

# Ashi-niswi giizisoog (Thirteen Moons)

## Ode-imini-giizis:

*The new Ode-imini-giizis, the Strawberry Moon begins June 23. Other names for this moon are Gitige-giizis, Ode-imini-giizis Gardening moon; and Waawano-giizis, Flowering Moon.*

### 13 Moons FDLTCC Extension Program Mind Body Medicine Workshop

When: June 1st, 2020 5:30pm-7:30pm  
When: June 5th, 2020 10:00am-12:00pm  
Where: ZOOM

Contact: Nikki Crowe 218-878-7148  
nikkicrowe@fdlrez.com

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For information on the Northeastern Minnesota Bee Friendly Corridor visit **OACC.US**



Boozhoo, There are 2 sessions of Mind Body Medicine coming up. Come spend 2 hours in this introductory session learning about Mind Body Medicine (MBM) and practicing MBM techniques. Mind Body Medicine is an evidence-based, transformational training that provides the science and tools needed to make mind-body medicine an integral, foundational part of your personal and professional life.

In this session we will:

- Do an overview of what Mind Body Medicine is, what the practices are and how MBM groups are run
- Learn about the stress response in the body and how MBM tools can help regulate the stress response
- Practice several MBM tools including:
  - Soft belly breathing
  - Autogenics
  - Grounding meditation
  - Safe place meditation

Register by sending an email to [nikkicrowe@fdlrez.com](mailto:nikkicrowe@fdlrez.com)  
Please indicate which session you would like to join.  
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# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

This is how to pronounce Ojibwe words.  
All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure  
“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father  
“i”- sounds like the “i” in sit  
“ii”- sounds like the “ee” in feet  
“o”- sounds like the “o” in go  
“oo”- sounds like the “oo” in food  
“e”- sounds like the “ay” in stay

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

G O P A L C Y U B W X E G N K H I Q A Q  
 I V D S G I L N O H K I H A I Z P D W A  
 M J M A R W C M I B Z H K A T X C D Z A  
 A K I L T A A L Y H S A E B O N J K L G  
 G V L W M A T J E R M F J I L A Y U W I  
 I W G K V R G W I I S J B S A A C I Z M  
 W Q E S F G A A S I T Z R H H W O R L A  
 H V T E U A K A A N N K F E E A X F F A  
 N X S X D C A T Y G A S F B J K V M Q K  
 E Z H I I W A A B O O A G I X I H G I V  
 W E Z W G G G O B U M M K Z S M D Z V G  
 K I E I K A K A M O S V I O X I F V I Y  
 A N I Y I O K H M W Q M Q N O B M I N X  
 A W O Z A A K O O D I I W R L Z B I F I  
 K G I I S H K A S H K I M O D I I T F B  
 A L P J O F M I G T N Q J T M N U D E Y  
 A R I W B U P L L S C N Z A I B E X A B  
 B M J F O T P T N H X M A Z X W H I N A  
 N X Z K U L K G F S E N I E W R S U O H  
 W K V I R Q L Q N C A S F E N K V G Y L

AADIZOOKAAN/LEGEND  
 AAGIMAAK/BLACK ASH  
 AGWAJIINS/OUTDOORS  
 ANAAMIBIIG/UNDERWATER  
 BAKAAKWENHWIGAMIG/  
 CHICKEN COUP  
 BIMIKAWAAN/FOOT PRINT  
 GIISHKASHKIMOD/CEDAR BARK BAG  
 GIZHEWAADIZI/GENEROUS  
 NAABISHEBIZON/EARRINGS  
 NIINIZIS/HAIR  
 ODATAGAAGOMIN/BLACK BERRY  
 OMAKAKI/FROG  
 WIIDOOKAAZO/HELP  
 WIIGWAASIMAKAK/  
 BIRCH BARK BASKET  
 ZHIIWAABOO/VINEGAR