CHOOSE LIFE NEWSLETTER



Nishnawbe Aski Nation **Δσιαν Διρ δρι.Δα**



APRIL - SUCKER MOON (NAMEBINE GIIZIS)

THE 3RD MOON IS KNOWN AS THE SUCKER MOON. "A SUCKER IS A FISH THAT IS COMMON TO THE GREAT LAKES REGION OF TURTLE ISLAND. PRIOR TO THIS MOON. IT IS VERY DIFFICULT TO GET FOOD. DURING NAMEBINE GIIZIS. THE SUCKER IS EASIER TO CATCH. IT IS SAID THAT THIS FISH GIVES UP ITS LIFE FOR THE PEOPLE DURING THIS TIME OF YEAR."



NAN CHOOSE LIFE TEAM

(RECENT STAFF CHANGES WRITTEN BELOW IN RED)

Interim NAN Social Development Director Robin Quachegan previously Nichole Kinzel

> NAN Choose Life Manager Marla Murray mmurray@nan.ca

> **NAN Choose Life Policy Analyst** Jessica Gacsi jgacsi@nan.ca

NAN Choose Life Community Advisor

VACANT POSITION previously John Mekanak, Interim contact Hannah Caruana

> NAN Choose Life Data Officer Hannah Caruana hcaruana@nan.ca

> > **NAN Choose Life Officer** Kiaya Drake kdrake@nan.ca

NAN Choose Life Training Coordinator Miranda Echum mechum@nan.ca

NAN Choose Life Coordinator

VACANT POSITION previously Lindsey Poulter, Interim contact Janine Desmoulin

NAN Choose Life Cultural Coordinator Janine Desmoulin jdesmoulin@nan.ca

NAN Choose Life SSW Student

Mayveline Crane mcrane@nan.ca

NAN Choose Life welcomes new staff and wishes those who have left the Choose Life Team many thanks for their role in Choose Life and well wishes as they journey forward.

If staff changes occur in your community please contact Kiaya Drake and assist in keeping our Choose Life connection strong by providing any new staff changes in your community to Choose Life Officer Kiaya Drake at kdrake@nan.ca or (807) 623-8228.

13 GRANDMOTHER MOONS

- 1. Bear Moon
- 2. Sugar Moon
- 3. Sucker Moon
- 4. Spirit Moon
- 5. Flower Moon
- 7. Raspberry Moon
- 8. Blackberry/ Thimbleberry Moon
- 9. Corn Moon
- 10. Falling Leaves Moon
- 11. Freezing Moon
- 6. Strawberry Moon 12. Little Spirit Moon
 - 13. Blue Moon/Big Spirit Moon

NAN CHOOSE LIFE TRAINING SESSIONS

REPORTING TRAINING with Hannah Caruana **NEW STAFF ORIENTATION** with NAN Choose Life

Email NAN Choose Life Training Coordinator Miranda Echum mechum@nan.ca to book your training session or inquire about any other training opportunities or events hosted by NAN Choose Life.

HAVE YOU REGISTERED YET?

"Journey Around the Medicine Wheel" with Earl Lambert



Join us every Friday at 10am-12:30pm EST on Zoom (excluding April 15) to participate in a:

- provided to those who are in
- to Miranda Echum.

Choose Life and other NAN events can be found on attached calendar.

WELLNESS WITH NAN CHOOSE LIFE

NAN CHOOSE LIFE HAS BEEN PARTICIPATING IN DIFFERENT WELLNESS ACTIVITIES, SOME OF WHICH INCLUDE: MEDICINE WHEEL TEACHINGS & TIE BLANKETS WITH ELDER RITA FENTON. INCLUDING: MEDICINE POUCH MAKING & MEDICINE TEACHINGS WITH ELDER TERI FIDDLER. WE EVEN TOOK PART IN SOME PHYSICAL ACTIVITY WITH ONE ANOTHER. AS WE WAIT FOR THE SNOW TO MELT.

TIE BLANKET INSTRUCTION VIDEO ALONG WITH OTHER RESOURCE VIDEO WILL BE MADE ACCESSIBLE ON THE CHOOSE LIFE SHARE POINT UNDER RESOURCES. IF YOU HAVE ANY **OUESTIONS ON HOW TO ACCESS SHAREPOINT PLEASE REACH** OUT TO OUR NAN CHOOSE LIFE TEAM.



You can contribute to the newsletter and calendar by emailing Janine Desmoulin jdesmoulin@nan.ca to share teachings, resource links, photos, activities or events which took place in your community you wish to highlight and share about to the Choose Life Team throughout NAN.

You can also nominate someone for our Honorable Mentions. You can do this by following the QR code to the survey!



HONORABLE MENTIONS



SKY WOMAN (BETTY NAVEAU),

Choose Life Coordinator of Mattagami First Nation was nominated for always sharing her ideas, knowledge and teachings with others. Betty lives according to the Seven Grandfather Teachings. Her spirit animal is the wolf and is she is part of the Bear Clan. Betty is a protector of cubs, guardian of communities and a medicine carrier. Her dedication is motivated by the youth. Betty wants to ensure the youth have the best practices when it comes to their culture, traditions and self-identity. She wants the youth to experience the best there is in life. Betty believes the most valuable programming within Choose Life is the land-based programming. The land is healing and gives the youth the opportunity to have deep roots when it comes to culture, tradition, the history of their traditional territory and ancestors. The land-based program allows the youth to have transferrable skills such as harvesting medicines, looking at alternative approaches to healing and wellness, harvesting food, life skills, social skills and mentorship. The program encompasses Mental, Physical, Spiritual and Emotional wellbeing. When it comes to mental health and in this time of isolation Betty wants people to know that "We are all in this together, you are not alone," and that "There is no shame in reaching out". Betty works with a great team and says that when working with her team is when the "creative juices really start to flow". Betty encourages giving the youth an opportunity to be empowered by letting them be mentors and share their skills. Betty's favorite quote that helps her get through challenging times is "Everything you want is outside of your comfort zone" by Robert Alland. Betty says "that's where the growth happens".

REFERENCES

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