

JULY 2023

CHOOSE LIFE NEWSLETTER



Nishnawbe
Aski Nation
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Our team acknowledges that NAN communities have varying dialects, languages, and cultural teachings. Teachings vary from First Nation to First Nation and even from one geographic region to another. For more information, please consult with a Traditional Elder, Healer or Medicine Person. With respect to this, our newsletter will do our best to be inclusive to both Ojibwe, Ojicree, and Cree teachings that are shared. Please share any teachings that you are comfortable sharing and it will be included in our newsletter.

JULY : RASPBERRY MOON

MSKOMINI GIIZIS

The seventh moon of Creation is Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its brush and harvest its fruit, as we gain knowledge that will help in raising our families.



JULY : BERRY MOON

Berry Moon is the time for fertility, growth, family, and change. We come together to gather berries and medicine to sustain us for the coming winter. During this moon, we act with kindness that reflects the appreciation we have for one another, knowing our interconnectedness with one another and all of Creation.

This moon is also known as Raspberry Moon, Blueberry Moon, Buck Moon, Feather Moulting Moon, Thunder Moon, Salmon Moon, as well as many others.

THIRTEEN MOON TEACHINGS

The cycles of the moon determine our yearly calendar. The changes that come with each passing moon indicate the times for planting, harvesting, hunting and gathering. In the Anishnawbe calendar the names of each month includes the word 'moon' and reflects the close connection between the cycles of the moon and the plant and animal life on Turtle Island.

To learn more visit: <https://www.onwa.ca/full-moon-ceremony>

DO YOU HAVE A CULTURAL AND/OR LAND BASED COORDINATOR?

The Choose Life Cultural Coordinator is looking to connect with all of the Choose Life Cultural & Land-Based Coordinators. Please scan the QR code with your phone to fill out this form on their behalf or forward the newsletter to them. Or you can email kdrake@nan.ca to request a link to access the form.



SACRED BUNDLES

Many First Nations people who follow their Traditional Teachings will have sacred items to help and guide them. A sacred bundle can consist of one or many sacred items. It can be the little tobacco pouch that someone wears around their neck or it can be the items that the spirits have given to a person to carry for the people.

You may have a personal bundle that you have built with items you have gathered and that you take care of. This bundle is sacred to you. It contains items that help you in your personal development; it contains items that have given you a teaching and that you use in ceremonies. Maybe your parents or your grandparents or an Elder gave you something to help you on your path. All the contents of your bundle relate to you. Your personal bundle may include medicines, your drum, a bowl, a rock, your colours, a feather, a staff, a rattle and your pipe. You may also carry a clan marker, something that represents your clan, such as a bear claw if you are of the Bear clan. Tobacco is always first in your bundle. These items remind us of the beauty of Creation.

The bundles for the people are used for healing and ceremonies. It is said that these bundles contain things that the Nations need to survive. The Healers who carry the medicine bundles say they do not own these bundles. They say that our people's understanding is that we do not own anything, not even our physical body which is given back to the earth when we die. They carry these items as gifts for the people. The Healers who take care of these bundles have been chosen by the spirits to carry on the teachings, the work and the responsibilities that come with these bundles.

RESPECTING AND HONOURING SACRED ITEMS AND BUNDLES

Some people display their sacred items in a special room on an altar. Others keep them in the bundle until they are ready to use in a ceremony. Some leave their feathers out as these may have been given to them to create calmness in the home. People feast their sacred items four times a year with the seasons or twice a year in the spring and fall. Some people feast them every time they do a ceremony.



BANAMIINAWAA TANYA



We would like to acknowledge our Social Work Choose Life Student Tanya Forneri, as she has completed her placement as of June 29th, 2023. As Tanya's placement with the Choose Life Program comes to an end, we wanted to express our sincerest gratitude for her exceptional contributions. Tanya's dedication and efforts have made a significant impact on the Choose Life Program. Your work on the Cultural Helper Database (CHD) Consent form, the CHD information pamphlet, and involvement in the interdepartmental meetings surrounding the CHD has been instrumental in furthering the work to enhance the Cultural Helper Database. Beyond documentation, your support during trainings, culturally-based workshops, and team wellness initiatives has been invaluable. Tanya's presence and guidance have helped create an inclusive and supportive environment for everyone. We want to commend Tanya for her passion, professionalism, and commitment to making a positive difference. Her contributions have strengthened the Choose Life Program and touched the lives of the team and the community members we serve. As you move forward in your social work journey, we are confident that you will continue to have a profound impact in the work you do. We extend our heartfelt thanks and wish Tanya the very best in all of her future endeavors. With deepest appreciation from the Choose Life Team, Chi Miigwetch Tanya! She will be missed!

TRAINING WITH MAPLE LEAF



The Choose Life Team organized a Trauma Informed Care training for Choose Life Coordinators in Timmins, ON! The Choose Life team collaborated with the Maple Leaf Training Organization on June 13-14, 2023 to provide this empowering workshop aimed to provide coordinators with essential skills to provide informed and compassionate care and support to youth and their community members.



MAPLE LEAF TRAINING

Maple Leaf Training delivers high-quality workshops that prioritize convenience and customization. With unique teaching methods tailored to diverse learning styles, our instructors bring expertise from various backgrounds. They create engaging learning environments, going beyond traditional PowerPoint presentations. Our flexible approach allows us to reach both big cities and small communities, including First Nation communities. You can choose from a wide range of over 500 workshops or you can request a custom course at no extra cost! They continuously update our workshops with the latest information and techniques. By bringing the training directly to you, Maple Leaf can help you save up to 80% on training costs! Trust Maple Leaf Training for exceptional workshops, customization options, and significant cost savings. Elevate your organization's learning and development today.

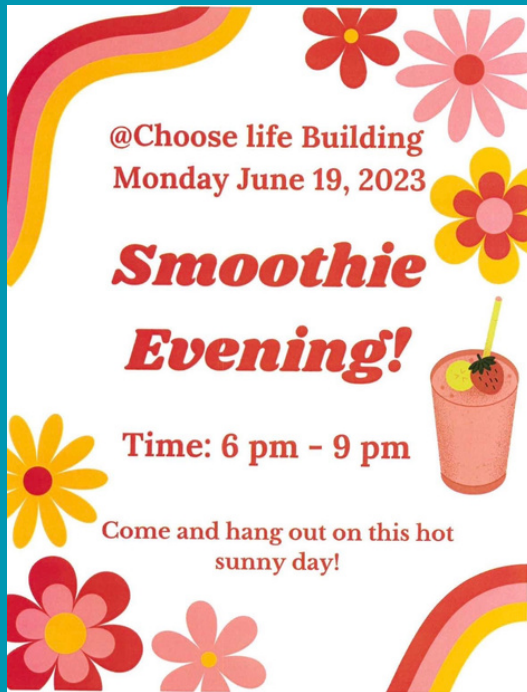
Contact Information for Maple Leaf

Maple Leaf Training
North Bay, ON
P1A 2G5

Phone: 807-228-3502

Email: mapleleaftraining@hotmail.com
<https://www.mapleleaftraining.com/>

HONOURABLE MENTIONS SACHIGO LAKE FIRST NATION



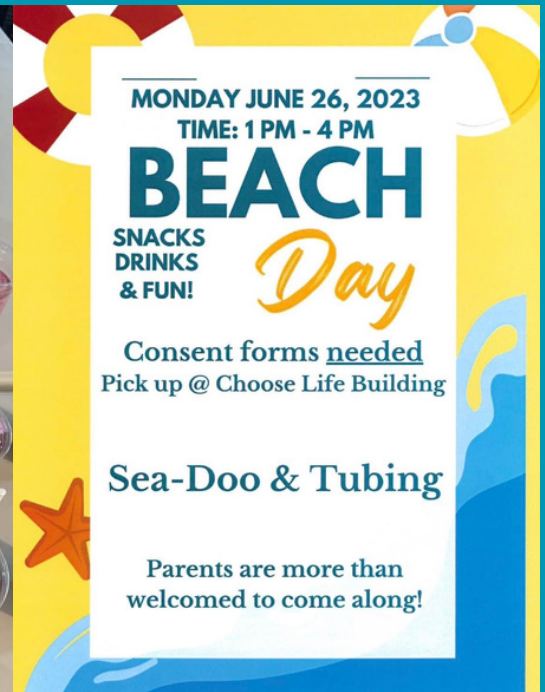
@Choose life Building
Monday June 19, 2023

Smoothie Evening!

Time: 6 pm - 9 pm

Come and hang out on this hot sunny day!

The poster features a vibrant design with a rainbow at the top left, several colorful flowers in shades of pink, yellow, and red, and a single smoothie cup with a straw and a fruit garnish on the right side.



MONDAY JUNE 26, 2023
TIME: 1 PM - 4 PM

BEACH Day

SNACKS
DRINKS
& FUN!

Consent forms needed
Pick up @ Choose Life Building

Sea-Doo & Tubing

Parents are more than welcomed to come along!

The poster has a bright yellow background with a blue wave graphic at the bottom right. It includes a star icon and a beach umbrella icon at the top right.

The Sachigo Lake Choose Life program is dedicated to suicide prevention among indigenous youth, and one of their key strategies is providing access to healthy food. This initiative recognizes the crucial role that nutrition plays in supporting overall well-being and mental health. Here's how the program's focus on healthy food contributes to suicide prevention efforts:

Physical Health and Resilience: Nutritious meals promote physical well-being and strengthen the immune system, enhancing resilience against stress and illnesses.

Mood Stabilization and Emotional Well-being: Healthy food choices positively impact mood regulation and emotional stability, reducing the risk of mood disorders.

Sense of Belonging and Support: Sharing meals fosters community, creating a supportive environment where youth can find comfort and develop a network of support.

Coping Skills and Self-Care: Teaching about nutrition empowers youth to make healthier choices, promoting self-care and positive coping strategies.

Holistic Wellness and Cultural Reconnection: Healthy food honors cultural traditions and strengthens identity, contributing to overall well-being and reducing suicide risk.

By providing healthy food, the program addresses physical health, mood stability, community support, coping skills, and holistic wellness, helping prevent suicide among indigenous youth.

If you would like to feature something that your team is doing with youth in your community in our Newsletter, please email the Choose Life Cultural Coordinator, Kiaya Drake at kdrake@nan.ca.

The Sachigo Lake Choose Life program supports their youth and helps to prevent suicide through fun water-based activities like tubing and sea-dooing for youth! Here's some of the benefits to this amazing program for youth during the summer months:

Physical Health: Tubing and sea-dooing provide enjoyable exercise, improving fitness and overall well-being.

Mental Well-being: The excitement and thrill of these activities can boost mood and reduce stress, promoting mental well-being.

Connection to Land: Water is held as sacred. It represents life, cleansing, and renewal. Engaging in water-based activities allows youth to connect spiritually with the land and experience a sense of harmony and interconnectedness.

Social Engagement: Tubing and sea-dooing are often done with others, fostering social interaction and building relationships.

Cultural Pride: Water has deep cultural significance, symbolizing spirituality and traditional knowledge. Engaging in water-based activities honors indigenous traditions, fostering cultural pride and identity.

ANNOUNCEMENTS

CHOOSE LIFE NETWORKING CALLS

Please join our team once a month on Microsoft Teams to stay connected with one another!

WHEN: Every 2nd Wednesday of the month

JULY 12 | AUGUST 9 | SEPTEMBER 13
OCTOBER 11 | NOVEMBER 8 | DECEMBER 13

TIME: Log in @ 10:45AM EST
Starts @ 11:00AM EST

There will be **attendance prizes!**

APPLICATIONS & REPORTING

Gentle reminder to submit your **2023-2024 Choose Life Applications by July 31st, 2023**. Any applications submitted after this date may get pro-rated and financials will be required for any programming held between April 2023 to July 2023.

Reporting for 2022-2023 is due by July 29th, 2023. If reports are not submitted by this date, please contact Allan Turtle and Shannon Furioso for support if needed. Also, please reach out to Hannah Caruana at Indigenous Services Canada if you cannot submit your reporting by this date. She can provide more direction on next steps. Her email is Hannah.caruana@sac-isc.gc.ca

SUPPORTS & RESOURCES

NAN Hope

Call 1 844 NAN HOPE (626-4673) | www.nanhope.ca

Hope for Wellness Help Line

Call 1-855-242-3310 | www.hopeforwellness.ca

Talk4Healing

Call 1-855-554-HEAL (4325) | www.talk4healing.com

Kids Help Phone

Call 1-800-668-6868 | Text 686868 | www.kidshelpphone.ca

CMHA Crisis Response

Call Thunder Bay: 807-346-8282

District/Toll-Free: 1-888-269-3100

Northwest Region: 1-866-888-8988

www.thunderbay.cmha.ca

Crisis Services Canada

Call 1-833-456-4566 | Text 45645 | www.crisisservicescanada.ca

REFERENCES

<https://mushkiki.com/our-programs/moontime-and-grandmother-moon/>

<https://www.onwa.ca/full-moon-ceremony>

<http://muskratmagazine.com/ojibwe-moons/>

<https://mushkiki.com/our-programs/sacred-items-and-bundles/>

NAN CHOOSE LIFE TEAM

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NAN Choose Life welcomes new staff and wishes those who have left the Choose Life Team many thanks for their role in Choose Life and well wishes as they journey forward.

CONTACT INFORMATION

Has your team had any recent staff changes? Please let us know so we can update your contact information. Scan the QR code to the right or contact Rauslyn Laviolette, our Choose Life Officer and she will provide you with the link to complete the form.



CULTURAL DATABASE

Do you know of anyone interested in sharing their cultural or land-based teachings, skills, and/or gifts with Choose Life? Please fill out the Cultural Helper Form or request the form and we can provide it as a PDF fillable form. The form is also available at: Choose Life - Nishnawbe Aski Nation (nan.ca). You can also scan our QR code. If you have any questions regarding the Cultural Helper Database or would like a additional information forwarded to you, please contact Kiaya Drake.



SHARE YOUR KNOWLEDGE

This can be teachings, resources, community photos, activities and/or events being held in your community. Why? Because your contributions can inspire other Choose Life programs and support even more youth. You can also nominate someone in our Honorable Mentions section. You can do this by scanning the QR code or email us for links.

