CHOOSE LIFE Nishnawbe Aski Nation NEWSLETTER σσσαν σύρ δρινα

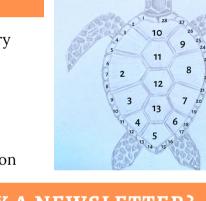


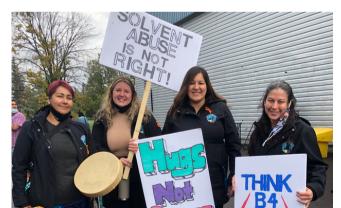
OCTOBER IS THE 11TH MOON KNOWN AS THE FREEZING MOON. "THIS IS A TIME OF PREPARATION FOR WINTER. COMMUNITIES PREPARE FOR THE SEASON OF SCARCITY BY TURNING TO SPIRITUAL TEACHINGS. SONGS. AND STORIES."

Please submit a drawing of a turtle by the 15th of each month for a chance to see your art on the next newsletter. This can be a drawing done by a Choose Life Coordinator or one of the youth involved in the Choose Life Program

13 GRANDMOTHER MOONS

- 1. Bear Moon
- 2. Sugar Moon
- 3. Sucker Moon
- 4. Spirit Moon
- 5. Flower Moon
- 6. Strawberry Moon
- 7. Raspberry Moon
- 8. Blackberry or Thimbleberry Moon 9. Corn Moon 19. Falling Leaves Moon 11. Freezing Moon 12. Little Spirit Moon
- 13. Blue Moon/Big Spirit Moon





WHY A NEWSLETTER?

NAN Choose Life will be providing a monthly newsletters and calendar to all Choose Life Community Coordinators to help bridge gaps and break down the barriers of communication.

UPCOMING EVENTS/IMPORTANT NOTES

- Choose Life and other NAN events can be found on
- that include materials for:
- * tote bag material * beaded flower

Please hang onto self care items as you will be videos/tutorials coming soon to help you with these

ANNUAL SAAFE "SOLVENT ABUSE AWARENESS FOR EVERYWONE" WALK WITH **KANACHIHIH- SEPT 16**

HOW CAN I CONTRIBUTE?

You can contribute to the newsletter and calendar by emailing Lindsey Poulter at lpoulter@nan.ca and share a cultural teaching or event that is happening in your community that you would like to open to other communities to attend. Send us a picture of you doing a self-care activity. You can also nominate someone for our Honorable Mentions. You can do this by following the QR code to the survey!







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!

REFERENCES

- Ecampusontario.pressbooks.pub/indigstudies/chapter13-grandmothermoons/
- https://onlc.ca/wp-content/uploads/2014/06/13-Mooncurriculum2.pdf



This month we would like to shine a light on Rachel Buttler 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.