

February

Makwa Giizis (Bear Moon, Ojibwe) or *Kisipisim* (The Great Moon, Cree)

During this time of honouring and celebrating **Black History Month**, we are reflecting on the ways in which our histories, identities and struggles are intertwined, alongside our liberation! We also want to take some space to [recognize](#) our [Afro-Indigenous relatives](#) 💕

Two-Spirit Showcase:

“When I was growing up, I felt like there was nobody portrayed in the media or the arts that looked like me or was like me. I’m 37 and I’m just figuring it out now. I wish I could’ve figured it out earlier because there was nothing out there that was two-spirited for me to see. So that’s why I try to be out and proud as much as I can, so they can see it and be like, “Oh, OK, that’s who I am and it’s OK to be like that.”

— Orene Askew

Meet Orene Askew!



Orene Askew is an Afro-Indigenous DJ and councilor on Squamish Nation Council. Check out this [article](#) to learn more about the ways in which she amplifies both Afro-Indigenous and Two Spirit voices through her political work and her music.

Medicine of the Month: Staghorn Sumac

Staghorn sumac is a medicine that can be harvested at any time of year, as long as the **red** seed pods/ fruits are in good condition. You can remove the outer velvety berries from its fuzzy twigs. Staghorn sumac's tart, citrusy and raspberry-like flavour makes it a great culinary spice when ground up, and also makes a great tea (hot or cold).

Medicinal Properties of Sumac

A good winter medicine, Staghorn Sumac can be used to treat colds, sore throats, and fever. High in Vitamin C and antioxidants.

Sumac Tea

1. Place 1 tablespoon of rinsed berries in a mug, and cover with hot water (not boiling)
2. Steep for about 5-10 minutes.
3. Strain
4. Enjoy!

Note: *Never use sumac with white fruit - this is the poisonous variety!*