

January:

Renewing responsibilities, gathering, traveling, storytelling, dreamsharing, stargazing and planning for the year ahead.

Suggested Articles:

[Haudenosaunee](#)

[Midwinter](#)

[Ceremony](#)

[The Winter Solstice](#)

[Begins a Season of](#)

[Storytelling and](#)

[Ceremony](#)

[Teaching Indigenous](#)

[Star Stories](#)

[Recordings from](#)

[Indigenous Star](#)

[Knowledge](#)

[Symposia](#)

[Indigenous Activities](#)

[You Should Try this](#)

[Winter](#)

Two-Spirit Showcase:

"...leaving home always hurts--home isn't a space, it's a feeling. You have to feel home and to feel it, you have to sense it: smell it, taste it, hear it. And it isn't always comfortable--"

— Joshua Whitehead, *Jonny Appleseed*



Meet Anthony Johnson and James Makokis!

(The Two-Spirit couple from Alberta who won the Amazing Race and who use their celebrity-dom to highlight the power of Indigenous culture.)

[Telling Our Stories: An Interview with Anthony Johnson and James Makokis | Cultural Survival](#)

Resource: [Geo Neptune talks about what Two Spirit means](#)

Medicine of the Month: Pine

The natural world always provides what we need in each season. This month, let's take a look at Eastern White Pine, a medicine that is here for us in the winter to help alleviate cold symptoms.

Identifying pine: look for clusters of 5 needles. Pine **DO NOT** have individual leaves coming out of a branch. Some pines are toxic, which is why we recommend sticking with Eastern White Pine (also known as the Great Tree of Peace in Haudenosaunee culture).

Medicinal properties of Eastern White Pine needles: anti-inflammatory, pain relief, antimicrobial, decongestant, expectorant. High in antioxidants and vitamin C.

Making Pine Needle Tea:

- 1/3 cup chopped pine needles
- 2 cups boiling water
- pour freshly boiled water over the needles
- steep for 10-15min
- strain
- add maple syrup, honey or sweetener to taste

Tip: *Interact with medicines with a good mind, and talk with them - ask them for their help and their healing power!*