

THE SEVEN TEACHINGS

Ancient wisdom that shapes every story

"To cherish knowledge is to know wisdom.
To know love is to know peace.
To honor all of creation is to have respect.
Bravery is to face the foe with integrity.
Honesty in facing a situation is to be brave.
Humility is to know yourself as a sacred part of creation.
Truth is to know all of these things."

Edward Benton-Banai

The Mishomis Book: The Voice of the Ojibway

Spirit Valley stories are guided by powerful universal values honored in many cultures. These teachings come to life through character, emotional challenges, and meaningful choices. Since life is not simply black or white, neither are the characters in this world. Cali-Ann and her team are not perfect and can sometimes be pulled off course. Lucas and his Warriors of Wicked Deeds are driven by flaws but are not beyond redemption, and even they can choose a better path.

Each story blends adventure, humor, and purpose while exploring emotional growth and personal responsibility. Inspired by the Seven Teachings, the series offers a respectful and original expression of cultural wisdom for today's generation. Our mission is to inspire children through stories that build courage, empathy, and resilience.

ABOUT SPIRIT VALLEY

A hidden world of choices, courage, and destiny

Spirit Valley is a small village surrounded by whispering forests, quiet lakes, mountain trails, and ancient stories carried on the wind. Children come from all over to explore nature, test their limits, and discover who they are at Camp Venture, where Cali-Ann Moonhawk's parents work as camp rangers.

On the surface, Spirit Valley seems peaceful, but beneath it lies a constant battle of influence. Every child who comes here is faced with choices. Some choices create harmony. Some choices create chaos. Good and bad are not simple. Temptation and truth exist side by side, and every heart is tested.

PREMISE

Adventure with purpose through the Seven Teachings

The Spirit Valley series follows Cali-Ann Moonhawk, a brave and big-hearted girl chosen by the Gichi Grandparents, wise ancestral spirits who guide her path. With the help of seven young animal Spirit Guides, Cali-Ann is tasked with protecting children from being pulled off course and helping them find strength in the Seven Teachings Love, Respect, Courage, Honesty, Wisdom, Humility and Truth.

But for every positive force there is a negative one. Lucas Thompson and his crew, The Warriors of Wicked Deeds, use emotional manipulation, pressure, greed, jealousy, and pride to tempt kids into making harmful choices. Every story features a moral challenge with high emotional stakes. The conflict is never simply good versus evil. It is about choice versus consequence.

This series blends action, friendship, humor, supernatural mystery, and character growth. Each episode is a complete adventure with a meaningful takeaway that invites readers to reflect on their own choices. Spirit Valley delivers emotional intelligence through storytelling that feels exciting and real.

THE HERO

Cali-Ann Moonhawk

Cali-Ann Moonhawk lives at Camp Venture at the edge of Spirit Valley. She believes she is an ordinary girl until she discovers she can hear whispers in the wind, messages from ancestors known as the Gichi Grandparents. On her eighth birthday, seven young animals appeared to her. They spoke. She understood. Her life changed forever.

Cali-Ann was chosen to carry a responsibility. She must help children avoid being led astray and guide them back to who they truly are. Her choices matter. Her courage matters. Her ability to care for others matters. Cali-Ann is not perfect, and she does not win by fighting. She wins by leading with empathy, persistence, and heart. Her quiet superpower is goodness.

THE RIVAL

Lucas Thompson

Lucas Thompson was not born a villain. He became one. Raised in a wealthy estate in Spirit Valley, Lucas was praised constantly and never taught accountability. When his parents mysteriously disappeared during a trip and never returned, Lucas was abandoned and sent to a

home for lost children. Betrayed, angry, and alone, he developed a belief that the world owed him something.

A sphere of dark energy found Lucas in his bitterness. It whispered a promise. For every virtue in the world there is a vice. For every good path there is a broken one. Lucas accepted its power and formed his own team, The Warriors of Wicked Deeds. Lucas does not want to destroy the world. He wants to control it by controlling hearts. His real target is Cali-Ann.

CALI'S COMPANIONS

Also known as her Spirit Guides

The Seven who walk (and fly) beside her.

Each animal represents one of the Seven Teachings. Each has a unique bond with Cali-Ann and helps guide children toward strong choices.

Merci the Eagle Love

A fearless and witty sidekick with a sharp eye and a bigger heart. Speaks boldly, protects fiercely, dreams of freedom, and delivers comedic commentary at all times.

Lunar the Wolf Humility

Loyal and calm under pressure. Travels far and explores deep paths of instinct. Wears a tracker collar proudly and believes true strength begins in silence.

Scholar the Beaver Wisdom

A logical problem solver who always has a plan. Keeps notes, builds strategies, and uses intellect as a tool for good. Gets rattled when chaos interrupts order.

Bimini the Bear Courage

Brave and curious with boundless enthusiasm. Always the first to try something dangerous or difficult. She often finds amusement in random objects she discovers along the way. Learns that courage is not toughness but choosing what is right.

Grazer the Buffalo Respect

Grounded and strong. Shows quiet leadership and carries great responsibility. Seeks balance in every decision and reminds others to honor all living things.

Miles the Turtle Truth

Spiritual, thoughtful, and patient. Battles vertigo but never loses direction. Connects mind, body, and spirit. Moves with purpose and integrity

Scruples the Sabe Honesty
A playful young Bigfoot who tells it like it is. Kind, genuine, and a little goofy. Leaves huge footprints and an even bigger impression on others.

THE WARRIORS OF WICKED DEEDS

The seven who tempt and twist

Hunter Greed
Makes others believe they never have enough and should always take more.

Malice Envy
Turns admiration into jealousy. becomes infuriated when others succeed before her.

Crush Vanity
Obsessed with status and appearance. Fuels ego and false confidence.

Inertia Laziness
Avoids effort, progress, and truth. Blocks growth by convincing others to quit.

Stormy Wrath
Destroys peace with rage. Causes emotional explosions that damage trust.

Narce Pride
Pretends to be better than everyone else. Refuses to admit mistakes.

Glom Gluttony
Takes too much. Devours more than needed and encourages selfish behavior.

CORE CONFLICT

Virtue versus Vice

Spirit Valley stories are built around character-centered moral tension

Teaching (Virtue)	Opposing Vice (Flaw)	Why it Works
Love	Greed	Greed takes for self. Love gives to others.
Respect	Envy	Envy resents others. Respect honors others.
Honesty	Vanity	Vanity hides the truth to protect ego. Honesty faces truth.

Teaching (Virtue)	Opposing Vice (Flaw)	Why it Works
Wisdom	Laziness	Laziness avoids learning and growth. Wisdom requires effort.
Truth	Gluttony	Gluttony consumes to escape truth. Truth requires discipline.
Humility	Pride	Perfect opposites. Pride inflates. Humility grounds.
Courage	Wrath	Wrath explodes in anger. Courage acts with self-control.

Every child who visits Spirit Valley meets a choice. Every choice reveals a path.

SAMPLE EPISODE

Water Ways

The brook that runs through Spirit Valley usually flows clear and fresh. But one day it burps pink foam. Trash floats along the edges and the water smells like detergent. Merci the Eagle calls it Trashapalooza. Scholar the Beaver worries about the impact on wildlife. Something is stirring up the water.

Upstream, Cali-Ann finds Lucas and the Wicked Deeds floating in pool tubes while Junior Hornswaggle, a boy desperate to fit in, uses his father's construction backhoe to reroute the brook for fun. The result is pollution and chaos. Junior did not mean to cause harm but he wanted to impress Lucas.

Cali-Ann is faced with a choice. Judge Junior or help him do better. Guided by the Gichi Grandparents, she chooses to act with courage. She leads a cleanup effort. Junior joins them once he realizes the damage he caused. Even Hunter, one of the Wicked Deeds, helps when no one is looking. The brook flows clear once again.

In the end, Junior learns that courage is not about being fearless. Courage is admitting a mistake and fixing it. Peace returns to Spirit Valley. For now.

Spirit Valley: Cali-Ann Moonhawk & Friends

FULL STORY MANUSCRIPTS BELOW

Eleven of twenty

1. **The Firefly Challenge** (850 words)
2. **Journey with the Medicine Wheel** (980 words)
(+ *optional study guide*)
3. **Water Ways** (845 words)
4. **The Halloween Hayride** (820 words)
5. **Frybread and Marshmallows at the Powwow** (950 words)
(+ *optional Angie's frybread recipe, and study guide*)
6. **The Great Garden Toss Up** (850 words)
7. **Cali-Ann's Canoe Adventure** (750 words)
8. **The Lacrosse Way** (860 words)
9. **Miles Finds Her Way: The Story of Her Other Shell** (850 words)
10. **The Elder's Truth** (760 words)
11. **Frankie and the Dreamcatcher** (780 words)

MANUSCRIPT #1

The Firefly Challenge

Prologue

Way up high, over the misty peaks of Spirit Valley, the Gichi Elders kept a kindly watch. Their hearts were full of star wisdom. On an extraordinary moonlit night, a ray of stardust touched a newborn, and the wind whispered her name: Cali-Ann Moonhawk.

"Well now," said Gichi-Ma, soft as a lullaby, "this child is meant for fine things."

To guide the children of the Valley, the Gichi sent seven young animals as guardians. Together with Cali-Ann, they protect the land with the sacred gifts of Courage, Truth, Love, Respect, Honesty, Humility, and Wisdom.

Gichi knew dark forces would challenge the light. Forces that did not like goodness. Forces that delighted in leading others down the wrong path.

Forces like Lucas.

Lucas once laughed as easily as summer rain. Then shadowy whispers slid into his mind and taught him the wrong things, like tricks, sweet talk, and fear. With his crew, the Warriors of Wicked Deeds, he set out to sway kids to his side and drape the Valley in shade.

Here is the good news. Light travels. Cali-Ann and her team of seven are not afraid. With humor, kindness, and the teachings by their side, they listen for the call to restore balance and help the children of Spirit Valley find their way again.

Because life is not simply black or white, good or bad, neither are our heroes or their rivals. Cali-Ann and her team sometimes make mistakes, and Lucas and his Warriors are not beyond redemption. In Spirit Valley, every path is shaped by choices, and even those who wander can discover hope again.

That's what makes these adventures worth telling.

Synopsis



When dusk falls over Spirit Valley's Camp Venture, the annual Firefly Challenge begins. Cali-Ann Moonhawk and her spirited animal team set out to find a yellow ribbon hidden deep in the forest, carrying one teaching from the Gichi: be honest, do not cheat, and the light will guide you. But Glom and his crew, led by Lucas, try to win by trapping fireflies in a pouch, grabbing victory instead of earning it with care. What begins as a fun race becomes a quiet test of character. Along the journey, frogs drum, doubts rise, and one rescued firefly sparks faith as its tiny light calls the others, until a glowing pathway of fireflies leads everyone safely through the night woods. In the end, kindness and honesty outshines greed. A true win is not measured by speed or tricks but by the courage to do what is right. Even Glom discovers that change is possible, and hope grows when we choose it.

With humor, heart, and a strong read-aloud voice, **The Firefly Challenge** invites young readers to cheer for teamwork and carry light into their own world.

Cali, with her sidekick Merci the loving eagle, and Scruples the honest, young Bigfoot, face off against Lucas and gluttonous Glom.

The Firefly Challenge (Half-title)

1

Characters illustration

2–3

(Title Spread)

The Firefly Challenge

4–5

It was summertime at Camp Venture. At dusk, a magical game began: The Firefly Challenge.

"Tonight's the night!" said Cali-Ann. Sally beamed. "I want to prove myself!"

6–7

Cali-Ann said, "Catch a few fireflies, but do not hurt them. Find the yellow ribbon on a pine tree along the path. Then follow the fireflies back. The first one to return wins."

She held up a glass jar with holes in the lid. "I made them a safe home," she said. Merci winked. "No squishing. They are guides, not glow sticks."

8–9

Scruples the Sabe raised his big hand. "The fireflies light the way. Are you ready?"

Glom snorted. "What kind of challenge is this? I should lead. The winner takes it all!" Merci circled overhead. "You lead? Please. You couldn't guide ants to a cookie."

10–11

Cali-Ann stood still as the wind stirred the trees.

A whisper drifted through the leaves: "Be honest, don't cheat. The light you seek will shine."

12–13

Glom ran around, scooping fireflies into a pouch. "I'll win for sure!" Sally gasped. "You're squishing them!"

Glom scoffed. "People call them lightning bugs, but they are still bugs." Merci flapped low. "You're all glow but no go. That brain is still set to dim and running low, Glom."

14–15

Scruples crossed his arms. "The challenge isn't about grabbing the most. It's about noticing the gentle light and letting it guide you."

Scholar added, "It means we all have an inner light." Glom sneered, "Then prove it. Go into the woods alone. See if your 'light' leads you back!"

16–17

Some fireflies slipped out of Glom's pouch. They blinked weakly. "Oops," he said. Then he ran into the trees with Lucas. The other Wicked Deeds hurried after them.

They came to a mossy creek and stopped. "Frogs!" Sally whispered. Dozens of frogs sat on lily pads, croaking together like a moonlit choir. "Don't scare them," Cali said. "They're singing their nighttime song." One frog plopped beside Merci. She tilted her head. "Well, aren't you brave?" Scruples tiptoed to the edge. Another frog hopped close. "It's not afraid of me," he said. "They trust us," Scholar added. The frogs blinked and croaked beside the fireflies. The fireflies' lights shimmered on the water.

Then the frogs slipped into the reeds. "Time to go." Merci gave a bow. "Thanks for the tunes, little froggies."

18–19

A strange rustling came from the night. "Probably a chipmunk," Sally said, her voice trembling as she spoke. A pine cone shot from the shadows and smacked a tree. "Chipmunks don't throw stuff," Merci snapped.

Cali-Ann froze. Golden eyes blinked in the darkness. Silent. Still. Lunar moved closer, ears up and alert. "They're deer. Or owls," she whispered, but she was not sure. The fireflies began to fly ahead to show the way. "Did you hear that?" Cali-Ann asked.

20–21

A branch snapped. Something moved behind a stump. Lucas walked out, and Glom followed. "Still chasing bugs?" Glom asked. Sally crossed her arms. "You don't know where you are going." "Oh, but I do," Glom said. "Lucas has a compass." Lucas frowned. "It is upside down."

Merci rolled her eyes. "A compass that has you walking in circles." Cali-Ann stepped forward. "You can still turn back, Glom, or join our team." Glom held up his pouch. The fireflies inside had almost lost their light. Glom grinned. "And miss my grand glow finale? Never."

22–23

"We're not letting him ruin this," Cali-Ann said. She, Sally, and the rest of the team pressed on. Merci flapped her wings. "Firefly rescue back on. Let's glow!"

The forest grew dark. Shadows stretched between the trees. "Stay close," Bimini said. "We'll protect you."

24–25

Cali-Ann lifted her face to the stars. "Guide us, Gichi." A glowing mist curled through the branches. "Trust your heart," whispered the wind.

Cali spotted a faint firefly on the ground. "Helping it might slow us," Scruples said. "We can't leave it," Cali said. Scruples scooped it up. "Even the smallest spark matters," Sally said.

26–27

Soon, the firefly in Scruples' hand began to shine brighter. Others gathered, swirling together.

They formed a shining trail away from Glom. "They're leading us to the marker!" Sally said. "Boom. Nature's GPS map," Merci said.

28–29

A tall pine tree stood in front of them with a yellow ribbon on its trunk.

The fireflies danced around it, then lit the way back to camp. Merci flew overhead. "That is how you outshine a show-off," she said. Glom reached for his pouch, but the fireflies scattered into the night. "Grabbing pushes good things away," Scruples said.

30–31

Back at camp, Cali-Ann and Sally returned bright with joy. Fireflies floated above them. Campers and villagers gathered. An Elder smiled. "The real challenge is staying honest and kind, no matter what." Everyone cheered.

Lucas and Glom stood in silence. Glom lowered his head. "I was wrong." Merci landed beside him. "It's never too late to un-glom. Stop grabbing and start glowing," Merci said. Sally stepped forward. "You don't have to cheat. You shine when you choose what's right." Cali-Ann raised her fist. "Shine on, Sally!"

32

That night, Cali-Ann, Sally, and the team lay on a hill, watching stars scatter across the sky. Fireflies blinked around them. A breeze whispered. "Well done, my young ones. Hope grows when we're brave enough to change."

END

MANUSCRIPT #2

Journey with the Medicine Wheel

These teachings are inspired by the Medicine Wheel, a sacred circle used by many Indigenous Nations to teach about balance, respect, and connection. This story is shared with gratitude for the Elders and Knowledge Keepers who continue to guide these lessons, each Nation in their own way.

Prologue

High above the misty peaks of Spirit Valley, the Gichi-Grandparents watched over the land.

Their hearts glowed with the wisdom of the stars. They saw a bright light shining in a girl named Cali-Ann Moonhawk.

"Cali-Ann is meant for great things," said Gichi-Ma. To help her, they sent seven animal friends, each carrying a sacred teaching:

Courage, Truth, Love, Respect, Honesty, Humility, and Wisdom. These were her Spirit Guides. Together, they would help Cali-Ann find balance in her mind, body, heart, and Spirit, all connected in the circle of life.

But not everything was peaceful. A boy named Lucas, once full of laughter, began to change.

Dark whispers filled his thoughts with pride and selfishness. He gathered his own group, the Warriors of Wicked Deeds.

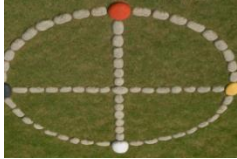
They turned away from the Seven Teachings. Where there was courage, they spread fear.

Where there was honesty, they chose tricks. They wanted to dim Cali-Ann's light and cover Spirit Valley in shadows.

But Cali-Ann and her animal teachers were not afraid. With the Medicine Wheel and its lessons, they believed that kindness and truth would always shine brighter than darkness.

And so, their journey began.

Synopsis



When Cali-Ann Moonhawk discovers the Medicine Wheel glowing in Spirit Valley, she learns its teachings of balance in mind, body, heart, and Spirit. With the guidance of her animal companions, Cali-Ann helps her classmate Lindsay rediscover joy and confidence, showing that when one part of us is out of balance, every part of us is affected.

But Lucas and his Warriors of Wicked Deeds tempt Lindsay with easy paths and shortcuts, testing Cali-Ann's patience and understanding. In the end, Lindsay rediscovers her spark, and even Lucas begins to wonder if balance might guide him, too.

Main Characters: Cali, with her sidekick Merci the eagle, and Grazer the young Buffalo, face off against Lucas and Inertia.

With the Medicine Wheel, Cali shows Lindsay that balance begins in the heart.

1

Journey with the Medicine Wheel

(Half-title)

2

Copyright Page

The sacred teachings of the Medicine Wheel inspired this story.

3

Spirit Valley Map

4–5

Start Story

Cali-Ann stopped walking.

"That light isn't just the sun," she whispered.

"It feels alive."

The rocks were set in a circle on the ground.

"These four large rocks show north, south, east, and west," Grazer the Buffalo said.

Lines connect them like bike spokes.

It makes four parts, like a pie."

"This is a medicine wheel," Cali whispered.

"It teaches us to stay balanced with ourselves, with others, and with the Earth."

Merci landed on a branch.

"Spirit Valley always has new mysteries," she said.

The yellow rock in the east glowed in the sunlight.

"If this is a sign," Cali said,

"I want to learn from it.

6–7

Cali got quiet.

"Have you seen how Lindsay doesn't run at recess or raise her hand? Maybe the Wheel is showing me something."

"I thought she was just grumpy," Merci said.

After school, Cali saw Lindsay at the park.

"She wasn't in class today," Cali whispered.

Merci tilted her head. "Those two again, Lucas and Inertia. They move slower than a snail crossing a soccer field."

8–9

"Lindsay sat in the grass. Something felt off, like the Wheel was out of balance."

"The Wheel teaches we have four parts," Cali said.

"Mind, body, heart, and Spirit. If one is weak, the others feel it."

"I think she's stuck in one part," Cali said.

Merci nodded.

"Her light feels low."

10–11

"Hi, Lindsay. Can I sit?" Cali asked.

Lindsay shrugged.

"We don't have to talk. We can sit and listen to the wind."

A whisper moved with the wind.

Cali felt it inside.

"The circle will guide you. The answers are in your heart."

"Did you hear that?" Merci asked.

Cali nodded.

"It was Gichi. I felt it."

She remembered: Everything moves in a circle. Everything connects.

12–13

Leaves moved, and Grazer stepped in.

"Balance can't be pushed," he said.

"But it can be given."

Lindsay blinked. "Grazer?"

Cali smiled.

"My respectful Spirit Guide."

Merci puffed her feathers.

"He's part of our four-legged and winged team."

14–15

The circle on the ground was large. Grazer walked around it.

"Many Nations teach the Wheel. The colors may change, but the lessons stay the same."

He tapped a yellow stone with a hoof.

"Yellow means East. It is for new beginnings."

Grazer tapped a red feather with his other hoof.

"This is South. It means summer and fun."

Then he pointed to a small black turtle charm.

"This is Fall, a time to look inside yourself."

Cali saw a bright yellow sunflower beside the yellow stone. She picked it up and smiled.

"Yes, yellow means new beginnings," she said.

She pointed to a shiny white crystal.

"Is North winter?"

Grazer nodded.

"Yes. Winter is snow and cozy stories told by elders."

16–17

Cali took out a pouch from her pocket.

Inside were a white stone, a red acorn top, a black rock, and a yellow bead.

"My dad gave me this. It was my grandmother's."

Grazer nodded.

"Always honor our Elders."

The Wheel shone bright.

Cali said, "When we care for our mind, heart, body, and spirit, we stay balanced."

Merci fluffed her feathers. "If one tips, the whole sled falls."

Lindsay laughed.

18–19

Lindsay leaned closer.

"So the Wheel is like learning in a circle?"

"The Wheel is like a map," Cali said. "It shows the seasons and how we grow."

Footsteps crunched. Lucas and Inertia walked up.

"Why try so hard?" Lucas said. "Doing nothing is easier."

Inertia slouched.

"Yeah. Naps are better than maps."

Merci rolled her eyes.

"The Do-Nothing Duo."

20–21

Cali looked at Lindsay.

"When your heart and mind don't work together," Cali said, "you lose your path."

The Wheel helps connect them again."

"I don't know what I care about anymore," Lindsay whispered.

"You loved nature," Cali said.

"You used to race me. Your body misses running."

Grazer bowed.

"Without Respect for ourselves, we lose balance."

Bimini rumbled, "Even when we fall, courage lifts us back up."

Merci added,

You don't have to be perfect. Just be yourself."

22–23

Cali gave Lindsay a stone painted with four colors.

"Yellow means learning," she said. "Red means heart. Black means spirit, your strength inside. And white means wisdom shared." Lindsay smiled and slipped the stone into her pocket.

Lucas groaned.

"Boring. Let's go, Lindsay."

But Lindsay looked at Cali.

"Can you show me more?"

Inertia scratched her head.

"I thought your path was just the easy way."

Merci fluffed her feathers. "Come on, Inertia. You move slower than ketchup!"

24–25

At the Wheel, Lindsay stepped into the middle.

The wind swirled softly around her as she took a deep breath.

"I feel lighter," she said.

The colors began to glow all around her.

"That's balance," Cali said with a smile.

Light shimmered above the stones.

Lindsay saw herself laughing, running, resting, and giving thanks.

"I want that," she whispered.

Light shimmered above the stones.

Lindsay saw herself laughing, running, resting, and giving thanks.

"I want that," she whispered.

26–27

High above, the Gichi-Grandparents watched.

"She is learning to walk the circle," said Gichi-Ma.

"With balance," said Gichi-Pa, "her light will shine for others."

Lucas frowned and crossed his arms.

"Balance is boring," he muttered.

But deep down, he felt a tiny spark begin to glow.

28–29

Later, Cali and her team sat around a fire.

"Helping one friend helps everyone," Scholar said.

"We're all connected," Cali whispered.

That afternoon, Lindsay ran at recess again.

She raised her hand in class and helped Inertia carry books.

"This feels good," Lindsay said.

Cali winked.

"Balance is coming back."

30-31

Lucas peeked through the doorway.

Inertia nudged him.

"Do you think the Wheel could help us?" she whispered.

Lucas didn't answer, but he stayed to listen.

"The path to change is always open," Cali said with a smile.

(optional study guide)

Learn with the Medicine Wheel

A guide for curious kids like you!

What Is a Medicine Wheel?

The Medicine Wheel is a special circle used by many Indigenous peoples to teach us how to live in balance with respect for all life.

Yellow Red Black White

The Medicine Wheel usually has four colors, but guess what? Different Nations put the colors in other spots. That's okay! One big teaching is: Respect everyone's way.

What Do the Four Parts Stand For?

The Four Directions are North, South, East, and West.

The Four Parts of a Person are Mind, Body, Heart, and Spirit.

The Four Seasons are Spring, Summer, Fall, and Winter.

The Four Elements are Earth, Water, Fire, and Air.

The Four Stages of Life are Baby, Child, Adult, and Elder.

The Four Sacred Medicines

Medicine Wheel medicines are derived from plants, herbs, and trees.

Sweetgrass brings in good energy and kindness.

Sage clears out bad vibes.

Cedar protects and blesses.

Tobacco is a sacred offering for prayers and gratitude.

These medicines are powerful. Use them with respect. Ask an Elder how to use them.

The Three Circles of Meaning

Circle of Life

1. Everything moves in a circle, like seasons, the sun, and even our lives. When we pass on, our spirits continue to live on.

1. Circle of Self-Awareness

To feel happy, we need balance inside. That means checking in on your:

Heart • Mind • Body • Spirit

If one is wobbly, the others feel it. (Even Merci the Raven knows that!)

1. Circle of Knowledge

We can all learn, grow, and share what we've learned with others. That's how wisdom travels around the circle.

Everything Is Connected

Spirit world → Earth

Water → Land

Sky → Ground

People → Each other

All of us → Creator

Taking care of the Earth helps your own heart, mind, body, and Spirit feel better.

Respect for All

Everyone belongs in the circle and has a path worth walking. We all shine brighter when we walk with balance and respect.

END

Manuscript #3
Water Ways

Tagline

When a brook turns pink with foam, Cali-Ann and her Spirit Team must prove that water is life, and that only courage, care, and teamwork can restore its flow.

Synopsis



When Canyon Creek suddenly turns pink and foamy, Sally and Cali-Ann join forces with Cali's animal team to trace the cause to a backhoe "water heist" and a laundromat backwash. Together, they race to repair the damage and show what it truly means to protect the sacred balance of water that connects us all.

When Cali-Ann Moonhawk returns from the city, she expects calm streams and buzzing bees in Spirit Valley. Instead, Buffalo Brook bubbles pink with foam, churning with trash and flooding into Canyon Creek. Merci, the eagle cracks jokes, Scholar the beaver sniffs trouble, and the Spirit Team quickly discovers Lucas and his Wicked Deeds floating downstream while Junior Hornswaggle and his backhoe have turned the water off course. What started as fun has become reckless, endangering the land, animals, and everyone who depends on clean water.

Guided by Gichi and the Seven Teachings, Cali-Ann rallies her Spirit Team and even Junior and Hunter to help restore balance. Together they clean, repair, and learn that protecting water means protecting the future.

Water Ways reminds readers of a universal truth echoed in Indigenous teachings: water is life. Combining adventure, cultural wisdom, and environmental stewardship, this picture book empowers young readers to see that even small actions can make a big difference.

Fans of *We Are Water Protectors* and *Jo JoMakoons* will find a fresh, adventurous tale with series potential, where each book stands alone yet connects to a larger world of values, guides, and playful banter.

Main Characters:

Cali-Ann, Sally, Merci (the eagle), and Scholar (the beaver) face off against Junior Hornswaggle, Hunter, and Lucas.

1

Characters illustration

2–3

Water Ways

(Title Spread)

Start Story

4–5

Scholar's ears twitched. Merci's feathers ruffled.

Something churned beneath Canyon Creek.

6–7

Cali-Ann Moonhawk had just come back from the big city.

Nothing felt better than home,

where water ran clear,

bees buzzed,

and breezes danced through tall green trees.

She sat in the grass with her notebook and pencil,

not noticing trouble creeping close.

A swirl of dirty water slipped toward her shoes.

7

"Cali-Ann!" squawked Merci.

"We've got a big, pink problem!"

Scholar pushed up his tiny glasses.

"Something strange is happening at Canyon Creek.

Come quickly!"

Buffalo Brook bubbled,

then burst in pink foam.

Cali dropped her pencil.

"That's not normal!"

8-9

Cali scooped up Miles and

ran after Scholar.

Merci flew ahead.

The Spirit Team gathered:

Grazer, Scruples, Bimini, Lunar.

10-11

From the hilltop, they spotted them.

Lucas and the Wicked Deeds

were floating in Canyon Creek,

lounging on noodles and rafts.

Cali pointed.

"Look!

They filled the creek high enough to swim!"

12-13

"But wait," Cali frowned.

"Water from the river to Lake Rescue

flows through Buffalo Brook

before it reaches Canyon Creek."

Down below, the brook foamed pink.

Tiny bubbles popped on the surface.

Cali gasped.

"Oh no!

Why is the brook foaming?"

14–15

Merci peeked over her wing.

"Either someone dumped bubblegum soda,
or trouble just got fizzy."

Scholar sniffed the air.

"Broken branches,
a mudslide near the dam,
and careless hands hurting the water."

Cali's voice was steady.

"This isn't normal flow.

The once-clear brook is pink and cloudy,
littered with soda cans and pizza boxes."

"Trash-apalooza!" Merci shrieked.

"That's not brook water.

That's backwash!"

The brook burped more foam.

"That foam must be washing down
from the Valley laundromat."

16–17

Cali pointed up the hill.

"What's that truck doing there?"

Scholar tapped his paw.

"That's a backhoe.

Junior Hornswaggle has been busy.

He changed the stream's path."

The side of the truck said Rick's Garage.

Merci squinted.

"That's no toy.

That's a river wrecking robot!"

Lucas and his crew floated past on pool noodles and floaties, laughing and not paying attention.

Cali's eyes grew wide.

"This isn't good.

We have to fix it fast!"

17

She cupped her hands to shout.

"Junior, stop that backhoe!

You're flooding the creek!

I bet Lucas and Hunter told you to do this!"

18–19

"A water heist and a bubble bath," Merci groaned.

"Nice going, Junior!"

Scholar's voice was firm.

"Yes, Cali-Ann.

We must act quickly.

Water is everything to us."

Cali lifted her eyes.

"I could use guidance. What should I do?"

The wind whispered like a voice.

"Protect the water that gives us life."

Scholar nodded.

"Let's think this through."

20–21

Foam and trash swirled around Lucas, splashing his floatie.

"Eww! What is this?" he shouted.

"Let's get out of here!"

The Wicked Deeds scrambled ashore.

Only Hunter stayed beside Junior at the machine.

22–23

Merci soared ahead.

Cali and her Spirit Team raced up the hill.

"Junior, why did you do this?" Cali called.

"Moving the water hurts everyone."

Scholar tapped his head.

"Lucas and Hunter talked you into it before you stopped to think."

24–25

Junior's gaze fell.

"I just wanted my friends to have fun."

Merci snapped.

"If you want to impress friends,
don't mess up nature next time."

Scholar pointed to the froth.

"When water is dirty,
fish cannot swim,
Animals cannot drink.
farmers cannot grow."

Cali nodded.

"The earth gives us water. We must protect it."

26–27

Junior sighed.

"I didn't mean harm.

I'll help fix it."

He climbed onto the backhoe.

"That's the spirit," Cali smiled.

"Let's work together."

The Spirit Team jumped in.

Lunar dug.

Grazer plowed.

Miles and Bantam gathered trash.

Scruples and Scholar sorted recyclables.

Merci directed from above.

Bit by bit, the foam faded.

The brook ran clear again.

28–29

Hunter stayed at the edge, watching.

"Cali-Ann," she called,

"Why do you help us after the mess we made?"

I want to help too."

"You can, Hunter. It's never too late," Cali said.

Bimini shook her head.

"It's easy to walk away.

The real strength is staying to repair."

Lucas rolled his eyes.

"Seriously? You're helping them clean?"

We're going back to the cave."

Hunter stood firm.

"Go back if you want. I'm staying."

"Shine on, Hunter!" Cali cheered.

"Look at you," Merci teased.

"Using your noodle means using your brain,

not just your pool noodle."

30–31

After hours of work, Cali, the team, and Junior rested by Buffalo Brook, tired but proud.

Hunter turned to leave.

"We can all share the water without hurting each other," Cali said softly.

"Why don't you stay?"

Hunter hesitated.

"I should go."

She knew the others might tease her for helping Cali-Ann, but this time, she didn't care.

32

As the sun set and the moon rose, Cali-Ann smiled.

"The water is safe again.

We fixed it together."

The brook sparkled under the moonlight.

"Protecting water is protecting the future," Cali whispered.

The wind brushed past her, almost like a voice saying,

"Thank you for caring for Mother Earth."

END

MANUSCRIPT #4

The Halloween Hayride

Blending the humor of *Judy Moody* with the heart of *We Are Water Protectors*, Spirit Valley brings the Seven Teachings to life through Cali-Ann, her animal guides, and their battle with the mischievous Wicked Deeds.

When a haunted hayride spirals into chaos, Cali-Ann and her Spirit Team must steer the campers back to safety proving that even in the darkest shadows, a steady heart leads the way.

When a haunted hayride veers off course, Cali-Ann and her Spirit Team must steady hearts and hooves before fear takes the reins. Guided by the Seven Teachings and an eagle with plenty of sass. They face tricks, shadows, and the mischief of Lucas and his Wicked Deeds. Set in the magical world of Spirit Valley, this stand-alone adventure weaves Indigenous values, humor, and imagination into a lyrical tale where every shadow gives way to light.

Prologue

Way up high, over the misty peaks of Spirit Valley, the Gichi Grandparents kept a kindly watch. Their hearts were full of star wisdom. On an extraordinary moonlit night, a ray of stardust touched a newborn, and the wind whispered her name: **Cali-Ann Moonhawk**. "Well now," said Gichi-Ma, soft as a lullaby, "this child is meant for fine things."

To guide the children of the valley, the Gichi sent seven young animal friends. They are the Spirit Guide Seven. Together with Cali-Ann, they make one mighty, gifted team. Each carries a sacred gift: Courage, Truth, Love, Respect, Honesty, Humility, and Wisdom.

Gichi knew dark forces would challenge the light. Forces that didn't like goodness. Forces that delighted in leading others down the wrong path.

Forces like Lucas!

Lucas once laughed as easily as summer rain. Then shadowy whispers slid into his mind and taught him the wrong things, like tricks, sweet talk, and fear. With his crew, the seven **Warriors of Wicked Deeds**, he set out to sway kids to his side and drape the valley in shade.

“Here’s the good news: light travels. Cali-Ann and her **team** aren’t afraid. With humor, kindness, and the teachings by their side, they listen for the call to restore balance and help the children of Spirit Valley find their way again.”

And because life isn’t black or white, good or bad, neither are our protagonists and antagonists. Cali-Ann and her team can sometimes be misguided. Lucas and his Warriors of Wicked Deeds can even tempt them. Conversely, the wicked ones can be persuaded to do the right thing by Cali-Ann and her spirited team, which makes for fascinating adventures. **That’s what makes these adventures worth telling.**

Synopsis



At dusk on Halloween Eve in Spirit Valley, Cali-Ann, her Spirit Team, and the campers set out on what begins as a fun, pony-driven hayride. But when Malice grabs the reins and Lucas stirs up mischief, the ride twists into a haunted adventure, steering straight into a shadowy corn maze packed with spooky tricks. With Scholar’s wisdom, Cali-Ann’s calm guidance, and Merci’s sharp wit, the children discover that real bravery means steady hearts and clear minds. Their night ends with fireflies, pumpkins, laughter, and the reminder that even the darkest shadows always give way to light.

Cali, Merci the Eagle, Scholar the wise beaver, Martina, and the campers face Lucas and envious Malice

The Halloween Hayride

1 (Half-title)

Characters illustration

2–3 (Title Spread)

The Halloween Hayride

Start story

4–5

The moon rose over Spirit Valley, bright in the sky. A hay wagon creaked, full of golden straw. “Haunted hayride tonight!” called Merci, spreading her wings. “Who’s ready for fun and straw in their socks?” Cali-Ann climbed up with Martina, the campers, and her Spirit Team. Lucas and his friends leapt in with sneaky smiles like foxes. Scholar tapped his tail. “A calm mind,” he said, “finds the best path.”

6–7

Malice's eyes glowed green. "Why does Cali always get to lead?" She climbed onto the driver's seat and pulled the reins tight. The ponies jumped. The wagon bounced. Hay flew everywhere. The ponies snorted, their breath puffing in the cold air. "Whoa!" cried Merci. "This is a hayride, not a wild pony show!"

8–9

The wagon bumped off the road and into tall, rustling corn. "Uh oh," said Merci. "Corn mazes are fun, unless you get lost in them!"

A black crow flew up, wings flashing in the moonlight. The campers screamed, then laughed. Shadows grew long. Leaves brushed their faces. The ponies ran faster, hooves thumping the ground. Everyone gripped the rails tightly. Even Lucas and his friends held on.

10–11

"Left! No, right! Let's scare them!" shouted Lucas. His friends howled like ghosts. They snapped cornstalks and tossed straw. The wagon slid toward a ditch, its wheels near the edge. "Lucas!" yelled Cali-Ann. "You're scaring the ponies!" Merci flew down. "Even the scarecrows look confused! And you sound more like goats than ghosts!" Everyone laughed as the wagon rolled back to safety."

12–13

Scholar helped the children hold on. "Stay calm," he said. "Fear grows when you think about it too much. Take a breath and think." Cali-Ann spoke in a gentle voice to the ponies. "Easy now, friends," she said. "Strong hooves. Brave hearts. You can do this." The ponies lifted their heads, listening to her voice. The wagon stopped shaking."

14–15

The wagon bumped and slid to the side. A rope was stuck in the wheel! The ponies stomped in fear. The wagon leaned, ready to fall. Scholar jumped down fast. He bit through the rope—snap, chomp, crunch! "Beaver teeth to the rescue!" called Merci. With one more bite, the rope broke free. The wagon rolled again. "Steady now," said Cali. The ponies calmed down and listened.

16–17

Malice pulled hard on the reins. "That's not fair! I wanted to be the brave one!" She tugged so hard a camper almost fell. Cali caught her hand and looked at her kindly. "Bravery isn't about who leads," Cali said. "It's about what's in your heart." Malice blinked. Her hand loosened. She stayed quiet.

18–19

Together, they drove. The wagon rolled steadily down the path. Fireflies floated up, glowing like tiny lights. The children clapped and cheered. The ponies lifted their heads proudly. Even Lucas grew quiet as the warm glow shone on his face, chasing away the darkness.

20–21

The wind blew through the corn and whispered.

“Fear can shake you. Jealousy can lead you wrong. But a brave heart will guide you home.” Cali looked up toward Gichi. Martina smiled and said, “Scholar taught us to breathe and think when it mattered most.”

22–23

The wagon rolled past a farm stand full of shiny apples. Fake ghosts and witches stood under a sign that read, “Haunted House: Welcome... if you dare!” The campers shivered, then laughed. Their fear changed into fun.

24–25

The wagon rolled into a big pumpkin patch. Kids jumped down and ran through the vines. They looked for the best pumpkins: tall, small, bumpy, and funny ones. Each was special in its own way. Laughter filled the evening air. Martina hugged a bright orange pumpkin. Merci sat on a crooked stem proudly.

26–27

Soon, every camper had a pumpkin to hug. Back at camp, the fire blazed, casting a warm glow. Sparks floated up to the stars. They shared funny, spooky stories and laughed so hard their sides hurt. Songs filled the night. Even Malice smiled and tapped her foot.

28–29

Cups of warm apple cider steamed in the cool air. Merci sat on a pumpkin. “Great ride,” she said, “but maybe skip the ditch next time!”

Everyone laughed, cider spilling as they giggled. “See?” said Merci. “Some tricks bring treats!”

30–31

Merci pointed her beak at the candy bowl, where cookies were vanishing fast. “Best trick ever—disappearing snacks!” she said. She grabbed a cookie, and crumbs fell on her feathers. “Best treat of the night!” Cali shook her head. “Merci!” Everyone burst out laughing.

The last giggles of the night floated into the cornfield.
They faced tricks and fears, but courage guided them home.
Cali whispered to the campers, “Shadows don’t last forever.”
High above, the Gichi Grandparents smiled,
their voices soft as the wind:
“Don’t be afraid. Shadows always turn to light.”

END

Manuscript #5

Frybread and Marshmallows at the Powwow

Powwow Day has arrived, and Cali-Ann Moonhawk is ready for it. With Merci the Eagle flapping sassily at her side and her spirited animal team behind her, she’s excited for drumming, dancing, and bannock on a stick. At Camp Venture, Cali-Ann welcomes Romeo, a quiet boy unsure of where he belongs. When Lucas and the Warriors of Wicked Deeds crash the celebration with swagger and false pride, Romeo must choose between fitting in or stepping into the circle with heart. Guided by the whispers of the Gichi, her grandparent ancestors, and the wisdom of the Seven Teachings, Cali helps Romeo discover that true pride comes from humility, courage, and love. Frybread and Marshmallows at the Powwow celebrates Indigenous teachings, community, and the quiet strength of being authentic.

Prologue

High above the earth, the Gichis watched with kind eyes and warm hearts.
They whispered their wisdom to seven brave animals, who carried their teachings to the people below.

When the first drumbeat echoed across the land, the animals gathered. They knew a new Powwow Day was dawning, a time for songs, stories, and hearts to shine.

And down below, one spirited girl named Cali-Ann Moonhawk was already lacing up her moccasins, ready to dance, laugh, and help others find the courage to do the same.

Synopsis



On Powwow Day at Camp Venture, Cali-Ann Moonhawk can hardly wait for the songs, the dancing, and the smell of fresh bannock on a stick. With her spirited animal team and her sassy sidekick Merci the Eagle by her side, she's ready for a day full of joy and tradition.

But when Lucas and his Warriors of Wicked Deeds crash the celebration with their loud tricks and show-off ways, a quiet boy named Romeo begins to doubt himself. Cali-Ann and Merci help him remember that real pride doesn't come from flash or noise. It comes from kindness, courage, and being true to who you are.

Guided by the Seven Teachings, *Frybread and Marshmallows at the Powwow* is a celebration of Indigenous wisdom, friendship, and the gentle power of humility.

When Lucas and the Warriors of Wicked Deeds stir up trouble at Camp Venture, Cali-Ann helps a shy boy named Romeo discover that true pride comes from kindness, courage, and staying humble. Rooted in the Seven Teachings, this story from the *Spirit Valley* collection celebrates community, culture, and the quiet power of being true to yourself.

Tagline

At the Powwow Circle, true pride shines from the heart.

Frybread and Marshmallows at the Powwow

1

Title Page

Characters Illustration

2

Copyright Page

3

Map

Start story

4–5

High in the sky lived the Gichis. These gentle spirits watched over children with warm hearts. They shared their wisdom with seven brave animal guides.

Cali-Ann Moonhawk looked up. "Adventure time, Gichi!"

Merci swooped down beside her. "Don't worry, Gichi," she squawked. "She's got me!"

Cali giggled. "Yep! My fearless, feathery sidekick!"

6–7

The sun rose pink and gold. It was Powwow Day.

At Camp Venture, colorful tents popped up like flowers.
Cali-Ann helped her parents, smiling to the beat of the drums.
Merci perched nearby. "I smell frybread!" she cawed.
Cali-Ann grinned. "First the powwow, then the snacks!"

8–9

Her friends gathered.
Bimini the brave bear.
Miles the turtle.
Scruples the funny Sabe.
Grazer, the calm buffalo.
Scholar, the clever beaver.
Then, Lunar the wolf trotted in, tail wagging.
Merci fluttered down onto Cali's wristband. "Let the powwow begin!" she cawed.
As they neared the circle, Lucas hid behind a booth. The Warriors of Wicked Deeds snickered beside him.

10–11

The powwow buzzed with color and song.
Dancers twirled in bright regalia. "Look at the feathers!" Merci cheered.
The Grand Entry began. Families danced into the circle.
Beads sparkled. Bells jingled. Feet swirled and spun.
A soft breeze whispered, "Kindness and calm beat bragging."
Merci nodded. "Some grown-ups forget that."

12–13

Lucas and his friends saw a quiet boy. "Let's prank him," Lucas whispered.
"Uh-oh," said Merci. "Trouble."
Cali-Ann waved. "Hey, Romeo! Want to roast marshmallows at North Camp?"
"As long as I get frybread," Merci added with a wink.

14–15

Romeo smiled a little, but before he could answer, Crush stepped in. "Come with us. We have better roasting sticks."
Merci swooped down. "Unless they come with better attitudes, no thanks."
Cali laughed. "Merci's feeling extra sassy."
Romeo looked from one side to the other. Lunar said, "Listen to your heart."
Romeo nodded. "I want to go with you."
"Smart choice," Merci said with a wink.

16–17

Cali's team cheered. They played hoop-and-stick, drummed, and sang.
Merci showed Romeo how to do the Eagle Bow. "Ta-da!" she cawed.
"Wow," said Romeo. "I didn't know powwows were this fun."
Cali-Ann smiled. "It's never too late to reconnect with your roots. You fit right in."

18–19

Lucas and Crush came back, holding sticks. "We'll show them who's best at roasting," Lucas said.

Cali giggled. "They might trip over their sticks."

Crush strutted in wearing a velvet coat and hat. "Showing off is the best way to get noticed."

"That outfit is louder than the drum circle," Merci whispered.

Lunar nodded. "Being proud doesn't mean being loud."

20–21

"Our traditional clothes show where we come from," Cali-Ann said.

"Style is fine, but being real is better," Merci said.

Lucas roasted giant marshmallows. One dropped onto Crush's coat and stuck fast.

"Told you so," Merci cawed.

"Look, bannock," Romeo said.

"My family calls it frybread," Cali answered with a smile.

22–23

A kind woman gave Romeo a dough-on-a-stick. "Turn it until it's golden."

Cali smiled. "If it's warm and yummy, it counts."

Romeo took a bite. "Mmm."

A puff of sugar landed on his nose. Everyone laughed.

"I love sugar noses," Cali said.

"Simple and sweet wins," Merci said with a grin.

24–25

The drums boomed again. Lucas frowned. "Crush didn't win over Romeo. Stormy, it's your turn."

Stormy stomped in and banged the drum. BOOM! BANG! BONK!

"Yikes," Merci said. "That drum has no chill."

Cali sighed. "It lost the heartbeat of the circle."

Scruples the Sabe stepped forward. With his big paws, he softened the beat. Tap. Tap. Tap.

"Respect the rhythm," said Grazer. "It will respect you."

26–27

Romeo painted a mural of handprints and listened to stories from the elders. He felt proud and at home.

"You're one of us," Cali-Ann said.

"Feather bump," Merci said, tapping his hand with her wing.

They watched the Tiny Tot dancers spin in their colorful clothes. Ribbons fluttered.

Cali smiled and handed Romeo her dad's shirt. Then the drum called again.

"Shake those tail feathers," Merci cawed.

Romeo stepped into the circle. His feet moved with the beat. He danced with joy, welcomed, and proud.

28–29

A whisper floated on the breeze. "Dance with a happy heart, and you will shine."

"Shine on, Romeo," Cali-Ann whispered.

Lucas had one more plan. Narce stepped forward. "Let's enter the dance contest. Match my moves."

"Or fall on your face," Merci said.

"Our dancing isn't about winning," Cali-Ann said. "It's about joy and respect."

Romeo danced with the drumbeat inside him. Narce spun too fast. "Whoops!" He fell.

Romeo didn't brag. He didn't show off. He kept dancing.

The judges smiled and handed Romeo a shiny ribbon.

"Romeo danced with heart," Merci said proudly. "Narce danced like he was from outer space."

Cali laughed. "Good thing we stayed grounded on Earth."

30-31

The sun began to set. The powwow slowed and quieted. Everyone sat together, watching the sky turn pink and gold.

"Thanks," Romeo said. "Best day ever."

"You made it special," Lunar said.

"And your dance moves weren't bad either," Merci teased.

Lucas and his friends walked away. Crush looked back, kicked a pebble, and said nothing.

Lucas paused. "Nice dancing, Romeo," he whispered.

"They'll be back," Cali-Ann said in a gentle voice.

She put her arm around Lunar and looked up at the sparkling sky.

Merci perched nearby. "Same time next year?" she asked.

32

Romeo smiled, and they walked home with happy hearts.

Merci flew overhead, waving.

"Snack lovers, I'm hunting for leftovers!" she called, twirling in the air and almost bumping into a tree.

Cali-Ann laughed.

"Humble wolves make the best teammates," Merci said.

"Show-offs get sticky coats."

Cali-Ann smiled. "Whatever comes next, we will face it together with kindness, courage, and love."

END

ADDITIONAL OPTIONAL RECIPE AND STUDY GUIDE

33

Bannock: The Yummy Fry Bread

There are lots of ways to make fry bread! Some people use eggs and milk, while others don't. Some cook it over a fire on a stick, while others fry it in a hot pan with oil.

A long time ago, people in Scotland first made bannocks. Later, the Métis people in Canada created their own special way of making them.

The word “Bannock” means “little bite.” People around the world call it by different names, such as zeppole, *asaczki*, *samosa*, or *sopapilla*.

Bannock is always super yummy, no matter how you make it—sweet or salty!

ANGIE'S EASY BANNOCK RECIPE



You'll Need:

- 3 cups of flour
- 2 tablespoons of baking powder
- A little bit of salt ($\frac{1}{2}$ teaspoon)
- $\frac{1}{4}$ cup butter, lard, or shortening (cut into little pieces)
- $\frac{3}{4}$ to 1 cup water

How to Make It:

1. **Mix the dry stuff.** Put the flour, baking powder, and salt in a big bowl. Stir it up!
2. **Add the butter.** Mix the butter into the flour with your fingers or a spoon. It should look like little crumbs.
3. **Going camping?** If you are, stop here! Put the mix in a bag, and add the water when you're at the campsite.
4. **Add water.** Add a little at a time and mix until the mixture sticks together.
5. **Knead the dough.** Squish and gently press it until it feels soft. If it's too sticky, add a small amount of flour.

Now it's ready to cook! Choose one of the ways to cook the bread on the next page.

Bannock on a Stick

Campfire Safety Warning for Kids

Always have a parent or another responsible adult when making or sitting around a fire. Never start or attend a fire alone. Stay safe, and always listen to the adult in charge to keep the fire under control.

1. **Get some dough.** Take a handful of dough ($\frac{1}{2}$ cup to $\frac{2}{3}$ cup).
2. **Find a good stick.** Select a thick, fresh stick (not dry, or it may burn). It should be about as thick as your thumb ($\frac{1}{2}$ to $\frac{3}{4}$ inches).
3. **Get the stick ready.** Peel off the bark from the top part of the stick (about as long as
4. **Wrap the dough.** Roll it into a long shape and wrap it around your hand. Make sure it's not too thick—just a little bigger than your finger.
5. **Cook over the fire.** Hold the stick over hot, glowing coals (not big flames!). Keep turning it so it cooks evenly.
6. **Wait 10 minutes.** When the outside turns medium brown, the center dough looks dry and not wet, and the bread slides off easily; it's ready.

Bannock in the Oven

1. **Make the dough.** Get your bannock dough ready.
2. **Put it in a pan.** Press the dough into a big, heavy pan.
3. **Bake it.** The pan will need to be placed in a hot oven (450°F).
4. **Wait 15-20 minutes.** When it looks golden brown, it's ready.
5. **Let it cool.** Enjoy!

Fry Bread and Marshmallows at the Powwow Study Guide

To answer these questions, find the answers in the story.

Objective: Define words in context

1. What are three things a powwow celebrates?

2. Which three activities does Cali-Ann enjoy at powwows?

Objective: Identify elements of setting

3. Describe how the powwow looks and sounds.
4. What do you think is the most fun part of the powwow?

Objective: Examine the author's use of characterization

5. Describe one of Cali-Ann's animal companions.
6. How does Cali-Ann respond when Crush tells Romeo not to wear Native American clothing at the powwow dance?
7. What kind of person do you think Cali-Ann is?
8. What kind of person do you think Lucas is?

Objective: Draw conclusions from the text

9. Why do you think Cali-Ann is so kind?
10. What do you believe makes Crush act so proudly?
11. Why do you think Lucas likes to control other children?
12. What makes other kids do what Lucas says, even when he is unkind?

Objective: Identify the conflict and resolution

13. What is Cali-Ann and Lunar's biggest problem in *Fry Bread and Marshmallows at the Powwow*?
14. How do they solve the problem?

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***Fry Bread and Marshmallows at the Powwow*
Study Guide (Continued)**

Objective: Determine the main idea

15. What is most important to Cali-Ann about Romeo?
16. What is most important to Lucas about Romeo?
17. Whose side does Romeo choose? Why do you think he made that choice?

18. What one major lesson do we learn from Cali-Ann, Lunar, Merci, and Gichi-Ma?

Objective: Make personal connections

19. Is this story similar to your life or different? Explain.

Objective: Create a story

20. Write a story about one of your favorite traditions. It can be a tradition from your real life or one you would like to create.

Note

Not everyone has a family or cultural tradition, and that's okay! Write about something you do regularly or imagine a tradition you would love to start. Traditions can be anything—from weekend game nights to making hot chocolate on the first snowy day.

Writing Help

This story might begin with:

One of my favorite traditions is _____ because

PAGE 37

Fry Bread and Marshmallows at the Powwow

Study Guide: Answers

Objective: Define words in context

1. **What are three things a powwow celebrates?** Family, friends, and culture.
2. **Which three activities does Cali-Ann enjoy at powwows?** Drums, dancing, and stories.

Objective: Identify elements of setting

3. **Describe how the powwow looks and sounds.** Answers would include dancing, drums, costumes, and food.
4. **What do you think is the most fun part of the powwow?** This is a personal opinion, but might include fry bread, marshmallows, campfires, socializing, or dancing.

Objective: Examine the author's use of characterization

5. **Describe one of Cali-Ann's animal companions.** The most likely response would be Lunar the Wolf, a main character in this story. There are seven animals that readers could name. The other six are: Bimini, the strong bear; Miles, the peaceful turtle; Scruples, the playful raccoon; Lunar, the quiet lynx; Merci, the cheerful eagle; and Scholar, the wise rabbit.
6. **How does Cali-Ann respond when Crush tells Romeo not to wear Native American clothing at the powwow dance?** Answers should reflect Cali-Ann's disapproval of Crush's attitude, which is vain. Cali-Ann says, "We celebrate our traditional clothing here, but your outfit is not from powwow tradition." She then explains, "Our clothes tell our family's story and history." Her response is to remind them about the value of culture.

7. **What kind of person do you think Cali-Ann is?** Most readers will say that Cali-Ann is firm, but perhaps strict about doing the right thing.
8. **What kind of person do you think Lucas is?** Many readers will say that Lucas is angry or cruel. Some may call him a bully.

Objective: Draw conclusions from the text

9. **Why do you think Cali-Ann is so kind?** Readers may infer from the text that Cali-Ann has kind parents, good animal friends, and helpful ancestors, the Gichi.
10. **What do you believe makes Crush act so proudly?** Readers may infer that Crush is trying to get attention because he feels ignored by other kids or his parents.
11. **Why do you think Lucas likes to control other children?** It is more challenging for young readers and adults to understand why some people bully others. They may guess that Lucas feels strong when he manipulates others.
12. **What makes other kids do what Lucas says, even when he is unkind?** Many readers may respond that kids do what Lucas says out of fear. Some might say because he is not so strict.

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Fry Bread and Marshmallows at the Powwow

Study Guide: Answers (Continued)

Objective: Identify the conflict and resolution

13. **What is Cali-Ann and Lunar's biggest problem in *Fry Bread and Marshmallows at the Powwow*?** Cali-Ann and Lunar face the vice of vanity and try to teach humility, so their biggest problem is that Lucas and Crush want Romeo to forget his traditions and look cool, rather than honor his background.
14. **How do they solve the problem?** Cali-Ann and Lunar win the day by being kind, encouraging, and understanding.

Objective: Determine the main idea

15. **What is most important to Cali-Ann about Romeo?** Cali-Ann hopes that Romeo will appreciate who he is and honor tribal traditions.
16. **What is most important to Lucas about Romeo?** Lucas appears focused on drawing Romeo away from clean fun and into prideful activities.
17. **Whose side does Romeo choose? Why do you think he made that choice?** Romeo sides with Cali-Ann when she says, "Dancing is not about being the best. It is about celebrating and respecting our culture." The story continues with, "Romeo listened, smiled, and kept dancing with all his heart." We can infer that Romeo felt happy honoring his family traditions and accepting who he is.
18. **What one major lesson do we learn from Cali-Ann, Lunar, Merci, and Gichi-Ma?** In these stories, the Gichi guide Cali-Ann and her friends with wisdom. Gicha-Ma says, "Remember, it is better to be kind and humble than to show off." Main ideas could be that it is better to be kind and humble than to show off, or to honor family traditions above personal pride.

Objective: Make personal connections

19. **Is this story similar to your life or different? Explain.** Readers will compare something that occurred in the story to their own lives and discuss how it was different or similar.

PAGE 39

Fry Bread and Marshmallows at the Powwow
Study Guide: Answers (Continued)

Objective: Create a story

20. **Write a story about one of your favorite traditions. It can be a tradition from your real life or one you would like to create.** Readers will write a story that shares a favorite tradition. Most students will use a narrative essay format, but some may include dialogue and descriptive details.

Note

Question 20 asks readers to write a story about their favorite traditions, and it helps to discuss what traditions are, such as going to baseball games or family gatherings for a holiday. Some readers may not be aware of traditions, and they can create one they would like to have. Who knows? Maybe one day, we can celebrate it with them.

Writing Help

Some writers need a writing prompt to help them get started. This story might begin with:

One of my favorite traditions is _____ because

Advanced Writing Support

Modeling is when a teacher or parent creates an example of what they want the young writer to produce. If you ask them to write a story about a favorite tradition, have them write a story about a favorite tradition first. Modeling includes speaking aloud about your writing strategies while you write, such as saying, “I don’t want to begin this by saying I am writing a story. I want to begin with the story, so I will start with...” Once you have finished writing, encourage young readers to write about their own favorite tradition. They will have a clear idea of what to write after seeing your example.

Example starter

One of my favorite traditions is visiting my grandma’s house every Sunday, where we cook together, laugh, and share stories around the table. We usually arrive at her house in the afternoon. She has been cooking for hours. Some of my favorite foods that we cook are barbequed chicken and green beans. Grandma makes desserts most of the time, but sometimes Mom brings brownies. Everyone loves Mom’s brownies, and we only get them if we visit Grandma!

THE END

Manuscript #6

The Great Garden Toss Up

Seeds of Trouble or Truth

Prologue

Long ago, high above the misty peaks of Spirit Valley, the Gichi Grandparents kept a gentle watch. Their hearts were filled with the wisdom of stars.

One moonlit night, a sparkle of stardust drifted down and touched a newborn child. The wind whispered her name: *Cali-Ann Moonhawk*.

“Well now,” Gichi-Ma hummed like a lullaby, “this little one is meant for something good.”

To guide her, seven animal friends were sent, each with a special gift: Love, Respect, Courage, Honesty, Humility, Wisdom, and Truth. Together, they became the Spirit Guide Seven.

But where there is light, shadows will gather. One boy, Lucas, once laughed as bright as summer rain. Then dark whispers taught him tricks and fear. With his crew, the Warriors of Wicked Deeds, he worked to pull children off the right path and cover the valley in shade.

Still, light has a way of shining through. Cali-Ann and her friends carry kindness, courage, and humor in their hearts. And even Lucas, for all his mischief, sometimes finds his way back, when Cali-Ann shows the light.

And that is why these adventures are worth telling.



Tagline

From wiggly worms to buzzing bees and flying tomatoes, Merci’s sassy one-liners and Cali-Ann’s wisdom remind kids that food is for sharing, not wasting.”

Synopsis

In *The Garden Variety*, the Spirit Valley garden wakes with laughter and light as young Cali-Ann Moonhawk gathers her friends to plant, weed, and harvest. With the help of her Spirit animal companions, she shows the campers that even the smallest creatures have their place in keeping the earth alive. Worms enrich the soil, bunnies nibble among the rows, and bees carry life from blossom to blossom.

But shadows creep into the sunshine. Lucas and his Warriors of Wicked Deeds have mischief to spread. Stormy hurls ripe tomatoes like weapons, Inertia tempts others to quit, and Lucas himself rouses a swarm of bees to stir up fear. What begins as a joyful day in the garden soon unravels into uproar.

Still, Cali-Ann does not waver. With humor, courage, and the steady wisdom of her Spirit Guides, she reminds the children that food is meant to be shared, not wasted, and that respect keeps the garden in balance. Under her calm hand the bees return to their blossoms, the garden

steadies, and the lesson grows clear. Every choice plants a seed, whether fear or respect, waste or care.

And when the work is done, the garden blooms with reward. The children gather under the stars for a feast of salad, roasted carrots, and tomato sauce. Even Stormy admits that tomato sauce tastes far better on pasta than on fences. By the night's end, Spirit Valley glows once more, proof that with kindness, patience, and a little guidance from the Gichi, truth and effort always bear fruit.

Cali, Miles, Merci, and Margaret (the ordinary girl) are facing off against Lucas and Inertia.

1

(Half-title)

The Great Garden Toss Up

Characters illustration

2–3

(Title Spread)

(Optional illustration of Spirit Valley Map)
credits.

Start Story

4–5

The Spirit Valley garden shone in the morning sun.

Birds sang in the trees.

Cali-Ann clapped her hands.

“Today we will plant and pick together!”

Merci flew above her.

“Free mud masks for everyone!” she joked.

But Lucas and his friends didn't come to help.

They came to cause trouble.

6–7

Bunnies hopped between rows of carrots.

Campers laughed as the rabbits nibbled.

“They’re stealing!” Margret said.

Grazer the Buffalo spoke in a gentle voice.

“They’re hungry too. Sharing shows respect.”

Merci laughed. “Hide your shoelaces! These bunnies eat everything!”

The rabbits twitched their noses. They dared the campers to chase them.

8–9

Inertia leaned on the fence and yawned.

“Why work? Let the rabbits eat it all,” he said.

Miles the turtle inched forward.

“If we care for the garden, it will care for us,” she said.

“Even the bunnies get a little.”

The campers imagined empty plates if no one helped the garden to grow.

10–11

Cali-Ann knelt with an apron full of seeds.

“Worms help the garden grow,” she said.

A squirmy worm slid near Margaret's boot.

She squealed.

Miles smiled. “Worms make the dirt healthy.”

Merci laughed. “It’s not a snake. Worms are garden heroes!”

The worm wriggled away. It made small tunnels that helped the plants breathe.

12–13

Inertia shrugged.

“Worms, dirt, and digging are too much work,” she said.

Scholar the Beaver wrote in his notebook.

“No work means no food.”

The campers looked from Inertia’s grin to Cali-Ann and Miles’s calm smiles.

They knew what to do.

They dug together, laughing as shovels clinked.

The garden felt full of life again.

14–15

After digging, Cali led everyone to the tomato patch.

The vines were full of bright red tomatoes.

“These will make a perfect sauce tonight,” she said.

Stormy grabbed one.

“Perfect for throwing practice!”

Splat!

Tomato juice splashed everywhere.

Laughter and noise filled the **once-quiet garden**.

16–17

“Food fight!” Stormy yelled, throwing another tomato.

Lucas and his friends joined in.

Campers ducked as tomatoes splattered everywhere.

Merci flew back and forth.

“Quick! Somebody grab chips! We’ve got salsa!” she joked.

Miles sighed. “Food is for eating, not wasting.”

The vines bent low, covered in squished fruit.

18–19

Cali-Ann lifted her hand.

“Stop! Stormy, you’re ruining our food!” she said.

Stormy shrugged.

Inertia laughed. “See? No need to cook. Let Stormy play.”

Merci flew low. “Even worms work faster than inertia!”

A camper whispered, “If we don’t stop, there will be no pasta sauce left for dinner.”

20–21

A loud buzz filled the garden.

“Bees!” a camper shouted.

“Stay calm,” Cali-Ann said. “They’re just scared.”

Lucas grinned and waved his bandana.

The bees flew closer to the campers.

Merci flew fast. “Stop! Bees are helpers, not for teasing with!”

Grazer stomped his hoof. “Without bees, plants can’t grow.”

22–23

A bee landed on Cali-Ann’s hand.

She didn’t move.

“It’s okay,” she said in a gentle voice. “You belong here, in the garden.”

The buzzing grew quieter.

The bees floated back to the flowers.

“They weren’t attacking,” Margaret said.

Scholar wrote in his notebook, “Nature fights when it feels scared.”

Grazer nodded. “Respect brings peace.”

The garden felt calm again.

24–25

Stormy frowned. “At least they didn’t sting me.”

Merci sat on the fence. “Bees like sweet flowers, not grumpy people.”

Everyone laughed.

The garden felt alive, full of helpers, big and small.

Cali-Ann smiled at Margaret.

“Every choice is like a seed,” she said. “Will it grow kindness or trouble?”

Margaret nodded, feeling safe and happy in the garden.

26–27

Margaret stepped forward. “We’ll help Miles,” she said.

Cali picked up a worm and placed it back in the dirt.

The teams came together to pick tomatoes and fill baskets.

Soon, the messy garden looked neat again.

28–29

More campers joined in.

They laughed while chasing the bunnies away. They pulled weeds and planted new seeds.

Grazer pushed soil with his hooves.

Scholar drew neat garden rows.

Bimini lifted baskets into a wheelbarrow.

The sun sank low, and the garden glowed with teamwork.

30–31

Merci sat on the fence, licking her feathers that were sticky with tomato juice.

“Tomato toss? No way. Tomato sauce tastes better!” she joked.

Stormy rolled his eyes. “Okay, sauce on pasta is better than on fences.”

Inertia yawned. “You all worked too hard.”

Miles smiled. “Hard work fills us up. Doing nothing leaves us hungry.”

Margret grinned. “Helping feels good. We made something grow.”

32

That night, the garden became a feast.

There were salads, carrots, and big bowls of tomato sauce.

An Elder smiled. “Hard work made this meal,” she said.

Merci held up a carrot. “Let’s cheer for the worms!”

Under the stars, Cali-Ann whispered, “Thank you, Gichi, for guiding us.”

Miles whispered, “Truth is a little seed that grows when we do what’s right.”

Everyone ate until their bellies were full as the garden glowed with joy.

END

Manuscript #7

Cali-Ann’s Canoe Adventure

At Camp Venture, where sunlight sparkles on the lake and laughter echoes through the trees, a quiet storm is brewing, and it has nothing to do with the weather!

Tagline

Lake fun, canoe fails, and a race to keep Lucas from turning Camp Venture into Camp Capsize.

Pitch

“Cali-Ann Moonhawk spots Lucas and Stormy making waves again, eager to turn one girl’s nerves into their next splashy prank.”

This summer won’t be about canoe races; it will be about helping a friend find her courage. With guidance from Bimini, her brave-hearted bear, a whisper from the past, and the quiet strength of kindness, Cali-Ann will help Amelia learn what it means to paddle, to swim, and to rise above fear.

Prologue

At Camp Venture, Cali-Ann Moonhawk looks forward to a summer of swimming and canoeing, not confronting bullies.

But when Lucas and Stormy pick on a shy new camper named Amelia for being afraid of the lake, courage and kindness chart the course.

With help from Bimini, her brave-hearted bear, and a moonlit message, Cali-Ann discovers that friendship can save more than just a summer.

Synopsis



At Camp Venture, where sunlight dances on Lake Rescue and kids chase summer fun, Cali-Ann Moonhawk is ready for a season filled with laughter and campfire songs.

But when a shy newcomer named Amelia becomes the target of Lucas and Stormy, one of his troublemaking friends, summer starts to sink fast.

Amelia is terrified of the lake, and Lucas knows it. With Stormy cheering him on, he turns her fear into a game. But Cali-Ann sees through their teasing. With a strong heart and a moonlit message, she decides to help Amelia find courage, not by fighting fear, but by learning to rise above it.

Guided by her brave-hearted Spirit, Bimini the bear, and backed by her witty sidekick Merci the eagle, Cali-Ann hatches a plan of gentle bravery. From morning encouragement to memories of her own fears, she helps Amelia take small, bold steps—from dipping her toes in the water to finally paddling across the lake.

When Lucas tips his own canoe during a show-off stunt, it’s Amelia who reaches out to help. What follows isn’t just a rescue, but a ripple of change. Sometimes the bravest act is showing kindness to those who once tried to sink you.

By summer’s end, Amelia is not only paddling but glowing with pride. Even Lucas and Stormy begin to change, caught off guard by the quiet power of compassion

Cali, Amelia and Bimini Bear/courage face off against Lucas and Stormy/wrath)

1

(Half-title):

Cali-Ann’s Canoe Adventure

½ page character illustration

2–3.

Full title, author/illustrator names, copyright info. Optional small illustration (e.g., Cali-Ann walking a forest trail)

Virtue Valley Map

4-5

Story starts

The car stopped at Camp Venture. The lake sparkled in the sun. Cali-Ann pushed the door open and jumped out, grinning. Her dad smiled. “Ready to show everyone how it’s done?” “You bet!” said Cali.

Cali saw a girl with a duffel bag. “Hi! I’m Cali-Ann. First time here?” “Hi, I’m Amelia. I can’t swim.” Cali smiled. “That’s okay. Please stick with me. You’ll learn this summer. I know every part of Lake Rescue.”

6–7

Later, Amelia walked toward the water. Across the lake, Lucas nudged Stormy. “She’s scared.” “Let’s make her more scared,” Stormy said. They approached her. “Careful,” Lucas teased. “This lake’s so deep, sea monsters might tickle your toes.”

Amelia froze. “The bottom’s full of rocks,” Stormy said. “You’ll sink!” Amelia stepped back. “Don’t listen!” Cali ran over. “They’re just trying to scare you.” Merci landed on Cali’s shoulder. “These two yell ‘shark’ every time a fish burps!”

8–9

The next morning, sunlight danced on Cali’s bed. She tiptoed outside into the quiet woods. Under a tall pine stood Bimini, the brave bear. “It’s time,” said Bimini softly. “Time for what?” Cali asked. “To help Amelia find her courage,” said Bimini.

10–11

Cali went to Amelia’s cabin and woke her gently. “Come with me before breakfast,” she whispered. Amelia yawned. “Where?” “To the lake,” Cali said. Bimini followed them. “It’s prettiest when it’s quiet,” Cali said.

At the water, Amelia stared at the lake. “I want to try swimming,” she said. “But what if I sink?” Bimini placed her paw on Amelia’s shoulder. “You’re braver than you think.” Cali nodded. “You won’t be alone. We’ll do it together.”

12–13

Mr. Moonhawk approached with a photo. “Cali-Ann was scared of water, too,” he said. “Her grandma helped her.”

Amelia’s eyes grew wide. “You were scared?” Cali nodded. “Yep. But I learned. Now I love the water.”

14–15

Cali gave Amelia a bright life vest. They stepped into the cool water. “Small steps,” Cali said. “One toe at a time,” Bimini added. Amelia put one foot in, then the other. She smiled. “You’re doing it!” Cali cheered.

Amelia leaned back and giggled. “Water up my nose!” Merci flew down. “Now you’re a real camper!” Amelia laughed.

16–17

Cali and Bimini sat in a red canoe. “Hop in!” Cali called. Amelia stepped onto the dock and nodded.

She climbed in, wobbling a bit. “Here,” said Cali, handing her a paddle. “I’ll show you.” They paddled together across the lake. “This is so fun!” Amelia said. “I can’t believe I was scared!”

18–19

They spotted Lucas and Stormy in another canoe. “Watch this!” Lucas shouted, standing up. “Sit down!” Stormy warned.

Splash! The canoe tipped. They fell into the lake. Amelia laughed. “That did not go well!” Merci grinned. “Shortest canoe ride ever!”

20–21

Cali and Amelia paddled to help. Bimini pushed the canoe back up with a splash. “Grab my paddle!” Cali said. “We’ll help you in.”

Amelia steadied the canoe while Stormy climbed in, soaking wet. Lucas frowned. “Thanks... I guess.”

22–23

Lucas blushed. “I didn’t think you’d help.” Merci winked. “Oh, I’ll remember this forever.”

Cali smiled. “Kindness feels better than being mean.” Stormy looked down but smiled a little.

24–25

When they reached the dock, Amelia hugged Cali and Bimini. “Thank you! I couldn’t have done it without you,” she said.

Cali smiled. “You did it yourself. We just helped you see how brave you are.” The sun dipped low, painting the lake golden.

26–27

That night, the campers sat by the fire, roasting marshmallows. Amelia stood. “I was scared,” she said, “but my friends helped me be brave.” The fire popped and glowed as everyone listened.

Amelia smiled. She wasn’t afraid of the water anymore. Merci grinned. “Bravery looks good on you.”

28–29

Lucas and Stormy sat by the fire, quiet now. Stormy nudged Lucas. He nodded slightly.

Merci whispered, “Looks like someone’s learning respect.”

30–31

Later, Cali and Amelia walked to the quiet lake. Stars sparkled above and danced on the water. Fireflies blinked as a soft breeze carried a voice across the lake. “The heart that tries shines. The first step is the bravest.” Cali smiled. “Shine on, Amelia.”

32

Bimini stepped from the shadows, her eyes warm and kind. “The heart that’s brave,” she said, “shines even in the dark.” The lake sparkled, as if it were smiling back. Together, they watched their reflections ripple with light.

END

Manuscript #8

The Lacrosse Way

The Way of Lacrosse

Cali, Mia and Merci the Eagle (Love) Face off against Lucas and Narce (Pride)

High above Spirit Valley, the Gichis watched from the clouds.
They were wise, powerful beings who guarded the Seven Sacred Teachings.
The Gichis wanted to help children learn kindness, honesty, courage, and love.
But they couldn’t do it alone.

So, they called upon seven magical animal friends, each carrying a special lesson to share.
Together, these Totems would guide kids toward making good choices and living with heart.

Then the Gichis chose a leader in a brave, kind girl named **Cali-Ann Moonhawk**.
Cali-Ann understood her mission:
to help kids stay kind,
to show them the right path,
and to face every challenge with courage.

Tagline

The heart of the game glows stronger when shared.

Synopsis



At Camp Venture, excitement fills the air as Cali-Ann Moonhawk learns the sport of her people, lacrosse. With help from her dad and Merci the Eagle, Totem of Love, she discovers it is more than a game. It teaches respect, teamwork, and lifting others up.

But not everyone plays fair. Lucas and his tricky teammate Narce, the Totem of Pride, want to turn the game into a contest of showing off and winning at any

cost. When Narce whispers to shy Mia that she is better off alone, pride begins to grow and teamwork starts to fall apart.

With patience and love, Cali-Ann helps Mia remember what the game and friendship are really about. Guided by Merci's wisdom and a little Gichi magic from above, the girls learn that true strength is not being the best player but playing with heart.

By the final whistle, the power of Love outshines Pride, reminding everyone that kindness and teamwork always win the day

1

The Lacrosse Way (Half-title)

Characters illustration

2–3

(Title Spread)

Start story

4–5

Cali-Ann dashed out the door, eager for adventure. Her dad held a long stick. "This is lacrosse," he said. "It's more than a game. It teaches teamwork and respect." "Can I play?" Cali asked. Her dad smiled. "Of course! I'll teach you." Above them, Merci the eagle swooped and cawed. "Teamwork and respect? Sounds like hard work!"

6–7

Later, Cali and her dad walked to the field. "Welcome to the team!" said the coach. Cali grinned. Her best friend Mia waved. "I'm not very good," Mia whispered. "That's okay," said Cali. "We'll learn together." Merci perched on a fence post. "Just don't throw the ball at me!"

8–9

The whistle blew. Cali ran fast and caught the ball. Mia tried but tripped over her shoelaces. She landed in the grass. "It's okay!" Cali said. "Try again." Merci flapped her wings. "Falling is just practice for flying!" Mia giggled and stood tall.

10–11

After practice, Cali stayed to help. "Hold the stick like this," she said. Mia swung and—thwack!—scored! Merci twirled in the air. "Goal! Someone get this girl a trophy!" Mia laughed, her cheeks bright. But behind the dugout, Lucas and Narce watched. Lucas smirked. "Let's see how long they stay friends."

12–13

The next day, Narce strolled over to Mia. “You’re the best player,” he said. “You don’t need Cali.” Mia blinked. “Are you sure?” Narce grinned. “You should be the star!” Merci watched from a branch. “Uh oh. Trouble alert.” At practice, Mia kept the ball. “Pass it!” Cali called. Mia shook her head. “I don’t need anyone.”

14–15

Cali sighed. “Mia, lacrosse is about teamwork.” Mia crossed her arms. “I don’t need help.” Merci swooped down. “Even eagles need a flock sometimes.” Cali smiled gently. “You’re my friend. I just want to play together.” Mia looked away but didn’t answer.

16–17

The big game was that weekend. The team stretched on the field, nervous and excited. Mia stood apart, holding the ball close. Coach blew the whistle. “Let’s play!” The game began! Mia ran fast, dodging everyone. “Pass it!” shouted her teammates. But Mia didn’t. The other team stole the ball again and again. Merci groaned. “This is a one-bird show... and not a good one.”

18–19

At halftime, Cali sat beside Mia on the bench. “Why do you like lacrosse?” she asked. Mia looked down. “It’s fun. I like the sound of the sticks and the cheers.” Cali smiled. “Then let’s have fun together. It’s better when we share.” Merci nodded. “Sharing’s the secret sauce to winning—and to friendship.” Mia thought, then whispered, “I’m sorry.” Cali grinned. “You just made the best play of the day.”

20–21

The whistle blew for the second half. This time, Mia passed the ball. Cali caught it and aimed. “Go!” shouted the crowd. The ball flew into the goal! The team jumped and cheered. Merci flapped her wings. “Now that’s teamwork!” Even Coach smiled. “That’s how the game should be played.”

22–23

After the game, Mia turned to Cali. “Winning isn’t everything, is it?” Cali shook her head. “No. It’s about respect, kindness, and doing your best.” Merci perched on the goalpost. “And not bonking anyone with your stick!” They laughed as the sun dipped behind the trees.

24–25

That evening, Scholar the Beaver waddled out, holding a clipboard. “Wisdom means thinking before you act,” he said. Lunar the Wolf added, “Respect means playing fair and lifting others up.” Cali nodded. “I learned both today.” Mia smiled. “Me too. I won’t let pride get in the way

again.” Merci spread her wings. “Good, because I was running out of feathers to pull my feathers out with!”

26–27

That night, Cali sat under the stars, thinking about the game. Merci landed beside her. “The Gichis must be proud,” Merci said. Cali looked up. “I hope so.” Miles the Turtle appeared. “When you stay true to yourself,” he said, taking his time, “you help others find their truth too.” Cali smiled. “Thanks, Miles.”

28–29

The next morning, Cali ran to practice. Mia was already there, waving her stick. “Ready for round two?” she asked. “Always!” said Cali. The ground rumbled without warning. Merci soared high. “Incoming trouble!” Lucas and the Warriors of Wicked Deeds walked onto the field. Lucas smirked. “We want a rematch. This time, no rules.” Cali stood tall. “We play fair. That’s how real winners play.”

30–31

The game began again. Lucas’s team played rough, but Cali’s team worked together. They passed, shouted, and laughed. Merci zoomed above them. “Now this is a show worth watching!” Lucas stumbled, confused. His team wasn’t helping him. He realized it wasn’t fun anymore. When the game ended in a tie, everyone cheered anyway. Cali approached Lucas. “You don’t have to cheat,” she said. “You could join our team.”

32

Lucas looked down, then nodded after a moment of thought. “I’ll try.” Merci perched on Cali’s shoulder. “You know, kindness is catching.” Cali smiled. “And teamwork never loses.” The sun set behind the field, warm and gold. Above them, the Gichis watched with pride. The Seven Teachings had found a new home in Spirit Valley.

END

Manuscript #9

Miles Finds Her Way: *The Story of Her Other Shell*

Prologue

In Spirit Valley, every creature carries a lesson, and every journey begins with a single, steady step.

Miles the Turtle, known for her wisdom and calm heart, has always dreamed of returning to her roots on Turtle Island. But sometimes, even the wisest need to find their balance. When the

world spins and the path ahead blurs, Miles learns that healing starts not with rushing forward, but by listening, resting, and trusting the rhythm of her own shell.

Synopsis



The Story Shell blends humor, heart, and Indigenous-inspired teachings in a tender tale about patience, healing, and finding your way home.

After a storm, young Joseph discovers a shimmering Story Shell washed ashore. For Miles the Turtle, it feels like a sign—it’s time to visit Turtle Island, the land of her ancestors. There’s just one problem: Miles struggles with vertigo, and sometimes the world spins so much that she loses her sense

of direction.

Miles the Turtle is a determined soul who lives life in gentle balance. Prone to vertigo, she carefully monitors her “internal GPS” to stay steady and centered. Guided by her moral and magnetic compass, Miles believes in mind-body-spirit harmony. She practices slow stretches, meditative breathing, and even rotates her arms and legs in quirky ways to keep her momentum grounded. When her world tilts, she turns to Scholar the Beaver’s remedy—rest and sweet, juicy strawberries rich in vitamin C, which help ease her vertigo.

With Merci the Eagle cheering her on and her Spirit Valley friends by her side, Miles sets out on a journey of patience and healing. Along the way, Lucas, Malice, and the Wicked Deeds crew try to throw her off course, but Miles learns that returning to your roots isn’t about how fast you travel. It’s about moving with love, gratitude, and faith in your inner compass.

Rooted in Turtle Island teachings and Spirit Valley’s Seven Teachings, this story celebrates self-trust, gratitude, and the wisdom of slowing down. Through humor and heart, *The Story Shell* reminds readers that sometimes, the slowest steps lead us home.

Tagline

Even the smallest steps can lead you home when you follow your heart.

1

(Half-title):

Miles Finds Her Way:

The Story of Her Other Shell

½ page character illustration

2–3.

Full title, author/illustrator names, copyright info. Optional small illustration (e.g., Cali-Ann walking a forest trail)

Virtue Valley Map

Story starts

4-5

After a storm, Joseph, Cali-Ann, and Miles walked near Lake Rescue. Something shimmered on the beach. "What's that?" Joseph asked, crouching down. It was a tiny spiral shell, flecked with gold. It hummed, like the ocean waves. Miles blinked. "That's a Story Shell," she whispered. "It carries echoes from Turtle Island."

Miles lifted the shell to her ear. She heard the soft rumbling. "It's a sign," she said. "Time to go home." "To Turtle Island?" Cali asked. Miles nodded. "I want to return to my roots." The breeze danced around Miles's shell. Cali smiled. "Truth always knows the way home."

6-7

Merci swooped down and landed near the shell. "Didn't you try that once? You missed and ended up at Pelican Point!" Scholar peeked over his book. "It's a beautiful idea. But is your vertigo better, Miles?"

Miles sighed and gave a small shrug. "I guess I lost my balance-again." . "Last time, your vertigo messed up your direction. You had to turn back." "Sometimes," Miles said, "it feels like the whole world wobbles."

8-9

Scholar closed his book with great care. "You need rest, water, and ... strawberries." Miles tilted her head. "Strawberries?" "They're full of vitamin C—good for vertigo," he explained. Merci chirped, "And perfect with waffles!"

Lucas and Malice strolled over, smirking. "You? Visit Turtle Island?" Lucas sneered. Merci fluffed her feathers. "Did someone order a side of doubt?" Bimini crossed her paws. "Sounds like someone's afraid to try."

.Malice's envy stone flickered green.

10-11

Miles lowered her head. "Maybe they're right," she said softly.

Cali stepped forward. "They're wrong. Even hard paths can lead you home."

Merci flapped her wings. "Turtles don't rush. They move slow and steady, but they always keep going."

Scholar nodded. "That's real strength."

Miles rested, ate strawberries, and studied the map each day. By the seventh morning, she felt ready. Scholar packed dried berries. Cali walked with Joseph, who held the Story Shell. Merci flew above, wings bright in the sun. "Let's roll!" she squawked.

12-13

They hadn't gone far when the trail blurred. The grass danced. The trees spun. Miles stopped. "I can't," she whispered. "It's happening again."

Cali touched her shell. "It's okay. We'll wait." She showed Miles a compass. "Here. It'll help guide you." Scholar smiled. "Breathe. Let the ground come back to you."

14-15

Lucas and Malice crouched nearby. "She'll never make it," Malice said. Lucas grinned. "Let's watch her fail."

But Miles didn't quit. She closed her eyes and pictured Turtle Island's sun and songs. The world stopped spinning. The wind whispered, "Even when the path turns, your spirit knows the way."

16-17

"Ready," she said. They moved forward again, slow and steady. They paused when the path swayed. They ate strawberries and laughed.

Joseph held out the Story Shell. "The launch point is close!"

18-19

Lucas stepped out, holding a fake map. "This way leads to Turtle Island," he said with a grin.

Miles frowned. "No thanks, Lucas. I already have guides." She looked at her friends. Merci squawked, "Nice try, map boy!"

20-21

Malice crossed her arms. "You'll never make it at turtle speed." Joseph stood tall. "At least she's moving forward." Merci flapped. "And you're spinning in circles!" Bimini smiled. "Miles is brave enough to try."

Cali said, "You don't need speed; you need spirit," her voice a whisper. Lucas and Malice stomped away.

22-23

The air grew calm. They stepped through the dunes. And there it was—the water's edge.

The Story Shell rumbled with the sound of ocean waves. Miles took a deep breath and gripped the compass around her neck. "I'll see you all soon," she said, then disappeared beneath the water.

24-25

That night, under a blanket of stars, Cali and Joseph built a fire. The Spirit Team sat together in silence, hoping Miles would find her way.

26-27

Months later, Joseph's Story Shell began to glow. He ran to Cali. "She's coming back!" Everyone hurried to the river's edge. They waited, then- SPLASH! Miles burst from the water, Joseph's face lit up with a wide smile.

Cali asked, "Do you feel different?" Miles nodded. "Steady again." She looked around. "I learned that while I come from Turtle Island, my home is Spirit Valley." Merci squawked, "And you didn't let the dizzy stuff win!" Scholar raised a strawberry. "To sweet roots and slow steps!"

Everyone cheered. Miles's laughter was gentle. "I still wobble sometimes, but I don't fear it anymore."

28-29

She gazed at the sky. "Truth walks at its own pace." Merci fluttered beside her. "And turtles always find their way home."

The Spirit Team smiled as the lake shimmered. Miles whispered, "Home isn't one place, it's where your story begins again."

30-31

Cali nodded. "The Story Shell brought you full circle." Miles grinned. "And I'll carry its song wherever I go."

Merci soared into the sunlight. "No clouds can hide the truth!" Scholar chuckled. "Or the turtle who learned to balance her heart."

32

A golden sunrise warmed Spirit Valley. Miles turned to her friends. "Let's go home," she said. Together, they followed the light back to where it all began.

END

Manuscript #10

The Elders Truth

Prologue

In Spirit Valley, every whisper of wind carries a lesson, and every heart holds a light. When envy and doubt creep in, that light can fade, but never truly goes out.

One small lie sends Martina on a journey to find what's real, guided by Cali-Ann, Merci, and the wise Mama Halona. Through friendship, laughter, and a few tricky shadows, Martina learns that truth and gratitude can brighten even the cloudiest day.

Tagline

Truth shines brightest in a thankful heart.

Synopsis



In *The Elder's Truth*, a story of friendship and inner strength, Martina learns how to listen with her heart when lies and doubt cloud her world.

When Malice spreads a rumor that Cali-Ann said Martina isn't good enough, hurt feelings take hold. But guided by Merci the witty eagle, Miles the wise turtle, and Elder Mama Halona, Martina learns that truth isn't always loud—it shines quietly inside us.

Through kindness, courage, and gratitude, Martina discovers that even when others twist the truth, our own hearts can guide us back to what's real. Filled with humor, wisdom, and Indigenous-inspired teachings, *The Elder's Truth* reminds young readers that honesty and thankfulness always light the way home.

The Elder's Truth

1

Half-title

½ page character's illustration

2–3

credits

Story starts

4–5

Martina swung slowly. She watched other kids laugh and toss a dodgeball. She kicked at the dirt. *Why can't I play like them?* From the shade of a tree, Lucas smirked. "Go on, Malice," he whispered. Malice's green Envy Stone shimmered. "Time to stir up some trouble," she said.

6–7

Malice strutted over. "Did you hear what Cali-Ann said about you?" Martina frowned. "No... what?" Malice leaned in closer. "She said you're not good enough to play." Her Envy Stone glowed bright green. Merci, circling above, squawked, "That's funny! "I must've missed that chat because it didn't happen!" Martina's shoulders slumped. Malice crossed her arms. "That's what real friends say, right?"

8–9

In the quiet forest, Cali-Ann listened to the wind. A whisper brushed her ear. "Someone needs you." She rushed to her feet. "Needed? By who?" The breeze tugged her toward the woods.

Miles the Turtle blinked up at her. "Your friend Martina needs help finding the truth," he said kindly. "Come on, let's go."

10–11

Martina drew lines in the sand. Cali-Ann ran up. "Martina, what's wrong?" "Malice told me you said I wasn't good enough," Martina said in a low voice. Cali-Ann sat beside her. "That's not true. I'd never say that." "I'd never say that," Cali-Ann said. Miles chimed in, "Sometimes, people say mean things when they're feeling sad inside." But if you listen with your heart, you can tell what's true."

12–13

Cali-Ann stood and held out her hand. "Come with me. There's someone special I want you to meet." Martina hesitated but then took her hand. Merci flew ahead, leading the way down the forest trail. At the end stood a small cabin. Mama Halona smiled from the porch. "Ah, Cali-Ann—and a new friend too. Welcome, child."

14–15

Mama Halona rested her broom. "Even hard days can teach us," she said. "If you look for the good, you'll feel a warm glow inside. That's called gratitude. When you feel it, truth lights your way." Martina asked, "How do you stay happy?" Mama Halona smiled. "Happiness comes from how we choose to see things."

16–17

As they walked home, Martina felt lighter. Miles nodded. "When you look for truth, you see what's real. That's how you make good choices." Far away, Malice glared at her fading Envy Stone. "Ugh," she groaned. "I hate when that happens."

18–19

That night, Martina thought about Mama Halona's words. "Tomorrow," she whispered, "I'll focus on the good." But as she drifted to sleep, green mist crept through her window. It hissed, "Cali-Ann doesn't think you're good enough."

20–21

Martina opened her eyes. A shadow that looked like Cali-Ann stood with Malice. "No... it can't be," she whispered. Then Miles appeared at her window. "Sometimes, people twist the truth to make you doubt yourself," he said softly. "But their words don't decide who you are. Come with me."

22–23

At Lake Rescue, Miles said, "Look into the water." Martina leaned over and saw a fake Cali-Ann beside Malice! "They tried to trick me!" she cried. Miles nodded. "When lies swirl around, truth gets cloudy. But when it settles, you can see clearly again."

24–25

Martina ran back through the forest. Cali-Ann smiled. "You found the truth. That makes you strong." Lucas glared as cracks spread across Malice's Envy Stone. Cali said firmly, "You can throw shadows, Lucas, but our light shines back brighter.""

26–27

That night, Martina whispered to the stars, "No more doubt. I know what's true." The next morning, Cali called, "Ready, truth-seeker?" Martina laughed. "Ready, sunshine!"

28–29

Miles and Bimini joined them by the swings. "To seek the truth takes courage," said Bimini. Martina nodded. "When I listen with my heart, I can tell what's real." Merci flapped her wings. "Exactly! Otherwise, you'd believe every fib from a talking toad in fancy shoes!" Cali-Ann laughed, then spoke gently. "In my culture, Mama Halona's name means *happy fortune*. She says real fortune isn't gold or wishes. It's the truth you feel inside. And when you fill your heart with thanks, it helps you find it."

30–31

Martina thought about Mama Halona's words. "Truth lights the way," she said softly. "And being thankful makes it shine brighter." Cali-Ann smiled. "Shine on, truth-seeker." From the shadows, Malice frowned. "They found the truth again."

32

Golden sunshine spread across Spirit Valley. Cali-Ann skipped a stone across the water. Miles smiled. "Truth is like a light inside you. It helps you find your way, one step at a time."

END

Manuscript #11

Frankie and the Dreamcatcher

Cali-Ann & Lunar, the Humble Wolf, Merci, the Loving Eagle, face off against Lucas and Crush (Vanity)

Prologue

High in the skies over Spirit Valley, Merci the Loving Eagle watches over dreamers whose hearts whisper to the wind. When the Great Spirit hears a wish that rings true, Cali-Ann Moonhawk and her Spirit Team, Lunar the Humble Wolf and Merci, follow the dream to guide it toward the light.

One night, they hear the wish of a boy named Frankie. He dreams not just of a bike, but of happiness and pride in something he has earned. Yet vanity lurks close by in the form of Crush, one of Lucas's Warriors of Wicked Deeds. It will take courage, kindness, and humility to help Frankie learn that the truest dreams are not bought, they are built.

Synopsis



Frankie and the Dreamcatcher follows a boy whose wish for a new bike travels through the night and into the heart of Spirit Valley. Guided by the Great Spirit's whisper, Cali-Ann Moonhawk and Merci the Eagle swoop in when Frankie's dream is tested by Crush, the vain boy from Lucas's Wicked Deeds.

When Frankie earns money helping his brother deliver newspapers, Crush tempts him to spend it on flashy jewelry instead of saving for his bike. With witty zingers from Merci and gentle lessons from Cali-Ann and Lunar the Wolf, Frankie discovers that real happiness does not shine on the outside. It grows from hard work, kindness, and being humble.

By morning, Frankie's dreamcatcher glows softly as he rides his new bike into the sunlight, proof that the best dreams come true when you earn them.

Tagline

Follow your dreams with a humble heart — be your own dreamcatcher.

Frankie and the Dreamcatcher

.1 Half-title

½ page character's illustration

2-3

Title Spread

Spirit Valley map

Story Starts

4-5

A dreamcatcher hung in Frankie's window. It glowed in the moonlight. The beads and feathers moved in the wind. Grandma always said, "It catches bad dreams and brings good days." Frankie smiled. He dreamed about getting a bike one day.

6–7

Each night he said, "Dreamcatcher, catch the bad dreams and please bring me a bike." The wind moved the feathers and carried his wish to the clouds. Gichi, the Great Spirit, heard it and smiled. "Let love and being humble guide this dream," said Gichi.

8–9

High above Spirit Valley, Merci the Eagle heard the wish. "Another dreamer is hoping!" she said to Cali-Ann Moonhawk below. Cali smiled. "Let's watch this one, Merci. He has a kind heart." Merci flew in a circle and left a trail of golden light.

10–11

One afternoon, Frankie's big brother Charlie came home with his arm in a sling. He had just finished football practice. "Ouch," said Frankie. "Does it hurt?" "Not too bad," said Charlie. "But I need your help with my paper route." He tossed Frankie a newspaper. "I can drive, but I can't throw. You can!"

12–13

Frankie climbed into the car beside a pile of newspapers and a box of rubber bands. His job was to roll and bag each paper. Then he tossed them out the window while Charlie drove. They worked together and laughed. Neighbors waved. Dogs barked. Frankie felt proud.

14–15

Weeks passed. One day, Charlie gave Frankie an envelope. Inside was money from the paper route. "You earned this," Charlie said. "I saved your share every day." Frankie's eyes grew wide. "All this is mine?" "Every penny," said Charlie. "Hard work pays off."

16–17

That night, Frankie looked at his dreamcatcher. The light from the moon shone on the beads. The feathers moved. It felt like they could hear him. "Thank you, Dreamcatcher," Frankie said. "I'm closer to my happy day."

18–19

The next day after school, someone called, "Hey Frankie!" It was Crush, the vain boy from the Warriors of Wicked Deeds. He looked at himself in a shiny window and combed his hair. "I

heard you made some money,” Crush said. “You should buy something that sparkles, like a gold chain! Everyone will notice you.”

20–21

Frankie frowned. “But I wanted a bike.” Crush grinned. “A bike? That’s just for riding around. Jewelry makes people look at you! I know a guy who can give us a two-for-one deal. One for you, one for me. We’ll both shine, Frankie!”

Merci flew to a branch, Her feathers fluffed.
“Shine? Only if you want to blind yourself with bad choices!”

22–23

Crush puffed out his chest. “Who asked you, birdbrain?” Merci tilted her head. “Yikes! Somebody dim the lights before Shiny McShowoff turns this room into a disco!” Frankie laughed so hard he almost fell.
Cali crossed her arms. “Crush, doing your best is better than showing off.” Crush frowned.
“Fine, enjoy your bike Then he vanished in a puff of smoke.

24–25

Cali and Lunar the Wolf looked at Frankie. “You did the right thing,” said Lunar. Merci winked. “Now, let’s make that dream come true.” Cali smiled. “Tomorrow we’ll go to the bike shop.”

26–27

The next day was Saturday. Frankie helped Charlie finish the papers. Then they met Cali, Merci, and Lunar at the Bike Barn. The shop was full of shiny bikes. Merci whispered, “We’ll help you pick the right one.”

28–29

Frankie pointed to a bike with shiny blue paint and smooth wheels “This one feels right,” he said. “Good choice,” said Mr. Hawkson. “It’s strong and will last.” Frankie counted his money. He had just enough for the bike and a bit left over.
Merci said, “See? Being humble keeps your wheels steady.” Cali said, “And hard work keeps them turning.”

30–31

As Frankie rolled his new bike into the sun, Cali said, “Wait! We have something for you.” She gave him a mini dreamcatcher charm. Frankie tied it to his bike and grinned. “Best day ever!”

That night, the dreamcatcher glowed again. “Thank you,” Frankie said. “Happy days don’t just happen. You have to earn them.” Merci chuckled from the windowsill. “Exactly, kid. Dreams catch you when you do your part.”

32

Morning light danced across the mini dreamcatcher.
Its feathers fluttered in the breeze, as Frankie rode down the road.
The wind tickled his hair.
He rang his bike bell.
Behind him, Cali-Ann waved, and Merci flew high above.

Frankie knew the best dream of all: try hard, be kind, and stay humble.
That way, every day can be a happy one.

END