ONKWEHÓN:WE NIWENHNISERÒ:TEN

INDIGENOUS PEOPLES DAY

JUNE 21, 2021

Schedule of Events

10:45 AM
OHÉN:TON KARIHWATÉHKWEN
(Facebook Live)

5K VIRTUAL FUN RUN
Complete between 12:00am-11:59pm
on Monday, June 21, 2021
Register:
https://forms.gle/PavdtG4MgYgY9KAs8

11:00 AM
CAR PARADE
10:30am - Line up Centennial Park, Deseronto
Each car will be entered
into a random prize draw!

1:00 PM
VARIETY SHOW
WATCH ON FACEBOOK

6:30-8pm
THUNDERWATER:
A LIVE DISCUSSION WITH PROF. GERALD F. REID

Tsi Tyónnheht Onkwawén:na
Language and Cultural Centre

Email trinityg@kenhteke.org to register for Thunderwater Event and Activity Kits

All events will be posted to Facebook: **@TTOKenhteke** on Monday, June 21, 2021

Teyethinonhwerá:ton ne Tyonnhéhkwen

We Give Thanks to Our Sustenance

When we give thanks to Tyonnhéhkwen (it sustains them) we acknowledge áhsen nikontateken'okón:'a (the three sisters) as the leaders. They are ò:nenhste (corn), ohsahé:ta (beans) and onon'ónsera (squash).

Traditionally these three foods are staples of the Rotinonhsyón:ni diet and provide nourishment for our bodies, minds and spirits. All three are an excellent source of fibre. Beans are protein dense and bring vitamins like iron, potassium, magnesium, zinc, while squash is a good source of vitamins A, B6, and C, among others. White corn, once it has been lyed, has high levels of calcium and iron. When eaten together, corn beans and squash form a complete protein, which is usually only found in animal products.

Adapted from Corn Lying Handout from the Diabetes Education Program

Setshén:ri ne owenna'shón:'a!

Search for the words!

l	x	e	v	l	k	d	t	z	a	a	n	y	y	o
f	z	t	y	z	k	y	i	z	r	g	k	o	z	x
k	z	s	g	q	g	j	e	e	l	a	j	t	h	j
t	b	h	l	j	r	n	s	n	n	w	c	o	o	j
k	f	n	o	a	e	n	a	o	t	e	b	n	o	c
x	q	e	w	h	o	i	n	t	w	h	a	n	s	n
m	z	n	x	n	n	o	z	q	e	k	o	i	n	r
l	f	o	o	i	n	e	o	s	p	h	h	s	y	m
w	p	n	l	s	q	i	n	f	r	p	a	m	r	h
n	o	c	e	a	w	k	e	n	o	f	f	s	r	p
e	h	r	k	o	b	o	z	j	a	w	i	j	o	d
k	e	n	n	i	y	o	h	o	n	t	e	h	s	a
s	n	o	k	a	t	e	h	a	k	s	a	l	h	i
o	n	o	n	o	n	s	e	r	a	k	a	h	t	e

Kahehtà:kon

In the Garden

Osahè:ta - Beans
Ó:nenhste - Corn
Onon'ónsera - Squash
Ken'niyohontéhsa - Strawberries
Ohnennà:ta - Potatoes
Kanon'ónseres - Cucumber
Onékwa - Peas
Onon'onserakáhte - Watermelon
Kyén:thos - I plant something
Yotón:nis - It grows

Corn and Blackbean Salsa

2 cups fresh corn or canned corn, drained
2 cups cooked black beans, or 19oz can drained and rinsed
1 ripe tomato diced, about ¾ cup
1 jalapeno pepper seeded and finely diced
½ cup red onion finely diced
¼ cup cilantro chopped - or garlic
3 tablespoons fresh lime juice about 1 ½ limes
1 tablespoon olive oil
½ teaspoon cumin
salt and pepper to taste

Mix all ingredients until just combined. For best flavour chill for 1 hour to allow flavours to combine. Serve with corn tortilla chips.

Tsi Nahò:ten Yonkwarihonnyén:ni ne Tyonnhéhkwen

What Our Sustenance Teaches Us

When we plant áhsen nikontateken'okón:'a together, the plants support each other as they grow.

The ò:nenhste grows tall and strong, giving the osahè:ta a place to climb. The osahè:ta puts nitrogen into the soil, a nutrient that ò:nenhste needs in large amounts. The ononón'sera has broad leaves that shade the soil to keep it moist and block other plants from competing with the garden.

This way of cooperative growing shows that everyone has unique gifts and when we all use our gifts to support each other, everyone can flourish.

Adapted from the Seth Newhouse version of the Earth Grasper Creation Story

Sáhso ne karáhston!

Colour the picture!

Ó:! Ska'én:yon! Yonatateweyenentá:on ne osahè:ta!
Enwá:ton ó:nenk entyentwá:ko ne osahè:ta.

Oh! Look! The beans are ready! I can harvest the beans now.

From TTO original storybook, *Hányo Tewayenthwá:ko*

NYAWEN'KÓ:WA FOR CELEBRATING ONKWEHÓN:WE NIWENHNISERÒ:TEN WITH US!

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