

# The Moccasin Path



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

## What's inside this issue:

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## Indigenous Education Team Contact Information:

Kristine Arthur - Indigenous Lead  
[karthur@ncdsb.on.ca](mailto:karthur@ncdsb.on.ca)

Ryan Plante - ISW for Central Region  
[rplante@ncdsb.on.ca](mailto:rplante@ncdsb.on.ca)

Vicky Chilton - ISW for Central and Southern Regions  
[vc Hilton@ncdsb.on.ca](mailto:vc Hilton@ncdsb.on.ca)

Jenny Cutting - ISW for Northern Region  
[jcutting@ncdsb.ca](mailto:jcutting@ncdsb.ca)

## Acknowledgement of the land - Moosonee, ON

Wachay, this land, as we know it today is rich in the history and modern tradition of many First Nations, the Metis and Inuit. From the territories of the Moose Cree located in Treaty 9 territory, these lands on the lakes, streams and on the Moose River and along James Bay are steeped in Indigenous history. Our Catholic Social Teachings call us in solidarity with our Indigenous brothers and sisters, to honour and respect the four directions, lands, waters, plants, animals ancestors that walked before and the Wisdom teachings of the Elders which we try and live out each and every day. All these wonderful elements of creation exist, gifted to us by our creator God. We acknowledge and thank the Cree people of Moose Cree First Nation for being stewards of this traditional territory and say Meegwetch."

Bishop Belleau School Land Acknowledgement

# TEACHING OF THE MONTH

## Sweetgrass

Sweetgrass is a kindness medicine. When lit, it has a sweet, gentle aroma and can be used to smudge alone or with other medicines.

Sweetgrass was the first plant to grow on mother earth; this represents mother earth's hair. When we pick sweetgrass, it should be collected in three bunches of seven strands, equalling twenty-one pieces. When picking the grass, we are gentle and do not pull roughly. We braid the three strands together while stating our intentions. Tobacco should be offered when taking the sweetgrass from the ground.

The symbolism behind the twenty-one strands:

*Twenty-one strands to make a braid*

The first seven strands represent the seven generations behind us (who we are and what we are is because of them).

The second set of strands represents the seven sacred teachings (Love, Respect, Honesty, Courage, Wisdom, Truth and Humility).

The last set of strands represents the seven generations in front of us (everything we do on Mother earth impacts the next generations).

Teaching by Elder Marty Strompingelk

# SPOTLIGHT ON INDIGENOUS VOICE

## READ



As a young girl living in the High Arctic, Margaret Pokiak was determined to learn to read even though it meant leaving her home and everything she knew behind. Despite her father's warning about the horrors of residential schools, Margaret makes the long journey south, where she encounters the Raven – a hook-nosed nun who immediately dislikes Margaret. In a show of cruelty, the Raven gives Margaret red stockings instead of the grey ones the other girls receive, making her the laughingstock of the school. Margaret gets rid of the stockings and must teach the Raven a lesson about human dignity.

-cbc.ca

## LISTEN

Warrior Kids Podcast: In Episode 10 of Season 3, we learn all about the Bald Eagle and why they are so important to our ecosystem. We also hear about their significance to many Native cultures.

[Listen Here](#)



## WATCH

### Keeping the Inuit Way of Life Alive in a Changing World

In Northeastern Canada, a traditional Inuit hunter, carver, and guide is watching the world change before his eyes. In Keeper of the Flame, Derrick Pottle shares the meaning behind the Inuit way of life and why he continues the traditions of his culture.

[Learn more here](#)



# ***SOCIAL INFLUENCER***

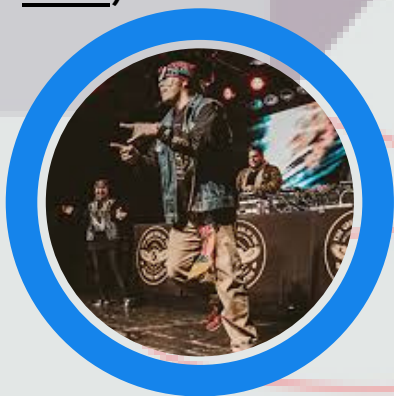
## **Halluci Nation**

*Formerly known as A Tribe Called Red*

A Tribe Called Red are admired far and wide by Indigenous youth and their elders, enthraling communities across Canada that most bands will never visit. They've achieved considerable music industry recognition, with a Juno win and a Polaris Music Prize short list appearance. Their music, well-respected by DJs and influential among producers, is creeping into advertisements and sporting events. They've inspired international Indigenous artists with their blend of electronic and traditional elements. Now, they're on the verge of something even grander with We Are the Halluci Nation. (David Dacks, 2016)

**Why did A Tribe Called Red change their name?**

"The Halluci Nation is a concept given to them by one of their idols, John Trudell, a renowned one-time leader in the American Indian Movement; in their own words, it "promotes inclusivity, empathy and acceptance amongst all races and genders in the name of social justice. They believe that Indigenous people need to define their identity on their own terms. If you share this vision, then you are already part of the Halluci Nation." (David Dacks, 2016)



The Halluci Nation continues to make music that inspires people of all ages while creating awareness about Indigenous culture, love and human kindness.

**[For More Information Click Here](#)**

# SELF CARE CHALLENGE - MARCH

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!



## Unplug and Connect

This practice helps you to reconnect from time to time with your loved ones without technology. It enables you to find new hobbies or activities you can engage in without a device.

### How to get started:

- Decide what day will work to unplug completely.
- Plan your activities and talk with your family about what you will do in place of videos, online games and phone calls.
- You can place electronic devices out of sight to avoid the temptation if you need to.

### A few possible benefits to unplugging from technology:

- **Reduce Stress** - being "on" 24/7 isn't healthy for your mind, body or spirit.
- **Discover Time**- sometimes people spend much time simply scrolling or getting trapped in endless games without realizing how much time has passed.
- **Physical Health** - avoiding technology and engaging in physical activity helps promote positive health.
- **Mental Health** - reflecting, reconnecting and expressing gratitude can help improve your mental health.
- **Be Present** - allows you to embrace precious moments with loved ones and friends.

# CREATIVE CORNER

As the birds start slowly returning with spring just around the corner, spend some time making homemade birdseed ornaments



Making birdseed ornaments is not only fun for the whole family but can help provide food to birds in a time when food is scarce. These ornaments are simple and inexpensive to make.

[Click Here](#)

for the full recipe and instructions provided by "Backwoods Mama"

# MONTHLY RECIPE

## Ingredients:

- 3 eggs
- 1 cup brown sugar
- 1 teaspoon vanilla
- 2 teaspoons butter, softened to room temperature
- ½ teaspoon salt
- 3 ½ cups flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- 1 tablespoon baking powder
- 1 cup buttermilk
- 1 cup raisins, dried cranberries, blueberries, nuts, chopped apples, or chocolate chips (optional)
- Sunflower oil, for frying

## Directions:

1. Cream together the butter, eggs, brown sugar, and vanilla. This can be done by hand, or with a mixer with a paddle attachment.
2. In a separate bowl, mix all the dry ingredients.
3. Add half of the dry ingredients into the butter mixture and blend for 15 seconds. Then, add half of the milk and mix. Add the rest of the dry mixture then the rest of the milk in the same fashion. Keep the mixer on low, to keep flour from getting all over.
4. Pour in any add-ins at this point, if desired, and mix for another 15 seconds.
5. Turn the batter out onto a heavily floured surface and knead as little as possible, until the dough is no longer sticky, about five times.
6. Roll the dough out to about 1/2 inch thick.
7. With cookie cutters, cut your donuts into your desired shapes.
8. Heat a deep pan of sunflower oil to 300°F, and fry the donuts approximately 3 minutes per side, or until brown and cooked throughout.
9. Carefully place the donuts on paper towels to absorb any excess oil, and allow them to cool.



prep time: 20 minutes  
cook time: 15 minutes  
total time: 35 minutes

A traditional recipe  
that dates back to  
the 1600's

## Traditional Donuts

Recipe by Tawnya Brant -  
Mohawk Chef

# Monthly recommendation on how to be an Ally

## Be Critical of any Motivations.

When getting involved in the work of being an ally, ask yourself the following questions:

1. Does my interest derive from the fact that the issue is currently "buzzing"?
2. Does my interest stem from the fact that the issue will meet quotas or increase the chances of any funding?
3. Does my involvement hijack the message and insert my own opinion or values instead of respecting those of the Indigenous community?
4. Am I doing this to feed my ego?

Indigenous movements and struggles do not exist to further one's self-interest, nor are they there as extracurricular activities.

### Remember:

*Being involved in anti-oppression work is about recognizing that every person has a fundamental right to human dignity, respect and equal access to resources.*

Being an ally takes more than checking actions off a list. It means speaking up even when you are scared, acknowledging that the conversation is not about you, transferring your privilege to those who have less and actively supporting the struggle.



