



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."



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 QUESTIONS ON HOW TO ACCESS SHAREPOINT PLEASE REACH OUT TO OUR NAN CHOOSE LIFE TEAM.



RESOURCES

NAN Hope

CALL 1-844-NAN-HOPE (626-4673)
nanhope.ca

Kids Help Phone

CALL 1-800-668-6868
 Text 686868
kidshelpphone.ca

Hope for Wellness Help Line

CALL 1-855-242-3310
hopeforwellness.ca

Talk4Healing

CALL 1-855-554-HEAL (4325)
talk4healing.com

Crisis Services Canada

crisisservicescanada.ca
 Call 1-833-456-4566
 Text 45645

CMHA Crisis Response

thunderbay.cmha.ca
 Call Thunder Bay:
 807-346-8282
 District / Toll-Free:
 1-888-269-3100
 Northwest Region:
 1-866-888-8988

*If you need support
 please reach out.*

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".

HOW CAN I CONTRIBUTE?

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!



REFERENCES

- [Ecampusontario.pressbooks.pub/indigstudies/chapter13-grandmother-moons/](https://ecampusontario.pressbooks.pub/indigstudies/chapter13-grandmother-moons/)
- <https://onlc.ca/wp-content/uploads/2014/06/13-Moon-curriculum2.pdf>
- <https://www.bing.com/search?q=curve+hake+medicine+wheel&cvid=00c9aaa0c3734db69dce12492017ec81&aqs=edge.0.0j69i60l3.4467j0j4&FORM=ANAB01&PC=U531>