

NOVEMBER

CHOOSE LIFE NEWSLETTER



Nishnawbe
Aski Nation
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NOVEMBER-LITTLE SPIRIT MOON (MNIDOONS GIIZIS OONHGS)

NOVEMBER IS THE 12TH MOON KNOWN AS LITTLE SPIRIT MOON. "THIS IS A TIME OF HEALING, FOR MAKING EFFORTS TO WALK A GOOD PATH, AND FOR GETTING ALONG WELL WITH FAMILY AND COMMUNITY."

Have your Choose Life youth be creative and submit a picture of their artwork to lpoulter@nan.ca by the 15th of each month or you can submit a picture of the artwork through the Ingaged portal when you register for the February event.

13 GRANDMOTHER MOONS

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



SOME OF OUR PRESENTERS WHO JOINED OUR ANIMIKII ABINOOJIINH "THUNDER CHILD" EVENT- SEPT 28 & 29, 2021

INDIVIDUAL COMMUNITY REPORTING SESSIONS

BOOK YOUR INDIVIDUAL COMMUNITY REPORTING TRAINING SESSION

Please email Lindsey Poulter at lpoulter@nan.ca or
Miranda Echum mechum@nan.ca

AT YOUR EARLIEST CONVENIENCE EMAIL TO BOOK YOUR SESSION & LET'S WORK TOGETHER TO GET THESE REPORTS DONE!

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!



UPCOMING EVENTS/IMPORTANT NOTES

- Choose Life and other NAN events can be found on attached calendar.
- Short Presentation by Wiidosem during Networking Call Nov. 3 at 11am.
- Unfortunately due to shipping concerns there has been a delay in sending the Choose Life carpets
- If you haven't completed the St. John's online First Aid course for Choose Life Coordinators, the deadline has been extended to December 31, 2021.
- Please hang onto self care items as you will be needing them in the near future.



4 SACRED MEDICINES



There are 4 Sacred Medicines: Tobacco, Sweetgrass, Sage and Cedar. Each may be used in everyday life, as well as in ceremonies. All of the Sacred Medicines can be used to smudge with or with one another.

Over the next four newsletters we will share a little about these Sacred Medicines beginning with Tobacco.

Tobacco was given to the Anishnawbe as a way to communicate with The Great Spirit. Tobacco which is found in the Eastern Direction on the Medicine Wheel is used as an offering in all things we do, we begin with tobacco and the smoke is carried to Creator as our connection with each thing in creation. We offer this medicine when requesting help or advice from an elder or knowledge keeper. When offering tobacco to an elder or knowledge keeper you are starting your relationship in a good way.

RESOURCES

NAN Hope

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

Kids Help Phone

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

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



This month we would like to recognize Jessica Bighead from Slate Falls First Nation for all the hard work she has done with keeping activities running through the pandemic. Jessica's outgoing and fun personality helps her really connect with the youth. Jessica's dedication is motivated by seeing the excitement on the youths faces. One of Jessica's most memorable experiences with the program is having the youth build 3 cabins over the last two summers and really make it a project of their own. The youth learnt many new skills building their camp. Jessica really puts her heart into her work by going above and beyond. Jessica has a special way of building trusting relationships with the youth so they know they are not alone and she is always available if they are in need. To get through a rough day Jessica and her co-workers encourage each other by saying "keep on keeping on". Jessica demonstrates a healthy lifestyle to her youth by going to the gym regularly and taking care of herself.

REFERENCES

- [Ecampusontario.pressbooks.pub/indigstudies/chapter13-grandmother-moons/](http://ecampusontario.pressbooks.pub/indigstudies/chapter13-grandmother-moons/)
- <https://onlc.ca/wp-content/uploads/2014/06/13-Moon-curriculum2.pdf>
- <http://www.chippewaheritage.com>