

*The best*

**...from Little Bear**

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Dreamcatchers	33
Dreams	34
Healing Stone Bracelets	35
Wellness	36
Container Gardening	37
Nutrition	38

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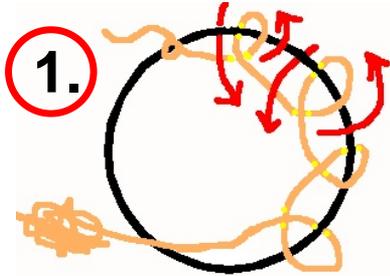
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# DREAMCATCHER

## INSTRUCTIONS



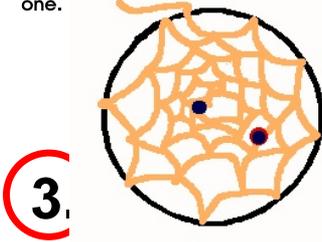
1.

Start by taking a deep breath; Thank the Creator for the moment and think of the person who is to receive the Dreamcatcher and then tie a knot on the hoop. Begin looping the sinew in an over, under and through motion: OVER the top of the hoop - UNDER the bottom of the hoop and THROUGH the space between the hoop and the sinew. Do this for each of the eight points on the hoop then place a final loop close to the first one.

2.

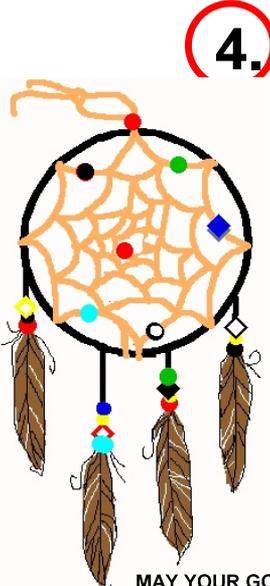


End the first round close to the starting point then climb up to the next level by looping the sinew around the first segment you made when starting the Dreamcatcher. This circle of sinew is where your loops continue INSTEAD of on the hoop! Position the loop at the midpoint of the section then continue to the next section of sinew and repeat. Keep the sinew wrapped and pressed together to allow easy threading through the openings.



3.

Continue around, looping as you go an adding beads as you wish. Traditionally one bead was added to represent the Spider in her web. We leave a hole in the center and for babies' dreamcatchers we tie a feather in the middle to move with the breeze and represent the breath of Life! It also keeps the baby occupied!!! Tie the sinew in center and cut off close to knot For extra security I often put a dot of glu on the knot. Now turn the Dreamcatcher so that the starting points are at the bottom as shown in Figure 4.



4.

Starting at bottom with a knot to hold the hide we wrap the hoop with deer hide and add strips of hide at bottom for decoration. Slide beads onto strip of hide; place feather at end of hide and slide bead down onto feather. Use as many or as few as looks good to you. This provides a place for your Good Dreams to hide from the Sun and come back to be Dreamed

**MAY YOUR GOOD DREAMS  
BECOME YOUR REALITY!**

Supplies needed are hoop, wrap, sinew, beads & feathers!

## DREAMS...

January 2007

I thought that all my dreams had come true. When I was five I remember saying that, when I grew up, I wanted to paint and colour and live in the woods and here I am! Those who know me are aware that my path to this dream I live was somewhat 'meandering' More and more layers of experience living in the woods allow me to realize a life I never could have imagined.

Dreamcatchers have figured prominently in the process. I was encouraged by a fellow beader in Dundas, Ontario to teach my first classes in her store, Beads of Colour. I remember staying up most of the night rehearsing my talk after reading as much as I could about Legends and Stories on the Dreamcatcher.

Since that time I have taught hundreds of people the Medicine of the Spider and have made many hundreds of Dreamcatchers for people from all over the world. I have always said, thought & written "May your Good Dreams become your Reality" while making the Dreamcatchers and, unexpectedly, my good thoughts continue to become my reality!

The Legend of the Dreamcatcher has been told many different ways by many First People. What all storytellers agree on is the incredible power of the Dream and our universal desire to decipher the meaning within.

What follows is a version of the Legend as I tell it and with it I send, as always, my heartfelt thought that your Good Dreams may become your Reality.

Long ago, by the shores of the big lake, kitche gumi,  
nocomis, the grandmother, was sitting by herself  
in the shade of the wigwam, watching a spider spin his web.  
With a burst of noise and energy her little grandson burst into the hut  
and, seeing the spider, made a move as if to snatch it from the web.  
"No, ojishemar," said nocomis, "respect the spider, asabikeshii,  
and his medicine and go back outside to play."  
So far this sounds like any grandmother talking to her grandson  
but this is where the story becomes magical.

The Spider speaks!

"Thank you, nocomis, for protecting me from harm.

With my gratitude I will teach you the Medicine of the Web."

And so the grandmother learned how to weave a Web with the power to catch Dreams, bawadjigan, on its sticky surface. She found out how to hold the Bad Dreams until the sun, gisis, rose to burn it up. This way the Dreamer did not have that Dream again! Nocomis also learned to weave a secret path to the center of the Web so that only the Good Dreams could find their way out of the Dreamcatcher and would be able to hide from the sun behind a feather. In this way Good Dreams could return night after night for the Dreamer to enjoy over and over again.

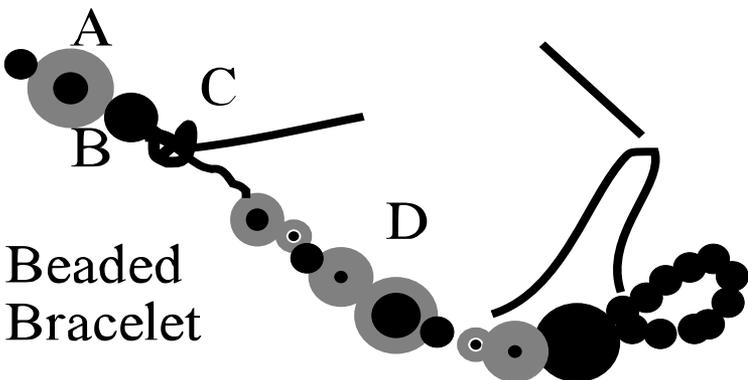
**May your good Dreams become your Reality.**

**BRACELETS**

Assemble beads, thread, needle and start with 24 inches of thread on needle. Start by putting a small bead, then a large bead (A) (to be used as the clasp) then a small bead (B) on the needle. Pull through to the end of the thread but leave a 4inch tail. Turn back threading through the large bead while leaving the smallest end bead 'set up' at the tip of the large bead, then go through the next bead tie the 4 inch tail to the thread on the needle (C). Continue stringing beads in a pattern or randomly (D) to desired length. Make a loop by adding the correct number of small beads sufficient to go around the clasp bead (as tight as possible but loose enough to go around the bead) Go back through the loop of small beads again to strengthen it. To finish sew back through the beads to the 'tail' of thread, tie again and then bury the threads inside the beads by rethreading each end onto the needle and going back into the beads to hide the thread..\*

\*For extra strength put a dot of glue on the knot.

**Supplies: Beading needles, beading thread,  
sz.10 seed beads and accent beads.**



**Beaded  
Bracelet**

## **Wellness...**

**February 2007**

By the time we moved out here I had been making jewellery for about six or seven years. It started out when my friend Betty gave me a starter kit for card beading on the occasion of my 5<sup>th</sup> year clean and sober. I began using the process to relax and, after 11 years beading has escalated into what I call “psycho-beading”. I use tiny Japanese glass cylinders called Delicas, to weave intricate designs, freehand, using the peyote stitch. It is, as any weaver will tell you, a meditation. I have looked up to see the clock has advanced 3 hours when, in my perception, only 20 minutes have gone by.

Another unexpected awareness has been that, when I pick up a piece of work, I can recall, or feel, what was going on when I last worked on it. This makes sense to me. I am a firm believer in “intention” and my thoughts, when I work on a design with a particular person in mind, play a large part in the creation. I literally weave my thoughts into the physical object.

When I began working with stones I discovered the world of information on the Healing power of natural materials. At the time I was dealing with my second bout of cancer and had opted for no hospital involvement. Instead I mixed up concoctions using a recipe my father gave me as given to him by his brother.

I also began changing lots of old behaviours and initially made bracelets as visual aids. I began researching the stones used in various cultures for healing the digestive system and specific organs and/or emotional issues and made bracelets for myself and friends.

Information is available through internet searches of “chakras”, “healing stones”, and by searching out specific stones you may have “always been attracted to for some reason.”

After years of reading, researching and collecting my own anecdotal evidence I am sure of the power of intention. I have also observed that first people, from completely isolated parts of the earth, have used the same stones, bones and antlers for the same sorts of healing ceremonies & amulets. For example; Turquoise is for speaking your Truth in the southern North American indigenous people and for the Throat Chakra, center for communication and speaking up, in East Indian philosophy.

A brief explanation of the scientific “reason” for the physical effect of stones is that the vibration of the molecules that make up different materials will actually stimulate and/or balance corresponding parts of our bodies.

Whether this is true or not, I like the concept of such deep interactions in the physical world. Regardless of the theory, the practical application of these ideas have helped me, and many others, stay focused on our goals of health and wellness with amazing results!

**May you find your own talismans for focus.**

I am a great believer in rewards. Most of the things I do in a day have either a short term or long term reward. Waiting the longer time frame for a payback is an acquired skill and that ability has crept up on me over time and with practise. One of the best ways I know to encourage the potential new gardeners among us, aside from the e-coli produced spinach, bacterial alfalfa sprouts and poisoned wheat gluten products of recent months, is the window box garden. To enjoy easy, fresh herbs and greens, along with my favourite snack the tiny tim tomato, requires little effort or expense . This time of year the planter can live in a sunny window. It really is as easy as 1-2-3.

- 1. Harvest** only some leaves with scissors and the plant can grow on; and plant new seeds every two weeks for fresh greens
- 2. Fertilize** with a pinch of your favorite fertilizer or compost to ensure good growth of greens (I use Miracle Gro) and;
- 3. Water** with appropriate amounts of water & fertilizer in your sink by leaving pots in the sink for fifteen minutes then follow up by later by dumping out any drained water left in the saucers. Having tried plant dryness meters, digging down an inch to estimate water needs, gaging limpness of leaves to estimate when to water and using a forked stick to divine any water present, I can tell you that the 15 minute drink method works the best for me.

## You will need the following;

- ❁ **a container** sized to fit the chosen window sill (*south or east is best I've found*),
  - ❁ **small stones** for bottom of pot to allow drainage,
  - ❁ **clean soil** (*without other seeds to confuse the issue*),
  - ❁ **fresh\* seed packets** (*salad greens, thyme, mint, small tomato variety, swiss chard, kale, etc.*)
  - ❁ **fertilizer** specifically for food crops (*I find the liquid sort easier since crystals tend to sink*) or a bit of compost instead
- \*old seeds are much less likely to sprout.



Little Bear won't be making moccasins anymore but the Quilting Barn on Hwy. 65 N. has some of my last moosehide crafts. The Silver Moccasin in Cobalt has beautiful Moccasins, Mittens & other Crafts from many area artisans. Thanks for your support through the years!

## **CONTAINER GARDEN**

*Start anytime you want but best planted in early fall.*

Layer bottom of container(s) with stones then fill with dirt, but save a bit to cover seeds.

Pat down the soil then water with treated, room temperature water and plant seeds with shortest plants to front, following the package instructions.

(I usually sing quietly at this point)

Cover with remaining soil and water carefully from top.

When plants are up thin them a bit and wait!

Water as needed;

Clip & Eat!

## **NUTRITION... "ON THE GROUND"**

When we began serious gardening in our second summer here I had only childhood experience eating wild foods that grew around my Grandmother's home in Muskoka. I did not venture back into the bush grocery store until Charlie, a gifted and knowledgeable forager, encouraged me to taste some of his local finds.

We continue to enjoy early spring Stinging Nettles, young Dandelion leaves, the corn-like pollen bud of the cat tails and many other amazing plants. We have expanded the gardens to allow us to pressure can many early foods for winter and this spring we had the unexpected challenge of keeping our free ranging chickens out of several garden areas previously unfenced.

One of my great joys the last couple of years has been starting plants from our own seeds. Several friends have received tomato plants from our seeds and have gone on, after tasting their own warm "tiny tim" from a container on their porch or windowsill, to start their own gardens. This year I started a lot of tomato plants in the window greenhouse boxes and sent many of them out into the world to carry the message of encouragement they represent to me. Change comes to many of us one tomato at a time!

All the best from Little Bear