

The Moccasin Path

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

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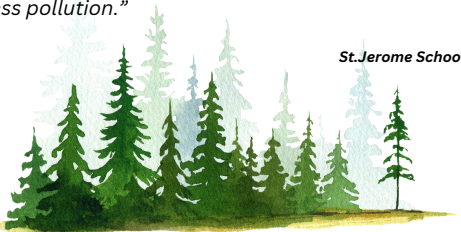
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Acknowledgement of the land - Kirkland Lake, ON

"The staff and students of St. Jerome school acknowledge the fact that we live, work and play on the traditional territory of the Ojibway people of Matachewan and Beaver House First Nations. Kirkland Lake is located in the Treaty 9 area and has many rivers, lakes, walking trails and outdoor opportunities. We are thankful to share this space with our Indigenous friends and neighbors that allow us to hike, hunt, fish and swim while enjoying nature. We pledge to honour this beautiful land by not littering, being respectful to all plants, animals and waterways as well as doing our part in preserving nature through planting more trees, saving water and creating less pollution."

St. Jerome School



Teaching of the Month "Maple Syrup Teachings"



Indigenous people in Canada first discovered maple syrup. The maple is a medicine which balances our blood and heals us. Maple syrup has many health benefits, including reducing inflammation, supplying vitamins and minerals, and balancing blood sugar levels.

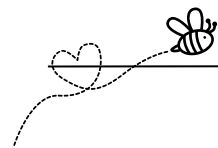
Indigenous people have used maple syrup as a staple in our diet for centuries and continue to do so today. Medicine people who make medicines will use maple syrup as an additive for healing and flavour.

Traditionally, the materials used to harvest maple syrup included a flat and long piece of cedar wood to guide the sap to the bucket and birch bark baskets to collect the syrup.

Once the sugar water had been collected, it was boiled down until it became a sticky syrup. Birch bark cones were used to store the maple syrup. The sugar would bond and stick to the inside of the cones making it easy to store. A piece of string would be tied to the top of the cones making them easier to transport for trade.

To find out more watch the video [here](#)

Teachings by Kyle Musgrave from Hiawatha First Nation



Creative Corner Lets Make "seed bombs"



This spring, help to restore flowers and plants in the environment through making and using your own seed bombs.

By making and using your seed bombs you are helping the bee and butterfly population, adding biodiversity and promoting good soil conditions.

One small action has big benefits!

Ingredients:

- Wildflower seeds
- Potter's clay powder
- Peat-free compost
- Water
- Bowl
- Baking Tray

Instructions:

Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls of clay, five handfuls of compost, and one handful of seed. Then carefully add water slowly and gradually (you don't want it too gloopy), mixing it all together until you get a consistency that you can form into truffle-sized balls. Lay them out to bake dry on a sunny windowsill for at least three hours. Once dried you can throw your seed bombs into your garden or into the forest to help plant the wildflowers.

(Information from Radical Roots)



Self Care Challenge Sharing Stories with Elders

Our elders are an important part of our community. They have so much wisdom to share, stories to tell, and traditions to teach. They have lived through many experiences and can teach us how to look at life in a better way.

This month, take the time to visit or call an elder from your family or from your community. Take the time to hear their stories.

When visiting consider asking the following questions:

- What is one traditional food you always looked forward to growing up?
- Is there one special recipe you can share with me?
- What is one thing you and your family/ community did together that you would like to start again?
- What is your proudest moment?
- What is one thing you would still like to learn?

Try to write down the stories that your elder is sharing. This will be a cherished memory for generations to come. You may wish to ask if you can take some photos during your visit; these can be included in your story.

You may be very surprised about some of their answers, and they will feel honoured that you took the time to listen.

Recipe of the Month

Goose Stew
A recipe from ONWA's Diabetes Toolkit



Ingredients:

- 1 goose
- 3 cups of water
- Poultry seasoning, to taste
- 2 cups of chopped celery ribs with leaves
- 2 onions, sliced
- 3 tablespoons of butter
- ½ cup of cooked wild rice

Directions:

1. Preheat your oven to 350°F (175°C)
2. Place the goose in pot with water, poultry seasoning and 1 cup of celery. Cover and simmer for 1 hour 30 minutes.
3. Reserve broth and place in refrigerator.
4. Debone the goose. Sauté the onions and 1 cup of celery with butter.
5. Stir in reserved, degreased broth.
6. Cover and simmer for 5 minutes. In a large pot, combine goose, cooked rice, celery and onions.
7. Serve when heated.



Spotlight on Indigenous Voices

Read



VenCo is the latest book from Métis author and editor Cherie Dimaline, best known for the YA novel *The Marrow Thieves*. Dimaline's new work is a subversive and imaginative adult novel about a coven of modern-day witches.

- CBC

Listen



Warrior Kids Podcast: In Episode 6, Warrior Kids talk about our very special relatives: trees! Trees are very important to our health and well-being on planet earth.

[Listen Here](#)

Watch



Kamala Todd's short film is a lyrical portrait of Cease Wyss, of the Squamish Nation. Wyss is a woman who understands the remarkable healing powers of the plants growing all over downtown Vancouver. Whether it's the secret curl of a fiddlehead, or the gentleness of comfrey, plants carry ageless wisdom with them, communicated through colour, texture, and form.

[Watch Here](#)



Social Influencer of the Month

Cherie Dimaline
Author / Social Activist

Cherie Dimaline is a registered Georgian Bay Metis actively engaged in her community. She is well known for her novels that highlight Indigenous history and legends. *Marrow Thieves*, which brought her into the spotlight, has... "Won the Governor + General's Award and the prestigious Kirkus Prize for Young Readers and was named a Book of the Year on numerous lists, including the National Public Radio, the School Library Journal, the New York Public Library, the Globe and Mail, and the CBC" (Dimaline). Time magazine has ranked it a top 100 in the "Young Adult Reads" genre. She has written numerous other novels that have been received positively, and they are known as *Empire of Wild*, *Hunting by Stars* and her newest book, *VenCo*.

Throughout her journey, she has shared the importance of family and community. One of her key inspirations comes from her grandmother, Edna Dusome, who... "was a member of the Georgian Bay Metis Community. She was born in 1913 and passed away in 2005 after raising me alongside my parents. I talk about her a lot in my work, and most of my stories come from her, in one way or another" (Dimaline). Growing up around family and community, Cherie has heard of many stories, to which she has embedded them within her written work, for example, the Metis folklore and myth of the "Rougarou" or the "Giant Wolf". "The community continues to tell stories of the Loup-Garou or the Rougarou, similar to the communities out west and the Cajun community in Louisiana where they have an annual Rougarou Festival in Houma. My own family has several stories of encounters, one that includes my Mere and the local priest in the 1950" (Dimaline).

Cherie is a positive female role model for Indigenous women and girls and continues to be a trailblazer for embedding her Metis culture within her written works. She continues to fight for equity and equality while writing novels that inspire and teach those who read her books.

For More Information Visit [HERE](#)

DID YOU KNOW?

May 1-5th is Mental Health and Catholic Education Week

You will receive an email from your child's school about upcoming events and activities taking place in the coming weeks.

Monthly tip about being an Indigenous Ally

Remove harmful stereotypes and Indigenous erasure language from your lexicon

Pow wow is not a word to substitute for meetings. Spirit animal is not your term to use. He isn't the low man on the totem pole; he's the new hire. These terms may seem harmless, but they are not. Language has power. Being an ally to Indigenous Peoples means showing Indigenous people respect by changing your language.