

MARCH 2022

# CHOOSE LIFE NEWSLETTER



Nishnawbe  
Aski Nation  
ᐱᐱᐱᐱᐱᐱᐱᐱ ᐱᐱᐱᐱᐱᐱᐱᐱ



## MARCH - SUGAR MOON (ZIISSBAAKDOKE GIIZIS)

**MARCH IS THE 2ND MOON KNOWN AS THE SUGAR MOON "THIS IS THE TIME WHEN SAP RUNS FROM THE MAPLE TREES, AND MAPLE SYRUP IS MADE. IT IS CONSIDERED THE START OF THE NEW YEAR FOR MANY IN THE ANISHINABEK NATION."**

Have your Choose Life youth be creative and submit a picture of their artwork to [lpoulter@nan.ca](mailto:lpoulter@nan.ca) by the 15th of each month.

### 13 GRANDMOTHER MOONS

- |                    |                                    |
|--------------------|------------------------------------|
| 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  |                                    |



THERE WERE SO MANY GREAT ELDERS, FACILITATORS AND PARTICIPANTS AT OUR CHOOSE LIFE FUTURE GENERATIONS VIRTUAL GATHERING

### INDIVIDUAL COMMUNITY REPORTING SESSIONS

#### BOOK YOUR INDIVIDUAL COMMUNITY REPORTING TRAINING SESSION

Please email Hannah Caruana at [hcaruana@nan.ca](mailto:hcaruana@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 Caitlynn Gaudette at [lpoulter@nan.ca](mailto: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

- Choose Life and other NAN events can be found on attached calendar.



#### Earl Lambert

- Don't forget to join Earl Lambert for his zoom call on Resilience-The Power to Rise Above.
- Calendar invite has been sent out for March 2 from 2:00-4:00pm (EST) Earl Lambert





YOUTH IDEAS OF WHAT THE CHOOSE LIFE PROGRAM IS & WHERE THEY WOULD LIKE TO SEE IT GO IN THE FUTURE-IDEAS PUT INTO DRAWING BY TERRY MACGILLVARY

## RATTLE



The NAN Choose Life team gathered this month to have some self care and learn different teachings and stories from some elders. Over the next few months I will be sharing the teachings we have learned. Our first teaching was about rattles and how to make them with Elder Peter Sackaney. Making the rattles was a great learning experience and very relaxing. In our rattles we learned the importance of having 13 seeds in our rattles as it represents the 13 Grandmother Moons. There are many different rattle teachings and ways they can be used. A rattle is a sacred item that is used to help. A rattle is used in ceremonies to heal and bring in good energy. In ceremony the rattle breaks the energy of what a person is going through so we can focus on bringing back good energy. The rattle takes your energy and pulls it apart and turns it into good energy. When that energy comes back in place the healing begins. Peter uses his rattle in circle to sing with and in sweat lodge.

## RESOURCES

**NAN Hope**  
CALL 1-844-NAN-HOPE (626-4673)  
[nanhope.ca](http://nanhope.ca)

**Kids Help Phone**  
CALL 1-800-668-6868  
Text 686868  
[kidshelpphone.ca](http://kidshelpphone.ca)

**Hope for Wellness Help Line**  
CALL 1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)

**Talk4Healing**  
CALL 1-855-554-HEAL (4325)  
[talk4healing.com](http://talk4healing.com)

**Crisis Services Canada**  
[crisisservicescanada.ca](http://crisisservicescanada.ca)  
Call 1-833-456-4566  
Text 45645

**CMHA Crisis Response**  
[thunderbay.cmha.ca](http://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.**



**Audrey Gray**, Choose Life worker of Lac Seul First Nation was nominated because "she has grown into a wonderful worker from being a youth participating in our programming to becoming a full time Choose Life worker". Her dedication is motivated by previously being a youth at risk and seeing the youth thrive in the program. Hearing the youth talk about how happy they are to be doing things with the program like being out on the land keeps her going. Audrey finds the traditional and cultural learning (drumming, sewing, making ribbon skirts/shirts, mini pow wows) to be the most valuable part of the Choose Life Program. Audrey had COVID this year and understands how isolating it can be. She got through it

by picking up her medicines (smudge and sweetgrass) and her hand drum and singing. She sang every morning because she couldn't go anywhere. Audrey also recommends that people connect with the land by doing things like going for a walk in the woods and talk to the creator because he is always listening. Utilize your bundles because they are healing. Audrey's spirit animal is a Gentoo Penguin. Her favorite quote that pulls her through challenging times is "You must stop, once you have entered a community. You must stop imagining that there is a monastery somewhere else that would be better than the one you are living in. Stop thinking you would be happier in another place. You must enter fully and completely each day of the life you have chosen or that has been assigned to you." -unknown author

## REFERENCES

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