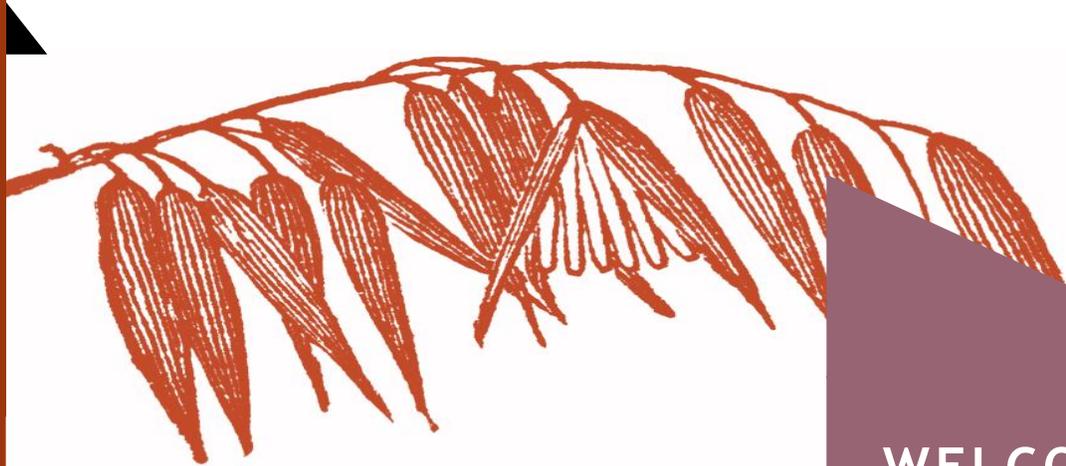




Mnoomin Newsletter
RLNC Extension Program

MAY 2020



WELCOME

To celebrate Earth Day everyday, this second issue provides DIY projects that promote a healthier mind, body, spirit, and environment. This issue is also dedicated to thanking the contributions of those battling the Coronavirus, whether you're on the front lines or staying home. As a community, we each have a sacred role. Thank you for your contributions.

SPIRIT

Five Easy Sustainable Projects for Home

Projects and recipes for making your own face masks, natural cleaning products, loose-leaf teas, and more!



MIND

Indigenous Resilience to Covid-19

Features Indigenous people expressing their pride and acts of stewardship and leadership around the world.



OJIBWE PHRASE of the MONTH

Niwii-gitige ziigwang.

I'm going to plant this spring.



Click the speaker to hear Eugene Stillday speak the phrase.

BODY

Internet Safety

A monthly review of social media sites and their security settings.



HOME HEALTH



Five Easy Sustainable Projects

Projects that are good for the mind, body, spirit, and Mother Earth:

1. Wild Rice Recipes

You can order and access wild rice recipes at Red Lake Nation Foods. Hone in your cooking skills by making one or more of their [recipes](#) for soup, bread, stuffed peppers, and jam. These recipes are good for the mind, body, spirit, and Mother Earth!

2. Foraged Tea Recipes

Nicole Faires' (2017) article, "[5 Amazing Herbal Teas to Help You Beat the Flu](#)," shares some popular immunity-bosting blends.

1. Garlic, Ginger, and Cayenne
2. Olive Leaf Tea
3. Basil and Ginger
4. Catnip, Nettle, and Dandelion
5. Lemon Balm and Black Elderberry

For sustainable and safe foraging tips, check out Ada Igoe's (2014) article, "[Tea From the Wild](#)." Since herbal teas have medicinal properties, she cautions others to consult medicine people about potential food and medicine sensitivities before harvesting and consuming herbal teas.

For more natural tea blends, check out [Native American Tea Company](#) (established in 1987 by a family of Turtle Mountain Chippewa), which also uses these natural ingredients.



3. Natural Household Cleaners

Click [here](#) for six DIY cleaning products. Some examples of natural disinfectants are lemon, hydrogen peroxide, vinegar, baking soda, mint, lavender, eucalyptus, clove, oregano, bay leaves, and rosemary.

4. DIY Homemade Mask and Face Shield Designs (sew and no-sew tutorials)

- [No-Sew Mask \(bandana tutorial\)](#)
- [Hand Sewn Mask with Filter](#)
- [Machine Sewn Surgical Mask](#)
- [Face Shield](#)

Household items or craft materials such as hair ties, rubber bands, string, an old T-shirt, a new pair of socks, coffee filters, aluminum foil, twist ties, pipe cleaners, and paper clips can all be used for making face masks.



5. Beading and Sewing Workshops

There are numerous online tutorials for sewing and beading workshops. You can join [Round Lake Traditions](#) for sewing tutorials to make ribbon skirts and other traditional clothes. On Instagram, you can join Anishinaabe artist, Amber Sandy [@amsandy](#) for virtual beading events for social healing.

Global Native Resilience: 5 Examples



5 Examples of Native Communities Facing Covid-19 around the World

1. Red Lake Nation Warriors: We'll Get Through This Together

Minnesota state and tribal governments responded swiftly and seriously to the virus to ensure the safety of its citizens with an encouraging, "We'll Get Through This," attitude. Red Lake Hospital IHS's (pictured in the top right) online presence is empowering the community to stay ahead of the pandemic. Numerous [tribal programs](#) address the different needs and concerns of the community, including [state](#) and [tribal services](#) for Veterans.

Native Nations are more vulnerable to Covid-19 health and economic effects than other populations. Southwest nations including the Diné people and Hopi pueblo are unifying forces to fight the Coronavirus. You can follow their efforts and show your support by visiting the [Navajo and Hopi Families Covid-19 Relief](#) Facebook page.

2. Global Indigenous Youth and Young Adult Leaders Respond to Covid-19

Youth and young adults are [empowering](#) their communities with information and guidance regarding Covid-19 and social distancing practices.

3. Pass the Brush: An Inter-and Intra-tribal Trend

During quarantine, Native American women are uniting to celebrate and share their cultural heritage and pride with others by Indigenizing the [#DontRush](#) challenge. Youth and adults alike shared videos of themselves in their dance regalia and traditional clothes. Videos in pueblo, Aztec, Mexican, Choctaw, Inuit style and more express the unique beauty and strength of their nations. Some have also taken the challenge in honor of Native American [women warriors](#) and Missing and Murdered Indigenous Women ([MMIW](#)).

4. Social Distance Powwow: Healing through dance, music, and more!

Facebook communities such as [Social Distance Powwow](#) and the [Native American Music Association \(NAMA\)](#) share videos of Indigenous performers. NAMA's page even offers a mentoship program to connect its members with fine arts professionals to learn new skills.

5. Indigenous Healers Flattening the Curve

Physicians such as [Dr. Sophina Calderon \(Diné\)](#) from Tuba City Regional Health Corp and [Dr. James Makokis \(Saddle Lee Cree\)](#), Amazing Race Canada champion, inform their communities of Covid-19. Check out Amazing Race Canada to watch the [Two-Spirit Couple's](#) inspirational journey to becoming season 7 champions.



Mutitjulu Artists in Australia from the Walkatjara Art Centre display public health COVID-19 messages through traditional dot paintings. Click [here](#) to read more.

Internet Safety:

A Monthly Social Media Review

2020 Census

“The 2020 Census is our chance to be visible, to be heard and for our Tribal Nations to be recognized.”

With the spread of Covid-19, more people are spending time on social media. The more you share, the more you should be aware of how your data is being viewed and used by others and how you can strengthen your *data sovereignty*. This review provides some tips for increasing control over your social media content.

To enter the 2020 Census Challenge before May 31, 2020, visit Red Lake Nation News for more detailed instructions.

This month's application:  Instagram

Tip for Setting Account Privacy:

By default, Instagram account settings are set to public. You can change those settings by following the steps below.

On the app...

1. Go to your profile, then tap .
2. Tap **settings** .
3. Tap **Privacy > Account Privacy**.
4. Tap next to **Private Account** to make your account private.

On the Web browser...

1. Go to Instagram.com.
2. Click the person icon, then click .
3. Click **Privacy and Security**.
4. Below **Account Privacy**, click to check the box next to **Private Account**.

Parental controls:

Instagram published a guide on [how to talk to your children](#) about their site. They also partnered with [ConnectSafely](#) to create [full](#) and [quick parent's guide](#) to Instagram user management, privacy settings, and FAQ.



Published by the [Red Lake Nation College Extension Program](#)

Our **mission** is to promote holistic health and wellness and sustainable interaction with natural resources grounded in our Ojibwe language and culture. If you would like to provide feedback or suggestions, please contact us at extension@rlnc.education.

