

DECEMBER

CHOOSE LIFE NEWSLETTER



Nishnawbe
Aski Nation
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DECEMBER-BLUE MOON/BIG SPIRIT MOON (MNIDOONS GIIZIS)

DECEMBER IS THE 13TH MOON KNOWN AS BLUE MOON/BIG SPIRIT MOON AKA COLD MOON. "FOR SOME COMMUNITIES, THIS MARKS THE BEGINNING OF A THREE-MONTH PERIOD OF SPIRITUAL REFLECTION. IT IS A TIME OF PURIFICATION FOR ALL LIVING THINGS."



13 GRANDMOTHER MOONS

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|--------------------|------------------------------------|
| 1. Bear Moon | 8. Blackberry or Thimbleberry Moon |
| 2. Sugar Moon | 9. Corn Moon |
| 3. Sucker Moon | 10. 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 | |



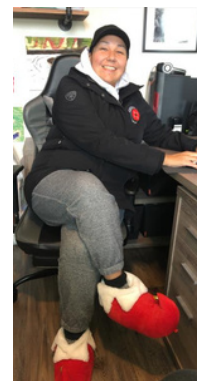
NAN CHOOSE LIFE TEAM FEELING THE HOLIDAY SPIRIT!



REMINDER TO BOOK YOUR INDIVIDUAL COMMUNITY REPORTING TRAINING SESSION

Email Miranda Echum mechum@nan.ca

TO BOOK A TRAINING SESSION WITH HANNAH & JOHN FROM NAN CHOOSE LIFE TO WORK TOGETHER TO COMPLETE ANY OUTSTANDING REPORTS



HOW CAN YOU CONTRIBUTE?

You can contribute to the newsletter and calendar by emailing Lindsey Poulter at lpoulter@nan.ca, by the 15th of each month, to share a story, artwork, photo, community highlight, cultural teaching, or information about an upcoming event that you want included on upcoming newsletters.

You can also nominate someone for our Honorable Mentions by following the QR code to complete nomination survey!



UPCOMING EVENTS/IMPORTANT NOTES

- Choose Life and other NAN events can be found on attached calendar.
- 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 contact Miranda mechum@nan.ca for more information.
- Please hang onto self care items as you will be needing them in the near future.
- NAN OFFICES WILL BE CLOSED DEC 18-JAN 2, 2021



PIKANGIKUM AT SHARPSTONE LAKE CAMP PREPARING SMOKED WHITEFISH



IT WAS A TEAM EFFORT TO GET
THE CHOOSE LIFE MATS FOR MAIL
OUT, HAPPY TO SHARE THEY
HAVE BEEN MAILED!

4 SACRED MEDICINES



Sweetgrass is one of the 4 Sacred Medicines and is known as Mother Earth's Sacred Hair. Sweetgrass has a sweet smell that reminds our people of the gentleness, love and kindness Mother Earth has for the people. Sweetgrass can be found in the Southern Direction on the Medicine Wheel. It is used for smudging, purification and other ceremonies. Sweetgrass is known to have a calming effect when used in a healing circle. It is important not to harvest sweetgrass while it is raining and to always cut it and not pull it out so that more will grow back. Sweetgrass is often braided and dried. When braiding sweetgrass you use 21 strands divided into 3. The first 7 strands signify the 7 generations before us (parents, grandparents, great grandparents etc). The second seven strands signify the 7 grandfather teachings, which are: Wisdom, Love, Respect, Bravery, Honesty, Humility and Truth. The final 7 strands represent the 7 generations in front of us (our children, grandchildren, great grandchildren, etc).

HELPFUL RESOURCES

NAN Hope
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

*If you need support
please reach out.*



This month we would like to recognize Roger Archibald, Pathfinders Project Coordinator from Taykwa Tagamou First Nation for his dedication to the youth. Roger is constantly building his tool kit to support youth and keep them motivated. Roger is a humble leader that has worked with youth for 20 years. Roger's dedication is motivated by his coworkers ideas and their vision for a better future for the youth. Roger's favorite animal is the eagle and it's advice "Let your spirit soar. See the big picture. Cherish freedom. Honor the earth and sky. Keep your goals in sight. Remember: Bald is beautiful. Fly High!" by an Unknown Author. Roger also uses the quote "If you build it, they will come, if you listen you will hear it in every sound, if you look you see it in all things" often when working with the youth and his coworkers when he is talking about building camps and the youth centre.

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>