

Ashi-niswi giizisoog (Thirteen Moons)

Iskigamizige-giizis

The new Waabigoni-giizis, the Flowering Moon begins May 4. Other names for this moon are Zaagibagaagime- giizis, Bud-ding moon; and Waswugone-giizis, Flowering Moon.

Maada'ookiing

The Northland Foundation is thrilled to unveil Maada'ookiing, a program to partner with Tribal Nations & Indigenous communities in Northeast Minnesota. Maada'ookiing means the 'distribution' in Ojibwe.

The program features grassroots grants up to \$2,500 to support work by Indigenous individuals or informal groups. Three grant rounds are planned over the next 12 months, with the first open to applicants starting May 1 and due by June 1.

To find out more details about this program, please visit <https://northlandfdn.org/special-initiatives/maada-ookiing.php> or email LeAnn Littlewolf at LeAnn@northlandfdn.org.

Vaccinations rise, opposition falls

We continue to hear about the availability of the COVID-19 vaccines as they rise to a level where they will soon be available to every adult.

With that rise, the Wall Street Journal is reporting that people's hesitancy to get vaccinated is on the decline.

The findings come from the latest release of a large-scale survey conducted by the U.S. Census Bureau and developed in concert with the Centers for Disease Control and Prevention and the National Center for Health Statistics. The most recent survey gauged responses from nearly 80,000 adults between March 3 and March 15.

The survey found about 17% of adults said they would either definitely or probably not get vaccinated, down from 22% in January. The decline was almost entirely due to fewer respondents saying they probably won't get the shot; the share saying they definitely won't has remained essentially unchanged in the past two months.

The best chance we have to put an end to this pandemic is to reach herd immunity, with the previous number from January showing 22% of adults reluctant and kids unable to get vaccinated, the end of the pandemic seemed unattainable. With this decrease in hesitancy and kids' trials progressing without any major hiccups, the future may be looking the brightest it has since COVID-19 because a common term.

13 Moons FDLTCC Extension Program Mind Body Medicine Workshop

When: Tuesdays

April 6th-May 25th
6pm-8pm

Where: ZOOM

To register send an email to:
Nikki Crowe
nikkicrowe@fdlrez.com

Please check your schedule when applying for this course. This is an 8 week training with an expectation for full participation. Miigwech.

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. This training is conducted in small group settings of 8-10 individuals with the opportunity to focus on a wide variety of well-integrated, practical techniques for self-care and mutual support that affect physical, mental and emotional functioning and wellbeing, such as: meditation, guided imagery, biofeedback, autogenic training, self-expression and movement.

This group will be held on Tuesdays for 8 weeks beginning in April and running through May. Each session will go from 6-8PM and will be held online using Zoom. Mind Body Medicine groups are designed to be small, with the same 8-10 individuals going through all 8 sessions together. Each session includes an opening and closing meditation, group check-in and check-out, mini-didactic talk on the topic of the week, as well as at least one experiential activity. There will also be suggested practices to do at home to reinforce the content. The 8 Mind-body Medicine sessions include:

1. Creating the Container: overview of Mind-Body Medicine & drawings
2. Biological Underpinnings of Mind-Body Medicine: Autogenic Training & Biofeedback
3. Guided Imagery & Visualization
4. Meditation
5. Mobilizing, Transforming & Celebrating Emotions & Wise Guide Imagery
6. Mindful Eating
7. Spirituality
8. Drawings & Closing ritual



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

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

ANOKAAJIGAN/project

BAASAABIKIZIGAN/dynamite

BIGIWIZIGAN/maple taffy

DIBAAJIMO/narrate

ESHPABID/chairman

EZIGAA/wood tick

GITIGEWININI/farmer

ISHKWENINJ/little finger

MIDEWIWIN/medicine dance

MIKAWAADAD/handsome

NAGWEYAAB/rainbow

OPICHI/robin

OSHKAGOOJIN/new moon

WAABISHKAWEDOON/ whiskers

ZAGASWEIDIWAG/council meeting