Soapberry/Mooseberry Blackberry/Mossberry/Crowberry Bull Moose Gopher Puff Balls	21 Aug 21-Sept 21 (32 Days) Black Bear Aug 21-Nov 19 (91 Days) Ram Aug 21-Oct 31 (72 Days) Ewe Discovery Day	22 No School	23	24	25	26
27 Bull Caribou Bear Root Dry Cow Moose Stoneberry/Bearberry/Kinnikinnick Soapberry/Mooseberry Blackberry/Mossberry/Crowberry Bull Moose Gopher Puff Balls Black Bear Aug 21-Nov 19 (91 Days) Ram Aug 21-Oct 31 (72 Days) Ewe	28	29	30	31 Aug 31-Oct 26 (57 Days) Rose Hips		

Sweet & Sour Moose Meatballs

1 pound of ground moose meat
1 package of onion soup mix
1 egg
Salt and pepper to taste
A pinch of paprika
1 can of Campbell's Golden Mushroom Soup
1 can of sweet and sour sauce
1 can mushrooms
1 onion, chopped fine
1 green pepper, chopped fine

Mix ground moose meat, onion soup mix, salt and pepper and egg together.
Roll mixture into meatballs.
Sprinkle with paprika and brown meatballs in frying pan.
Mix together golden mushroom soup, sweet and sour sauce, mushrooms and green pepper.
Put meat balls into 9 X 13 inch baking dish and cover with soup mixture. Cover with foil and cook for one hour.

Fireweed Roots

Tea is a mild laxative used to dispel intestinal worms or digestive upsets. Used topically for burns, dry, irritated skin, such as eczema or psoriasis. Also called "wild asparagus", the young shoots can be prepared and eaten and high in vitamin A & C.

Wild Sage

Wild sage leaves help relieve tension in sore muscles-add them directly to a hot bath or infuse them to make an aromatic massage oil. Sage oils are used to repel mosquitos by rubbing the leaves on your neck, writs and ankles or burning sage in a bowl.

Dinjik Zrii — SEPTEMBER

Moose month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Bull Caribou Dry Cow Moose Stoneberry/Bearberry/Kinnikinnick Soapberry/Mooseberry Blackberry/Mossberry/Crowberry Bull Moose Gopher Puff Balls Black Bear Ram Ewe Rose Hips Sept 1-19 (19 Days) Red Current Sept 1-23 (23 Days) Groundhog Sept 1-15 (15 Days) Porcupine Sept 1-23 (23 Days) Ducks Sept 1-21 (21 Days) Geese/Crane/Swan	2
3 Bull Caribou Dry Cow Moose Stoneberry/Bearberry/Kinnikinnick Soapberry/Mooseberry Blackberry/Mossberry/Crowberry Bull Moose Gopher Puff Balls Black Bear Ram Ewe Rose Hips Red Current Groundhog Porcupine Ducks Geese/Crane/Swan Sept 3-Oct 1 (29 Days) Grouse	4 Sept 4-Oct 3 (30 Days) Low Bush Cranberry Labour Day	5	6	7 Sept 7-Oct 30 (54 Days) Ptarmigan	8 Sept 8-Oct 13 (36 Days) Dry Cow Caribou	9
10 Low Bush Cranberry Dry Cow Caribou Ptarmigan Soapberry/Mooseberry Gopher Puff Balls Black Bear Ram Ewe Rose Hips Red Current Groundhog Porcupine Ducks Geese/Crane/Swan Grouse	11	12	13	14	15 Sept 15-Oct 21 (37 Days) Rabbit Sept 15-Oct 31 (61 Days) Grayling Sept 15-Oct 21 (37 Days) Chum	16
17 Low Bush Cranberry Dry Cow Caribou Ptarmigan Rabbit Gopher Puff Balls Black Bear Ram Ewe Rose Hips Red Current Groundhog Ducks Geese/Crane/Swan Grouse Grayling Chum	18 Sept 18-Oct 9 (22 Days) High Bush Cranberry	19	20	21 Sept 21-Oct 21 (31 Days) Beaver	22	23
24 Low Bush Cranberry Dry Cow Caribou Ptarmigan Rabbit Beaver Ram Ewe Rose Hips Grouse Grayling Chum High Bush Cranberry	25	26	27	28	29	30

Stuffed Caribou Heart

1	Caribou heart.
3/4 cup	Rice. Cooked.
1 cup	Dryed vegetables.
1/2 cup	Onions. Chopped.
1 ts	Salt
1/2 ts	Pepper
1/2 ts	Thyme
1/2 ts	Oregano
3 tb	Water
2 tb	Butter
1/2 cup	Canned mushrooms. (optional)

Pre-heat oven to 350'F. Clean caribou heart under running water, removing any blood clots. Set aside. In a bowl, mix together cooked rice, salt, pepper, thyme, oregano, chopped onion, dried vegetables, and canned mushrooms. Add enough water to moisten. Fold in softened butter. Stuff mixture into heart pockets and place in a roasting pan. Bake covered at 350'F until brown, approximate 2 to 3 hours.

Low-Bush Cranberry-Natl'at

The cranberry and the blackberries are boiled and strained. The juice from the berries are good medicine for the kidney, this is true-Hannah Netro
Low-bush cranberries are often picked late in summer or after the first frost. Natl'at juice is also used to make dyes.

Gratitude Gathering Cranberry Sauce

6 Cups	Water	4 Cups	Cranberries
1/2 Cup	Sugar		

Boil water, add the cranberries and simmer on low heat for hours, stirring occasionally, until it cooks down to a tart tasting sauce.

Vadzaih Zrii — OCTOBER

Caribou month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Low Bush Cranberry Dry Cow Caribou Ptarmigan Rabbit Beaver Ram Ewe Rose Hips Grouse Grayling Chum High Bush Cranberry	2	3	4	5	6	7
8 Dry Cow Caribou Ptarmigan Rabbit Beaver Ram Ewe Rose Hips Grayling Chum High Bush Cranberry	9 Thanksgiving Day	10	11	12	13	14
15 Ptarmigan Rabbit Beaver Ram Ewe Rose Hips Grayling Chum	16	17	18	19	20	21 Oct 21-Dec 31 (72 Days) Whitefish
22 Ptarmigan Ram Ewe Rose Hips Grayling Whitefish Oct 22-31 (10 Days) Jackfish Oct 22-Nov 21 (31 Days) Ling Cod Oct 22-Dec 21 (61 Days) Tessera	23	24	25	26	27 No School	28
29 Ptarmigan Ram Ewe Grayling Whitefish Jackfish Ling Cod Tessera	30	31				

Divii Zrii — NOVEMBER

Sheep month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ram Whitefish Ling Cod Tessera Nov 1-Dec 31 (61 Days) Rabbit	2 Nov 2-23 (22 Days) Grouse	3	4
5 Ram Whitefish Ling Cod Tessera Rabbit Grouse	6	7	8 Nov 8-30 (23 Days) Trout	9	10	11 Remembrance Day
12 Ram Whitefish Ling Cod Tessera Rabbit Grouse Trout	13	14	15 Nov 15-Dec 31 (47 Days) Sucker	16	17	18
19 Ram Whitefish Ling Cod Tessera Rabbit Grouse Trout Sucker	20	21	22 Nov 22-Dec 31 (40 Days) Jackfish	23	24 No School	25
26 Whitefish Tessera Rabbit Trout Sucker Jackfish	27	28	29	30		

Trout with Tarter Sauce

2 rainbow trout filets
Salt and pepper to taste
Canola oil
1/4 cup mayonnaise
3 tablespoons chopped pickled jalapenos
1 teaspoon dijon mustard
1 tablespoon butter
2 kaiser rolls, spilt
Handful of baby arugula

Season trout filets with salt and pepper, heat a large drizzle of canola oil in a pan over high heat and when shimmering add trout filets skin side down, cook for 2 minutes or until trout skin is crisp and brown then flip and cook for an additional minute then remove from heat and reserve.

In a bowl whisk together mayonnaise, relish, and mustard and season to taste with salt and pepper.

In a clean pan over medium high heat melt the butter and when melted toast the inside of the kaiser rolls until golden brown. Then place arugula down on plate with trout filet on top and serve hot with extra tartar sauce alongside.

Khah Zhak Dha'aii — DECEMBER

Short days month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Whitefish Tessera Rabbit Sucker Jackfish Dec 1-21 (21 Days) Porcupine Dec 1-31 (31 Days) Black Bear Dec 1-31 (31 Days) Ling Cod	2
3 Whitefish Tessera Rabbit Sucker Jackfish Porcupine Black Bear Ling Cod	4	5	6	7	8	9
10 Whitefish Tessera Rabbit Sucker Jackfish Porcupine Black Bear Ling Cod	11	12	13	14	15	16
17 Whitefish Tessera Rabbit Sucker Jackfish Porcupine Black Bear Ling Cod	18	19	20	21 Winter Break	22	23
24 Whitefish Rabbit Sucker Jackfish Black Bear Ling Cod	25 Christmas Day Winter Break	26 Boxing Day	27	28	29	30
31 Whitefish Rabbit Sucker Jackfish Black Bear Ling Cod Winter Break						

Gravy Fried Caribou

Submitted by: Tammy Josie
Great for quick lunches or a delicious meal that you will definitely crave.

1/2-1 lbs	Caribou meat from rump or from arms or ham.
Several	Chunks of caribou rump fat.
1/4 cup	Flour.
1 ts	Salt (optional)
1/2 ts	Pepper (optional)
1 clove	Fresh garlic. Chopped. (optional)

Cut up the caribou meat into bit size chunks. Put the flour into a bag. Add seasoning if desired (salt & pepper, garlic). Heat frying pan to medium heat. Add chunks of caribou fat for grease. Add chunks of meat to flour and shake/coat evenly. Place meat and any remaining flour into frying pan, stir, and cover. Stir occasionally. Cook to desired meat texture.

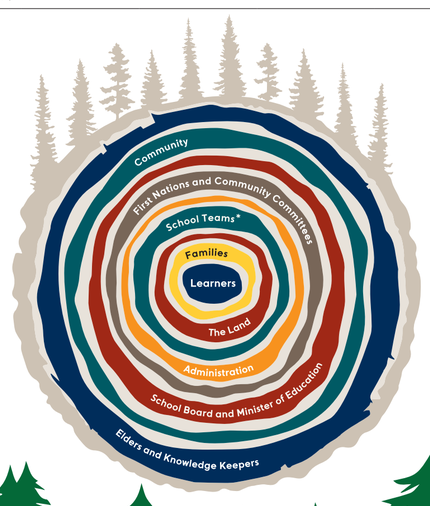
The school board represents an opportunity to design more inclusive education for First Nation communities.

"I'd love to see a Yukon First Nations-led schools with immersion-based programs, and really building the cultural competency and language acquisition s kills of our communities." - Shadelle Chambers, First Nation School Board Trustee

"We are grounded in our connection to the land and to our ancestral knowledge." - Melissa Flynn, Executive Director, First Nation School Board

Harvesting Legend:

- Plants
- Berries
- Animals
- Fish
- Birds



First Nation School Board

Tel: (867) 470-3672 | www.fnsb.ca | www.oldcrow.ca

Acknowledgements: Gwich'in Social & Cultural Institute, oldcrow.ca, whatsupyukon.com, The Boreal Herbal Book