

JANUARY 2022

CHOOSE LIFE NEWSLETTER

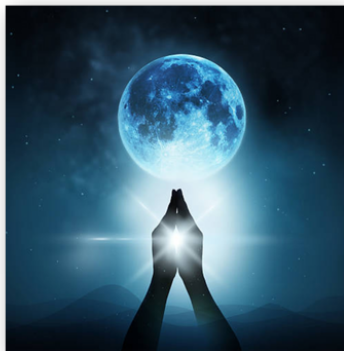


Nishnawbe
Aski Nation
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JANUARY - SPIRIT MOON - (MNIDO GIIZIS)

The first moon of Creation is Spirit Moon. It manifests through the northern lights. During this time we honour the silence and realize our place within all creations of the Great Mystery.



HAYDEN'S GIFT

NAN Choose Life would like to share a special holiday story to carry us into 2022. NAN First Nations member and aspiring, professional ornament maker, who wanted nothing more than to win a Nintendo Switch during Grand Chiefs "Tree Decorating Contest" story had been shared. As ornaments trickled in, one by one, during the contest where ballots for a Grand Prize had a young man named Hayden working away in his hotel room. It was learned that Hayden had been crafting during one of many, long trips to Thunder Bay, he and his family endure regularly to attend Hayden's on-going medical appointments. Unfortunately, did not come out the winner of the contest, but stole the hearts of NAN Staff and inspired others.

When NAN Choose Life heard Hayden's story, learning how important this contest was for him. Having seen the amount of ornaments made by Hayden, a plan was quickly organized to surprise him with with a special gift. Along with the quick coordination, a day before holiday office closure and with the assistance of a special helper, NAN Women & Oshkaatisak Young Peoples Council rep, Janine Frogg was able to pick up and hand deliver Hayden's gift before Christmas at his home. Appreciation and photos were shared to NAN Choose Life by Hayden's mother who expressed their gratitude and shared how Hayden's gift is helping build mobility, working on balance and helping Hayden to get up and moving in his leg brace just by playing games. "He especially enjoys the game where he paddles the row boat and he get's right into it" said Hayden's mom.



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 | |

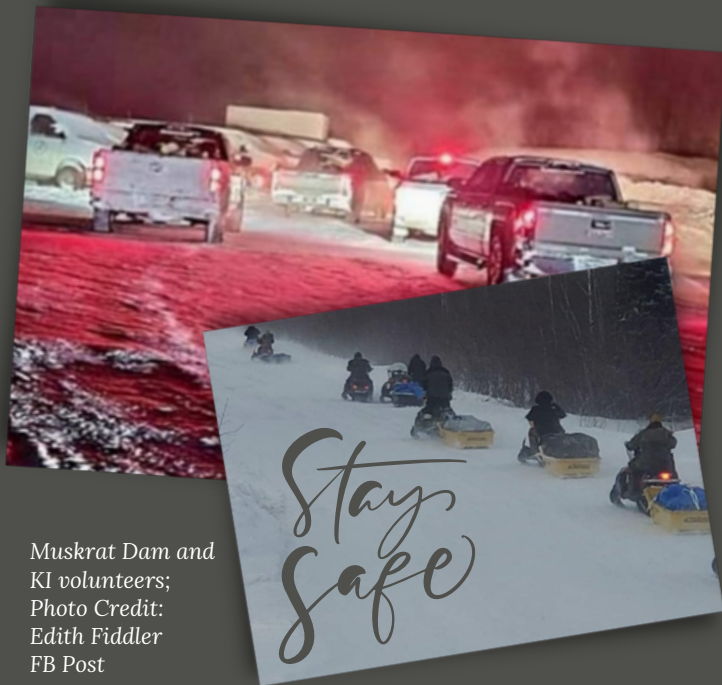
REMINDER

WE HOPE YOU CONTINUE TO BE SAFE & REACH OUT TO YOUR NAN CHOOSE LIFE TEAM IF ADDITIONAL SUPPORT OR RESOURCES MAY BE NEEDED DURING THIS MONTH AS COVID CASES ARE ON THE RISE. PLEASE CONTINUE TO MASK UP, WASH UP AND ROLL UP YOUR SLEEVE FOR A COVID VACCINE AND OR BOOSTER SHOT.

EVENTS & IMPORTANT NOTES

- NAN OFFICES WILL REMAIN CLOSED WITH STAFF AND EXECUTIVE WORKING FROM HOME, VIRTUALLY, IN EFFORTS TO KEEP ONE ANOTHER SAFE AS COVID NUMBERS HAVE INCREASED.
- Planning for Future Gathering Youth and Choose Life Coordinator and Frontline Choose Life Staff will now be held virtually Feb 7-10, 2022. Stay tuned for Portal Online Registration.
- KEEP AN EYE OUT FOR UPCOMING CHOOSE LIFE VIRTUAL SPEAKER SERIES REGISTRATION LINKS TAKING PLACE JAN, FEB & MAR.

CHOOSE LIFE HONORABLE MENTION



Muskrat Dam and
KI volunteers;
Photo Credit:
Edith Fiddler
FB Post

This month we would like to commend the efforts by the community members of Muskrat Dam, KI, Kasibonika and Sandy Lake First Nations, as well as the many individuals, for their efforts in responding quickly to provide frontline support by way of deliveries and donations of essential supplies needed during the trying times faced by Bearskin Lake FN due to the rising of COVID-19 cases during the holiday season and into the New Year which has sent the community and its members into lock down.

Miigwech for instilling hope, working together to ensure the community is safe and taken care of.

4 SACRED MEDICINES



Sage is used in many different ways, as a sacred medicine it is used for cleansing in smudging ceremonies to clear negativity from people, places and things. Sage has many medicinal properties and can also be used in teas, balms and certain sage can be used for cooking as well. As there is balance in all creation, we find it in the plant life as well, there is male and female strains of Sage; female sage, known as "Women's Medicine" can be used during sacred Moon Time also (menstrual cycle). Depending on the teachings one carries some women refrain from handling sacred items and other medicines as they already in a sacred ceremony during this time. Sage can help clear the mind, cleanse a space, purify sacred items and provide ourselves connection to the land simply by using it in ceremony. From harvesting, cleaning and using we stay connected to Mother Earth, which aids in one's wellness.

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.

Please nominate someone for our Honorable Mentions by following the QR code to complete nomination survey.

Don't forget to attend the next Networking Call to share about what your community Choose Life Project has been up to!



REFERENCES

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

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