

# CHOOSE LIFE NEWSLETTER



## SUICIDE AWARENESS WALK



CHOOSE LIFE TEAM BUILDING,  
SWEET GRASS PICKING &  
TEACHINGS WITH ILLA KRUSCHEL

## 13 GRANDMOTHER MOONS

The moon cycle also known as the lunar calendar happens 13 times per year, in cycles of 28 days. The scales on a turtle's back shows the pattern of the moon cycle. There are 28 scales around the outer shell for the 28 day cycle and 13 larger scales in the centre of the shell that represent the 13 moons. Each moon has a cultural name and teaching. The moon cycle is associated with women's menstrual cycle, as well other natural occurrences such as the changing of the seasons, passage of time, plant life cycle and animal migrations. The moons that we will be featuring over the next year are the moons of the Mississaugas from the territories of the Mississaugas of the New Credit (Anishinabek Nation).

### JACKETS FOR CHOOSE LIFE COORDINATORS HAVE ARRIVED & WILL BE SHIPPED OUT THIS MONTH!



Distribution plans for a 7ft Activity Mat are now underway for NAN First Nations who are currently implementing Choose Life!



This month we would like to shine a light on Rachel Buttlar for her dedication and hardwork. Rachel's dedication is motivated by WINK's commitment to the students to provide support in all aspects throughout the year. During the Pandemic Rachel has "put in extra effort....to reach out to my loved ones and those in my support system not only to seek support for myself but to provide them with additional support whether they're asking for it or not." Rachel's superpower is planning activities for youth. Rachel's favorite quote that helps her get through the day is "Surrender to what is. Let go of what was. Have faith in what will be." By Sonia Ricotti.

## 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>