We take care of our minds, bodies, and feelings to achieve well-being. We understand how our well-being impacts others.

I can describe cultural traditions that can affirm diverse identities and contribute to well being.

We take on new challenges with a plan and determination. We work independently and cooperatively to explore new ideas and strategies. We are resilient even when it's hard or different.

I can practice how to weave with cedar and contribute to a community project.

Harvesting and processing cedar to be used for weaving and other projects

WHO AM I?

My name is Michelle DeAsis.

My Tlingit name is Kun Daa Hunx.

I am originally from Juneau, Alaska.

I have 2 kids. My son Holdin is 16 and goes to Sehome High school, and my little Caleigh Rose is 6 and goes to Happy Valley.

WHAT DO YOU KNOW ABOUT RED CEDAR?

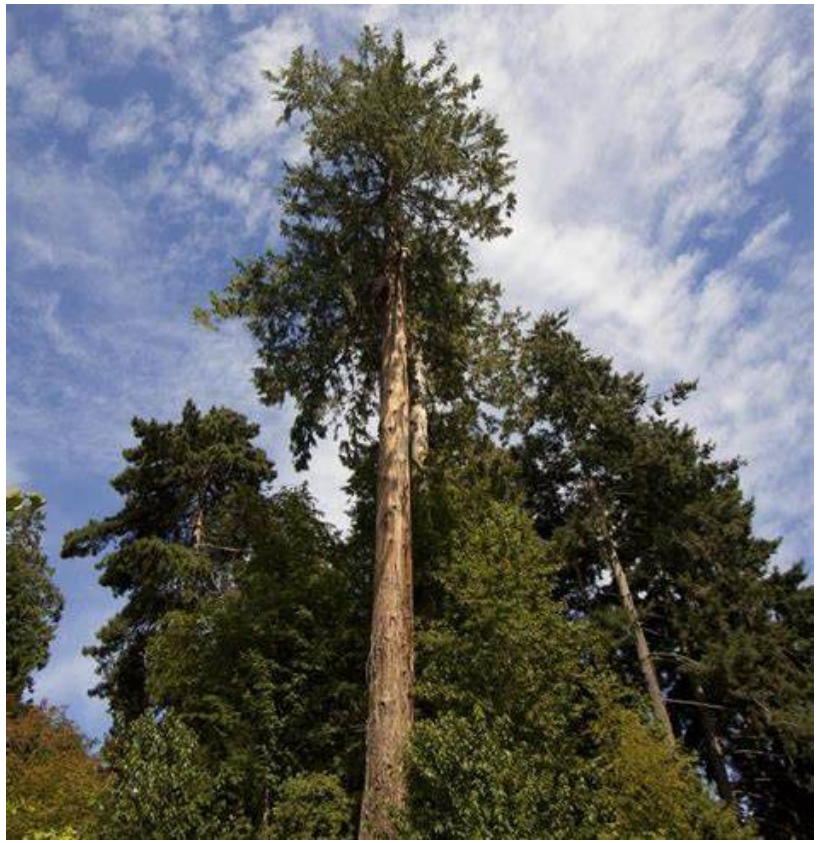
WHAT DO THINK YOU KNOW ABOUT
CEDAR AND CEDAR WEAVING?

WHAT DO YOU WONDER?

I THINK I KNOW....I WONDER.....

LEARNING HOW TO IDENTIFY RED CEDAR

- What do you notice about the trees?
- Do we have a lot of these trees in the area we live?



What do you notice and wonder?

Yo veo...

¿Quiero saber....?

WHAT KIND OF CLOTHING DO YOU THINK WE SHOULD WEAR IN THE WOODS?

This or that? Cedar Harvesting edition

THIS OR THAT?

THIS OR THAT?

THIS OR THAT?

CLOTHES NEEDED TO HARVEST RED CEDAR...

Long sleeve shirt of sweater

Pants

Tall socks

Hiking shoes or old tennis shoes for hiking

Gloves (optional)

Glasses to protect your eyes from falling debris

A hat to protect from sap and falling debris. (optional)

WHY DO WE HAVE TO COVER UP WHEN ITS SPRING/SUMMER?!?

- To protect ourselves from any little hitchhikers that might want to hitch a ride that we may not see or even notice
- Devils club! Devils club is also in full bloom and the stocks are full of lots of sharp thorns!
- Wild Hemlock is also in full bloom. The plant looks innocent enough, until you get the juice on your skin.

... just to name a few reasons of why we need to dress properly

TOOLS NEEDED

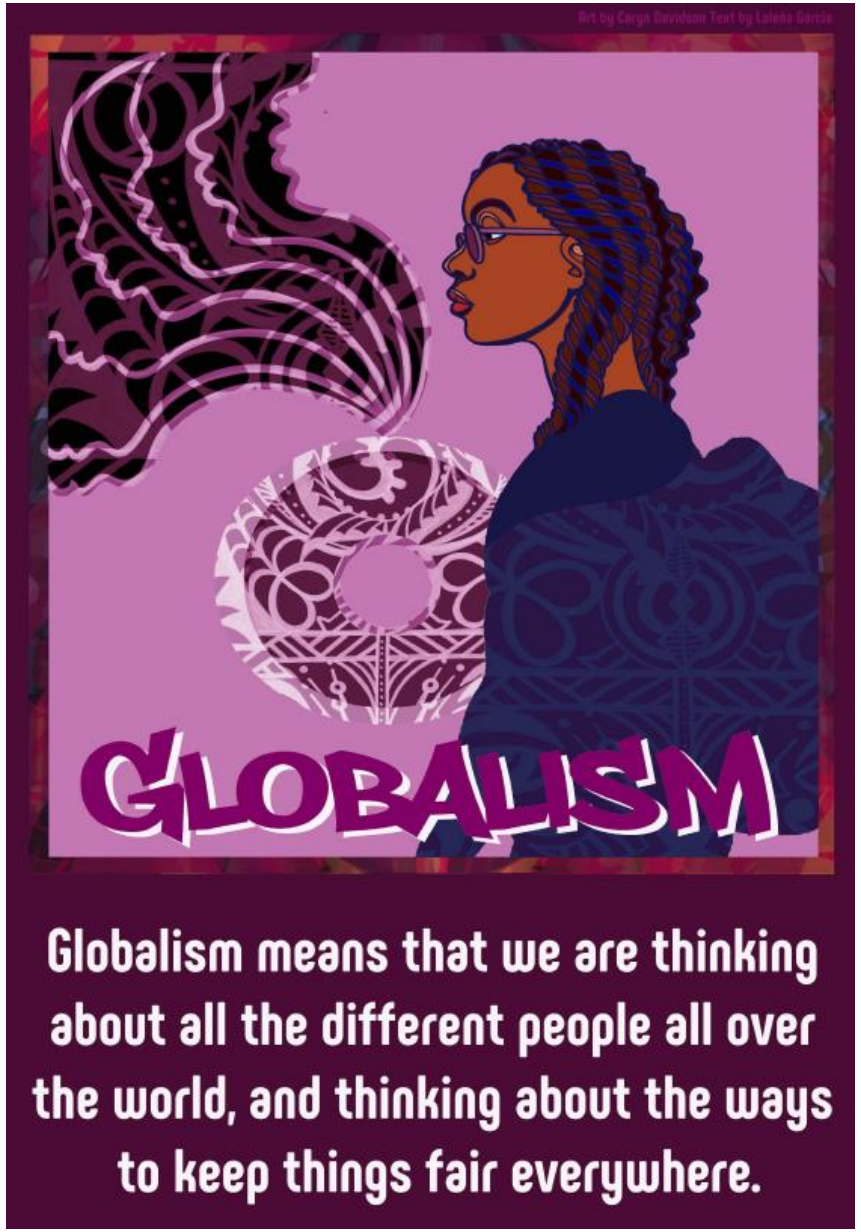
- Hatchet
- Hammer
- Knife

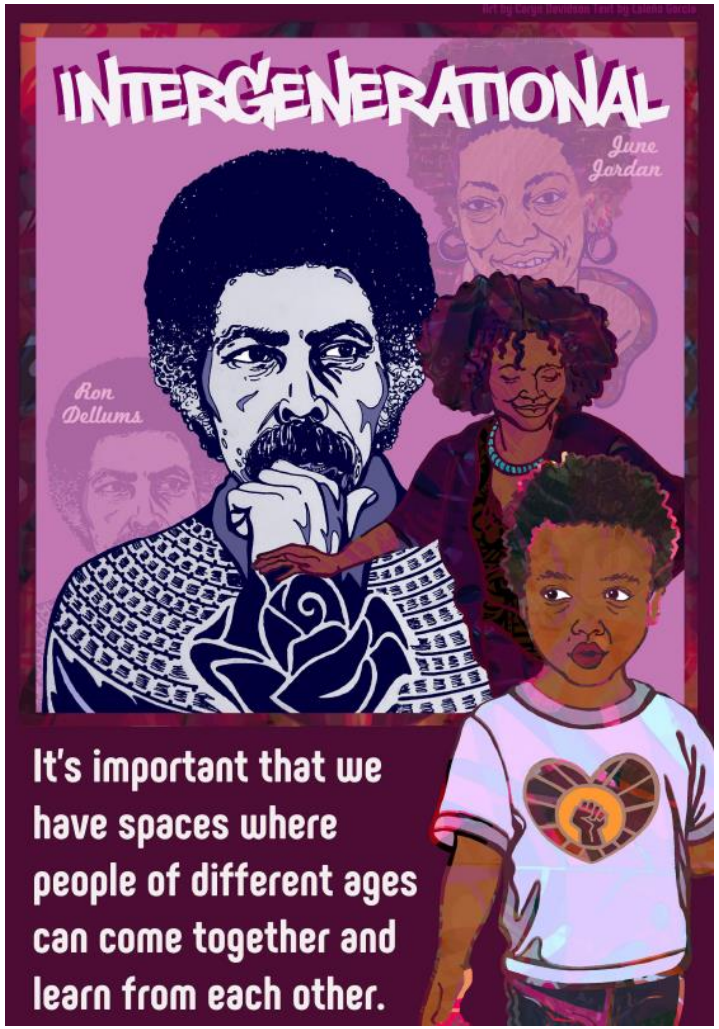
WAYS TO ETHICALLY HARVEST CEDAR AND OTHER NATURAL RESOURCES

- Never take more than you are going to use. Unless you are going to be providing some to an elder or any other community member that uses cedar but may have trouble harvesting it for themselves, and always double check with them so you don't harvest more than you can use.
- Use every part that you can use.
- Give thanks and acknowledge what has been given to you.
- Be respectful.

WHY IS WEAVING IMPORTANT?

- Weaving exists in **every** culture, in **every** place, *all around the world.* It has been a part of our shared human existence for centuries! There are lots of different styles, but it is something that *all* cultures have in common.





WHY DO PEOPLE WEAVE?

- Create fabric, baskets, blankets, art
- Practice mindfulness
- Improve mental health
- Honor culture and tradition
- Connect with others
- Intergenerational
- Joy!

HARVESTING

- The trees should be not be any bigger than a loose hug. If the cedar is too big it will be harder to harvest and full of more sap.
- Hold your hand up to the tree and the width should be no wider than your hand. (from fingertips to the heel of your hand)
- Use your hatchet to kind of scrape off any lose bark back in the are you are going to be working.
- With your hatchet cut the length of your hand horizontally (← →) in the bark, using your hammer to hit your hatchet so you maintain that clean straight line.
- Remove the one-inch strip that you cut out with your hatchet and hammer (see image)

WORKING WITH THE PUTTY KNIFE

- Next you want to take your putty knife and work it under the bark from that one-inch gap that you created up, you want to be as careful as possible, so you don't rip the cedar strip.
- Grab the flap that you made by both sides and pull up. You may need to back up to pull it higher and if you get stuck, work it back and forth as you continue to pull the cedar, ripping it upwards.

CEDAR HARVESTING

LEAVING THE WOODS

- Take your knife and carefully pull the stringy outer bark off. If the outer bark is left on it discolors the inner bark.
- Roll up your cedar loosely so it doesn't mold or get damaged.
- Keep the new cedar in cardboard boxes or paper bags and turn the cedar everyday until it dries, you don't want all your hard work to mold.

Ways to Share your Learning!

- Make cedar rope or twine
- Make a Cedar Rose
- Make a Cedar Bracelet
- Read more about cedar
- Write about what your learned about Cedar Harvesting
- Draw a picture about what you learned

JERRY STRIPPER

Wet the cedar for about 30 minutes to make it easier to pull through the Jerry stripper.

Pull strips through the jerry stripper.

Before the jerry stripper they used sewing needles to split the cedar.

CEDAR AND RIBBON ROSES

Lummi Cedar Weaving with Anna Jefferson

BEYOND THE BLANKET

This will be difficult.

We will make mistakes.

We will have to develop resiliency.

We take on new challenges with a plan and determination. We work independently and cooperatively to explore new ideas and strategies. We are resilient even when it's hard or different.