



Linda's T'ai Chi Ch' uan Weekly Handout August 18, 2024

Look up

The August 2024 Full Moon

A Moment of Awe



Sturgeon Moon Cascades 2023

August brings us another opportunity for a moment of awe. The Sturgeon Moon can be seen rising from the Southeast after sunset. It will appear brighter and bigger than other full moons as it is the first supermoon of the year.

The full moon on Monday, August 19, 2024, at 2:26 PM ET is called the Sturgeon Moon and will be a supermoon. It will appear larger and brighter than other full moons because it's the first supermoon of the year. A supermoon is closer to the earth in its orbit called a perigee. To see the Sturgeon Moon, look southeast after sunset

The name Sturgeon Moon comes from the giant lake sturgeon of the Great Lakes and Lake Champlain; this native freshwater fish was readily caught during this part of summer and an important food staple for Native Americans who lived in the region. At one time the lake sturgeon was quite abundant in late summer, though they are rarer today.(The Farmer's Almanac)

Depending on the tribe and culture, other names for the Sturgeon Moon include Full Red Moon, the Green Corn Moon, Grain Moon and Ricing Moon. The Lynx Moon. Flying Up Moon, Black Cherries Moon and the Mountain Shadows Moon. The Shadows Moon comes from the Tlingit people of the Pacific Northwest.

Tlingit or Lingít are Indigenous peoples of the Pacific Northwest Coast of North America and constitute two of the two-hundred thirty-one federally recognized Tribes of Alaska. Although the majority, about 14,000 people, are Alaska Natives, there is a small minority, 2,110, who are Canadian First Nations. Citation: Central Council of the Tribes of Alaska)



The Tlingit People

Like many cultures, the moon holds spiritual, economic and cultural meaning.

FULL STURGEON MOON



THE OLD
FARMER'S ALMANAC

So, Look Up and enjoy your Moment of Awe

Peace, Linda