



SCHOOL TOUR INFORMATION
INDIAN GRINDING ROCK STATE HISTORIC PARK
and
CHAW'SE REGIONAL INDIAN MUSEUM

14881 Pine Grove-Volcano Road
Pine Grove, CA 95665
209-296-7488

www.parks.ca.gov

Coordinates:

West 120° 38'17.70

North 38° 25'33.82



Chaw'se

Indian Grinding Rock State Historic Park



PARK RULES AND INFORMATION

Please read and discuss the following Rules of the Park with your students before your class comes to the Chaw'se Indian Grinding Rock SHP. Rules apply to both guided and self-guided tours.

- Please do not walk on the Grinding Rock at the park. The rock is fragile and can be easily damaged.
- Chaw'se is a protected area that contains fragile and unique natural and man-made sites. We ask that all visitors take only memories and leave only footprints. **STAY ON THE TRAILS AT ALL TIMES AND DO NOT COLLECT OR REMOVE ANY NATURAL OR CULTURAL OBJECTS FROM THE PARK.**
- Chaw'se is a wilderness park. The animals are wild, not tame pets, and should be left alone. Please do not try to catch or chase any of the wildlife you see in the park.
- No loud noise or running while in the park. This is a courtesy not only to other visitors but also to the animals that make Chaw'se their home.
- Please respect the history of the park and the People who lived here by behaving appropriately.
- There are specific traditions and rules for entering the ceremonial Round House. Please respect and obey these when you are informed and instructed. Not following these rules is a great sign of disrespect to the Miwok people of today.

The park is open from sunrise to sunset. The Chaw'se Regional Indian Museum is open seven days a week, 11 A.M. to 3 P.M. weekdays and 10 A.M. to 4 P.M. Saturday and Sunday. In the winter the park is closed occasionally due to inclement weather. The museum and its gift shop are air-conditioned.

Group tours are available by reservation and consist of taking the Culture Walk and visiting the Museum. Nature trails are available for anyone who is interested in a self-guided tour of the park's diverse flora. Group picnic areas, drinking fountains and restrooms are available.

INTRODUCTION TO CHAW'SE

Indian Grinding Rock State Historic Park is located in the Sierra Nevada foothills, eight miles east of Jackson. The park is nestled in a small valley 2,400 feet above sea level with open meadows and large valley oaks that once provided Native Americans with an ample supply of acorns.

The 135-acre park is named for the great out-cropping of marbleized limestone with 1,185 mortar holes—the largest collection of bedrock mortars anywhere in North America. The Miwoks used the grinding rock for thousands of years to grind the acorns for food. The rock also has 363 petroglyphs (carved images), which are estimated to be 2,000 to 3,000 years old.

Several trails make it easy to explore the meadows and surrounding forest and provide a unique opportunity for students to see how the Northern Sierra Miwok lived. A reconstructed Miwok village with bark houses (u'mucha) and roundhouse (hunge') in the middle of the valley complement the historic grinding rock (chaw'se) that forms the center of the park's attractions.

In addition to the Miwok village and grinding rock, the park houses the Chaw'se Regional Indian Museum which represents ten different tribes and features a variety of exhibits and an outstanding collection of Sierra Nevada Indian artifacts. Throughout the year the museum hosts art shows featuring the work of Native American artists living in the Sierra and surrounding communities.



Students visiting Chaw'se will have the opportunity to see how California's 300,000 Indians lived long before Europeans arrived. The park's bark houses, roundhouse, and other structures are dramatic reminders of the Miwok culture, languages and traditions that live on to this day. Every year the park's roundhouse serves as the focus of traditional dances and ceremonies held by local Miwok

and other California tribes, most notably in the September Big Time celebration.

A BRIEF HISTORY OF THE PEOPLE OF THE SIERRA NEVADA REGION

Before Europeans came west in the 1700s, more than 300,000 Native American people lived in what we now call California; its rich and varied landscape supported more than 100 separate territories. Game, fish, seeds, berries, and the indispensable acorn were plentiful.

The Northern Sierra Miwok lived peacefully in their villages alongside rivers and streams of the area. Many other native groups lived nearby, including the Washo, Maidu, and Yokut. These groups spoke different languages, had different customs and lived in different parts of the area. They maintained their separate identities as well as extensive trading networks and had frequent contact with each other. Today these Native Americans are part of California's diverse population, although their numbers are dramatically reduced from earlier centuries. They maintain their cultural traditions and communities.

These native people possessed a keen - and important - understanding of the resources available to them. They passed this knowledge down from generation to generation, allowing them to live and thrive in the area over thousands of years. Indian Grinding Rock's grinding rock represents one of the best examples we have today of the Miwok's culture and way of life.

For centuries, the Miwok who lived in this area relied on a variety of oaks' acorns, the mainstay of their diet. Acorns from several varieties of oaks were harvested in autumn, dried and stored in large granaries (cha'ka) made of white fir or incense cedar. To make the bitter acorns edible, the Miwok cracked and shelled them, and placed the acorn meat in mortar holes (chaw'se) in the large flat limestone outcropping located in the center of the park. The Miwok pounded the acorn meat with a stone pestle to the texture of fine meal. The meal was then leached to remove the bitter tannin, mixed with water and made into mush or soup.

The Miwok's lives were dramatically and irrevocably altered after James Marshall discovered gold at Coloma in 1848. Miners poured into the area, forcing the Miwok and other Indians out of their traditional patterns of residence and subsistence. Prospectors and mining operations took over the area, forcing the Miwok and other Sierra groups from their homes, exposing them to deadly diseases and brutalities aimed at genocide, and transforming their historic living areas to farms and ranches.

Today one can see reminders of the early-day Amador County ranching and farming activity throughout the park. Fortunately, in 1958 the property owners sold the property to the State of California in an effort to preserve the scenic, historical and archeological treasures seen today in the park.

As a result of the Gold Rush and the displacement of the Miwok, the federal government set aside small group home sites called Rancherias. Today many Miwok continue to live in rancherias and communities near the park. While they have survived and adapted to a new way of life, they have struggled to maintain their cultural traditions.

These Native People still use the area in and around Indian Grinding Rock State Historic Park to gather traditional foods such as acorns, California blackberries, bulbs, and roots; traditional materials such as buckeye for fire-making; elderberry for clappers and flutes; and soap root bulbs for tools and food. They also collect plants for traditional medicines and basket weaving. Miwoks and other groups continue to use the roundhouse for important cultural and spiritual ceremonies.



STUDY GUIDE FOR PREPARING TEACHERS FOR TOUR OF INDIAN GRINDING ROCK SHP

Indian Grinding Rock State Historic Park is administered by the California Department of Parks and Recreation and overseen by a Park Ranger and a small staff. Schools may sign up for a guided tour of the park and museum, and the tour guides will do their best to give an overview of the many interesting attractions of the park. Nonetheless, your students will benefit from advance discussions about what they may see at the park.

Below are some ideas and items to study, discuss and look for at Chaw'se:

- Ceremonial headdress with orange flicker feathers
- Shell money/shell necklace
- Quail trap
- Basket used for cooking
- Structure for storing acorns
- Mortar and pestle
- Hair brush
- Baby carrier
- Traditional game or toy
- Clapper stick
- Deer hoof rattle
- Arrow points
- Digging stick

The tour guide will lead your class on a park tour. Try to imagine what it was like when the Miwok lived here, before the Gold Rush brought thousands of miners and others who displaced the Miwok and ravaged their land. Think about the activities, work and games they enjoyed in the beautiful setting that was their home.

After the tour, students might enjoy the following:

- Write a story about what we can learn about the Miwok
- Invite a Native American to speak to your class
- Learn everything you can about a native plant and how it is used
- Describe a favorite part of Miwok culture
- Draw a picture of a large village
- Write a list of how the Miwok used nature
- Draw a ceremonial dancer in a dance cape and headdress
- Write about a favorite item in the museum and draw a picture
- Write a story about how the Miwok got their food
- Imagine it is 1800 and you are a Miwok: Plan a dinner menu—Miwok style and write a story about one day in your life

Here are some questions your class might consider when visiting the Park:

- Did the People who lived here hunt buffalo?
- Did the Sierra Nevada People use pottery more than baskets? Why or why not?
- What kind of toys did the children have?
- Did the babies wear diapers?
- What are some of the resources the Indian People had?

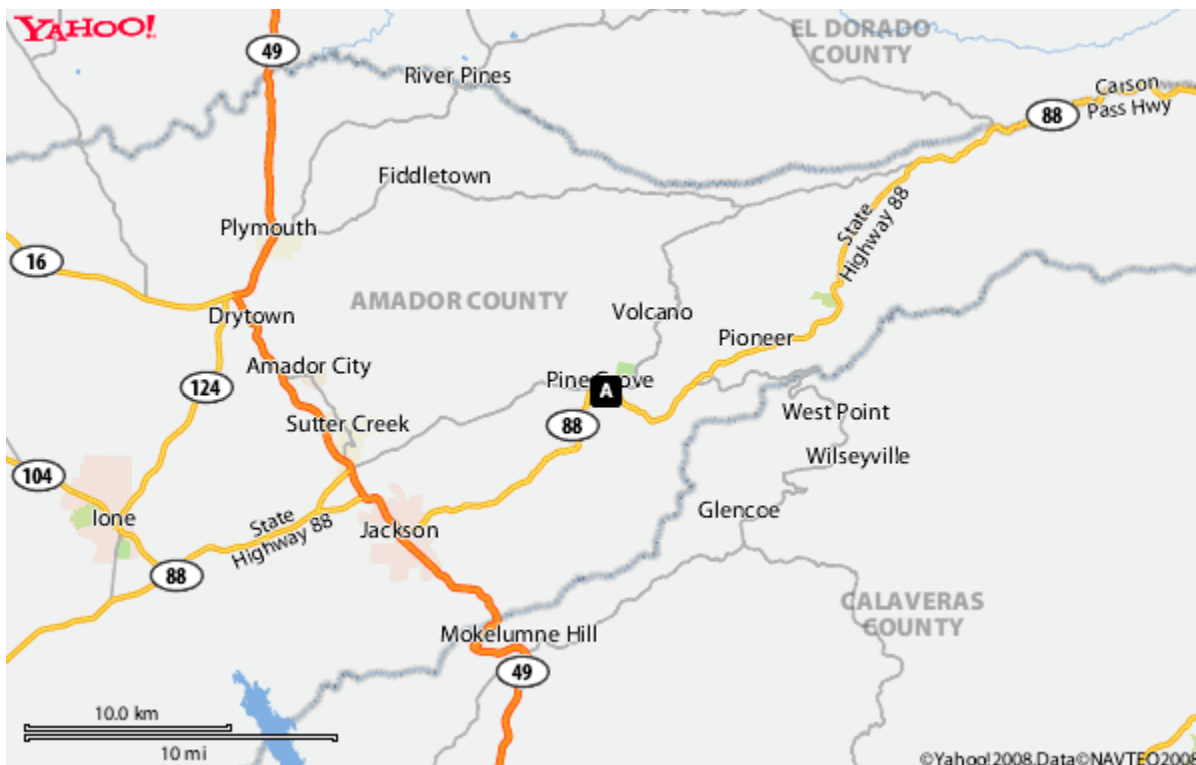
MIWOK VOCABULARY

Chaw'se	Soaproot	Sacred
Dances	Games	Leach
Petroglyph	Acorn	Miwok
Arrow	Obsidian	Mugwort
Basket	Bark	Berries
Fibers	Buckeye	Yarrow
Elderberry	Milkweed	Woodpecker
U'mucha	Cha ka	Hunge'

See if you can find the highlighted words in the word search game.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	L	J	E	U	A	R	S	M	R	D	V	F	T	N	G	E	Q
2	Y	Z	A	I	U	W	S	O	H	I	B	N	J	E	U	O	P
3	C	X	T	U	K	A	R	S	O	P	C	X	T	B	U	K	L
4	M	A	R	D	V	F	T	N	G	U	F	U	N	A	B	R	A
5	I	C	M	I	W	O	K	N	W	S	O	H	I	R	Q	Y	Z
6	A	O	O	B	S	I	D	I	A	N	I	B	I	K	L	M	A
7	D	R	P	E	O	E	N	P	E	T	R	O	G	L	Y	P	H
8	I	N	L	M	A	P	B	O	D	E	L	J	E	U	A	R	S
9	M	R	D	V	F	T	A	N	G	S	O	A	P	R	O	O	T
10	E	Q	Y	Z	A	I	S	U	W	S	O	R	H	I	B	N	J
11	E	U	O	P	C	X	K	T	U	K	A	R	R	S	O	P	C
12	H	U	N	G	E	D	E	X	T	U	K	O	L	M	R	D	V
13	F	T	N	G	U	A	T	F	U	N	B	W	R	A	I	N	W
14	S	O	H	I	Q	N	Y	Z	A	I	B	I	L	M	A	D	P
15	E	O	E	N	I	C	L	M	A	P	O	D	E	L	J	E	U
16	A	R	S	M	R	E	D	V	F	T	N	G	E	Q	Y	Z	A
17	I	U	W	S	O	S	H	I	B	N	J	E	U	O	P	C	X
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17

This guide is intended for teachers who are planning to bring their class on a tour of Indian Grinding Rock State Historic Park and the Chaw'se Regional Indian Museum. A more comprehensive publication will be available upon arrival at the park.



Take Hwy 49 to Hwy 88 in Jackson. Go East on Hwy 88 to Pine Grove exit to Indian Grinding Rock State Historic Park.

"It was the Indians' way to pass through a country without disturbing anything; to pass and leave no trace, like a fish through the water or birds through the air."

Willa Cather