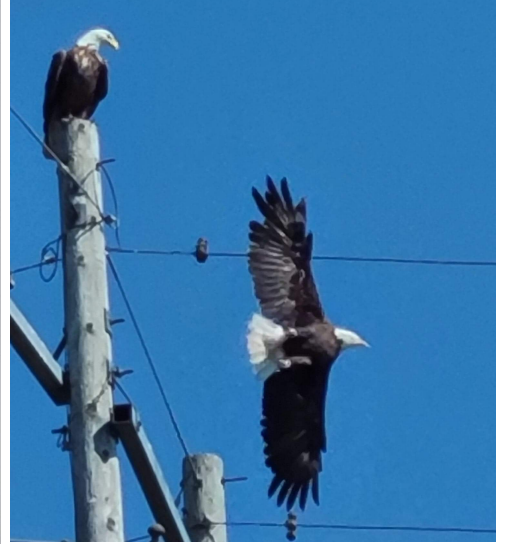


# 7 Grandfather Teachings

By Duncan Stewart, Member Of Whitefish River First Nation



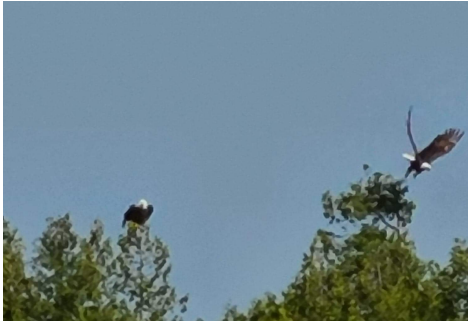
Aanii, Duncan ndi-zhnikaaz. Whitefish River First Nation ndoo-njbaa. My nokomis (grandmother), Leona Nahwegahbow (Whitefish River

**Mnaabmaadziwin**  
*To Live is A Good Life*

**“As we all go about our daily lives, we are encouraged to live our life where we carry these values to help others and ourselves to have a good life call *mnaabmaadziwin*.”**

**- Leona Nahwegahbow**

First Nation Elder) has passed on to me the teachings of Mnaabmaadziwin (to live a good life) which is one of the many gifts given to us by Creator. Leona explains that, “Grandfathers are those who have collected a lifetime of experiences and have learned by trial and error and are seen to have the wisdom of being able to provide compassion, care, and guidance to those who seek it from them.” It then becomes clear why mishomis (grandfather) is the reference made to the Seven Grandfather Teachings. Leona continues to explain that, “the Anishinaabe tell of time when our traditional values were brought from the Seven Grandfathers, which are *Love, Truth, Respect, Wisdom, Humility, Honesty and Bravery*.”



## **Bald Eagle Facts**

### **Size & Weight**

Eagles can weigh up to 14 pounds while on average, stand 34-43 inches high with an impressive wingspan of 6-8 feet! To put that into perspective, NBA all-star LeBron James has a wingspan of 7 feet!

### **Breeding**

Eagles mate for life and tend to a pair of eggs each year in their enormous nest. Juvenile eagles are dark in comparison to the distinctive snowy white-feathered head and tail of adults due to the young eagle's lack of white feathers until they are about five years old.

### **Habitat & Diet**

Eagle numbers are in abundance throughout North America! As a carnivorous birds of prey, eagles use their talons to fish. Based on their diet eagles live near water, coasts and lakes where fish are plentiful.

## **Teachings of Love**

*Anishinaabemowin Translated by Laurie Nahwegahbow, Member of Whitefish River First Nation*

**Migizi** - "Eagle"

**Zaagaa** - "To love"

**Zaagding** - "From the heart/Coming from a place of love"

**Zaagidiwin** - "Love" (7 Grandfathers Teaching)

"Love with no conditions." - Leona Nahwegahbow

"In Anishinaabe ceremonies, the eagle is powerfully known to be the bird that can fly the highest and the closest to the Creator than any other bird. The eagle is the one that is sent with the prayers from the Anishinaabe to the Creator and therefore, the eagle is our messenger and seen as the one to bring us love. At times they can be seen as bringing us a sign of awareness and spirituality."

- Leona Nahwegahbow

"The Eagle Clan is responsible for the spirituality that was bestowed to the eagle from the Creator. All of these qualities are carried by the eagle. When an individual role models these valued qualities an individual would be considered to be deserving of an Eagle Feather presentation. Therefore, an eagle feather is a gift of high award to an individual who has been one show these qualities in their lifetime."

- Leona Nahwegahbow

## Works Cited

Traditional knowledge and Anishinaabemowin sourced from Leona Nahwegahbow, Member of Whitefish River First Nation, 2020.

Anishinaabemowin translated by Laurie Nahwegahbow, Member of Whitefish River First Nation, 2020.

<https://www.nationalgeographic.com/animals/birds/b/bald-eagle/>

## Image Index

Photographs captured by Kaylee Laundrie, Member of Whitefish River First Nation, 2020.