

FEBRUARY

CHOOSE LIFE NEWSLETTER



Nishnawbe
Aski Nation
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FEBRUARY - BEAR MOON (MAKWA GIIZIS)

FEBRUARY IS THE 1ST MOON KNOWN AS THE BEAR MOON "FOR SOME NATIONS, THIS MOON REPRESENTS A TIME TO REFLECT ON FALL VISION QUESTS AND TO LEARN A TEACHING ABOUT BEAR CUBS BEING BORN."

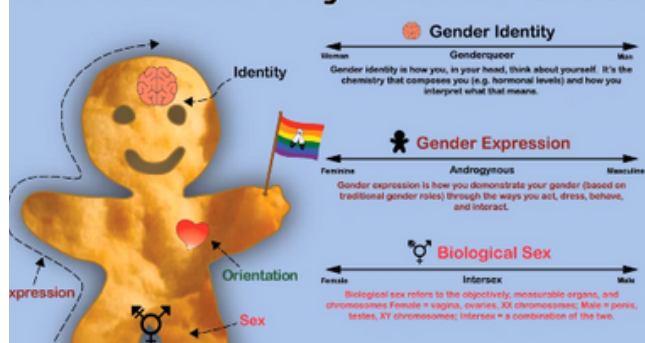
Have your Choose Life youth be creative and submit a picture of their artwork to lpoulter@nan.ca by the 15th of each month or you can submit a picture of the artwork through the Ingaged portal when you register for the Future Generations Virtual Gathering.

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 | |



The Gender Fry Bread Person



ASHLEY MOREAU PROVIDED US WITH HER POWERPOINT TO SHARE WITH ANYONE WHO MISSED HER PRESENTATION

HOW CAN I CONTRIBUTE?

You can contribute to the newsletter and calendar by emailing Caitlynn Gaudette 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!



INDIVIDUAL COMMUNITY REPORTING SESSIONS

BOOK YOUR INDIVIDUAL COMMUNITY REPORTING TRAINING SESSION

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

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

REGISTRATION LINKS FOR UPCOMING EVENTS

- Choose Life and other NAN events can be found on attached calendar.
- Please register for the following Speaker Series by using the links.
 - February 15th 2:00-4:00pm Kendal Netmaker
 - https://forms.office.com/Pages/ShareFormPage.aspx?id=qv5DwQ1jJ0KaXsEDgc8xRvPZIRCoKddLvvO2puxR7H1UNVpKVU1NWT_kITjVIM0xCUDQzR0pNSzNZOS4u&sharetoken=xi8Mu6UtKz0vgJB2qum1
 - February 23rd 2:30-4:30pm Conway Kootenay
 - <https://forms.office.com/Pages/ShareFormPage.aspx?id=qv5DwQ1jJ0KaXsEDgc8xRvPZIRCoKddLvvO2puxR7H1UMTY4MjhFR0hPQ0dTNVBOWjNGWfK5ODJIRi4u&sharetoken=Vmsm6gkFuzutETU0751y>



NIBINAMIK CHOOSE LIFE ICE FISHING TRIP



February's Speaker Series include:
Kendal Netmaker
&
Conway Kootenay



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.

Like sage and sweetgrass, cedar is used to purify the home. It also has many restorative medicinal uses. Cedar baths are healing. When cedar is put in the fire with tobacco, it crackles. When it does this, it is calling the attention of the spirits to the offering that is being made. Cedar is used in fasting and sweat lodge ceremonies as a form of protection: cedar branches cover the floor of the sweat lodge and a circle of cedar surrounds the faster's lodge.

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

*If you need support
please reach out.*



Colleen Littledeer, Manager of Lac Seul Choose Life Program was nominated by Jessica Bighead for her dedication in organizing Turtle Concepts coming into her community. Colleen and her team strive to connect all the youth that encompass Lac Seul First Nation's 3 communities (Frenchman's Head, Kejick Bay and Whitefish Bay). Her dedication is driven by her strong belief in suicide prevention and providing youth new opportunities and experiences. Colleen and her team are determined to bring culture back into the community. Her most memorable experience with the Choose Life program is establishing their camp for the youth called Camp Minobiimaatiziwin-Living the Good Life. Everyone named their cabin; her cabin was named "Mother Goose" and that is how Colleen received her Mother Goose nickname. The youth participated in activities such as wood working, crafts, canoeing, workshops, swimming, and fishing. Colleen expresses her program is so successful due to all her workers and said that she "values you all" and that you "each have unique strengths and that they all build off each other". Colleen would also like to recognize Eric Bortlis, Education Director. Colleen stated, "The Choose Life Program wouldn't be where it is today without all his shared knowledge, guidance and support." Colleen's quote is "Be yourself, be who you are, make your goals and crush your goals".

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>