



PARTICI-PATRICK

Aboriginal Connection



Z4
Patrick
4 life pour la vie

Significance of Marathon Medal 2010

The Four Colours of Man

The number four is sacred and has a special significance for many Aboriginal peoples including the Ojibwe people. The four colours (yellow, red, black and white) represent the four races of human beings; the four hills (stages) of man: childhood, adolescence, adult and elder; and, the four natures of man: physical, emotional, mental and spiritual. These four colours can also represent the four seasons, four directions and four elements: earth, wind, water and fire.

The four colours are often represented on the Medicine Wheel which represents many different life teachings and cultural information. The teachings of the Medicine Wheel vary from one community to another and each elder will tell a unique version of the Medicine Wheel story. For the Ojibwe people, the Medicine Wheel serves as a tool for teaching people about their place in the universe and their relationship to all things. The circle signifies the interconnectedness of all things, within the circle all life is equal and everything is related.

Fred Restoule (pictured below), is a self-taught Dokis First Nation artist who especially enjoys Native and wildlife art. Mr. Restoule designed the medals for Partici-Patrick 2010. Wear the four colours proudly knowing their significance in many Aboriginal cultures. If you see Mr. Restoule, be sure to thank him personally for your unique medal.



Significance of Marathon Medal 2011

Each of the four colors on the medallion represents one of the four directions and races of humankind.

- The yellow color represents Waabnong the Eastern direction and the Asian race.
- The red color represents Zhaawnong the Southern direction and the original inhabitants of Turtle Island-North America.
- The black color represents Engaabiiyanong the Western direction and the African nation.
- The white color represents Giiwednong the Northern direction and the White race.

These colours also represent the stages of life beginning in the East which include Child, Youth, Adult and Elder. The circle in which these colors are housed represents unity and equality.

Each of these four Nations possess special and unique gifts which can be used as a global community to work together to prevent HIV/AIDS.

Migizi Miigwaans - Eagle Feather

The migizi miigwaans - eagle feather depicted on the medal represents strength and courage. The eagle flies highest in the sky realm and closest to Gitchie Manido - Great Spirit. The migizi – eagle was honored with the responsibility of carrying the prayers of the people up to the Gitchie Manido. In this way we honor the strength and courage shown by Patrick and others who are living with HIV/AIDS.





The Medicine Wheel

The aboriginal medicine wheel is a powerful tool for helping people keep their lives in balance. The medicine wheel itself is divided into four equal parts. Each part represents one of the four aspects of human life: **emotional, spiritual, physical and mental.**

The medicine wheel teaches that each of these four aspects of life must be in balance.

The red, yellow, black and white colours of the medicine wheel represent the different human races. Each of these colours is equal in size because the creator made all humans equal. Different races and tribes are like the different coloured flowers in one meadow.

The Medicine Wheel has four directions: **east, south, west, and north.**

Aboriginal wisdom suggests that:

- The north (Giwedenong) symbolizes the mental: thinking.
- The east (Waabnong) represents the spiritual: seeking.
- The south (Nibinzaawng) stands for the emotions: feeling.
- The west (Epegiismong) represents the physical: acting.

Medicine Wheel Activity

Think of a time when one of the four quadrants was out of balance.

- Which quadrant was out of balance?
- Why?
- What did you do to get it back into balance?

For example:

Lack of exercise = your physical body loses strength = emotional depression

Lack of exercise would affect your body's strength. If this lack of exercise continued over a prolonged period, it might also affect your emotions and your ability to think clearly.



The Medicine Wheel

Quadrant	What it Symbolizes	Questions You Might As
Emotional	<ul style="list-style-type: none">• Ability to get along with others• Care we give to others	<ul style="list-style-type: none">• Am I spending enough time with other people? (<i>You could be spending too much or too little.</i>)• Do I communicate well with others?• How can I improve my communication skills?
Spiritual	<ul style="list-style-type: none">• Your spiritual beliefs• Your practice of your spiritual beliefs	<ul style="list-style-type: none">• What are my strengths and weaknesses?• What are my needs?• What are the needs of the people around me?
Physical	<ul style="list-style-type: none">• Physical health• Body functions	<ul style="list-style-type: none">• What is my self-concept?• What do I think about myself and my potential?• How do I feel about myself and my ability to grow and change?• Am I taking care of my body's need for- food, water, fresh air, exercise?
Mental	<ul style="list-style-type: none">• Knowledge	<ul style="list-style-type: none">• What goals have I accomplished?• What new skills or attitudes have I learned?• What new ways of living or new experiences have I acquired?• Do I take time to learn new things?• Do I allow myself to change?• Do I make informed choices?