

DBIK GIIZIS MZINIGAN

MOON TIME ZINE

GCHI MIIGWECH

BIG THANK YOU

Gchi Miigwech to Georgina Island First Nation community for sharing their knowledge, wisdom, experience, time, and talent to create this Zine for generations to come.

Special thanks to Tammy Barfett-Charles, Heather Charles, Dani Cotton, Natalie Priester, Alicia Trivett and Kelsey Trivett. We are thankful for the beautiful artwork created lovingly by Heather Charles for this zine, as well as other artists, as noted on each page. Zine designed by Gabrielle Giroux of Encore Graphics.

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We created this zine to be open to all genders and sexualities and we are always supporting the way people identify themselves.



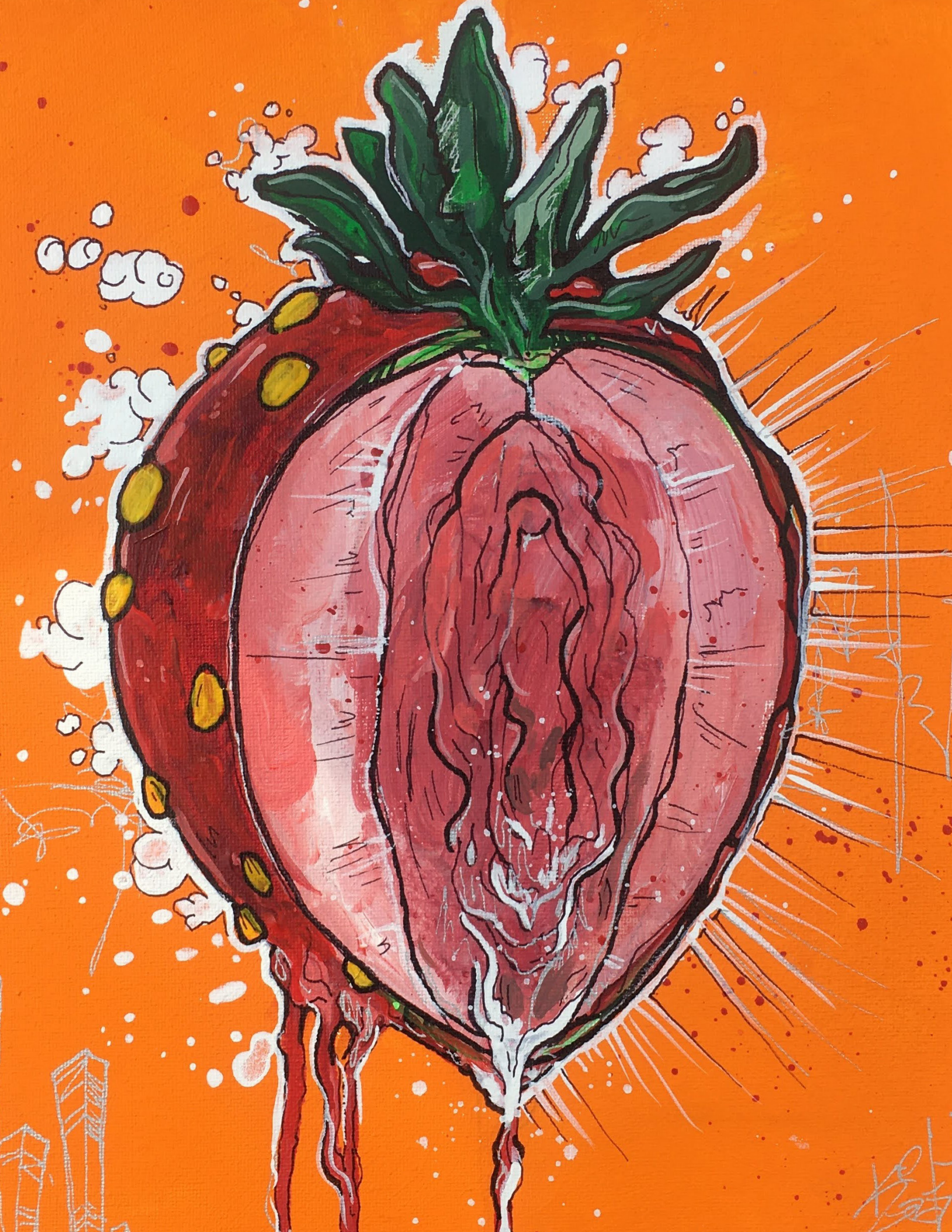


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Canada's Women's Program.



Women and Gender
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Femmes et Égalité
des genres Canada



BIINJI'ING MAZINIGAN WI

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PREPARATION. EDUCATION. NORMALIZATION. FOR THE NEXT GENERATION.



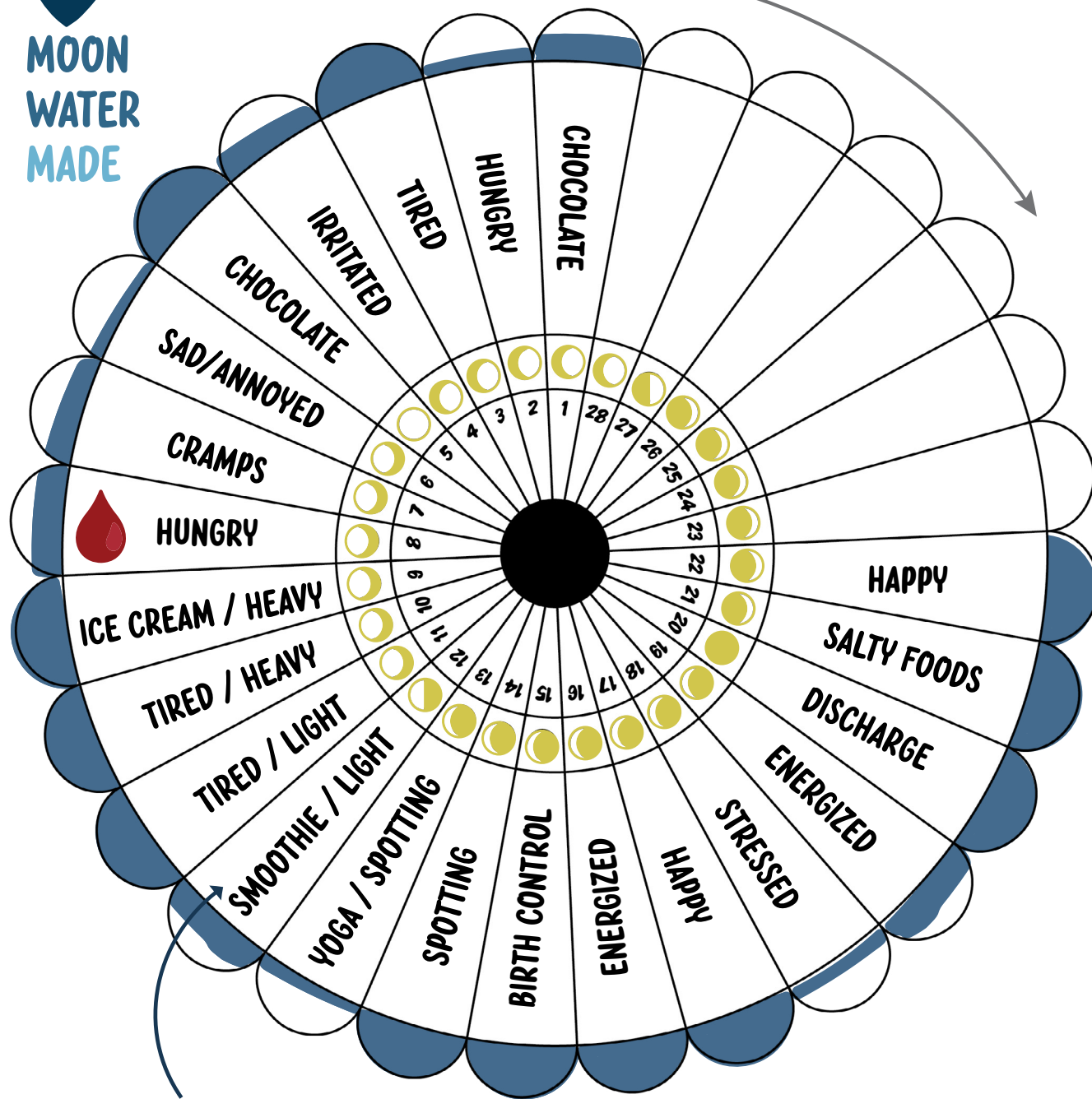
JI-AABJITOON DIBIK GIIZIS MAZINIGAN

HOW TO USE YOUR MOON TIME ZINE

Add your moon stickers to know when it is the full moon so you can make your moon water the night before her fullness.

We're always mindful to go clockwise.

♥
**MOON
WATER
MADE**



Keep track of your flow days, emotions, cravings, and hormones.

Ozhibii'an your dbik giizis
giizhigadoog, emanjiwang, miijim
misawenjigewin, miinwaa hormones.

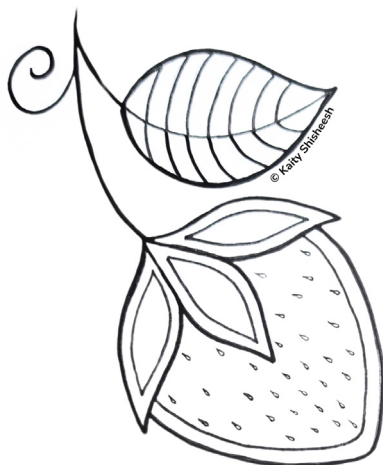
Fill in your daily intake, topping the skydome as completed.

JI-ZHITOON DBIK GIIZIS NIBI HOW TO MAKE YOUR MOON WATER

On the night before or the night that Grandmother reaches her fullness, put water in a glass jar and set it in the windowsill where it will receive her light.

Grandmother Moon gives us our 28 day cycle. She moves the water and her force creates tides both here on Mother Earth and within each and every person who experiences menstruation. We all carry water - we are the water that brings life. When her light pours over you, you will have an opportunity to see clearly. Shed what doesn't make you happy and move forward cleansed, humble and honest - your vision will be much clearer.





BIINDIGEN TO YOUR MOON TIME!

WELCOME TO YOUR MOON TIME!

Like all medicines, Grandmother Moon is available to everyone, she sees us all as equals and so should you. Love yourself, love your sisters, love all. Hang on to each other. Be kind and support each other through this monumental time. Learning to move with the moon is embracing your own magnificence.

Between these papers, you'll find your story. Lots of strong people came together to wrap you in this love and bring you these teachings. Hand picked gentle reminders to hydrate, meditate, reflect, and relax. Listen to advice from your aunties and others because everyone has their own story and experience. This is a tool as a safe place to share and discover your own.

Take some time to sit with your thoughts. These blanks can be filled by anyone because everyone will have their own answers. Even brothers, dads, and boyfriends.

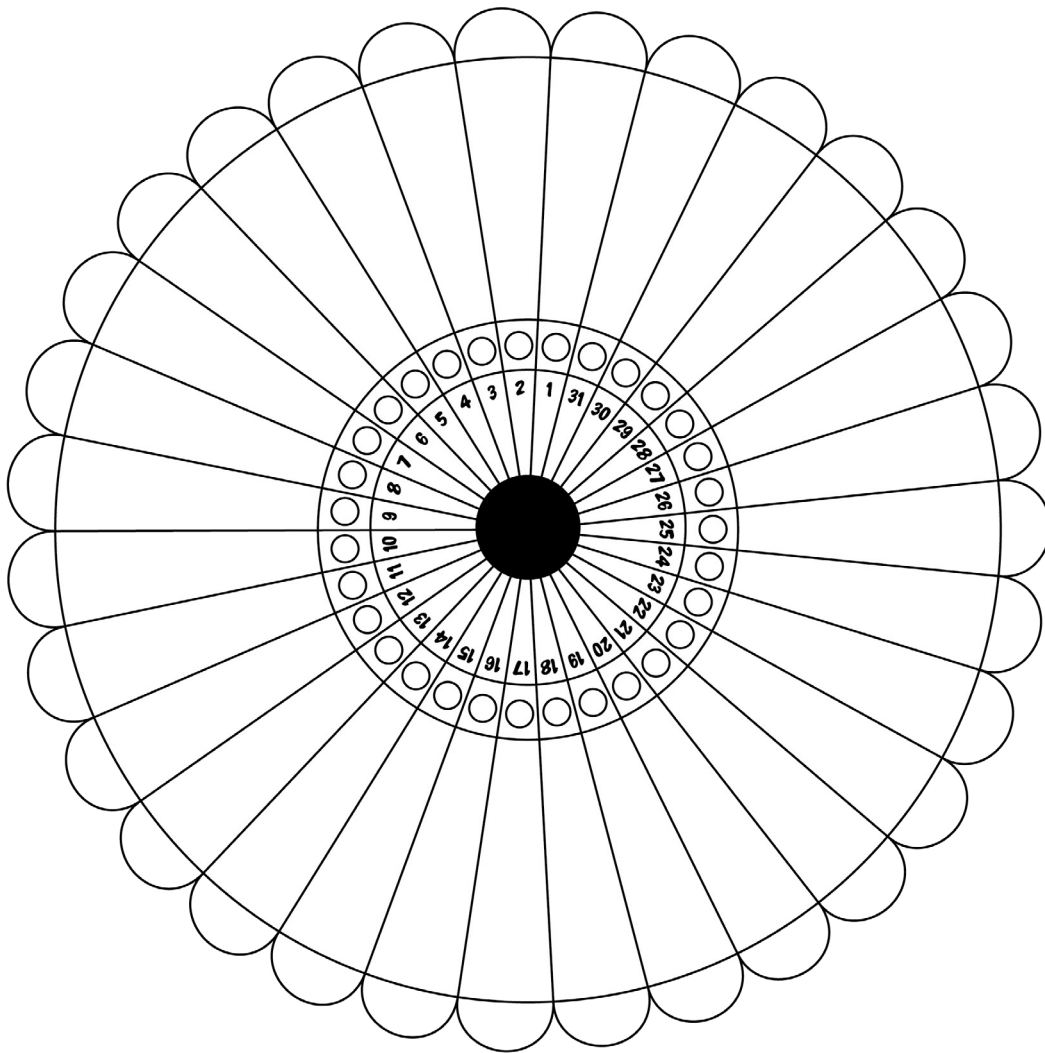
I was ____ years old when I first learned what moon time was. ____ **nigiibiboongiz pii nigii gikendan moon time kinoomaagewinan.**

I felt / **Nigiizhiyaa:** _____

I wish I knew / **Nigii begish nigii gikendan** _____

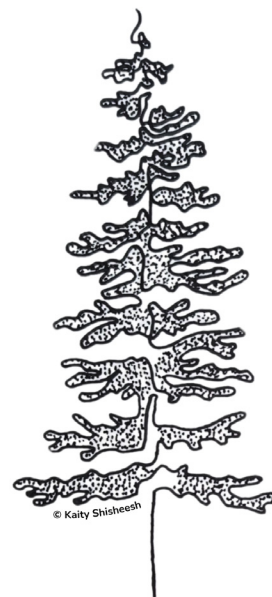
I trust / **Niwaan'kiiyenmaa** _____ to talk
 about "moon time" because / **pii nigii giigidomin about moon time onji** _____

If I could go back, I would tell myself / **Giishpin ngii zhaa gii zhiwebak, ngii wiindamag** "



MANIDOONS DBIK GIIZIS

LITTLE SPIRIT MOON • JANUARY





WIIKWANDIGOO!
WE CELEBRATE YOU!
WIIJIWSHIGOO!
WE SUPPORT YOU!
NIIGAANIGOO!
WE GUIDE AND LEAD YOU!

- GDI'AANIKOOBIGANAG
 - YOUR ANCESTORS

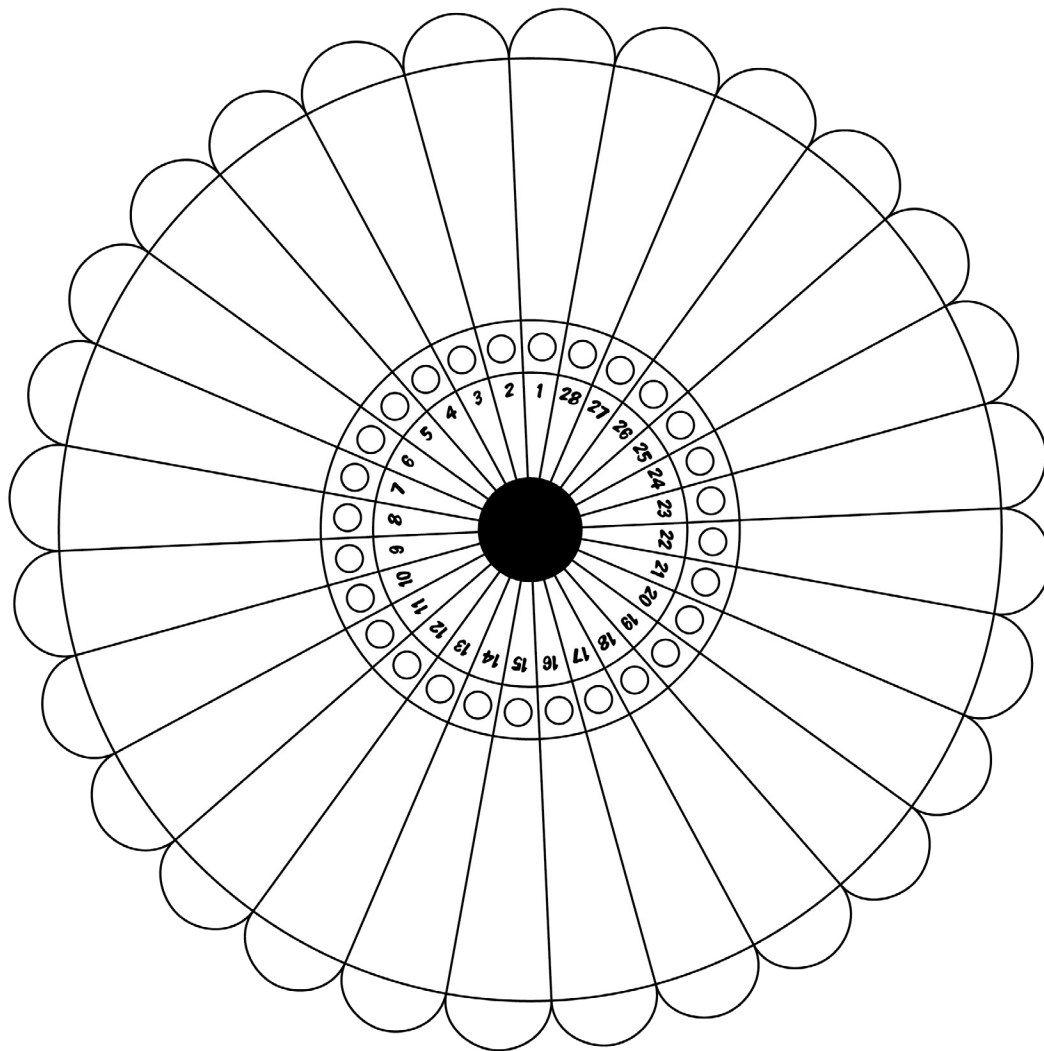
When I had my first moon time, I remember / Niin nitam pii moon time, nigii mikwendaan _____

I was most embarrassed about my moon time when / Nigii ozaam-agazitaagoz pii _____

I wish I knew before / Indbegish nigii gikendaan jibwaa _____

"THE STRENGTH OF WOMEN COMES FROM THAT LIFE FORCE INSIDE THEM. NOT ONLY PHYSICAL STRENGTH BUT THE STRENGTH THAT COMES FROM MANAGING THE MENTAL AND EMOTIONAL EFFECTS OF MENSTRUATION AS WELL AS THE SPIRITUAL TEACHINGS THAT COME WITH RECEIVING YOUR MOON TIME."

- Alicia Trivett



MKWA DBIK GIIZIS

BEAR MOON • FEBRUARY



PREMENSTRUAL SIGNS

How do we know when it's coming? **Aaniish ezhi-gikendan pii dagoshin?**

Listening to our bodies is an important thing to learn What is there to expect at different stages? Inside these pages you begin learning your cycle, what feels good for your body, and some teachings along the way.

When I listen to my body, it tells me that it needs _____

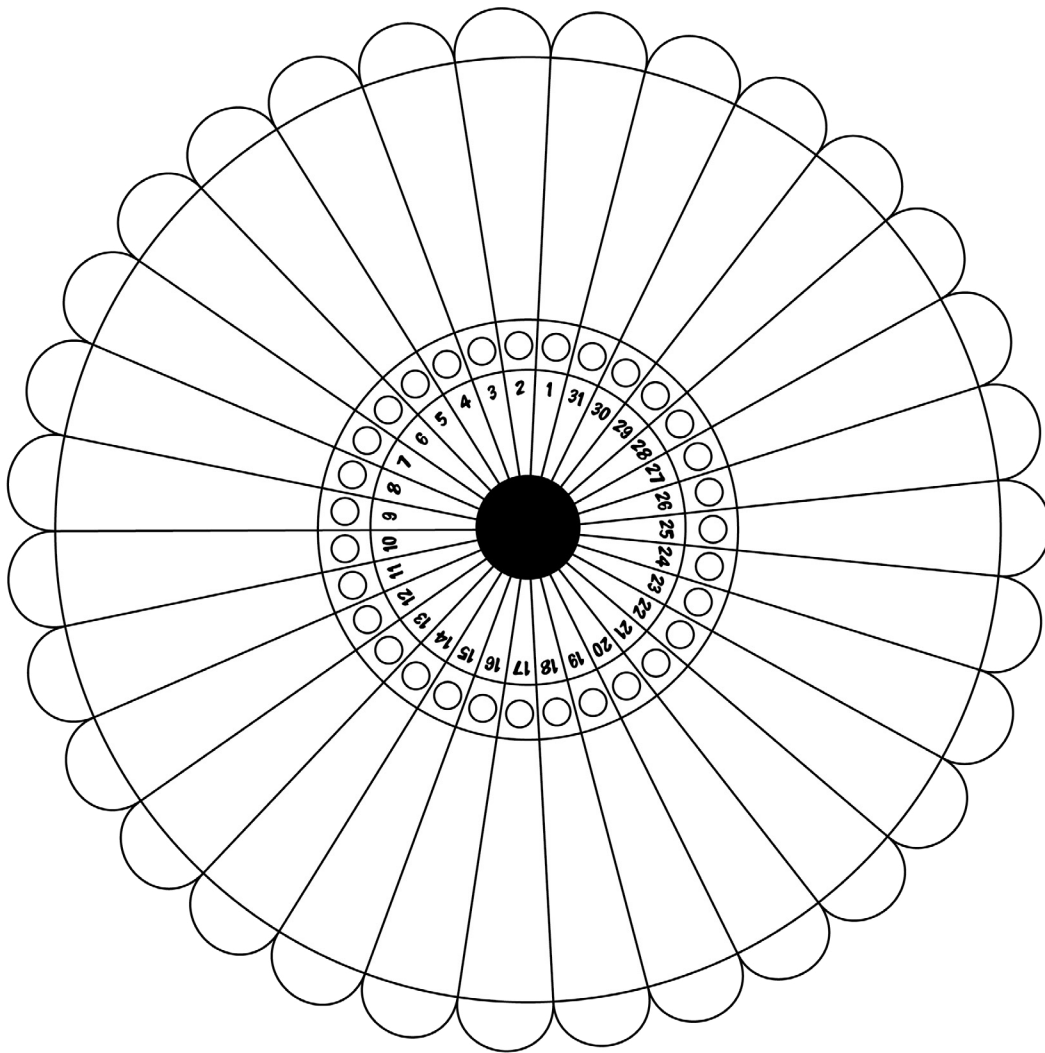
On any paper, notepad, or even on this page, make a grocery list of whatever it is that your body is telling you it needs. This space makes it a little easier to just show your parents (if it's still uncomfortable to ask).

For example: **STRAWBERRY ICE CREAM**
OVERNIGHT PADS
HOT TEA
REST
HUGS

odemin dekaag
dbikad apishinan
niibiishaaboo
nwebi
aabitoojiinan



LINERS
ICE CREAM
OVERNIGHT PADS
MOVIE NIGHT
TAMPONS
ODEMIN DEKAAG



ZIISBAAKDOKE DBIK GIIZIS

MAPLE SUGARING MOON • MARCH



© Kaity Shisheesh

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

PADS

HORMONES

TAMPONS

CRAVINGS

FLOW

LINERS

MOONWATER

UNDERWEAR

CRAMPS

WINGS

MENSTRUAL DISC

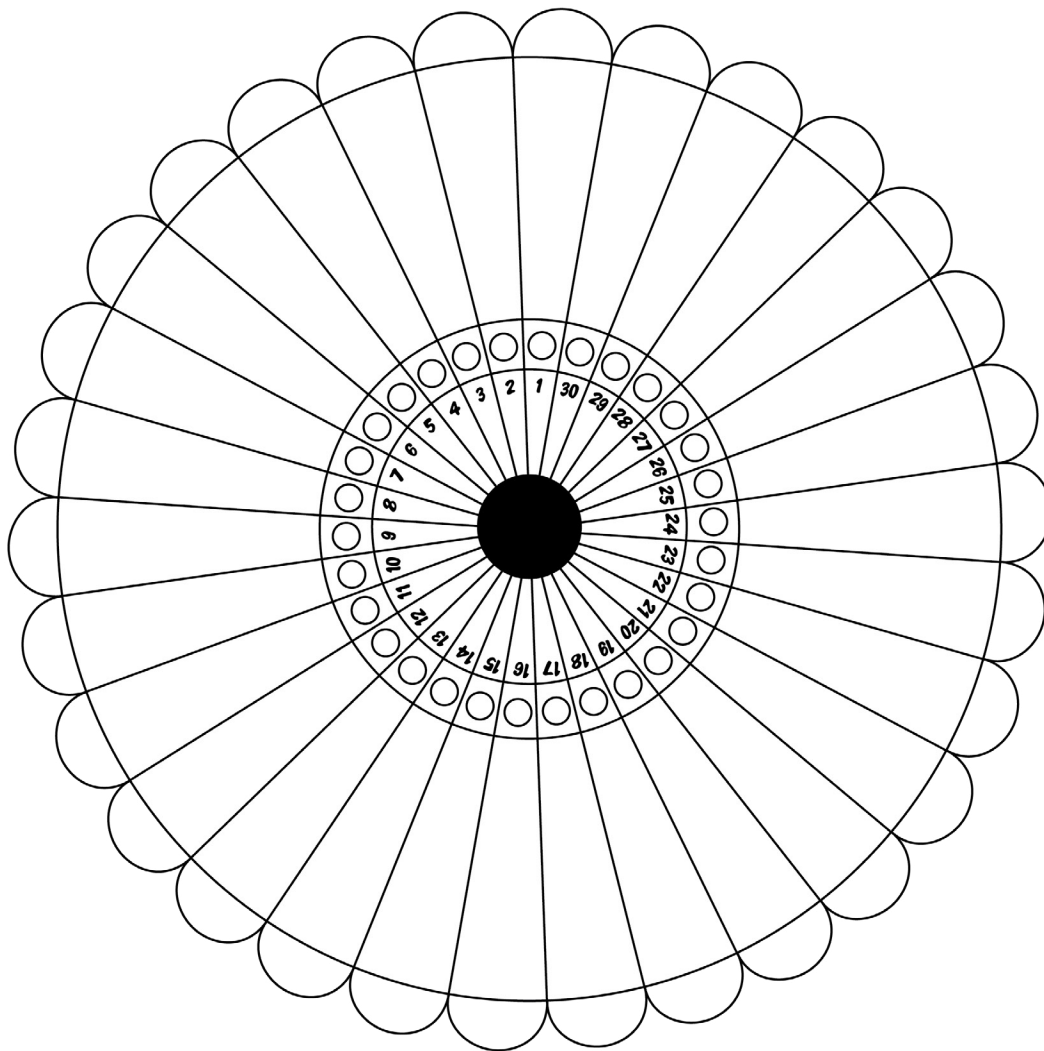
MENSTRUATION

BLOOD

VAGINA

MENSTRUAL CUP

CLOTH PAD



NAMEBIN DBIK GIIZIS

SUCKER FISH MOON • APRIL



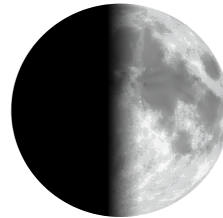
MOON CYCLES

Waxing Gibbous

Waxing Gibbous is a good time for rethinking your actions, acknowledge need for change and moving forward in a good way.



First Quarter



First Quarter is a time to reach personal goals. Energy and focus set in and accomplishments happen.

Waxing Crescent

A Waxing Crescent is time to put your intentions to work. Time to reach out, be a helper and assist others.

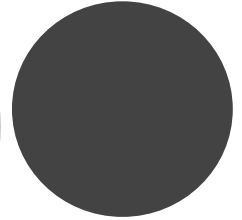


Full Moon time is for quiet reflection, and reconnection to your body & the Mothers & Grandmothers who made you.



Full Moon

New Moon is an opportunity to refocus and set your intentions. Get organized and be ready to become mobile and helpful.



New Moon

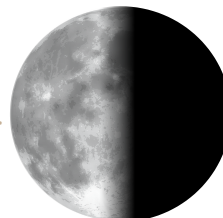
Waning Gibbous

Waning Gibbous time to embrace what full moon brought to your life and keep those memories close to you for comfort.



Last Quarter

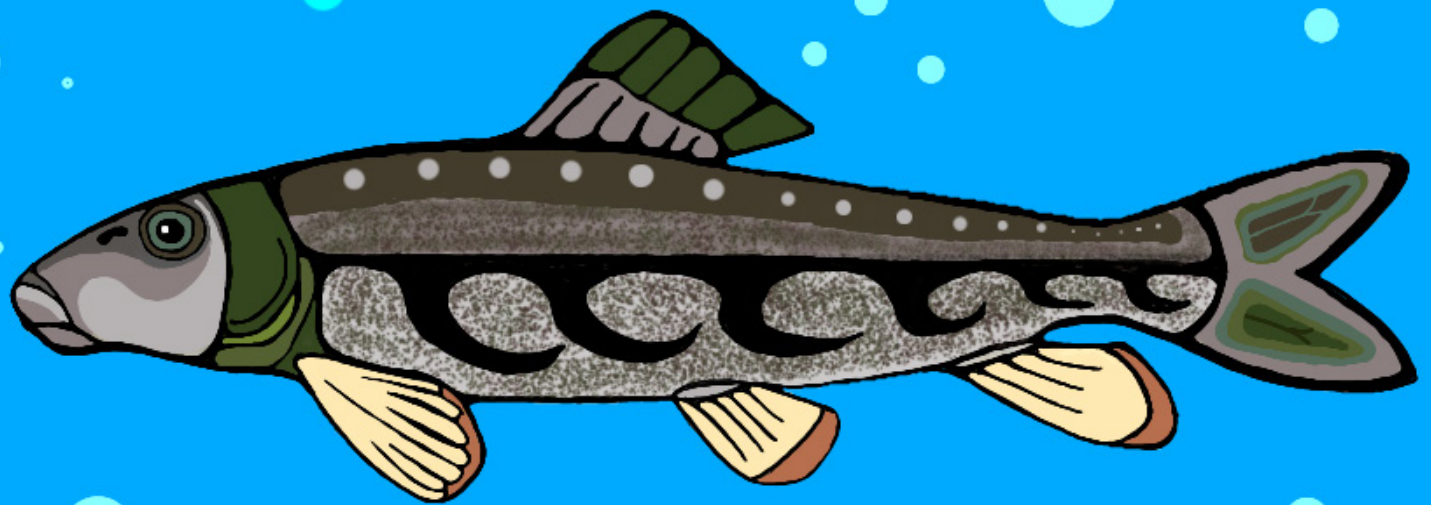
Last Quarter is a time to actively hang on to spirituality. This part of the cycle we start to lose the connection and get tangled in life -sometimes forgetting the Grandmothers.



Waning Crescent

Waning Crescent time to rest a bit, take some time for self care and get ready to launch forward with Good Mind.





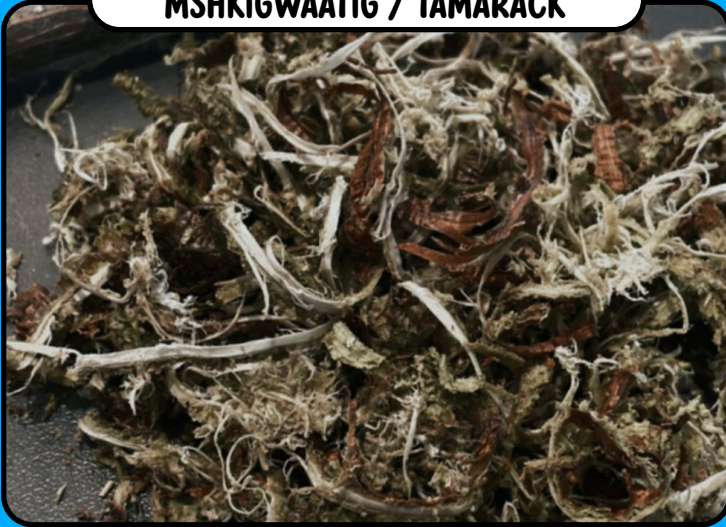
KWE MSHKIKII

WOMEN'S MEDICINE

As you begin to build your relationship with our traditional medicines, you can find a mentor that can teach you to say the names in Anishinaabemowin and you can learn how to identify it, what the medicine helps us with and how to ethically harvest it.

MEDICINAL BARKS

MSHKIGWAATIG / TAMARACK



Mshkigwaatig / Tamarack stimulates the process of creating new red blood cells, new energy.

WIISAAGAAK / ASH



Wiisaagaak / Ash helps mediate growth hormones in the uterus, helps regulate our cycle with the moon.

MISKWAABIMIIZH/RED OSIER DOGWOOD

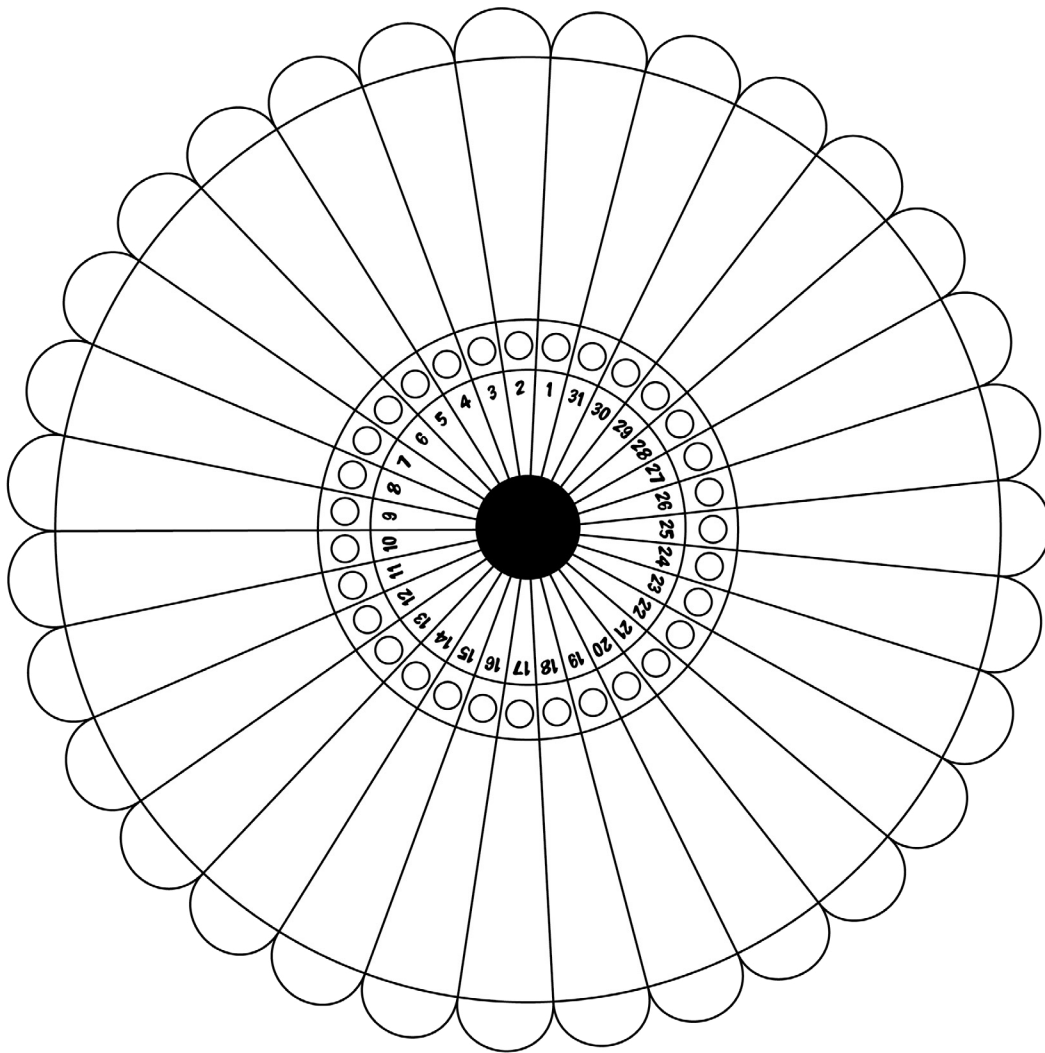


Miskwaabimiizh / Red Osier Dogwood alleviates pain, the pithe is used traditionally in childbirth for pain management.

NIIBMINAATIGOONS / Highbush CRANBERRY



Niibminaatigoons / Highbush Cranberry helps with cramping, helps keep magnesium in the body.



WAABGONII DBIK GIIZIS












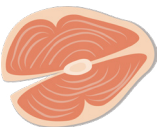




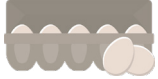









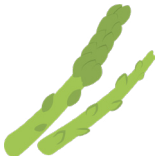


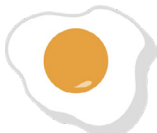



FLOWERING MOON • MAY

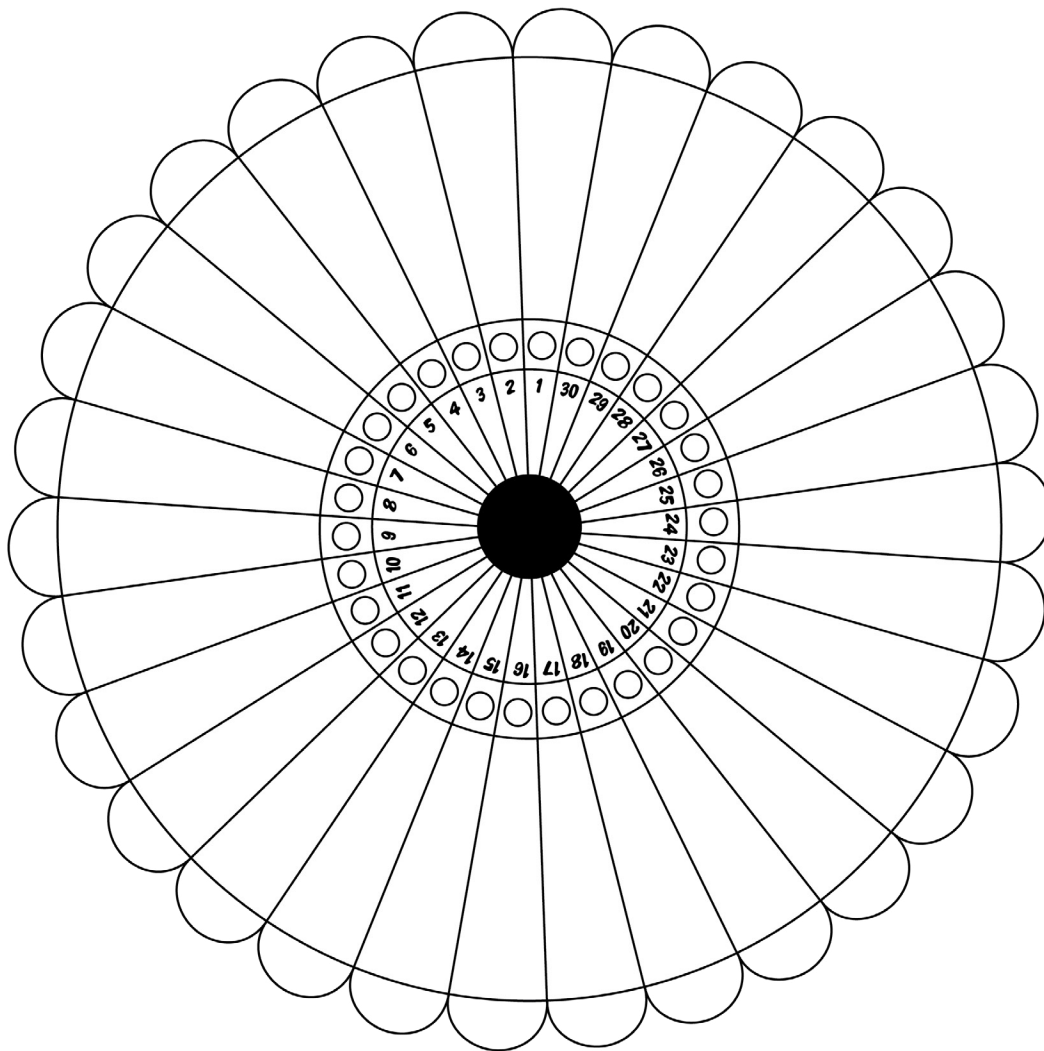


MIIJIM TO MATCH YOUR CYCLE

FOOD TO MATCH YOUR CYCLE

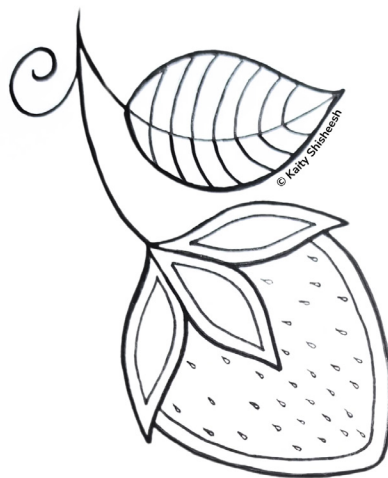
Food is medicine and it's important to put the best food in your body. As we are shedding and losing blood, we must fuel ourselves with nutrient dense foods to help alleviate symptoms. Try to avoid spicy and fried foods, salt, sugar, alcohol, processed foods, red meat, and coffee during menstruation.

LUTEAL / PREMENSTRUAL		MENSTRUATION		FOLLICULAR		OVULATION					
Fish	 Giigoonyag	Lentils / Beans	 Miskodiisminag	Turkey	 Mizise Wiiyaas	Yogurt	 Nenaabgaanh	Walnuts		Flaxseed Oil / Bmide	
Nuts	 Bagaanag	Nuts	 Bagaanag	Clam	 Bkwezhigan	Whole Grains	 Bkwezhigan	Blueberries	 Miinan	Salmon & Mackerel	 Miskwemeg
Avocado	 Baakaakwenh Wiiyaas	Chicken	 Baakaakwenh Wiiyaas	Spinach	 Mshiiminan	Starhcy Vegetables	 Opiniig	Eggs	 Waawaanoon	Blackberries	 Dataagaagmin
Dark Chocolate	 Miskwaabee	Dark Leafy Greens	 Niibiishan	Apples	 Mshiiminan	Broccoli	 Akandamoog	Spinach	 Doodooshaabee		
Pumpkin Seeds	 Okosimaan Miikanan	Vegetables	 Bzhiki Wiiyaas	Strawberries	 Odemin			Asparagus	 Doodooshaabee		
Cashews	 Lean Beef		 Bzhiki Wiiyaas	Egg Yolks	 Doodooshaabee	Bananas	 Akandamoog	Chia Seeds	 Doodooshaabee	Milk	 Doodooshaabee



ODEMIN DBIK GIIZIS

STRAWBERRY MOON • JUNE



ZHICHIGEWIN MEGWAA MOON TIME

MOVEMENT WHILE ON MOON TIME

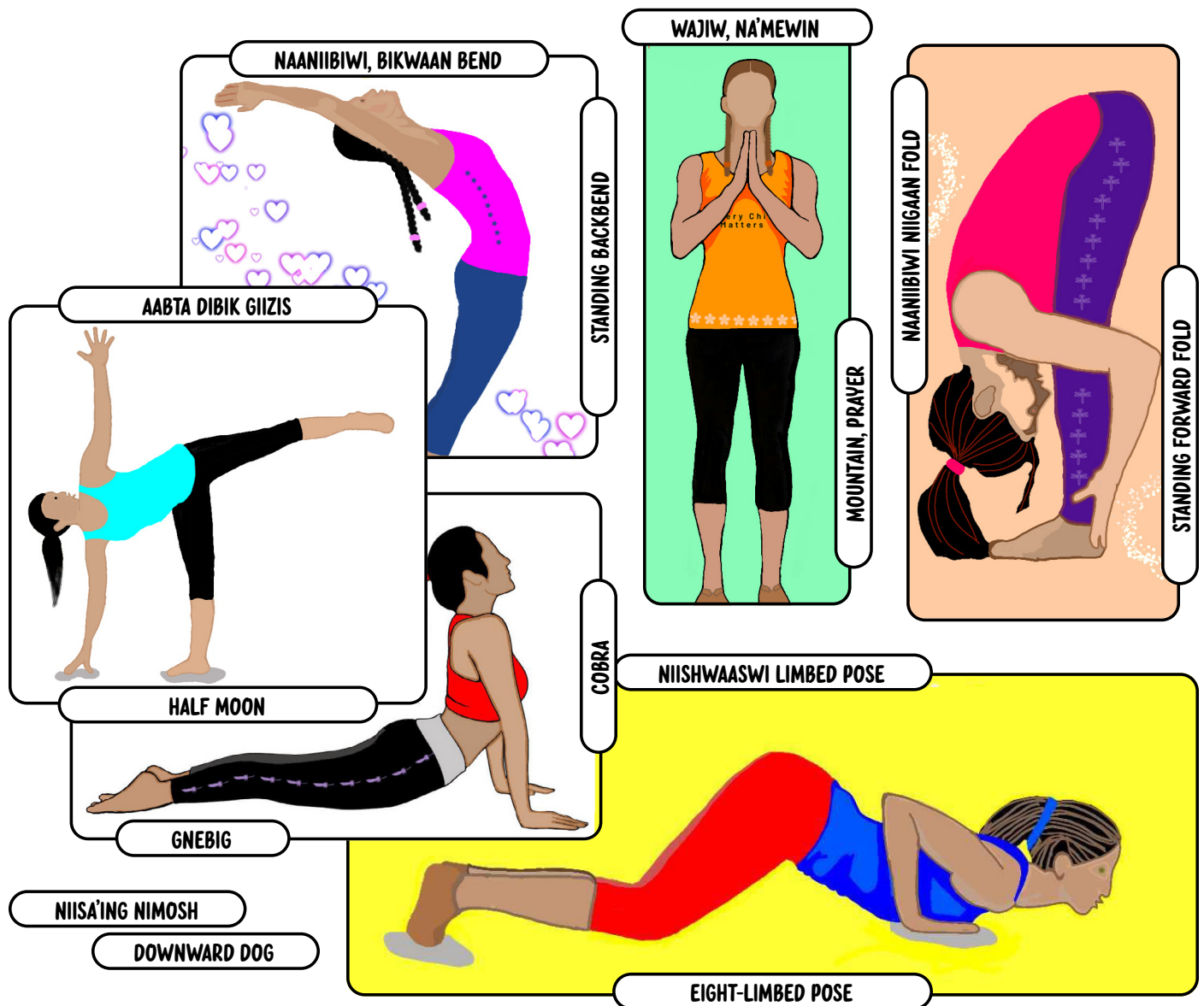
Being active during your moon time has many benefits. It could alleviate symptoms such as pain, cramps, bloating, depression, mood swings, irritability, fatigue, nausea. When working out, our body produces endorphins, or “feel good hormones”, that will reduce anxiety/depression, resulting in improving your mood.

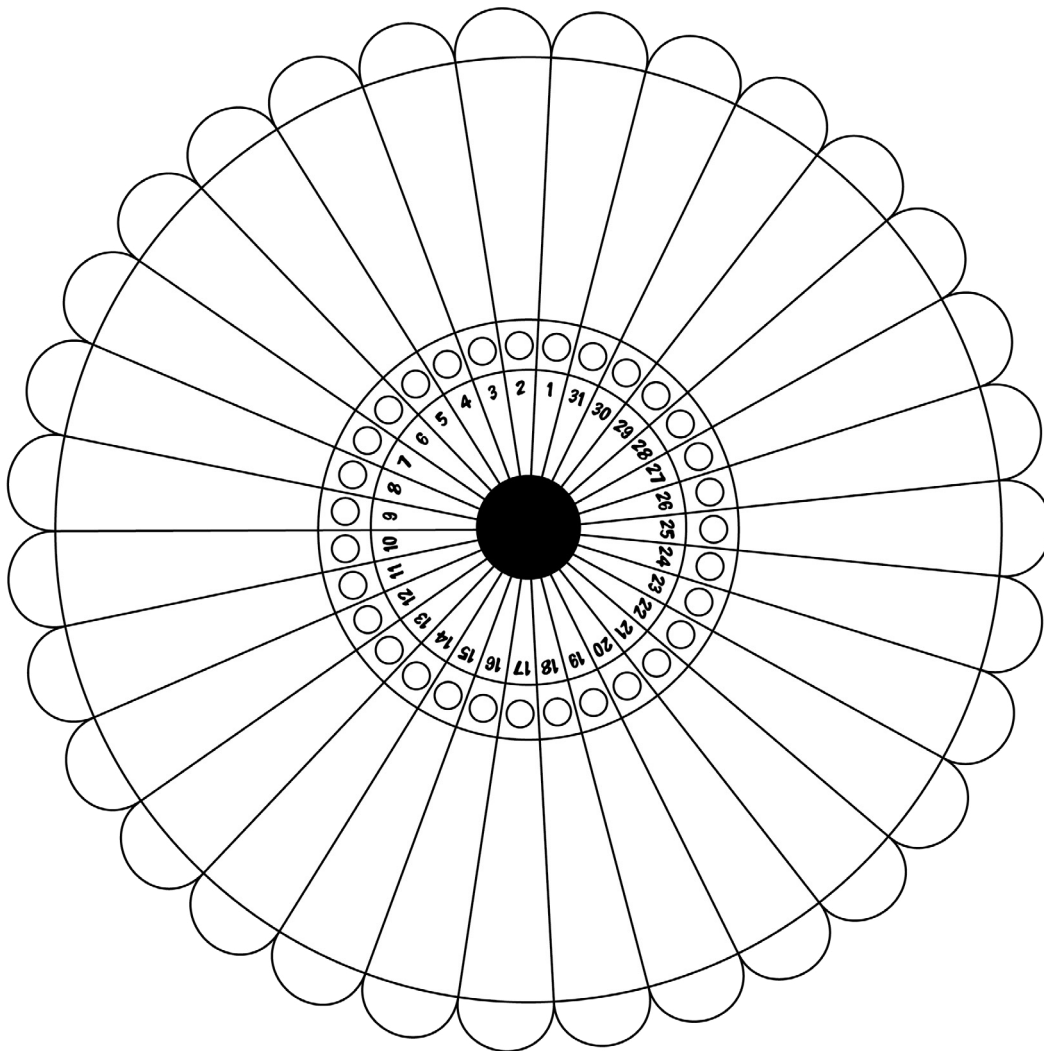
The key is to find balance.

It's also important to not overexert yourself during your workouts. Take frequent water breaks to stay hydrated.

Your after workout hygiene:

Shower, fresh underwear, fresh period products of your choice.





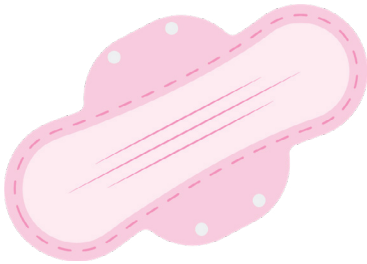
MSKOMIN DBIK GIIZIS

RASPBERRY MOON • JULY



PERIOD OZHICHIGAN CHOICES

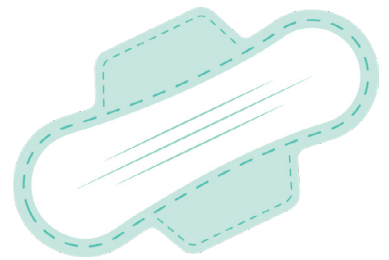
PERIOD PRODUCT CHOICES



CLOTH PADS



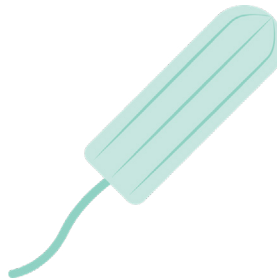
PERIOD UNDERWEAR



PADS



MENSTRUAL DISC



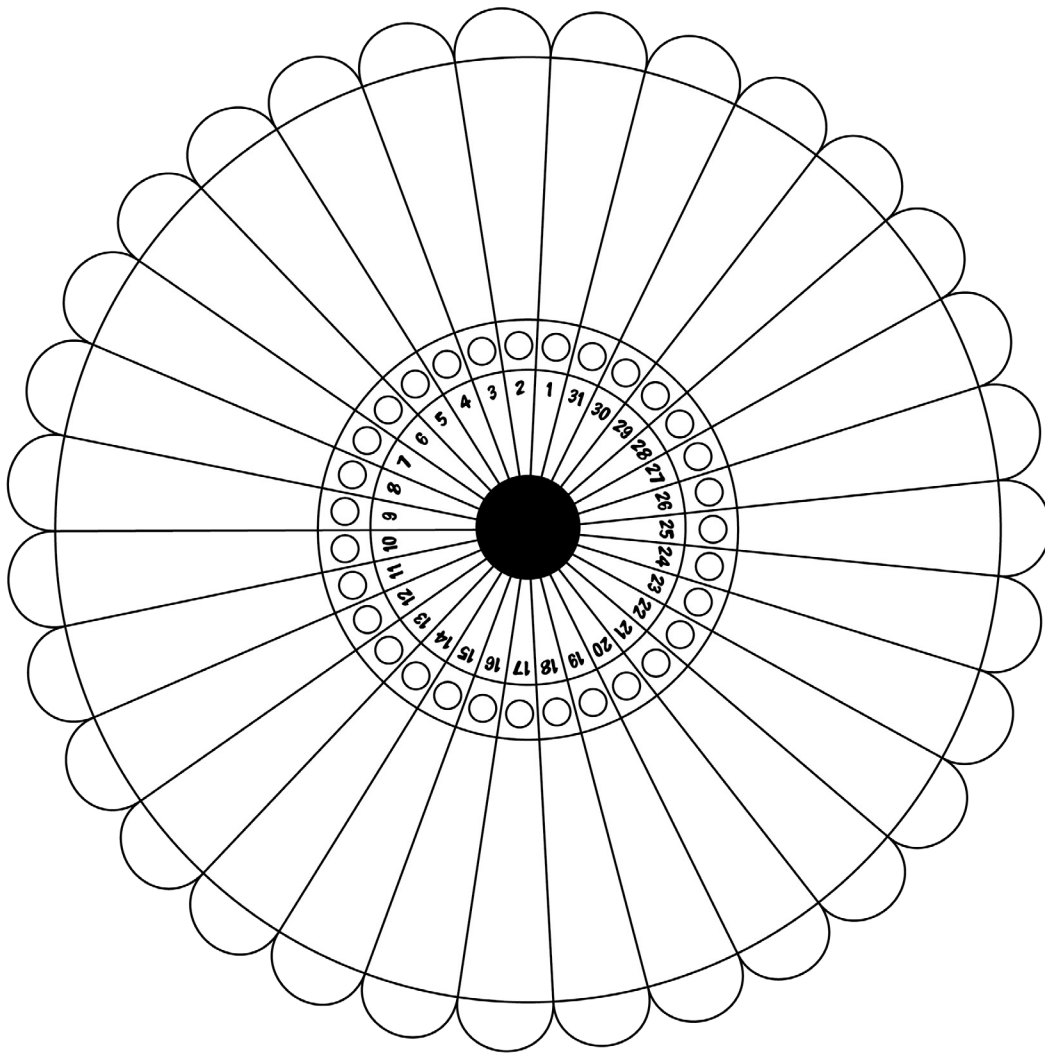
TAMPONS



MENSTRUAL CUP

“I WAS EMBARRASSED I WAS ONE OF THE LAST OF MY FRIENDS TO GET A PERIOD, EMBARRASSED TO GET MY PERIOD. AS I GOT OLDER AND SPOKE TO MORE FRIENDS ABOUT IT, I REALIZED EVERYONE’S BODIES ARE DIFFERENT AND EVERYONE HAS A DIFFERENT CYCLE AND YOU NEED TO LISTEN TO YOUR BODY REALLY WELL TO KNOW WHAT’S NORMAL FOR YOU.”

- DANI COTTON



DATGAAGMIN DBIK GIIZIS

BLACKBERRY MOON • AUGUST



Without clarity on what's happening in different stages, things can feel all scrambled up. Unscrambled these words below to find the hidden message.

UNSCRAMBLE

B L O A T E D

T I R E D

E M O T I O N S

I R R I T A B L E

C R A M P I N G

F L O W

S H E D D I N G

H Y D R A T E

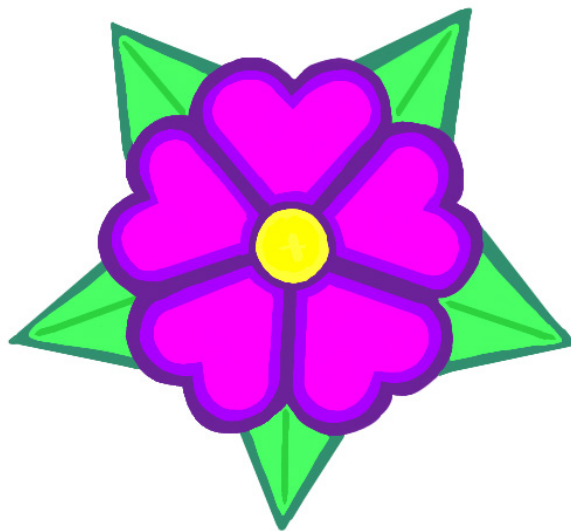
O V U L A T E

M A T U R E



ZIGOS NBWAAKAAWIN

AUNTIE ADVICE



“Aunties are not just your blood relations; aunties will come into your life in many ways and at many different times throughout your life. Reach out to these women you consider aunties; they are here to help you along your path.”

- TAMMY CHARLES

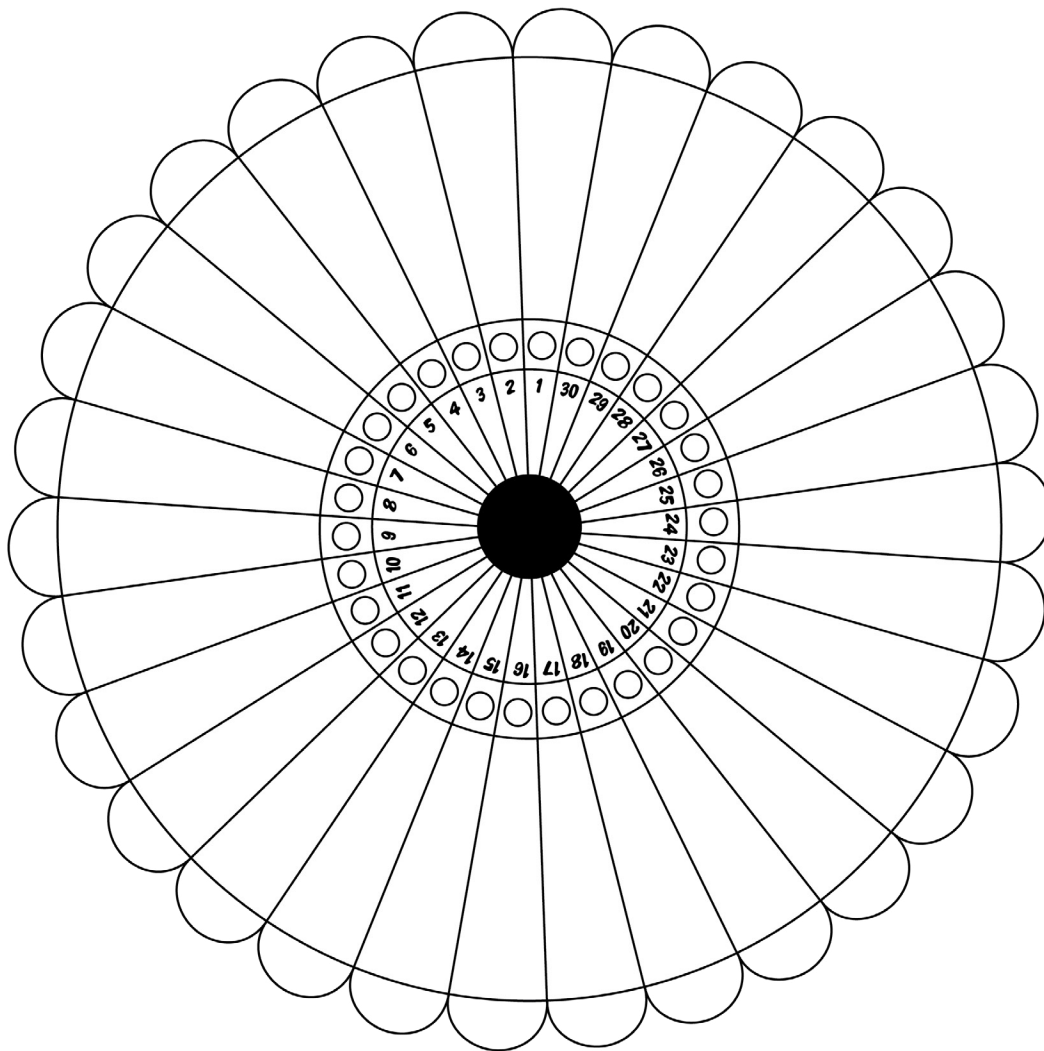
“Periods are normal. You are worthy. And your experience matters. Keep speaking up - the more you know, the easier it gets.”

LOVE THE PERIOD PURSE

“‘Ikwe’ means a transitional state. The word for cooking food is ‘jiibaakwe’ and the word that describes the trees shedding their leaves in fall is ‘binaakwe.’ When we talk about a woman’s transitional stages, there is the time we begin our menstrual cycle, and when we begin menopause. There is a physical and hormonal change and spiritually we are closest to the Creator at this time. We are able to change, be in flux, adapt and we learn a lot about ourselves. It is important to come together and share what we know and support one another.”

- KELSEY TRIVETT



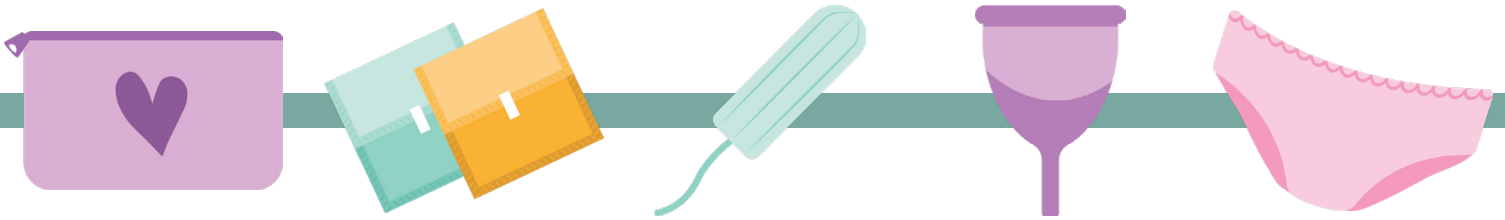


MNDAAMIN DBIK GIIZIS

CORN MOON • SEPTEMBER



GIIZHAA KINOOMAAGEGAMIGOONG MIINWAA BACK TO SCHOOL PERIOD PACK



Find a little makeup bag, add your preferred period products and even a new pair of underwear. Stick it in your backpack in case you or a friend need it.

OZHIITAAWIN

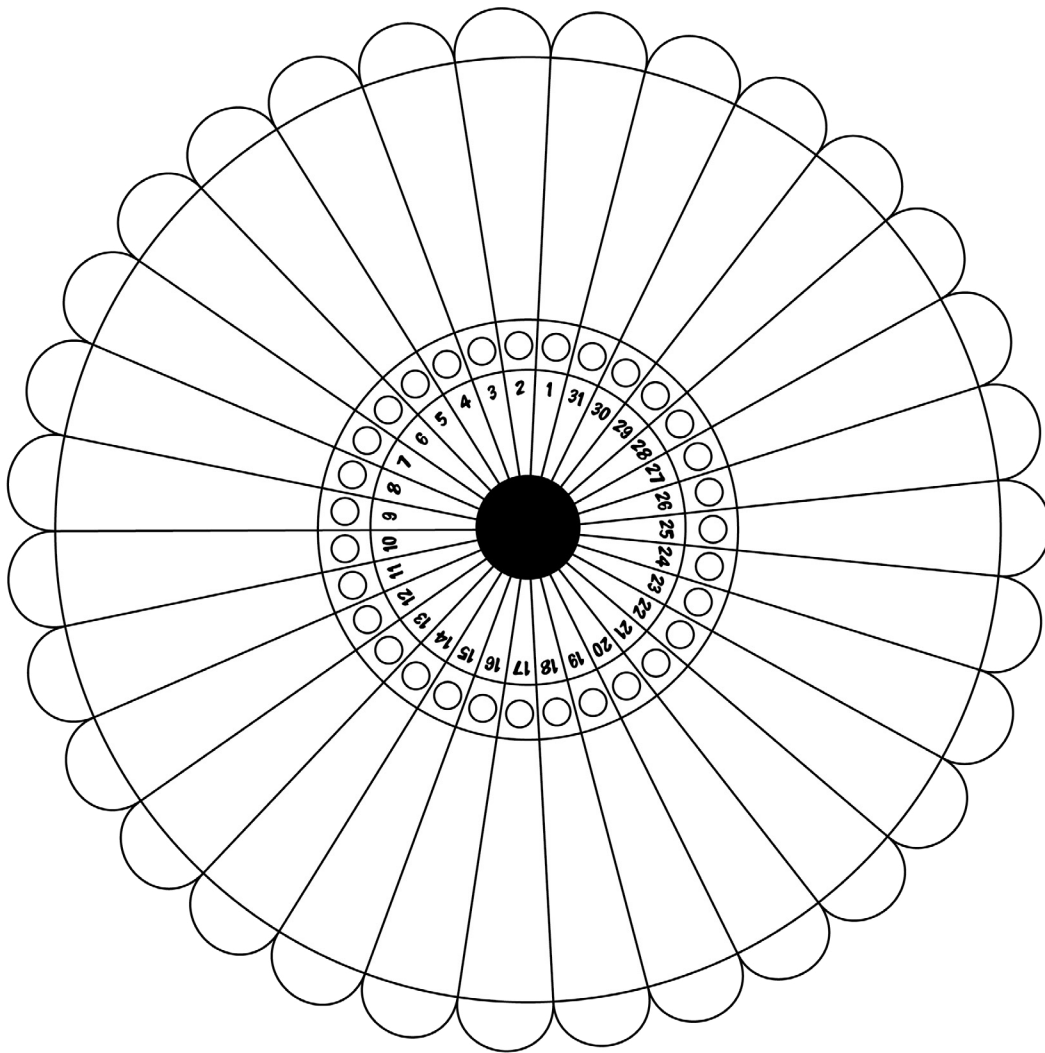
Preparation

PII NOKOMIS DBIK GIIZIS NBWAACHWEYIN

When Grandmother Moon visits you

INCLUSIVE LANGUAGE*

INSTEAD OF...	"becoming a woman"	SAY...	"starting puberty"
INSTEAD OF...	"feminine hygiene products"	SAY...	"menstrual products"
INSTEAD OF...	"femcare"	SAY...	"menstruation management"
INSTEAD OF...	"women's health"	SAY...	"reproductive health"
INSTEAD OF...	"mothers and daughters"	SAY...	"parents and children"
INSTEAD OF...	"women"	SAY...	"people"



BINAAKWE DBIK GIIZIS



LEAVES FALLING MOON • OCTOBER



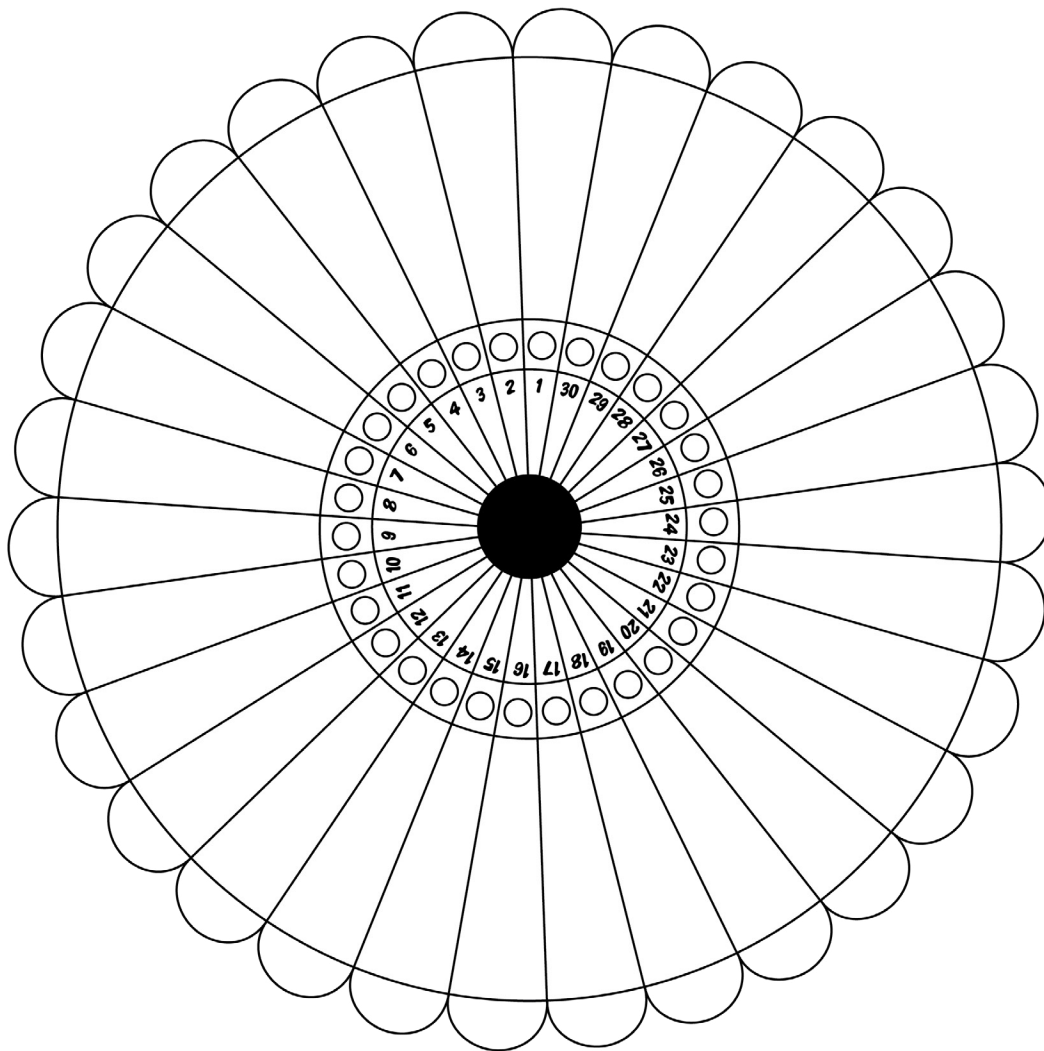
Zhitoon gdi dibaajmowin
Aapchi gwaanajwan that even anangoog will
Begishnaa you could touch them.

Zhitoon gdi dibaajmowin aapchi bzaante that you will
even see
Nookomis Dbik Giziis zhoomengweni.

Zhitoon gdi dibaajmowin aapchi waaseyaa that you will
Nistotam bneshiinyag, taste the mshkikii, smell noodin,
Mnikwe nibi, face giizis, miinwaa embrace the storms.

Zhitoon gdi dibaajmowin aapchi ewiskwibang that your
Mistakes are glorious, your memories hilarious,
Your pain fleeting and gdi zaagidiwin debwewin.

Zhitoon gdi dibaajmowin
aapchi gwaanjwan...



MSHKAWJI DBIK GIIZIS

FREEZING MOON • NOVEMBER



© Kaity Shisheesh

GI'WIIYOW YOUR BODY

GII OZHIITAA
/ YOU ARE READY
GII GWAANAJWI AW /
YOU ARE PRETTY

ISHTIGWAAN / HEAD

N'WIINZHINAAGOZ /
I'M CUTE

G'WIINZHINAAGOZ /
YOU ARE CUTE

KAAKAN / CHEST

DINMAAGANAG / SHOULDERS

DOODOOSH / BREAST

NIK - ARM

Very Chi
Matters

BIKWAA / BACK

MISAD / ABDOMEN

WIIYOW / BODY

NISHKE / LOOK

N'GAWAJI / I'M COLD

GAASHIINS / IT'S SMALL

G'GCHINENDAM / YOU'RE HAPPY

N'BAKADE / I'M HUNGRY

GWISHMON / LIE DOWN

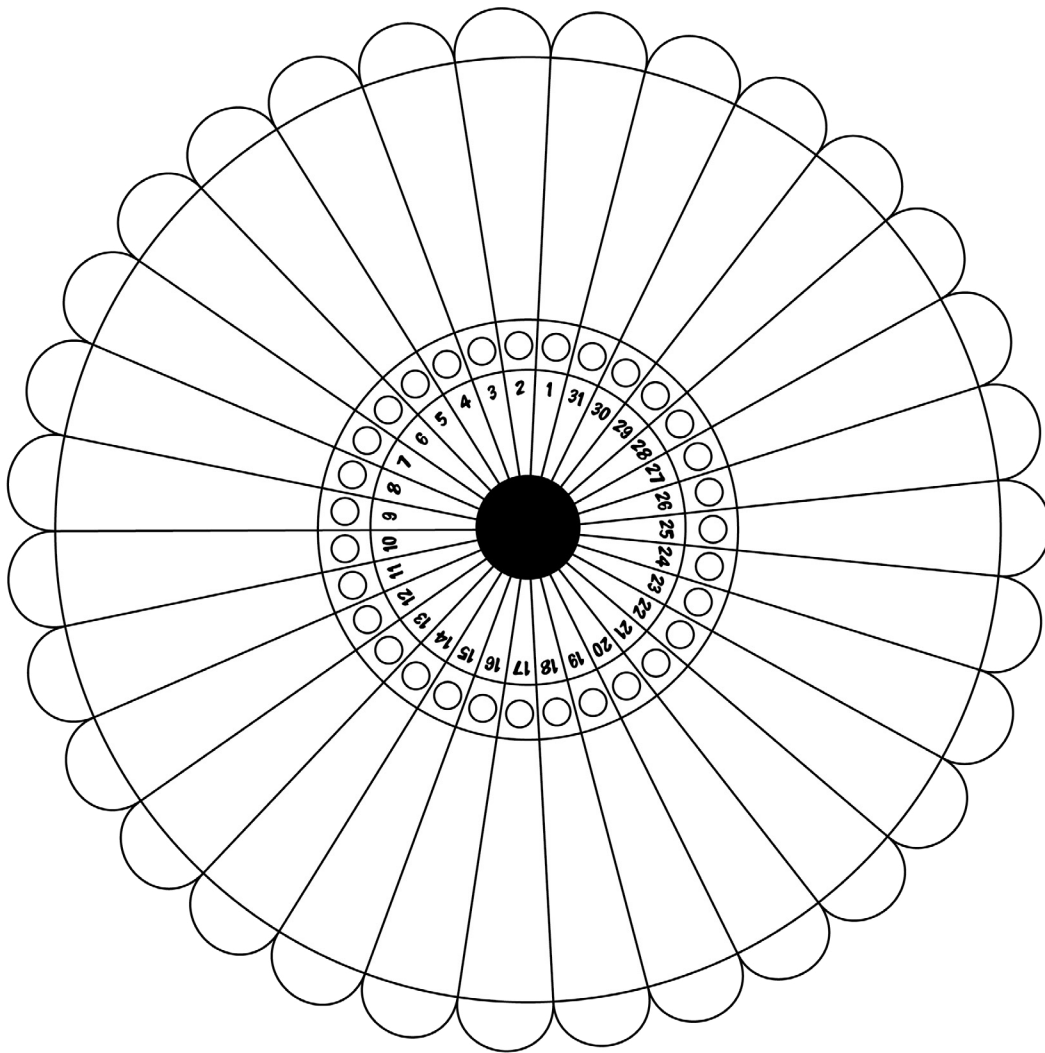
NIBAAN / GO TO BED

KAADAN / LEGS

ZID / FOOT

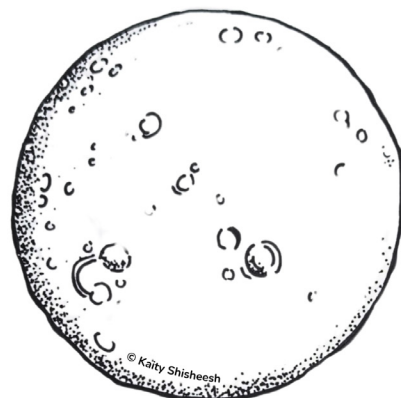


DOWNLOAD OUR FREE PERIOD TRACKING APP, "MENSTRUATION NATION"



MANIDOO DBIK GIIZIS

SPIRIT MOON • DECEMBER



MAANIDOKWIN MIINWAA MOON TIME GWIIMIKWENIMIN

CEREMONY AND MOON TIME: WE WILL REMEMBER

It is said that people who menstruate have medicine inside them, while those who don't find medicine through outside things, like lacrosse, singing, and creating. You have powerful medicine within you and it's important to be mindful of it.

This is your medicine

You are the vessel that brings life from skyworld to Turtle Island. You are part of Grandmother Moon and her cycle as she watches over you. Here are some helpful reminders throughout your journey.

Lend a helping hand or extra supplies.

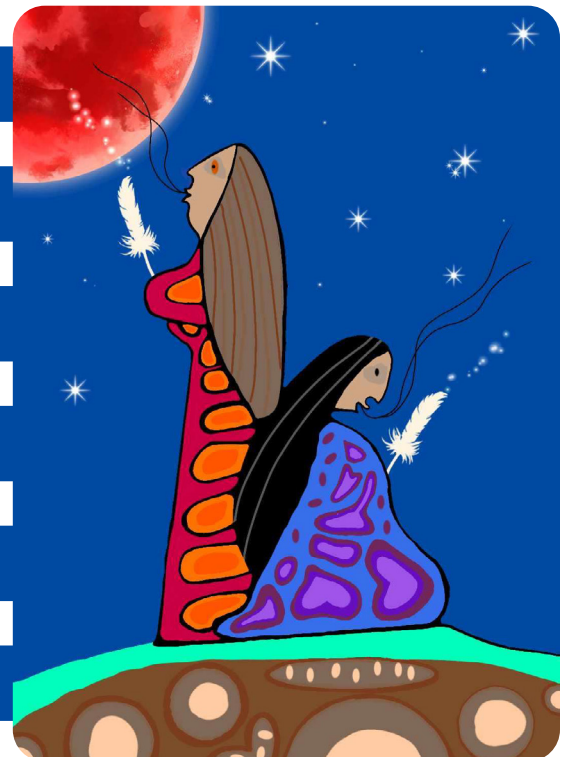
Practice self-care and moon water ritual.

Balance rest and movement

Avoid harvesting medicines for others on your moon.

Your body is naturally purifying itself.

You can smudge with women's medicines on your moon.



GII MSHKAWENDAM!
YOU ARE POWERFUL!

OZHIITAAWIN.

P R E P A R A T I O N .

KENDAASWIN.

E D U C A T I O N .

BIISKAABIIYAANG.

RETURNING TO OUR WAYS OF KNOWING.

N I I G A A N I

FOR THE NEXT GENERATION.

N A A B I W A G

