

The Moccasin Path



**Wachay,
Aanii, Tansi,
Kwe! Kwe!
Welcome to
the NCDSB
Indigenous
Education
Team's
Monthly
Bulletin**

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Acknowledgement of the land - New Liskeard, ON

“Kwey, Kwey, we proudly acknowledge the Indigenous peoples of this area by recognizing we are in the traditional territory of the Algonquin people of Timiskaming First Nation. We are honored to live on this beautiful land. We are grateful for the trees, plants, clean water, and many animals. We are blessed to be able to live here. Meegwetch.”

A close-up photograph of cedar branches with vibrant green needles, some of which are dusted with a light layer of snow. The background is a soft, out-of-focus grey. The text 'TEACHING OF THE MONTH' is overlaid in the top left, and 'Cedar' is centered in the middle right.

TEACHING OF THE MONTH

Cedar

Cedar is one of the four sacred medicines; it has many uses and is easily found in Northern Ontario.

Cedar is full of vitamin C, which can be used to help with the common cold by boiling the leaves and making tea. When collecting cedar for tea, it is recommended that you harvest cedar deep in the bush to ensure it has not been exposed to things such as car exhaust, pollutants or high levels of dust.

Cedar can be harvested year-round. It is important to practice your teachings when harvesting your cedar for any use. When you head to the bush, remember your tobacco to leave as a showing of thanks and appreciation. Put a small amount of loose-leaf tobacco in your left hand and say a little thanks for what you are about to take. The idea is when we take something; we give something back.

Cedar is a protector; in the forest, cedar helps to protect small animals and birds through the winter, creating a wind barrier and warmth. Cedar works as a protection medicine for the two-legged by removing negativity and inviting positivity into spaces.

Cedar is used in many ceremonial practices, such as cedar baths and smudging. Cedar baths are a common form of healing & preparation. Cedar baths can be used as part of one's journey into the western world, as part of one's healing journey or in welcoming newborn babies. This is because it is considered a form of protection physically, mentally, emotionally and spiritually.

TEACHING OF THE MONTH

Cedar Tea

Ingredients:

- Boiling Water
- Cedar Leaves
- Honey, maple or birch syrup or any other sweetener (optional)

Directions:

1. Bring water to a rapid boil
2. Add cedar leaves and allow to steep for approximately 8-10min until water is a golden yellow colour
3. Strain tea - removing the cedar leaves
4. Pour into cup and drink as is or add your favourite sweetener to soften the flavour

The benefits of Cedar Tea

Cedar has many health benefits and has been used by Indigenous nations for centuries. Cedar is high in vitamin C, which helps to combat common cold and flu symptoms. Cedar has been known to help alleviate headache pain and aid in better digestion. Due to the high concentration of vitamin C, you should be mindful of how much you consume.



SPOTLIGHT ON INDIGENOUS VOICE



READ

When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives.

-Orca Books

LISTEN

Warrior Kids Podcast: In Episode 7 the podcast is all about Indigenous boys and men who wear their long hair in braids! We also get to talk to basketball pro Michael Linklater from Thunderchild First Nation, about his campaign Boys With Braids all about instilling pride in our Native cultures.

[Listen Here](#)



WATCH

Spirit of the Game

An elite handful of Indigenous athletes make their way to the 2002 North American Indigenous Games in Winnipeg. Over 6,000 young sportsmen and women from across Canada and the US compete in the games, and this film serves as a tribute to their hard work, dedication, and achievements.

[Learn more here](#)

SOCIAL INFLUENCER

James Jones

Social media has played a considerable role in creating awareness all around the world. From learning about leadership and politics to cultural awareness and understanding. One of the key influencers of Indigenous knowledge is James Jones, also known as, Notorious Cree.

“Hoop dancing is a healing dance; each hoop has different meanings for different teachings. It is literally one of the most creative dances on the planet. You can just keep creating new formations. It’s just a really fun dance to do. Aside from that, there’s a lot of spiritual meaning behind it. It’s really important, especially during the times that we’re living in right now. Everybody needs healing, so that’s why I’ve been doing that a lot lately” - James Jones

Jones and his family are from Manitoba, where many of his family members attended residential schools. As a result of the residential school system, much of his culture and ceremonies were never passed down. James was committed to discovering his cultural roots and immersing himself in his culture and ceremonies.



As seen on social media, James performs numerous traditional dances; however, he focuses much of his time on hoop dancing.

[Click Here](#) to view the video aired on “CTV Your Morning,” where James discusses his family history and journey towards the hoop dance while highlighting the importance of Canadians learning about Indigenous culture. James shares his excitement about reaching a broader audience through social media.



SELF CARE CHALLENGE - JANUARY

Recognizing the importance of self care, each month you will find a new self-care challenge. Each activity will look to help create balance, health, and wellness!



Challenge: Connect with Nature

1. Decide on a location that you would like to visit - your backyard, a local park, a trail or a favourite spot in the forest. Go to the location that you feel most drawn to - maybe the trees, river or rocks in a certain area are pulling you in that direction.
2. Dress warm as you should plan to spend a little time simply being in nature, listening, reflecting and connecting.
3. Once you arrive at your location, ensure the area is safe and find a spot to settle in. Sit and take the time needed to connect with the space you have chosen.
4. When you feel ready, return home.
5. Once at home you may wish to describe your experience, how you felt, what you noticed, what you heard ect. in your thankfulness journal.

CREATIVE CORNER

Grab some crayons or markers and spend some time colouring these beautiful pictures created by Hawlii Pichette.



Hawlii Pichette of Urban Iskew is a Mushkego Cree artist and illustrator from Peetabeck Treaty 9 territory who currently resides in London ON.

Born and raised in the small community of Cochrane, located in Northeastern Ontario, her work is deeply influenced by her culture, upbringing and reflects the beautiful integral interconnections of the natural world.

- Urban Iskew

[Click Here](#) to access Urban Iskew's free colouring pages

MONTHLY RECIPE

Ingredients:

Pancakes:

- 1 1/2 Cups Flour
- 3 1/2 Tsp. Baking Powder
- 1 Tbsp. Sugar
- 1/4 Tsp. Salt
- 1 1/4 Cups Milk
- 3 Tbsp. Melted Butter
- 1 Egg

Syrup:

- 1/2 cup Maple Syrup
- 1 Cup Heavy Cream

Directions:

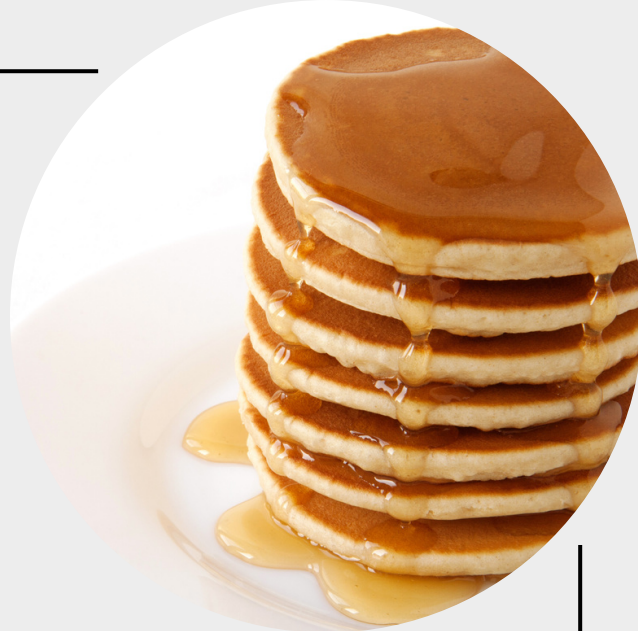
Pancakes:

1. Mix all dry ingredients in bowl together. Make well in center and add milk, melted butter and egg. Mix until smooth
2. Heat lightly oiled pan over medium heat. Pour approximately 1/4 cup batter and cook until bubbles form around edges (about 2-3 minute), flip and cook until browned on other side.

Syrup:

1. Add maple syrup to pan - bring to a simmer (about 8-10 minutes)
2. Remove pan from stove and gently stir in heavy cream
3. Let cool then serve over pancakes

ENJOY!



prep time: 10 minutes

cooktime: 20 minutes

total time: 30 minutes

A classic recipe that
highlights the personality of
Maple Syrup

Maple Sucre à la Crème

Recipe by Marie-Cecile (Cezin) Kakgoosh
Nottaway-Wawatie

WAYS YOU CAN BE AN INDIGENOUS ALLY



SUPPORT INDIGENOUS AUTHORS

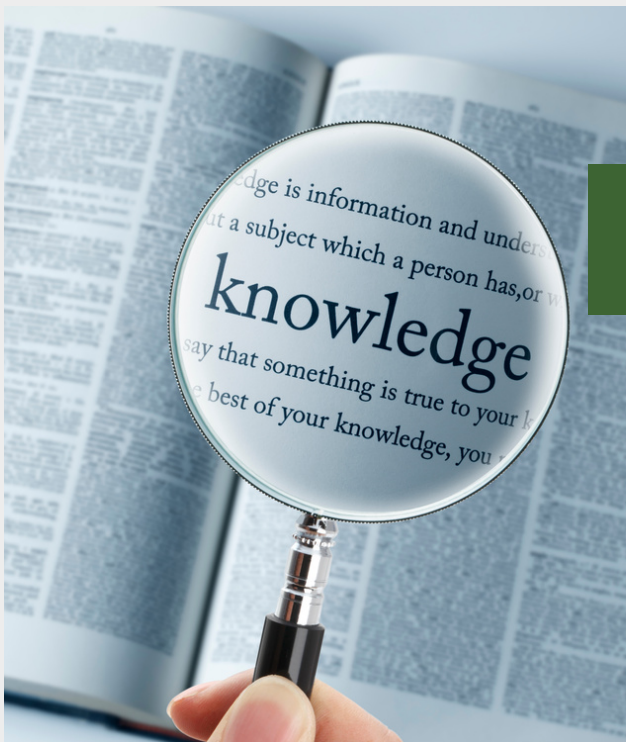
Include Indigenous books in your home library. Introduce Indigenous legends and teachings through children's books, novels or magazine articles. Research authors to understand where their writing is coming from and which nation their experiences are connected to.

[Learn More Here](#)

JOIN COMMUNITY EVENTS

Attend local community events that highlight Indigenous culture, awareness and celebration. Check your local newspapers, FN community events and local Indigenous organizations for upcoming events open to the public.

[Find Events Here](#)



KEEP LEARNING

Indigenous peoples are the experts of their own realities and histories. Take the time to read Indigenous literature or visit a local Indigenous organization, Elder or knowledge keeper to learn directly from Indigenous people.

