

# The Moccasin Path



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

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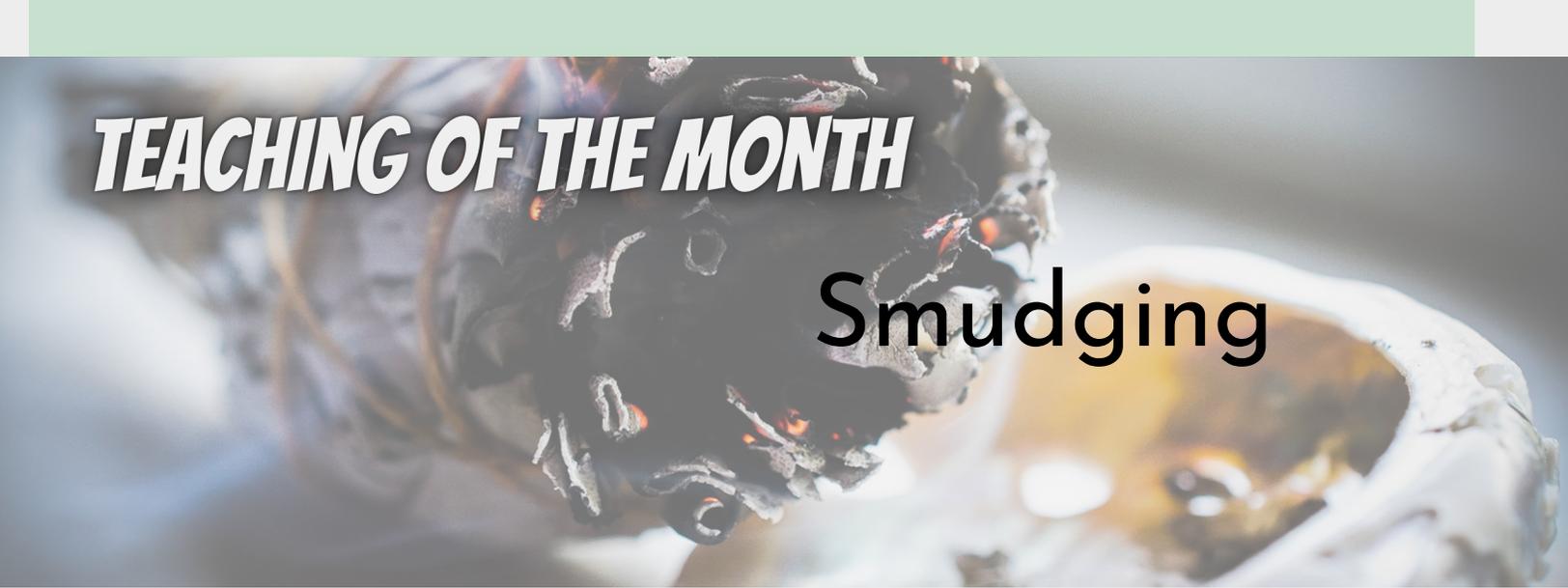
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### Acknowledgement of the land - Kapuskasing, ON

"We are on the traditional land of the Moose Cree People in Treaty 9. We promise to protect the environment which includes the air, water, earth, plants, animals and humans. We will live in harmony, choose a better lifestyle, and respect all the things and their boundaries. We will do our part in making the world a better place. We will be accountable for our actions and use our voices and actions as allies in truth and reconciliation."



## *TEACHING OF THE MONTH*

# Smudging

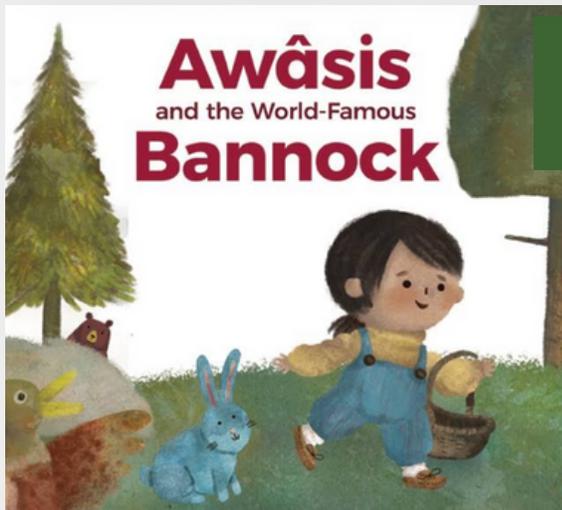
Smudging is the practice of burning one or more sacred medicines and using the smoke to cleanse your mind, body and spirit. The sacred medicines are sage, sweetgrass, cedar and tobacco.

When smudging, smoke is gently passed over your head to remind us to have good thoughts, to your eyes to remind us to see good things, to your mouth to remind us to say good things, to your ears to remind us to hear good things, to your heart to remind us to feel good things, and to your body to remind us to do good things. Many people will also smudge their home or a space to remove negative energy.

The medicines can be placed in a small pan or bowl. Most often, people will use an abalone shell. Using the shell, you're incorporating all 4 of the earth's elements. The shell represents water, the medicines placed inside represent earth once lit, they represent fire, and the smoke represents air.

Smudging always remains voluntary and open to anyone. And there is no right or wrong way to smudge.

# SPOTLIGHT ON INDIGENOUS VOICE



## READ

During an unfortunate mishap, young Awâsis loses Kôhkum's freshly baked world-famous bannock. Not knowing what to do, Awâsis seeks out a variety of other-than-human relatives willing to help. What adventures are in store for Awâsis?

[Google Books](#)

## LISTEN

Warrior Kids Podcast: In Episode 2 of Season 2 the podcast is all about Indigenous Sport. You will learn about why the sport of Lacrosse is called The Creator's Game and why the sport is so important in Haudenosaunee (Iroquois) culture.

[Listen Here](#)



## WATCH



### That Old Game La Crosse

Long before Canada became a country, every nation on Turtle Island had its own unique version of a stick-ball game. The most popular one on this continent has always been lacrosse, a game that was gifted to the First Nations by the birds and four-legged animals, and played for centuries as a medicine game.

[Learn more here](#)

# ***SOCIAL INFLUENCER***

## **Mattmac**

Mathew Monias, 20 from Garden Hill First Nation

**"In 2020, Mattmac's debut music project, "20/20" catapulted his music and story into the national limelight, landing him on CTV National News and all major media outlets. His debut single, "Paradise", reached #1 on the Indigenous Music Countdown and top 50 on the mediabase charts. In 2021, he won the Broadcast Dialogue Emerging Artist Radio Award and took home the Rap/Electronic Album Of The Year at the Summer Solstice Indigenous Music Awards."**

-mattmacmusic.com

Mattmac is originally from Garden Hill First Nation, born blind, and growing up surrounded by music, Mattmac quickly found it to be an effective coping mechanism and took to singing in his community's gospel choir. From there, he started making beats and writing songs, teaching himself how to play piano and guitar along the way. He attributes his competencies to the support of the Bling & Famous group – a USA-based collective of blind music artists who collaborate and connect with one another through the internet.



Mattmac hopes to continue to use his platform to inspire others to know that they can accomplish anything they set their mind to.

**For More Information Click [Here](https://mattmacmusic.com/)**

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# SELF CARE CHALLENGE - FEBRUARY

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: 5-4-3-2-1 Calm

Take the time to practice being present in the moment. This activity is intended to help you calm your mind, focus on the present, connect with your spirit and balance your energy.

This activity is great for people of all ages; this can be done as an individual or alongside family and friends.

Lets begin:

- Get yourself as comfortable as possible.
- Take some slow deep breaths.
- Use the prompts below to help ground yourself in the meditative activity

5: Acknowledge FIVE things you see around you;

4: Acknowledge FOUR things you can touch around you;

3: Acknowledge THREE things you hear;

2: Acknowledge TWO things you can smell;

1: Acknowledge ONE thing you can taste

# CREATIVE CORNER

Grab some crayons or markers and spend some time colouring these beautiful pictures created by various Indigenous artists from Manitoba, AB



The First Nations Health and Wellness Colouring Book was created through the collective efforts of 19 Indigenous artists, and celebrates a diversity of health and wellness perspectives. This project was made possible through the direct funding from Jordan's Principle and The Canadian Red Cross

[Click Here](#)

to access the First Nations Health and Wellness Colouring Book

# MONTHLY RECIPE

## Ingredients:

- 1 small winter squash - peeled, seeded and cut into 1/2-inch chunks
- 1/2lb sunchokes, cut into 1/2inch chunks (jicama or water chestnut can be used as replacement)
- 1 medium sweet potato, cut into 1/2-inch chunks
- 1/2 lb turnips, cut into 1/2-inch chunks
- 2 tbsp olive oil
- 2 tbsp maple syrup
- 2 tbsp maple vinegar
- 1 tsp whole grain mustard

## Directions:

1. Preheat oven to 425°F. Toss the vegetables in oil to generously coat. Spread on a baking sheet so they're not touching and sprinkle with Sakari Botanicals salt and fresh sage. Roast, shaking the pan often, until vegetables are tender and begin to brown, about 30-40 minutes.
2. In a small bowl, mix maple syrup, maple vinegar and mustard. Brush over the roasted vegetables. Return to the oven to roast another 7-10 minutes. Remove and serve warm.



prep time: 10 minutes  
cook time: 50 minutes  
total time: 60 minutes

An innovative recipe that highlights the personality of sage

## Maple Sage Roasted Vegetables

Recipe by Sean Sherman - The Sioux Chef

# 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.



## PRACTICE THE ART OF LISTENING

Seek opportunities to have meaningful conversations and learn from Indigenous elders, knowledge keepers, or local community members.



