

# The Moccasin Path



## Wachay, Aanii, Tansi, Kwe! Kwe! Welcome to the Indigenous Education's Monthly Bulletin

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### Acknowledgement of the land - Cochrane, ON

We acknowledge that we are on the Treaty 9 land of the Moose Cree People. We promise to celebrate, respect cultural differences and the personal space of the Moose Cree People. We will be friends by listening, being trustworthy, honest, and helpful. We will make bannock and share food, be welcoming and laugh together. We will care for our neighbours and hear and help them with their struggles and stories. We will respect Mother Earth by only taking what we need and understanding her significance. We won't litter and not pollute our environment. We will be kind and respectful to animals, plants, trees, air and water. We will accept and appreciate the Indigenous Peoples of Turtle Island's insight and knowledge on how to care for the land.

Grade 7/8 Class - Aileen Wright

# TEACHING OF THE MONTH

## Storytelling

Traditional storytelling is a cherished activity and learning opportunity for children and adults alike. Most stories have never been written down and remain part of an oral tradition passed down from generation to generation. Stories are shared when the snow is on the ground and some of our relations are asleep.

Many traditional stories are reserved for winter, making them even more special. One reason is that winter is a time for slowing down, reenergizing, and connecting as a community. The other reason is that it is believed that winter is a time of hibernation for the spirits and animals, making it less likely for them to hear the stories being told about them.

Storytellers are highly regarded in Indigenous communities, and the stories received should be treated like gifts. If you request a story, you should present your tobacco and honour the storyteller with attentive listening and respect. The storyteller will likely take your tobacco and offer it back to the earth as an offering for the spirits in the story.



# SPOTLIGHT ON INDIGENOUS VOICE



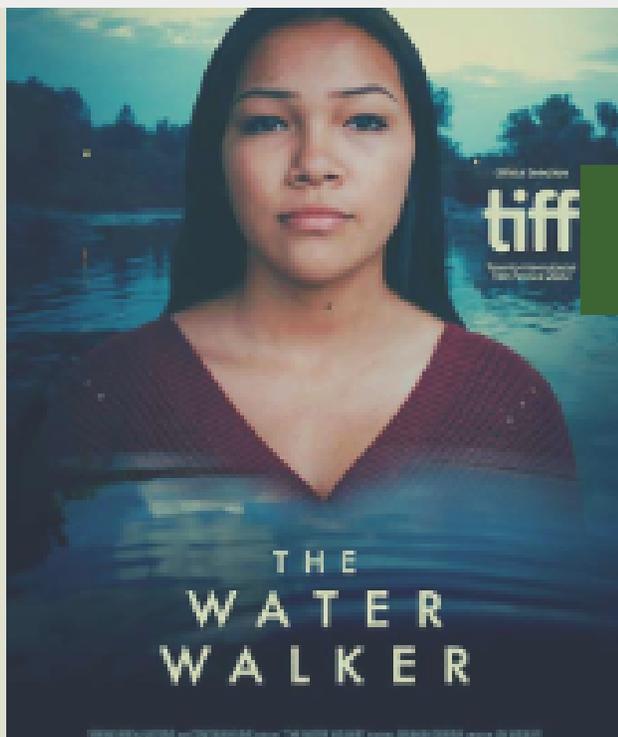
## READ

The Water Walker: this story showcases the determined Ojibwe Grandmother (Nokomis) Josephine-ba Mandamin and her great love for Nibi (water). Nokomis walks to raise awareness of our need to protect Nibi for future generations and all life on the planet (from Second Story Press).

## LISTEN

Warrior Kids Podcast: Water is Life. In Episode 9, Warrior Kids talk about how all living things depend on water and the critical work that Indigenous water protectors do.

[Listen Here](#)



## WATCH

This documentary follows teenage Anishinaabe water activist Autumn Peltier as she travels to the UN to preserve the future of Indigenous communities.

[Learn more here](#)

# SELF CARE CHALLENGE - DECEMBER

## looking after Mind, Body, Heart, and Spirit

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!



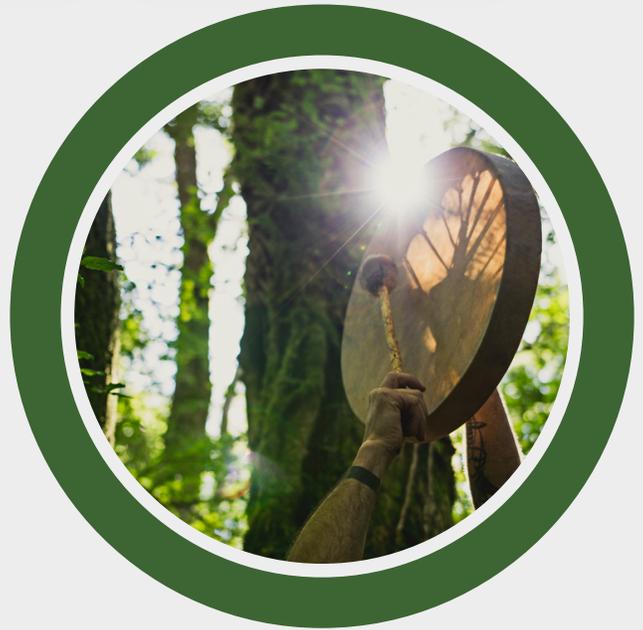
## Challenge #1: Daily Journaling

1. Start by writing your name on the inside cover/ front page, followed by your age and date.
2. Write the following things down on the next page:
  - Love- I am created by Creator perfectly to be me.
  - Truth- My life has a purpose.
  - Humility- I am equally important as others in this world.
  - Respect- There is only one of me and I need to take care of myself.
  - Courage- I can take action in the face of injustice.
  - Honesty- I can use my voice and actions to make a positive impact.
  - Wisdom- I have and choose to use my gifts and talents in a good way.
3. Write down 4 things you are thankful for under the date for each day. This will help you in your walk and be a reminder of the great things in your life when things are difficult. Remember, this journal is just for positive things, and is only for you, unless you choose to share it.

# SELF CARE CHALLENGE - DECEMBER

Connect to Your Spirit  
through Movement and Song.

Dance and sing like no one is  
watching!



## Challenge #2: Find Your Favourite Song

1. Do some research - what kind of music are you looking for? what form of dance are you interested in?

Need some help? check out these suggestions on YouTube to get you started:

- [Scooby Doo - Tiny Tots Song](#)
- [Pow Wow Dancing For Kids](#)
- [Fawn Wood - Round Dance](#)
- [AIM Drum Song](#)
- [Matt Mac - Break Me Down](#)
- [Through The Woodlands - Metis Fiddle Quartet](#)
- [ONWA Online Drum Book](#)

2. Once you have found a form of dance or music that speaks to you, find a comfortable space to sing, drum, dance, move or express yourself.

3. When your comfortable share you new passion with a friend or family member.

# MONTHLY RECIPE

## Ingredients

- 2 cups canned white or yellow hominy corn. Drained (can be substituted with regular corn).
- 2 cups fresh green beans. Trimmed and snapped.
- 2 cups butternut squash. Peeled and cubed.
- 1 1/2 cups white or yellow potatoes. Peeled and diced (for something sweeter you can use sweet potatoes).
- 5 cups water.
- 1 1/2 tbsp chicken bouillon granules.
- 2 tbsp butter. Melted.
- 2 tbsp all-purpose flour.
- 1/4 tsp pepper.

## Instructions

In a large pot combine the hominy, green beans, squash, and potatoes.

- Add water and chicken bouillon.
- Bring to a boil. Then reduce heat to low and simmer until vegetables are soft (approx. 10 minutes).
- Melt butter and blend it with the flour. Stir mixture into the soup.
- Increase heat to medium and cook until soup thickens (approx. 5 minutes).
- Season with salt and pepper and serve.



prep time: 15 minutes  
cook time: 30 minutes  
total time: 45 minutes

A classic recipe that highlights the three sisters. Corn, squash, and beans set the base for this hearty and delicious recipe

## Three Sisters Soup

Recipe by Kevin Wagar

# WAYS YOU CAN BE AN INDIGENOUS ALLY



**OFIFC**

Ontario Federation of  
Indigenous Friendship Centres

## RESEARCH

Visit the Ontario Federation of Indigenous Friendship Centres to find the friendship center nearest you. Visit your local center to learn more about Indigenous culture, volunteer opportunities and upcoming community events

[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.



## SUPPORT LOCAL INDIGENOUS ARTISTS

Purchase Indigenous-made crafts, art and clothing directly from Indigenous artists. Support locally through small businesses, online shops and at your local museum or friendship centers that carry locally made Indigenous goods.

*Merry Christmas*

*Mee no mah ko shay kee shee kow*

*From your Indigenous  
Education Team*

