



UPRIVER TO MORNING

A JOURNEY TO WISDOM

By TISH McFADDEN

Illustrations by LAURA WINSLOW

A Comprehensive Educational Program

Inspired by the Teachings of Takelma Elder, Agnes Baker Pilgrim

Cultural · Environmental · Bilingual

Upriver to Morning: A Journey to Wisdom

By Tish McFadden ©2020

Testimonials



"Tish is a truly gifted storyteller! The students were deeply engaged by her story, and as she read, they were mesmerized by the themes and symbolism in *Upriver to Morning*. Now more than ever, the connectedness to our local native cultures and appreciation for the wisdom of our elders is of utmost importance.

"Her beautiful story perfectly weaves information about the Takelma tribe, local geography, and themes of friendship and caring for one another, which is perfect for elementary aged children. Thank you for offering your book and reading to my class. We absolutely loved your book! **Dylana Garfas, 4th Grade Teacher, Walker Elementary, Ashland, Oregon**

"Indigenous wisdom jumps off the pages and into young hearts and minds right along with Salmon and friends as they Journey courageously into their future. Through story, song, and gorgeous illustration, children are engaged at all levels with lessons of kindness and responsibility, patience and perseverance, care for their communities and the earth. Since every journey is, in the end, an interior journey toward growth, *Upriver to Morning*, and the Takelma teaching on which it is based, helps young people make sense of their own passages." **Jennifer E. Joss, Ph.D., San Francisco, California**

"Thank you so much for coming in and sharing your amazing story, *Upriver to Morning*, and its songs with my class. What a gift! I so appreciate your ability to engage students -- with your clever characters, the excitement of the story, and the movements you included. **Amy Kneeland, 2nd Grade Teacher, Walker Elementary, Ashland, Oregon**

"Listening to stories is how we are built to learn. The nuggets of wisdom in *Upriver to Morning* sink in and help us know how to live as Earthlings." **Julie Norman, M.A., Environmental Educator, Manager of Agnes Baker Pilgrim Fund, Ashland, Oregon**

"*Upriver to Morning* sings! The language is rich and purposeful, the story is native and true. Supplemented with story theatre, *Upriver to Morning* can be used to build fluency and deepen comprehension. Songs accompanying each chapter ring out, are catchy, and seep into your heart.

"*Upriver to Morning* is a multipurpose text, used across the curriculum to enhance learning. Children need story and music and Tish offers them both. Children will grow with *Upriver to Morning*. They will ripple it out. **Michele Warrence-Schreiber, Ashland School District Literacy Coach, Ashland, Oregon**

"*Upriver to Morning* is a journey into interiors. As readers, we travel with Salmon through the interior landscape of the wild Rogue River world of the Takelmas -- the lifeblood of their homeland -- with all the wonder that getting to know an ancient place has to teach us.

"It is also a journey into the interior of each reader, guided by Salmon and his friends who know the way. The journey awakens universal life lessons that live in each of us, eager to emerge, there at journey's end, in the wise light of Morning Star." **Thomas Doty, Award-Winning Storyteller, Author, Cultural Consultant, Ashland, Oregon**

"Gold Hill Friends of the Library was honored to recently host author Tish McFadden and storyteller Thomas Doty at the Gold Hill Library. A large and enthusiastic audience was excited to hear about this upcoming journey to wisdom story based on the universal teachings of Takelma elder Agnes Baker Pilgrim. We look forward to the completion of the *Upriver to Morning* project so we can have them return and share its success." **Gold Hill Friends of the Library, Gold Hill, Oregon**



"Tish McFadden and Thomas Doty's presentation at our 2019 Forest and Farm Nature Camp was engaging, educational, fun and important! Thomas shared traditional native Takelma stories and Tish delivered songs and excerpts from her new native book, *Upriver to Morning: A Journey to Wisdom*, inspired by the teachings of local Takelma elder, Agnes Baker Pilgrim. The campers were attentive and eager to participate." **Suzanne Willow & Lanita Witt, Willow-Witt Ranch, Ashland, Oregon**

"As an educator with more than 25 years' experience I see myriad applications for the *Upriver to Morning* book in the classroom, across content areas and grade levels. The story lends itself to thematic teaching combining science, social studies, language arts, drama, and music. The alignment to the Common Core State Standards makes this even easier.

"One advantage of *Upriver to Morning* is the fact that the book is available in both English and Spanish making it useful in an English-Spanish bilingual classroom. Teachers in early elementary can use the story to teach students expressive ways to describe their local geography, both in the community and surrounding areas.

"I had an opportunity to read the story, *Upriver to Morning*, to my friends' grandkids while I was in Ottawa. Both grandparents and grandkids loved the book. My friend John studied at Southern Oregon University and said that the story brought vivid images of the area to mind, as well as reminding him of some of the cultural history of the Takelma people. His wife, Darlene, is an English major and absolutely loved the rich, descriptive language and imagery. She too has visited Southern Oregon. The granddaughters also loved the story, especially how everyone accepted and helped each other." **Kris Kibbee, Curriculum Specialist, St. Albans, Vermont**

"I cried at the integrity, wisdom, truthfulness, and purity of voice. I wish all kids access to these marvelous creatures. This is the kind of world I crave kids' return to: nature, animals, interdependence, and respect. The honor of and appreciation for nature is what America so terribly and immediately needs. McFadden fuses fiction with biology, history, and cultural anthropology. Her prose is simply beautiful. The reader recognizes the significance of Salmon's journey." **Jennie Englund, MS Ed. English Professor, Ashland, Oregon**



"*Upriver to Morning*, by Tish McFadden, is a beautiful story that allows readers to follow Salmon's journey up the Rogue River to Boundary Springs. It weaves together important teachings from the Takelma people, local geography, and themes of kindness, friendship, and respect. There are so many learning experiences that can be applied to the elementary classroom with this story.

"Tish came to our Kindergarten classroom to share the first chapter of *Upriver to Morning*, along with songs she wrote that tie together the journeys of Salmon, Red-tailed Hawk, and Coyote; and the importance of sharing the teachings of our ancestors. Our students were engaged by this wonderful story and Tish's teaching style.

Her joyfulness and bright smile bring love and happiness to children. It is so important that children learn about those who came before us, the Takelma in the Rogue Valley, and I am grateful for this work and opportunity for collaboration and connection." Thank you!! **Jordan Lambert, Student Teacher, Helman Elementary School, Ashland, Oregon**

"This carefully crafted teaching story, sourced from a beloved Takelma Elder, brings forth an ancient wisdom that will touch the hearts and souls of all children. Guided by other-than-human sentient life forms, from the salmon to the stars, it offers ways to augment school curriculum and instruction in ways that will serve to bring back foundational understandings for how to live in flowing balance once again." **Four Arrows, Professor at Fielding Graduate University, Santa Barbara, California**

Congratulations for this life-affirming, richly creative project. I have great respect for the way you're taking the time to allow all of the elements to find their complete expression. This project is a tremendous example of a multi-faceted curriculum that teaches on many levels. A deep, educational, and yet entertaining, experience for everyone. And an appropriate tribute to the memory of Agnes Baker Pilgrim and all she stood for. **David Alexander, Commercial & Art Photographer, Ashland, Oregon**



Grandma Aggie with Tish McFadden at film shoot along the Rogue River at the Southern Oregon Land Conservancy Rogue River Preserve, June, 2019.

Grandma Aggie with Tish McFadden at Southern Oregon University for Indigenous Peoples' Day, October, 2019.

25 Teachings Inspired Agnes Baker Pilgrim

Collected and Summarized by Tish McFadden for *Upriver to Morning*

Chapter One: Salmon's Quest Begins

1. YOUR GIFTS: Everybody, from the time they were little, were given a gift. A gift of life, for one thing. But we all have our very own gifts. I don't believe that there's anybody that's ever told me that they don't have any. I got a lot of them. I bead. I make clothes. I have done a lot of stuff. I was a musician. I could play violin, piano, plucked a banjo, guitar. I sang all over the country. I was a race driver. I was a boxer. I did a lot of things. When the sun goes down, feel good about your accomplishments. Use your gifts for the good of you and others.
2. LAUGHTER AND PLAY: How do you use your time? Every day you need time to romp and play. Tickle the funny bone. Love to laugh – it's the best medicine! You know your immune system goes down if you don't put a little sunshine in it. When you are laughing, you are up in the sunshine belt, and your body heals, and your mind comes along. Laughter. Lightness of spirit. It's the cheapest medicine we've got. You owe it to your body to give it a good laugh at least once a day.
3. CHORES: Give children important chores that matter and help the family; daily tasks such as, taking out trash, feeding chickens, brushing the dog, helping with meals, washing the dishes, filling the water bottles.
4. RESPECT: It's a great thing to have respect for yourself. If you have respect for yourself, then you have complete control over your behavior and you're doing well with it. Learn to stop bias and prejudice; stop being judgmental about yourself and your neighbors.
5. MUSIC: Learn how to play music because life is a beautiful thing if you can put some music to it. It will make you fit in and belong anywhere you go. If you can teach your children to sing, or if you can give them a musical instrument, you are creating good qualities inside of them.

Chapter Two: In Six Directions

6. BEHAVIOR: Never take something that does not belong to you. Learn how to wash and clean yourself. Know the value of cleanliness. Learn how to eat with good manners. Whatever you are doing, do it right or do it over. Learn how to sit and be quiet with a book, or a pencil and tablet, as there are times for quiet in a household.

7. **KINDNESS:** Kind people are treated with kindness. No one can give you kindness, laughter, smiles, joy, compassion, and all this inside stuff; that's your inside job. So, if you want any of these kinds of things, kindness and love, respect, and all this, you have to have it so can give it away to anybody you meet. Teach your children kindness, respect, love, and that life is sacred. If a child can understand kindness, and can grasp ahold of what kindness means, if you have kindness in you, you will always be treated kindly. Talk to your children about all the good things they need to have inside of them because when you teach that to your children, others will treat them with kindness, love, and respect.
8. **RECIPROCITY:** Teach children how to give back. Allow opportunities for children to not only receive, but to also offer help, kindness, love, and service to others.
9. **PARENTING:** How you treat your child with love is one of the greatest gifts that they will pick up. Every child needs love and that is why you bring him into this world. Hug your child as much as you can. Dads too. When you're a mom, it's like you are in a world that you have never been in before. You have that feeling. Every day a new experience, being a mother. You are always aware because you are guarding, you're watching, you're listening to what is around your child. It is a simple thing to hold your child and say, I love you. Teach them that you love them. Show them that you love them. Your behavior is louder than words.
10. **TEACHING:** A teacher is a parent away from home. A parent is a teacher away from school. Take every opportunity to show love to children by teaching them something new, something fun, and something important. Every moment is a teaching moment.

Chapter Three: Circle Five Times

11. **ANCESTORS:** Listen to the stories of your grandparents and great-grandparents. They are the glue of your family. Listen to them. They know the stories and they have the knowledge. Honor your ancestors because it took all of them to make who you are. It took all those old ones to make who I am, and I am grateful it took all of them. You think about all the Old Ones it took to make you, and you give thanks to them: mothers, fathers, grandmas, grandpas, great grandmas, and great grandpas – all the way back to your family's beginnings. Give thanks for all those lives that are inside of you, not yet born.
12. **HOME:** You know, wherever my feet put me down, I am home, because that's family.
13. **NUTRITION:** Baby your stomach. It's important what goes down your mouth. Make sure your system is getting enough of the good stuff. Eat organic. Teach your children to read the labels. Make sure you are putting good stuff into your mouth.

14. CAREGIVING: Even when you are very young, you can take care of something alive. Start with four plants. Watch them grow as you do. Add more plants with each birthday. Start a garden that grows in size as you grow in years. Then care for wild birds by throwing them seed. Then care for family animals, like chickens, cats, and dogs.
15. MOTHER EARTH: The greatest impact that we adults can have is to make a better path for the little ones coming after us. Take care of the garbage and put it in a good place. You can't throw garbage out the car window because that is your Mother Earth out there. You would be throwing that on her face. There is always a proper place for garbage. It is our job as human beings to keep the balance and to watch out for the habitat of all life. We have to learn to do things in moderation and balance.

Chapter Four: The Great Animal

16. THINKIN' THING: It is not the adults that own the world, it's the children. We have this "thinkin' thing" on the top of our head, called our brain. How you run that brain is how you do your life every day. It's a powerful tool.
17. CHOICES: You always have a choice, no matter who you are. Whatever you do, think of the consequences of the choices you make. Be grateful, for this life, and for your choices.
18. LOSS: Learn to deal with loss. Respect people and creatures when they die. There is life and there is death. Talk about it. Be gentle with those who are grieving.
19. FORGIVENESS: Practice forgiveness because we can only change this moment, right now. We cannot change the past, even what happened one minute ago, or one hour ago, or one decade ago.
20. LIFE: Wake up; think about tomorrow. It isn't here yet, but if you run today right, tomorrow will come. Everything that has life can only do one day at a time. All life. Stop getting mad. It's hard on your heart. You got other things to do. You only got from the time you get up in the morning to the time you lay your head down at night; just that many hours to do good. How do I keep on doing it? It's easy. One foot in front of the other. You just got to keep on moving. Take charge of your life; it's your job. The privileges we have are great and many. Use them wisely for your life and for your longevity.

Chapter Five: Stories and Stars

21. YOUR NAME: The importance of your given name. Taowhywee means "Morning Star" which is Grandma Aggie's indigenous name. Her great-grandmother Margaret, who was

also called Morning Star, gave this name to her.

22. LOVE: Do the best you know how, with gratitude and love. Love is the whole thing behind everything. When I lie down, I know that all is well when I go to sleep, because I have that four-letter-word: LOVE. So simple. That is our job as parents, to teach our kids. What is love? Actions. Action for love is what you teach a kid. Hug. Say, I love you. If you could just say to each other, “I love you.”
23. GRATITUDE: Every day say, “Thank you for who I am.” Be grateful to wake up in the morning and say, “Ah ha! One more day.” Learn to be grateful for just one day at a time. That’s all we can do.
24. TRUTH: Walk your talk means you are doing well in your world and you are working. You do not lie or deceive others. You speak your truth and walk your talk.
25. WATER: Guard your water. Love your water, because it’s in your body. We are all water babies. We are all born in the amniotic sac in water. Water is our first medicine. Whenever you use water, give it thanks. It’s in your tears, your saliva, your blood, and it coats your cells inside you so they can do their work. No matter what river, no matter what well, no matter what ocean – anything that’s water, talk to it and thank it. Water can hear. The simplicity of taking a glass of water in the morning and saying, “Thank you for my life.”



The Rogue River and Table Rocks
Illustration by Laura Winslow

Upriver to Morning

A Journey to Wisdom

Chapter One: Salmon's Quest Begins

By Tish McFadden ©2020

Synopsis

A ribbon of water, known as Rogue River, winds her way through southwest Oregon just as she has done for thousands and thousands of years. She splashes over rocks and waterfalls, carves deep gorges, and rolls across wide, green valleys, never sleeping once. This waterway is Salmon's path upriver to meet his teacher, Morning Star, who rises at dawn in the skies above Boundary Springs, many swims away. Salmon is on a journey to learn all that he must know.

On the eve of Salmon's departure, Coyote celebrates his friend's big swim by building a campfire on the beach. As night falls, Coyote proudly coaches Salmon on the power of stories and stars: that they are here to remind us of where we've been, and where we're going.

Come sunrise, from seaside rocks at the mouth of Rogue River, Eel plays music through seven sound holes in her flute-like body. Her gift of music gives Salmon strength and courage for his long journey. After saying good-bye to his friends on shore, and thanking the Great Salt Sea for being his home, Salmon turns his attention toward fresh water. With a swish of his tail, he's off!

Upriver, Grandmother and Grandfather Cedar announce that Salmon is swimming. Their words are carried on the outstretched wings of Red-Tailed Hawk.

Salmon's quest begins!

Upriver to Morning

A Journey to Wisdom

Chapter Two: In Six Directions

By Tish McFadden ©2020

Synopsis

Red-Tailed Hawk screeches the news, “Salmon is traveling toward his teacher, Morning Star, and I am going with him.” Salmon feels protected under the watchful eyes of his guardian hawk. “Thank you, my flying friend,” says Salmon. “One day I’ll return the favor!”

Not to be left behind on this adventure, Coyote tracks Salmon’s progress from a woodland trail along the river’s edge. With his eyes fixed on Salmon, Coyote stubs his toe on an unseen rock in his path. “Yeow,” he cries! His outburst alerts Deer Woman who is quietly feeding nearby. She recognizes the cries of Coyote. As she comes to his aid, the two hear screaming calls of alarm from Red-Tailed Hawk, flying overhead. Salmon hears it too.

“I wonder what she sees in the sky. What is she alerting us to?” Salmon twists through the current. “I know that tremble!” BOOM!!! Thunder roars. In an instant, the thrashing rain of a late summer storm assails the landscape, soaking everyone and everything in it. Pounding wind whips Rogue River into a frothy serpent, with pulsing currents that quickly drain Salmon’s energy. He struggles to find a place to rest, but instead, without warning or witness, Salmon disappears.

Red-Tailed Hawk notices immediately. She swoops toward the river where she last saw him. Her eyes scan underwater through a curtain of floating debris and whitecaps, seeking any sign of Salmon’s swishing tail or silver scales. Rain falls hard and fast off her folded feathers. Though utterly spent, her sharp eyes fix on one mission only.

Finding Salmon!

Upriver to Morning

A Journey to Wisdom

Chapter Three: Circle Five Times

By Tish McFadden ©2020

Synopsis

While Coyote and Deer Woman wait out the storm in the hollow of a dry cave, a racing river bullies Salmon. He thrashes his tail against thick water just to stay in place. River Hawk, the masked fisherman, secretly observes Salmon's distress from above. In an instant, he leaps off his lofty perch and dives toward the river. With talons outstretched, River Hawk snatches Salmon, careful to protect his fragile, silvery scales.

River Hawk is an osprey. He normally delights in eating fresh fish from the river. But not today. Instead, he rescues Salmon from the raging waters by lifting him up in his talons and flying to safety in a protected pool high in the cliffs.

To help pass long hours in the cave, Deer Woman tells Coyote the story of the Daldal Brothers, the giant dragonfly who splits himself into two halves, one elder and one younger, who disagree about everything. We learn through their actions and ongoing arguments, that opposites actually bring balance to the world.

When evening falls, stars reappear in the sky as the storm moves on. As promised, the next morning River Hawk returns Salmon to his watery home to continue his important journey upriver to Morning Star. On the move again, Salmon and his friends soak in the colorful and tasty bounty of River's autumn valley. Food in rich, delicious variety is everywhere.

The Daldal Brothers enter the story as two dragonflies. After much arguing, they transform themselves into Upper and Lower Table Rocks, where the band of loyal though weary travelers will overwinter.

All is well until the shelter is built, the fire is lit, and the old stories are ready to be retold ... like whitecaps on a roaring river, the ground suddenly pitches this way and that. The Daldal Brothers are bickering again. In an instant, crumbling cliffs, rumbling rocks, and quarreling brothers drown out the musical voice of Rock Old Woman.

She is singing her medicine song to save the world.

Upriver to Morning

A Journey to Wisdom

Chapter Four: The Great Animal

By Tish McFadden ©2020

Synopsis

Table Rocks jump and rattle, upsetting trees, cliffs, and the slumbering night. Rock Old Woman sings her medicine song as walls of the freshly finished shelter creak and bend. Fearing a collapse, Coyote and Deer Woman roll and race to get outside. Jackrabbit, Fox, and Muskrat sprint after them. Red-Tailed Hawk's storytelling ladder splinters as the fire chokes under falling dirt and debris.

Star People peer through billowing dust. They blink knowingly. They have watched the Daldal Brothers quake and shake before. As the travelers bounce about on the Ribs of the Great Animal that is the World, Red-Tailed Hawk dives toward the river to find Salmon and his relations safe in an underwater hollow.

Rock Old Woman beats her drum, gradually slowing its tempo in order to still the quaking earth beneath her feet. When the last rock is hurled off the roof of the world, and settles, all is still. Without warning, the exhausted Daldal Brothers simply stop moving. Early the next day, the travelers continue their journey to Morning Star, up, Up UP the river to her source. In an unusual display of brotherly love, the Daldal Brothers agree to remain awhile, side-by-side, along the riverbank.

Bear circles his fire turning the season from winter to spring, something he has done since the beginning. Sounds of spring instantly saturate the world, and the earth is reborn.

The travelers look to Hawk to set the pace.

At sundown, Salmon and his friends gather for the night at Avenue of Giant Boulders. The constellation, Big Bear, rises in the eastern sky to continue his circle dance around the North Star. Sky Bear joins Earth Bear to bring longer days and greater warmth to higher elevations.

Nearby, Red-Tailed Hawk, the Winged Watcher, tucks a turned head into her fluffed wing feathers, and closes her eyes.

Upriver to Morning

A Journey to Wisdom

Chapter Five: Stories and Stars

By Tish McFadden ©2020

Synopsis

Just before sunrise, as her sky neighbors take their leave, Morning Star rises above the eastern horizon. Her shimmer draws the attention of Rock People, Animal People, Tree People, Water People, and for the first time, Salmon. Though he cannot yet see her, he knows she is close.

Salmon takes this moment to honor the efforts and sacrifices of his companions. Through storms, dueling Dragonflies, earthquakes, fires, and floods, they stayed by his side. Salmon shows gratitude by nudging stones into a tiny rock stack, five stones high. The number five is sacred to the Takelma people.

Spring brings rainbow colors to these higher elevations. Scarlet poppies zigzag through fields of purple lupine, a sight so magnificent that Jackrabbit can't help himself. At full speed, he bounds through painted meadows, hoping Red-Tailed Hawk doesn't notice. Every traveler feels energized by the nearness of Boundary Springs and the soon-ness of meeting Morning Star.

With one last mountain ridge to cross, the travelers learn about the value of fire from the One-Leggeds. They rejoice upon seeing ripe wild huckleberries. And when they finally arrive at Boundary Springs, they sleep.

On this final night of their long trek, Coyote enters the dreams of every traveler. "Dreams," coached Red-Tailed Hawk early on, "help us remember those valuable bits of wisdom we collect on journeys."

In the morning, dog-tired and irritable, the travelers wake up cloaked in fog. The morning mist is so thick they can't see their own paws, hooves, talons, feet, or fins in front of them. When the fog lifts, Morning Star speaks.

Far downriver to the sea, sweet and salty notes rise on the wind. The music is coming from Eel's flute-like body. She plays her song to Salmon, Coyote, Red-Tailed Hawk, Deer Woman, Jackrabbit, and Bear. Star People peek over the ocean, and dance!

Notes on Takelma Culture

by Thomas Doty
Cultural Consultant & Native Storyteller
for *Upriver to Morning: A Journey to Wisdom*

#1 – Takelma or Dagelma?

In the Takelma language there is a sound between "t" and "d" that is not made in English. It is the same with "k" and "g" sounds. Sometimes the name of the People is written Takelma, sometimes Dagelma. It is the same word. *Upriver to Morning* is set along the Rogue River in the traditional homeland of the Takelmas.

#2 – Red Tailed Hawk

In Takelma mythology, Red Tailed Hawk is a powerful medicine person who watches over the People ... sometimes a woman, sometimes a man. If she flies ahead of you as you begin a journey, you will have a good journey indeed. In *Upriver to Morning*, Red Tailed Hawk watches over the upriver journey of Salmon and his friends. In Edward Sapir's collection of Takelma myths, (*Takelma Texts*, 1909), Red Tailed Hawk is referred to as Chicken-Hawk.

#3 – Rogue River

The Takelma name for the Rogue River is Kelam or Gelam. You can hear the word inside the word for the People: Takelma or Dagelma. It means the People of the River. The Rogue River is the lifeblood of the Great Animal that is the World. In *Upriver to Morning*, characters journey up the river from the mouth at the Pacific Ocean to the source at Boundary Springs.

#4 – Upriver Downriver

There are two directions in Takelma myths: upriver and downriver. Upriver is to the east, toward the rising sun and creation. Downriver is to the west, toward the setting sun and the Land of the Dead. In *Upriver to Morning*, Salmon journeys east to the river's source to meet his teacher, Morning Star.

#5 – Sacred Number

For the Takelmas, five is the sacred number. Good things happen in fives ... ceremonies, gatherings, vision quests. The number five is woven into Old Time stories and into everyday life. And it is present in the five chapters of *Upriver to Morning*, several times. This is a good journey Salmon and his friends are making, a sacred journey.

#6 – Best Singer of All

In 1906, Takelma storyteller Frances Johnson – Gwisgwashan – told linguist Edward Sapir: "Eel was said to have sung through the holes of his own body like a flute. He was called the

best singer of all." In *Upriver to Morning*, Eel sings to Salmon as he begins his year-long journey up the Rogue River.

#7 – Coyote

In the Old Time stories, Coyote wears many masks. Sometimes he is a clever prankster, bulging with self-importance. Sometimes he is Coyote Old Man, a wise elder. Most often he is a mixture, part buffoon, part loyal friend. In *Upriver to Morning*, Coyote is youngish and playful, but wise for his years. While he values friendship and being helpful, this doesn't prevent him from admiring his own reflection in the water and announcing, "Handsome!" Like all Animal People in the myths, Coyote is part critter and part human.

#8 – Stories in Winter

The native moon name for the winter storytelling season is Shoulder to Shoulder Around the Fire. In the Old Time, stories began in the community lodge at sunset and continued to first light. On long winter nights, sitting close to the fire, the Takelmas wove a spiritual identity for themselves through the telling of myths. In *Upriver to Morning*, Salmon and his friends continue this ancient tradition. They pause mid-journey and build a winter lodge, creating a dramatic setting of flickering firelight, and shifting shadows, just right for stories.

#9 – Dualities

In native stories, dualities appear within landscapes and between characters, and sometimes, within a single character. In their opposition, dualities deliver contrast and counterbalance. There are two Table Rocks, two directions of a river, upriver and down, and then there are the split personalities of trickster characters ... creator and fool, wise man and buffoon. In Takelma mythology, Giant Dragonfly – Daldal – splits himself in half to create two brothers with contrary points of view. In *Upriver to Morning*, these brothers engage in verbal duels. Deer Woman knows this: "As opposites, they bring balance to the world."

#10 – Salmon Caller

Along the rivers, at falls and rapids, are traditional salmon calling sites. Native people feel closely related to the Salmon People. A Salmon Caller travels from site to site and watches the salmon. As he walks through a village he calls out the salmon's health, reports progress on their journeys, and when it's time for the Sacred Salmon Ceremony. In *Upriver to Morning*, the characters know they can depend on Red-Tailed Hawk to keep a sharp eye on their Swimmer friend. Red-Tailed Hawk is a Salmon Caller.

#11 – Becoming Complete

In native rock carvings and paintings, there is a symbol for completeness that is found at vision quest sites. This is a rope with the ends tied together, making it a circle, complete. These sites are high-country, lonely places where young folks go for five days and nights to cry for a vision. When they return to their village, they are adults. In *Upriver to Morning*,

Salmon goes on a year-long vision quest. He journeys upriver to meet his teacher Morning Star ... a completion of his life toward enlightenment. He is all grown up!

#12 – Rock People

In traditional native cultures, not all stories were passed through the oral tradition. Some were "published" -- carved and painted on boulders and cliffs by the first storytellers, the Rock People. The Takelma word for rock writing is se'l. The characters in *Upriver to Morning* meet these Old Ones several times on their epic journey, including in the Avenue of Giant Boulders where the Rogue River "races through the labyrinth of Rock People."

#13 – Teachers

In the myths, they are called the Old Ones, spiritual characters who embody the wisdom of the Old Ways. In our memories, they are the ancestors, generations of grandparents, great-grandparents, great-great grandparents. Day to day, they are the elders, those wise ones we seek out and sit with, listening and learning. In *Upriver to Morning*, Salmon journeys to visit his teacher Morning Star. She is all three ... myth character, ancestor, elder.

#14 – Circle of Mountains

The Takelmas call them medicine mountains, five peaks that circle and protect their southern Oregon homeland. These mountains that touch the clouds are also the Mythtime homes of medicine women, healers, and wisdom keepers. Acorn Woman lives on Mount McLoughlin, Rock Old Woman on Sexton Mountain.... There are others. In *Upriver to Morning*, Salmon and his friends travel through Takelma country to the summit of the Cascades. Here they meet a powerful woman. In a myth-like gathering of wisdom and friendship, Morning Star emerges out of the mountain fog.

#15 – Water

In the homeland of the Takelmas – "the People of the River" – traditional villages are located along the Rogue River and its tributaries. Water is the source of life for everything Takelma. Old Time trails follow the waterways, traveled by native people through their seasonal rounds, and myth characters through the stories ... Salmon, Coyote, Deer Woman.... Agnes Baker Pilgrim, inspiration for *Upriver to Morning*, liked to say, "We are all water babies!" Her ancestral village is along Jump Off Joe Creek, a tributary of the Rogue.

#16 – After the Winter Stories

When the Old Time stories have all been told, the storyteller says, "Finished. Now go gather seeds and eat them." While stories told in firelight have warmed and lit the winter lodges, now it's time to be out in a world brimming with sunlight and color, and the growing of new food. In *Upriver to Morning*, after spending the winter at the Table Rocks, Bear says, "Today, we leave dark and cold behind us and move toward their opposites, light and heat." Carrying

the wisdoms of stories in their hearts, Salmon and his friends continue their journey toward the warmth of the rising sun.

#17 – Through Hard Times

Since beyond memory, stories have helped the Takelma people endure everything from massive floods to fierce winter storms to forced removal from their homeland. Cultural knowledge and wisdom is stored safely in stories, and telling the stories keeps the culture alive. Whether it's a family gathered around the home fire, or everyone in the village in the community lodge, people tell stories until the sun rises ... a bright, hopeful symbol of a new day. On their journey in *Upriver to Morning*, the characters pause for the winter to rest, collect food, and to renew their spirits with stories.

#18 – An Ancient Pattern

In rock carvings and paintings, spirals indicate movement. Counterclockwise is up. Clockwise is down. Eagles circle to their left as they soar upward and to their right circling down. Native storytellers use spirals as gestures to show movement up and ahead in a story, or down and behind. In *Upriver to Morning*, Bear dances to honor Sky Bear, the constellation Big Dipper. Each night, Sky Bear dances to his left as he spins the seasons through the year. Salmon follows this ancient pattern, moving up and ahead. He swims upriver as the seasons circle around him.

#19 – Five Seasons

The Takelmas celebrate five seasons. The fifth repeats the first, creating a circle dance of movement. Circles and cycles abound! Like Bear dancing round and round, or the circling of day to night to day, or the river cycle of rain to source to sea to rain again, the seasons are on the move. To be in motion is to be alive. In *Upriver to Morning*, as the friends reach Boundary Springs, they have journeyed through four seasons. But this is not the end. Morning Star says to them, "Now YOU are the wisdom keepers. You will pass along what you know." And so, their story keeps going. On and on....

#20 – The Importance of Remembering

What's worth remembering is stored in stories. Sharing stories keeps the Takelma people strong, protected and moving ahead. In *Upriver to Morning*, Salmon and his friends spend the winter telling stories. Revisiting this storehouse of cultural and personal memories gives them the wisdom and strength to continue their journey. Their stories keep them safe. Near the beginning of their story together, Coyote tells Salmon to look to the stars. "Each one has a story. You have a story too," he says. "Stories and stars remind us of where we've been, and where we are going." Throughout his long swim, Salmon never forgets this. "Stories and stars," he tells himself over and over. "Our guides and guardians are stories and stars."



Takelma Plank House
Illustration by Laura Winslow

Upriver to Morning

by Tish McFadden ©2020

Character Biographies

Animal Characters:

With SALMON, we experience a river that pushes against us, day and night, in the opposite direction of our swim. Through Salmon, we learn about perseverance and strength, when to accept help, the importance of giving back, setting goals, and how to express gratitude.

COYOTE is an altogether different character. With him we strut, boast, and dramatize stories. Throughout our journey, Coyote's dogged devotion to Salmon and his friends is absolute. With Coyote we laugh, we are entertained, and we discover the meaning of loyalty. He keeps us chuckling with his unpredictable humor, and we laugh at his exaggerated charm and all too familiar foibles.

Consistent with DEER WOMAN, community and homeland are important to us. We retreat with her into the mountains when life in the valley feels out of balance. We seek protection among the Old Ones, the Rock People, and Tree People. We offer kindness, patience, and comfort at every opportunity.

The world of RED-TAILED HAWK is the sky. We fly alongside her. She is the selfless Winged-Watcher who oversees the passage of those traveling below. As Guardian, she keeps her travelers informed of what lies ahead. She demonstrates qualities of responsibility, caregiving, foresight, and communication.

With the DALDAL BROTHERS, we live in a world full of chaos. They are like two walls of a canyon, two paths in a forest, two sides of a stone, like day and night, wet and dry, full and hungry, fire and ash, wise and foolish. These brothers use these powerful dualities to transform everything around them. As opposites, they bring balance to the world – along with a lot of bickering! Whether young or old, we too experience opposing thoughts and emotions from time to time, which are represented by the Dragonfly (Daldal) Brothers.

RIVER HAWK saves the life of Salmon when it's the right thing to do. We learn with River Hawk that selfless acts of kindness can involve personal sacrifice and benefit the greater whole.

EEL: With Eel, we know that life is a beautiful thing if we can put some music to it. With music we celebrate events, increase energy and focus, unify with our surroundings, and bring good to the world. Eel shares her music as her most precious gift.

JACKRABBIT: With Jackrabbit, we are in tune with the surface of the world: its dirt, foliage, flowered meadows, wildfire scars, burrows, and boulders. We get around with ease. Our ears are quick to sense life and weather stirring around us. We learn that we possess the ability to inspire others to do the right thing, such as becoming a friend, which will nourish us much longer than a single meal.

BEAR: With Bear, we dream – which invites many long naps – but we also understand the importance of dreaming. We know our dreams have much to teach us. With Bear, we live in the real world and the dream world, equally, because Bear is both a land animal and a sky animal. By land we love to eat ripe huckleberries, and in the celestial world, we are responsible for circling the seasons around the North Star.

MORNING STAR represents universal wisdom and the good sense and warm heart that lives inside each one of us. When we finally meet her at Boundary Springs, she tells us that we have gathered essential teachings along the way. From now on, these teachings are part of who we are. Along the journey, we too became the wisdom keepers and will pass on these trusted truths to all who come after us. Like any elder, Morning Star is a good teacher because she unlocks the wisdom already within us.

Traditional Takelma Earth Element Characters:

WIND & WATER PEOPLE have important chores to accomplish each night, keeping stars afloat in the sky, and the ocean stirred.

ROCK PEOPLE are good listeners, and offer stability in an otherwise dynamic world.

TREE PEOPLE (the ONE-LEGGEDs) pass information through the forests on the wings of birds, and clean the air we breathe.

FIRE PEOPLE keep Creatures warm inside their shelters during the dark of winter, and keep the forests healthy and uncluttered.

GRASS PEOPLE are light-hearted souls who love to dance in the wind. Without a worry in the world, they live in the present, and celebrate every moment with no worries of what is to come.

Taowhywee Agnes Baker Pilgrim Tribute

September 11, 1924 • November 27, 2019

“I’m everybody’s Grandma,” she’d say with a broad smile. This was Agnes Baker Pilgrim’s way of expressing her deep appreciation, acceptance, and love of all people. In her 95 remarkable years, Grandma Aggie demonstrated her reverence for all living things through music, teaching, environmental activism, and ultimately, serving as the spiritual elder of her Takelma tribe.

She believed in the power of kindness and reciprocity, and she recognized the biological interconnectedness of all living things.

Whether addressing a small child or speaking with the Dalai Lama, Grandma Aggie treated everyone she met with respect. She was adept in knowing how to listen to the needs of others – including wild rivers, salmon, and trees.

My initial interest in knowing Grandma Aggie began in the 1980s when I arrived in southwest Oregon, into the heart of the Takelma homeland, as an anthropologist for the US Forest Service. However, it wasn’t until her March, 2016 book signing in Ashland, Oregon that we reconnected. I bought and read her book, and was immediately inspired to write a story to deliver her indigenous teachings to our next and future generations. To “ripple it out.”

In her own words, I’ve had Aggie’s blessing, support, and gratitude for my book and education program, *Upriver to Morning: A Journey to Wisdom*, “from the get-go!”

She continues, “I really am pleased; it’s like having a buddy spitting out the same words as I do, which everybody needs to hear. Thank you, Tish, for putting it together in book form, so everyone can get a good start about thinking about life, and themselves.”

Grandma Aggie’s words, wisdom, advice, and teachings are eternal and universal. They are here to guide us toward a balanced world, once again.

You will be forever missed, Grandma Aggie, but you will never disappear. Your name, Taowhywee, which means Morning Star, will rise upriver at dawn. Today. Tomorrow.

Forever.

Tish McFadden

www.uprivertomorning.com

March 2020

Dear Nadine, Mona, and Sonya,

I wish to thank you and your family for putting on such an incredible event for your beloved mother. Truly, it was an honor to be there, to sing, to speak, and to absorb all the words, poetry, music, stories, and love in that enormous room.

Grandma Aggie touched the hearts of so many. I was grateful to be there amid so many others showing their respect.

As you know, my education project, *Upriver to Morning*, will bring Grandma's teachings to our next generation and beyond. The project is in development, and I will keep you updated along the way.

I am so thankful that I had Aggie's blessing "from the get-go"!

With her passing, I have a favor to ask. I would be grateful to get the family's blessing on the *Upriver to Morning* project in writing. Then, I could share this letter with potential allies and funders to assure them that not only did I have your mother's blessings on this project, but I am proceeding with your support and blessings, as well.

I have prepared a draft endorsement letter for your review and signature, as her daughters. I am always available, should you have any questions.

With love,
Tish

Tish McFadden
200 Ashland Acres Road
Ashland, Oregon 97520
541-601-4507
rumtum@mind.net

To Whom It May Concern:

The *Upriver to Morning* project, led by author and musician Tish McFadden, is inspired by the teachings of Agnes Baker Pilgrim as described in her audiobook, "Grandma Says: Wake Up World!" (Blackstone Publishing, 2015).

The project consists of a bilingual curriculum package (book, audiobook, theater script, original songs, videos, lesson plans, and tools for teachers). The project's goal is to present Grandma Aggie's universal life lessons and indigenous values to children in classroom and outdoor settings. These teachings are also going beyond the classrooms to adults in the wide world.

As a way to express her gratitude, Tish is contributing 5% of her project's profit proceeds to the Agnes Baker Pilgrim Fund, a non-profit group dedicated to keeping Grandma Aggie's legacy alive and "rippling it out" to future generations.

Before Grandma Aggie passed on to the star nation in November 2019, she had given enthusiastic support to the *Upriver to Morning* project and was working with Tish to record films for the educational package.

Today, as daughters of Agnes Pilgrim, we would like to confirm our continued support for the *Upriver to Morning* project. We hope to see this indigenous curriculum fully implemented and distributed to youth, parents, and teachers in Oregon and beyond.

Sincerely,

Name _____ Date _____

Nadine Martin, Mona Hudson, and Sonya, daughters of Agnes Baker Pilgrim

After lawmakers passed a bill in 2017, Oregon classrooms are finally beginning to see lessons devoted to tribal cultures

Native American curriculum rolls out

Jordyn Brown *The Register-Guard*

Oregon's Department of Education finally rolled out the first pieces of new statewide curriculum on the history and culture of Native Americans in Oregon this year after lawmakers passed Senate Bill 13 in 2017 with the hope of remedying years of incomplete or inaccurate teachings. This school year is the first time districts are required to implement the change in classrooms.

The curriculum is not yet available for all grades and because the department is "behind," it decided last month to do a soft roll-out last month with a hard implementation starting this summer, said April Campbell, the advisor to deputy state superintendent on Indian education.

Despite the delay in full implementation, local educators are excited for the positive impact the curriculum will have on Native communities in local schools when it arrives. "It just warms my heart and makes me happy. It makes me smile," said Brenda Brainard, a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. "Having worked in Indian education for 25 years, I never thought this would happen."

SB 13 is short and clear in its purpose: ensure all of Oregon's public schools have curriculum related to "the Native American experience in Oregon, including tribal history." Rachel Hsieh teaches fourth grade at Malin Elementary School in the Bethel School district in Eugene. While waiting for the state's

new curriculum, she and other fourth grade teachers at the school researched and dove deep into social media to find books highlighting Native American culture and history that are suitable for young readers.

Among the books she has in her classroom: "At the Mountain's Base" by Traci Sorell, "Fry Bread, A Native American Family Story" by Kevin Noble Maillard and "Many Nations, An Alphabet of Native America" by Joseph Bruchac.

Books encompass topics such as sovereignty, Native culture, treaties and current events. The teachings must be historically accurate, "culturally relevant," and community-based.

The state department's responsibility per the law was to work with the nine Native American tribes in Oregon to develop 45 lesson plans across all disciplines and grades, Campbell said. The department also is required to provide professional development trainings to districts about how to teach this curriculum. The laws says districts are responsible for implementing in their schools a minimum of 15 of the 45 lessons available.

Although the curriculum is not yet available for all grades, the lessons that are available — for fourth, eighth and 10th graders — were put out by the department in January.

The primary delay on the curriculum development was due to extra time spent working with Native leaders to create the "Essential

Understandings of Native Americans in Oregon," which are nine foundational topics, such as sovereignty, treaties, genocide and identity, that will inform the curriculum. The state developed the curriculum with the input of Native leaders over 18 months, Campbell said.

"It's a 50,000-foot level (look) — critical, essential concepts that they wanted to make sure lesson plans were aligned to," she said.

They tried to form the curriculum around unraveling stereotypes and misconceptions about Native Americans and provide professional development that would reinforce to educators why this is important and instrumental in teaching a full image of history.

Native American curriculum can be taught in every subject, Brainard said, beyond just social sciences and history.

As the director of the Natives Program in the Eugene School District for 25 years, Brainard has taught on topics such as Native American dance in physical education classes, Native foods in health, basket weaving and totem carving in art, and storytelling in language arts. Last year she taught more than 500 lessons across disciplines and grades, she said.

The history piece is, of course, still a major pillar of lessons, Brainard said. There's much to be taught on topics such as restoration and termination, Native American housing, tribal comparisons and, of course, the expedition of Lewis and Clark.

"So much of our history here in Oregon,

but for the whole United States is always East looking West," she said. "It's this magnificent expansion, and we rarely look at the West viewing what happened to the East."

"I always tell my students, that I want to be very clear that I think Lewis and Clark (are) heroes — but so is Sacagawea," Brainard said. "There are some inaccuracies, but there are also missing points — the wonderful contributions of the Indians, of the Native indigenous people that were here."

While some districts, such as AJ and Bethel, already have been bringing a Native American perspective into some classrooms ahead of the law, there is still an anticipation and excitement among teachers and students for the new curriculum.

"We've been talking about it for two years now, and our students are just hungry for it," Brainard said. "The Native students, they just waiting for it."

Educators hope Native students will be able to see themselves in the history of Oregon the U.S., and foster their own sense of identity as a Native student included in school discussions and activities.

"Having grown up in a kind of town where my tribe was — Coos Bay — it always bothered everybody else, and there was no place for me," Brainard said. "I am so grateful for our children to hopefully have the opportunity to find their place. I'm so happy that it is finally out. It's almost not real."

Upriver to Morning by Tish McFadden ©2020
A sampling of book illustrations by artist, Laura Winslow



Red-Tailed Hawk, the Daldal Brothers, and Salmon



Eel making music through her seven sound holes.



Coyote making a campfire beside the Great Salt Sea



Night Bear at Fire Rock Gorge, turning the seasons



Salmon catching a meal before his big swim upriver to his teacher, *Morning Star*



Coyote and Jackrabbit



The travelers sharing stories and stars!



Film Shoot with Tish and Grandma Aggie at the Rogue River Preserve



Tish and Grandma Aggie at her 94th Birthday Party in Ashland, Oregon



Tish and Grandma Aggie at Indigenous People's Day, 2019
Southern Oregon University, Ashland, Oregon



Singing for Grandma Aggie, her family, and her community
at the Agnes Baker Pilgrim Celebration of Life
Josephine Co. Fairgrounds, Grants Pass, Oregon, January 11, 2020
Tish McFadden with Alice DiMicele