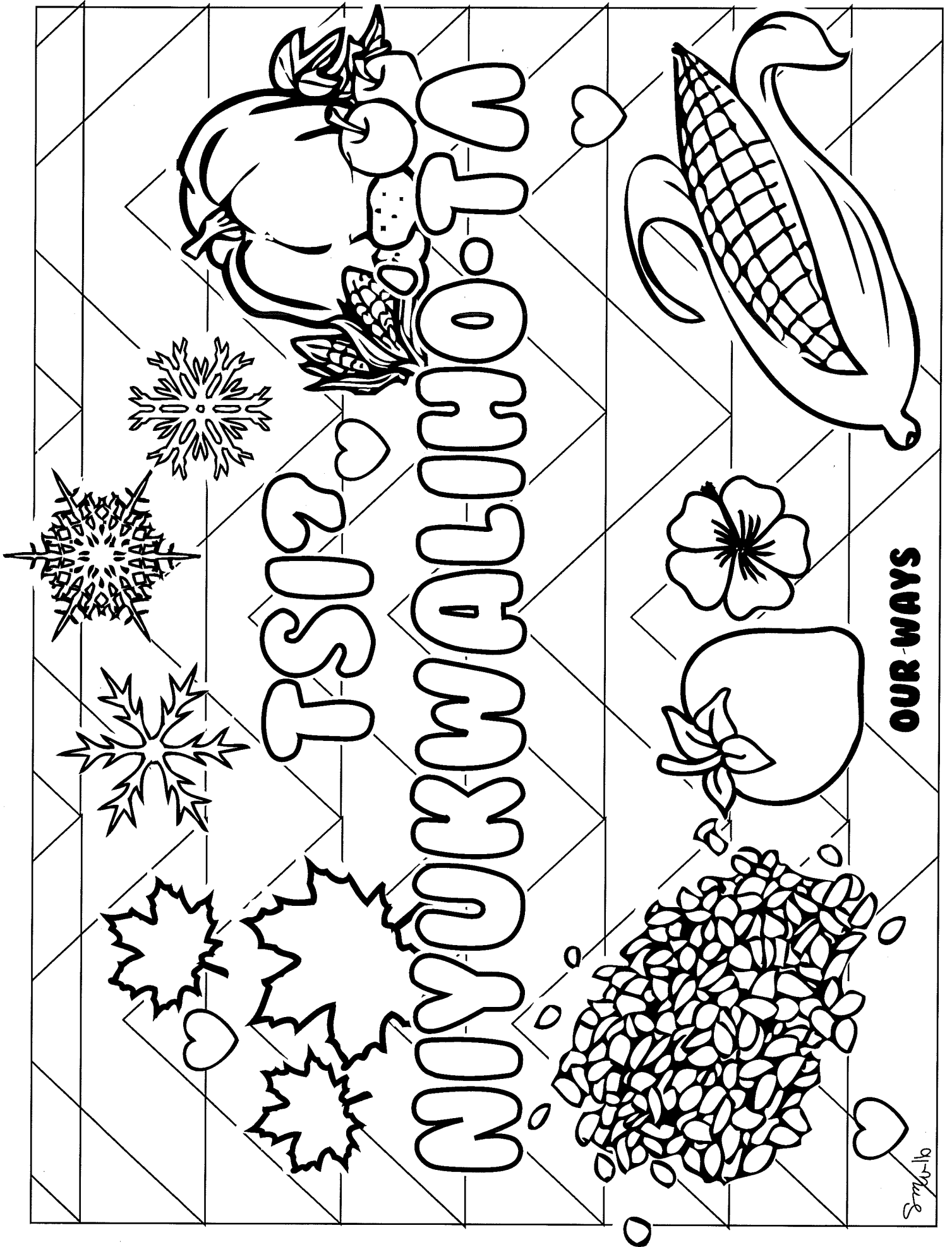




**YAWAKO TO ALL THOSE WHO LIVE WITH A GOOD HEART,
AND TO THOSE WHO HELP KEEP OUR LANGUAGE AND CULTURE ALIVE.**

FORMATTED AND COMPILED BY KALUHYA?KALE

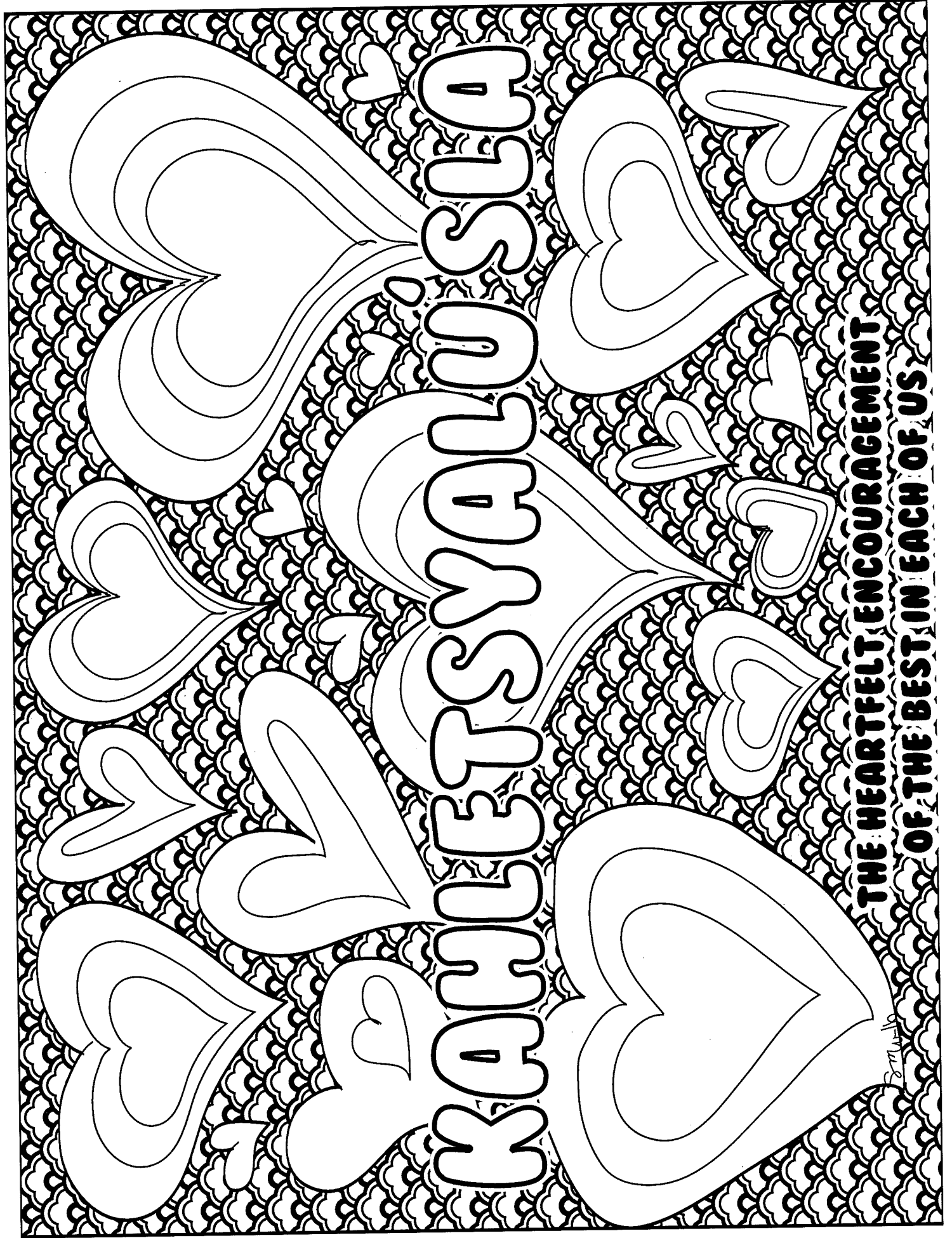
**WITH HELP FROM ANITA BARBER, RANDY CORNELIUS, GEORGIANA KEAHNA, MARY WAYATT,
BARBARA MCKINZIE, STAN WEBSTER, KERRY KENNEDY, TED SKENANDORE, BOBBY MILLS,
KEITH METOXEN, BEVERLY SKENANDORE, JASON CARR, AND LOU WILLIAMS JR.**

CREATED FOR MY CHILDREN

KAHNEKA?KALE, LANUNSI-YO, TEYOWISASTALATET, OYANOLU, TASHAKOTIVATHEWE

JUNE 2016

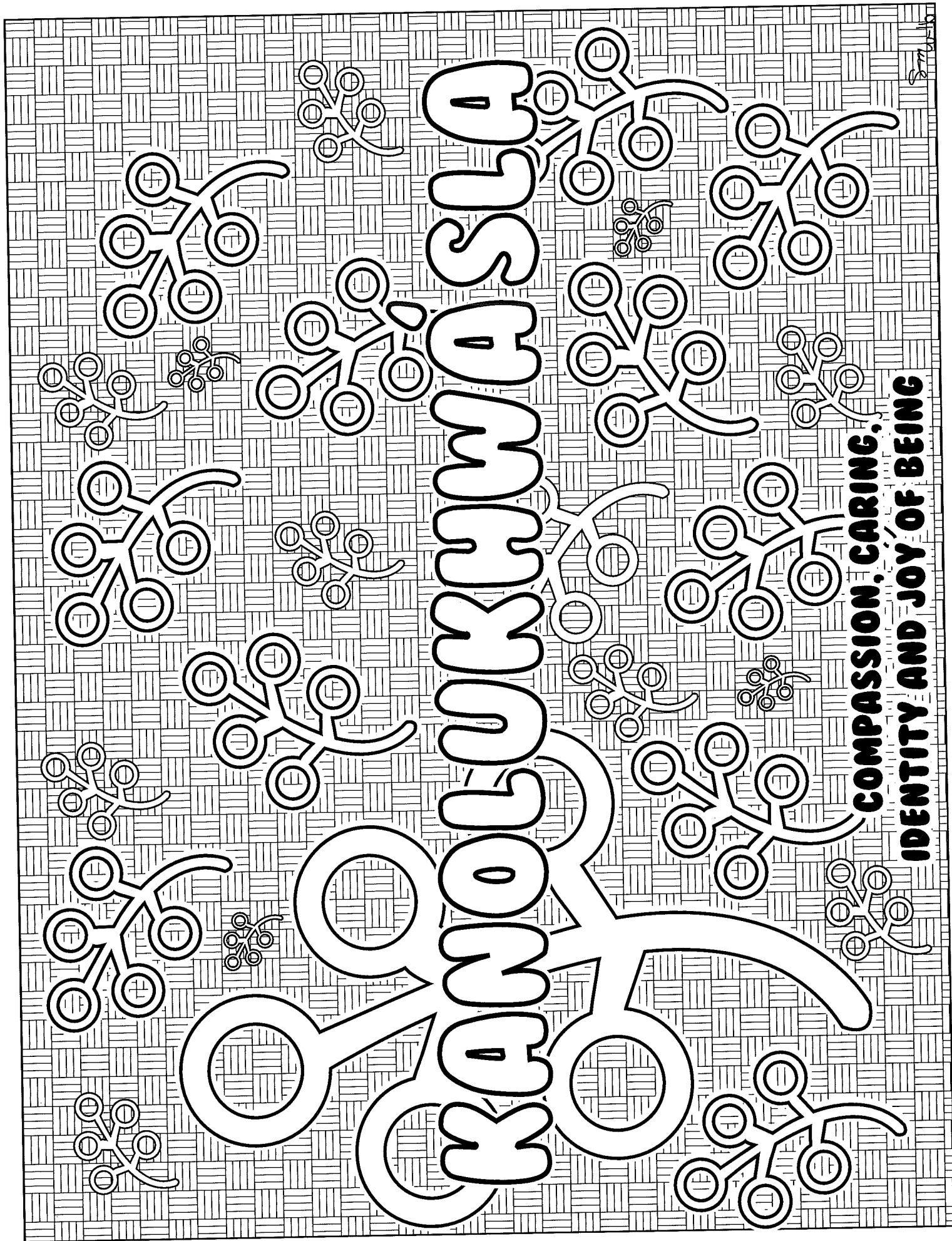
WAYS OF BEING



KALETSYALUSIA

THE HEARTFELT ENCOURAGEMENT
OF THE BEST IN EACH OF US

S. M. 11/0

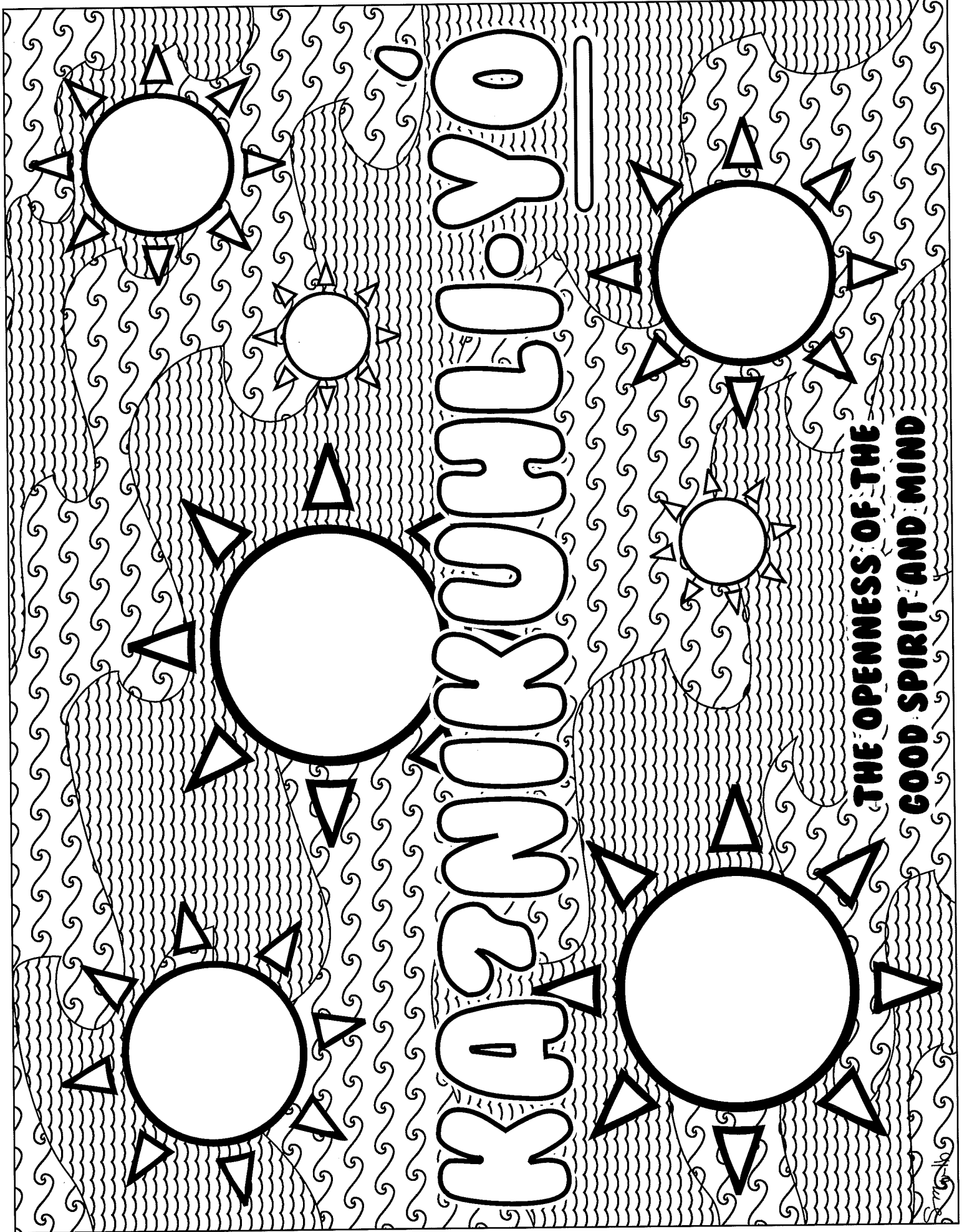


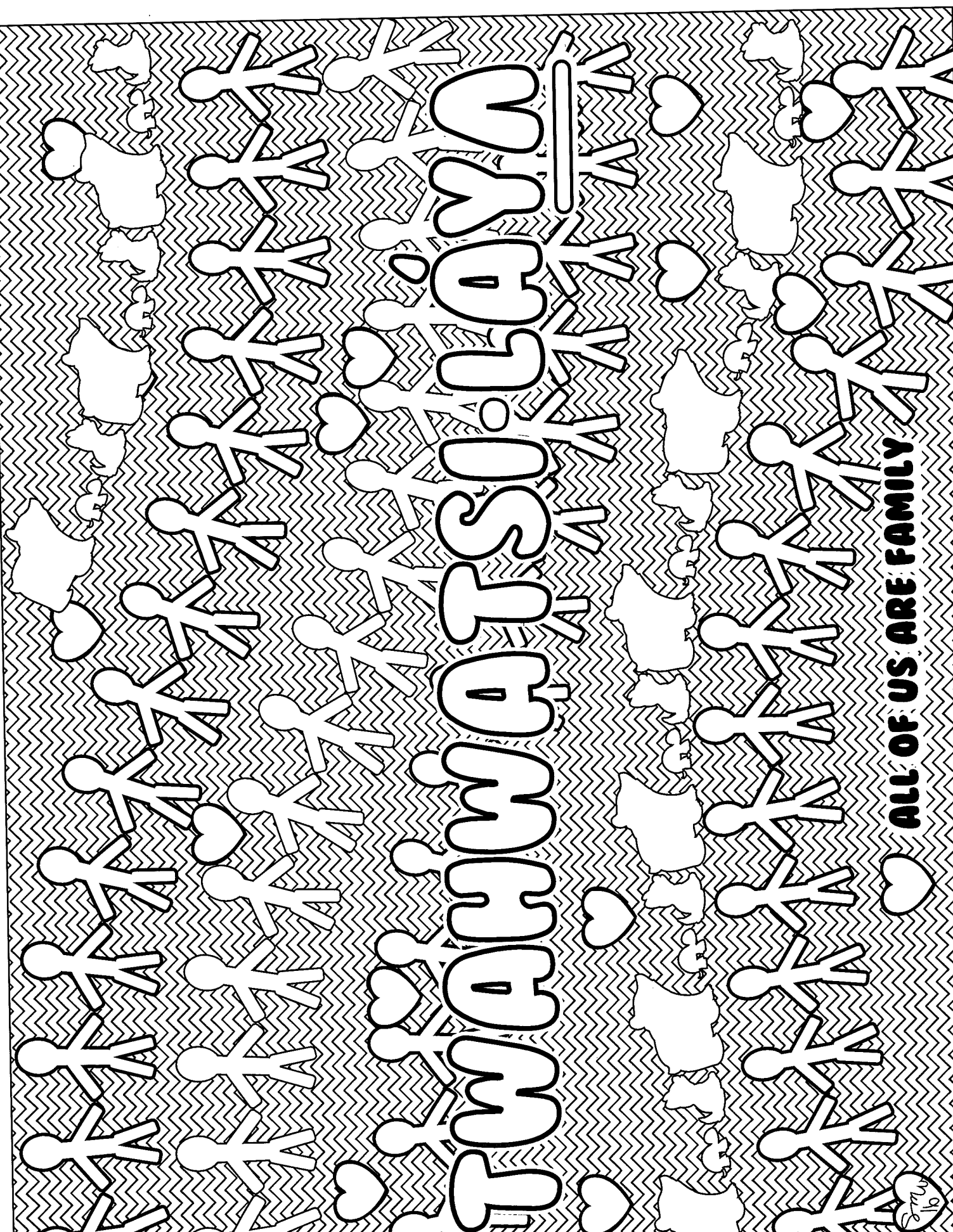
KAWOLUKWASIA

**COMPASSION. CARING.
IDENTITY AND JOY OF BEING**

KANIKULIYO

THE OPENNESS OF THE
GOOD SPIRIT AND MIND

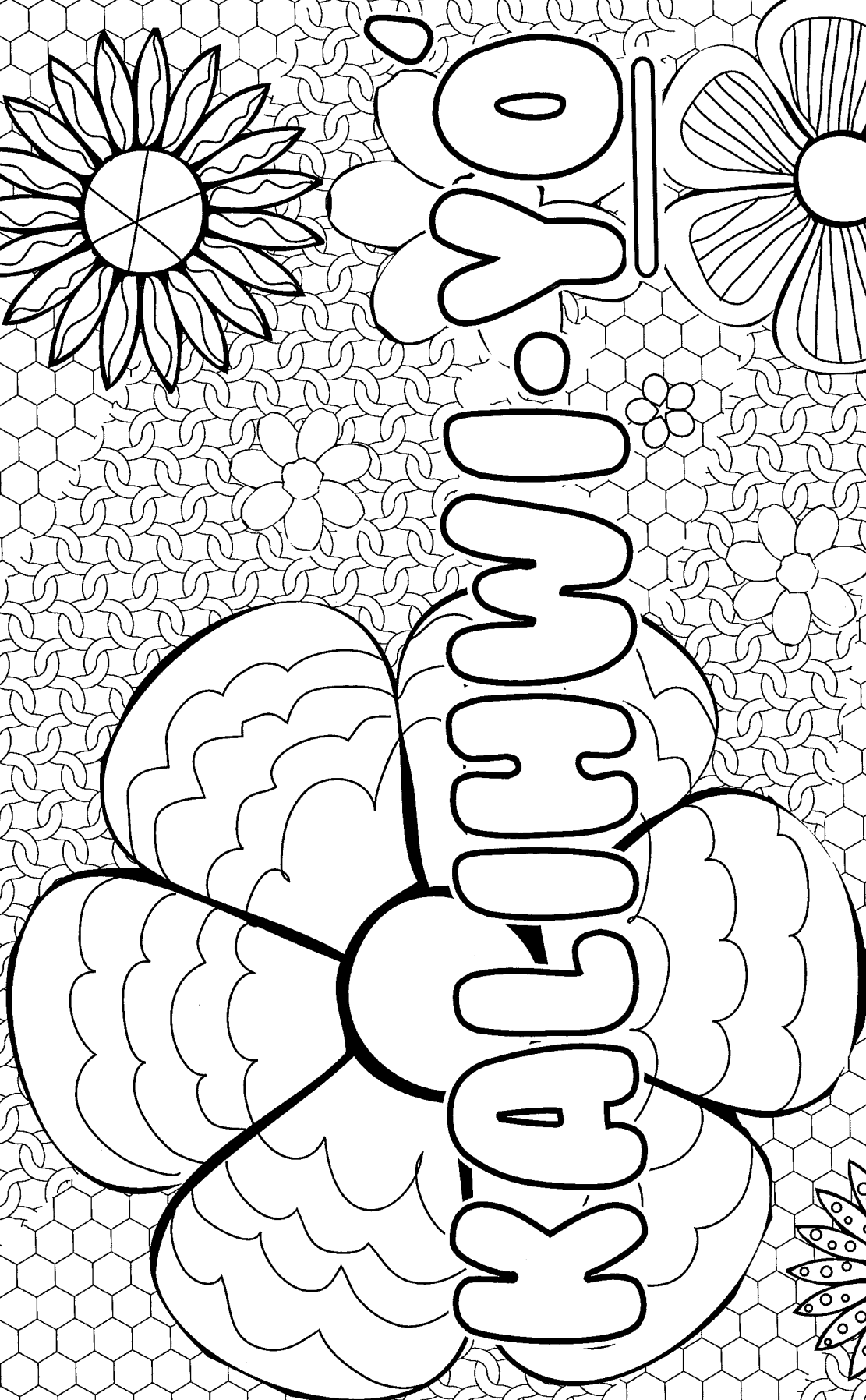




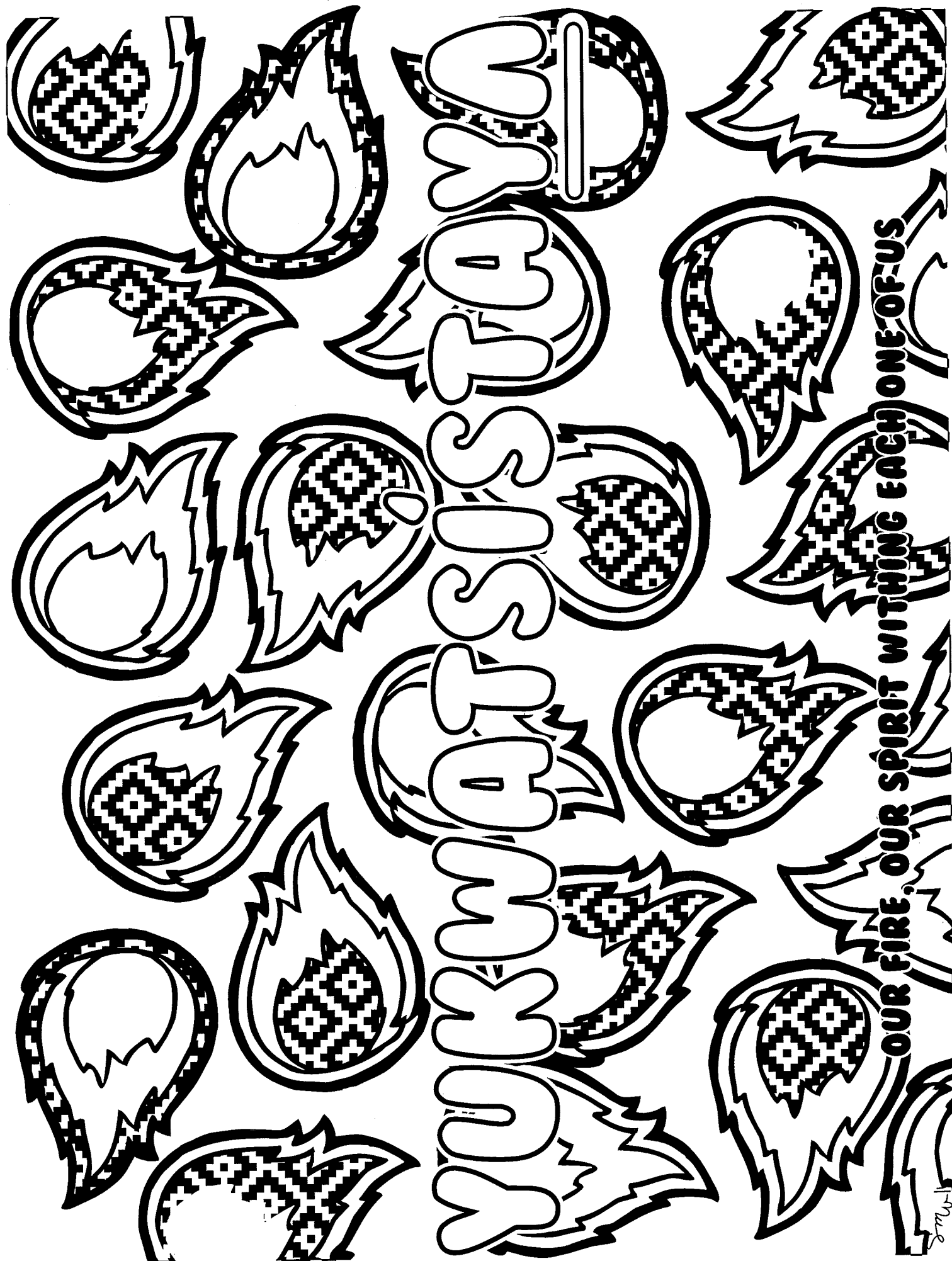
WHAT IS LOVE

ALL OF US ARE FAMILY

May 1969



**THE USE OF GOOD WORDS ABOUT
OURSELVES, OUR NATION AND OUR FUTURE**



OUR FIRE, OUR SPIRIT WITHING EACH ONE OF US

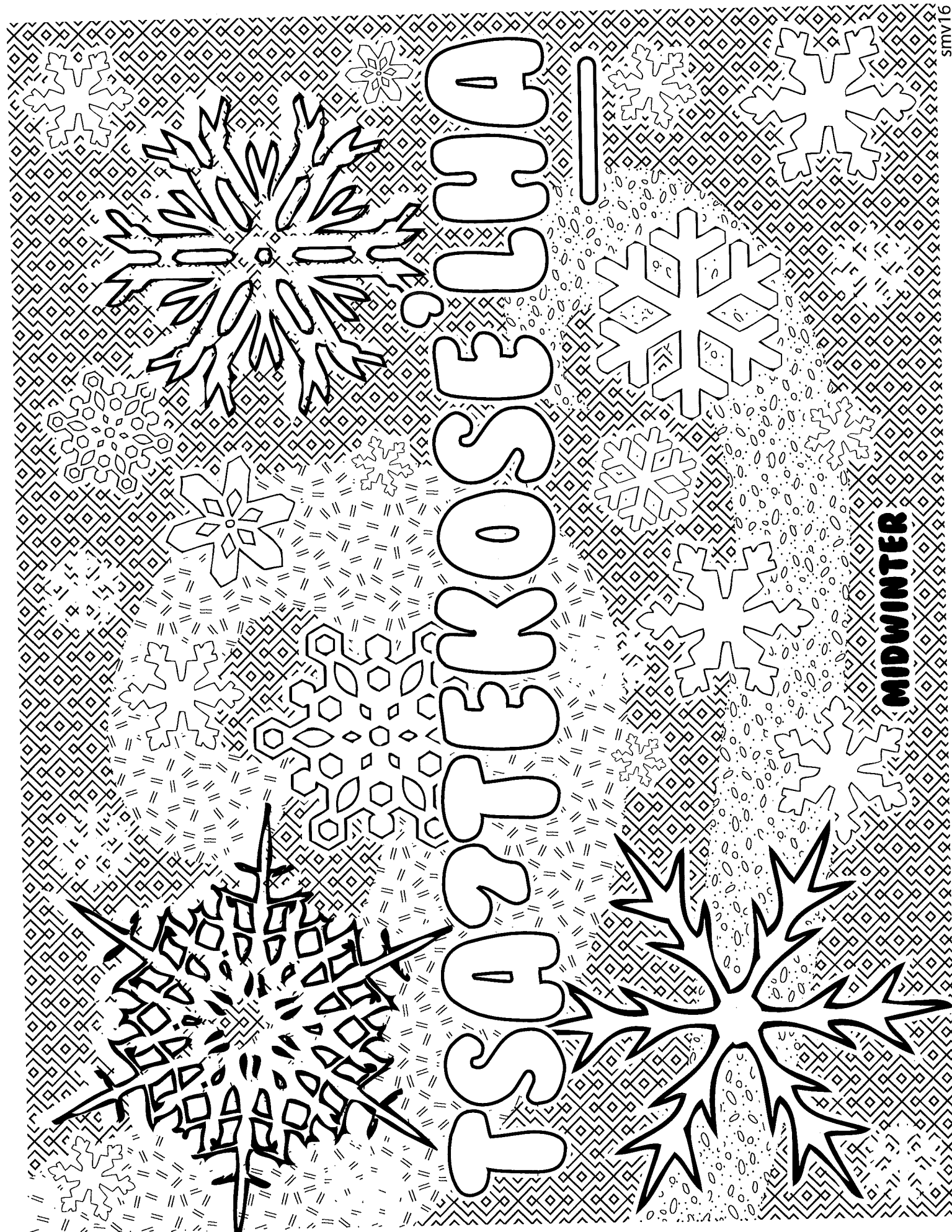
smc

KATSATSATSLA

**THE STRENGTH OF BELIEF
AND VISION AS A PEOPLE**

Smw-16

CEREMONIES



TSARTEXOS

—

MIDWINTER

Midwinter

opening * three feather dance * closing * feast.
opening * stir the ashes * closing * feast

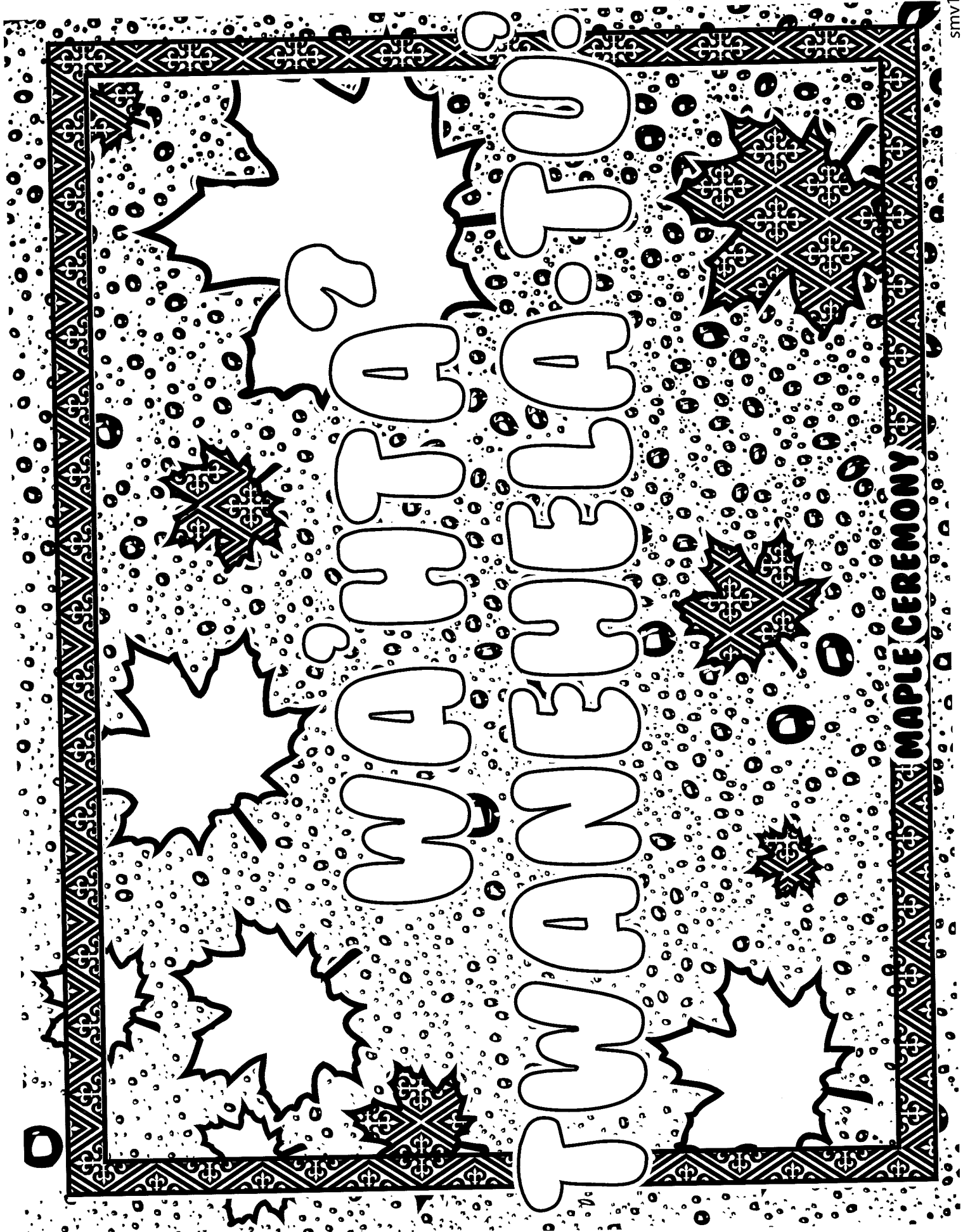
opening * tobacco burning * men's chant * naming * drum dance * closing * feast
opening * peachstone * feather dance * women's dance * bean dance * feast

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

Find the following words in the word search:

ashes	opening	names	bean
tobacco	feather	drum	closing
chant	dance	peachstone	feast
	stir	women	

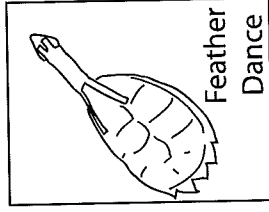
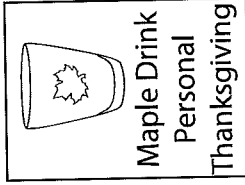
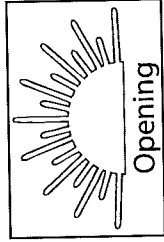
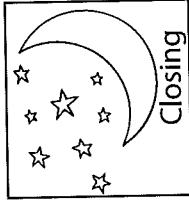
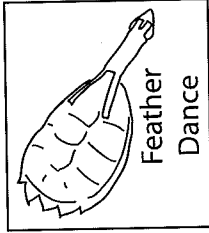
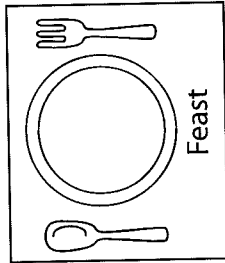
Can you find the duplicate snowflake?



Maple

opening * one feather dance * maple drink and personal thanksgiving * closing * feast

Draw the pictures in order.



1

2

3

4

5

6

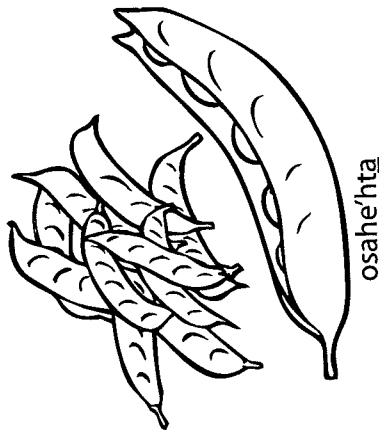
TWANA' HAYAS

WE BET THE SEEDS

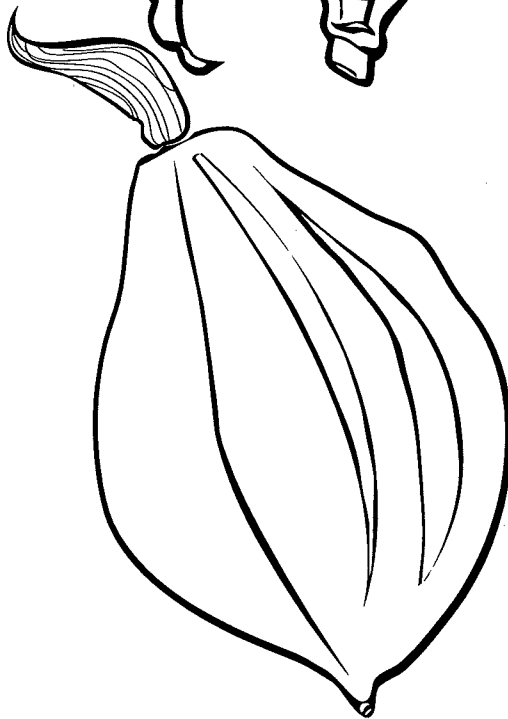
Sæd

opening * peachstone * one feather dance * women's dance * bean dance * closing * feast

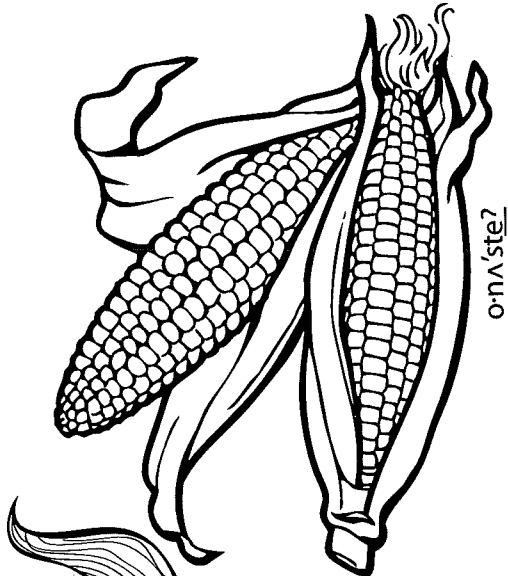
Draw a line from the sæd to its food.



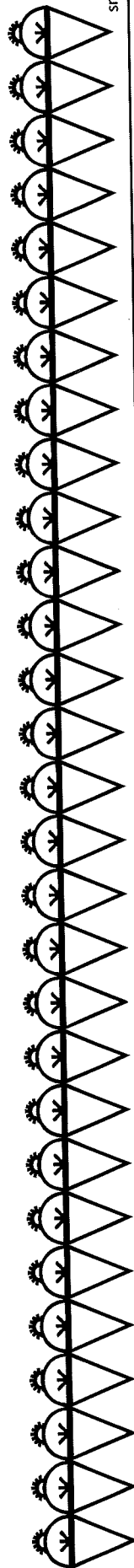
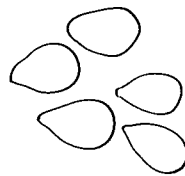
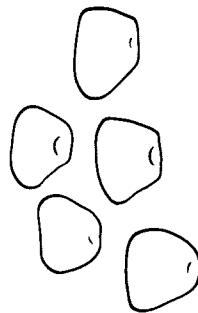
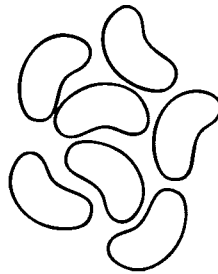
osahe'hta

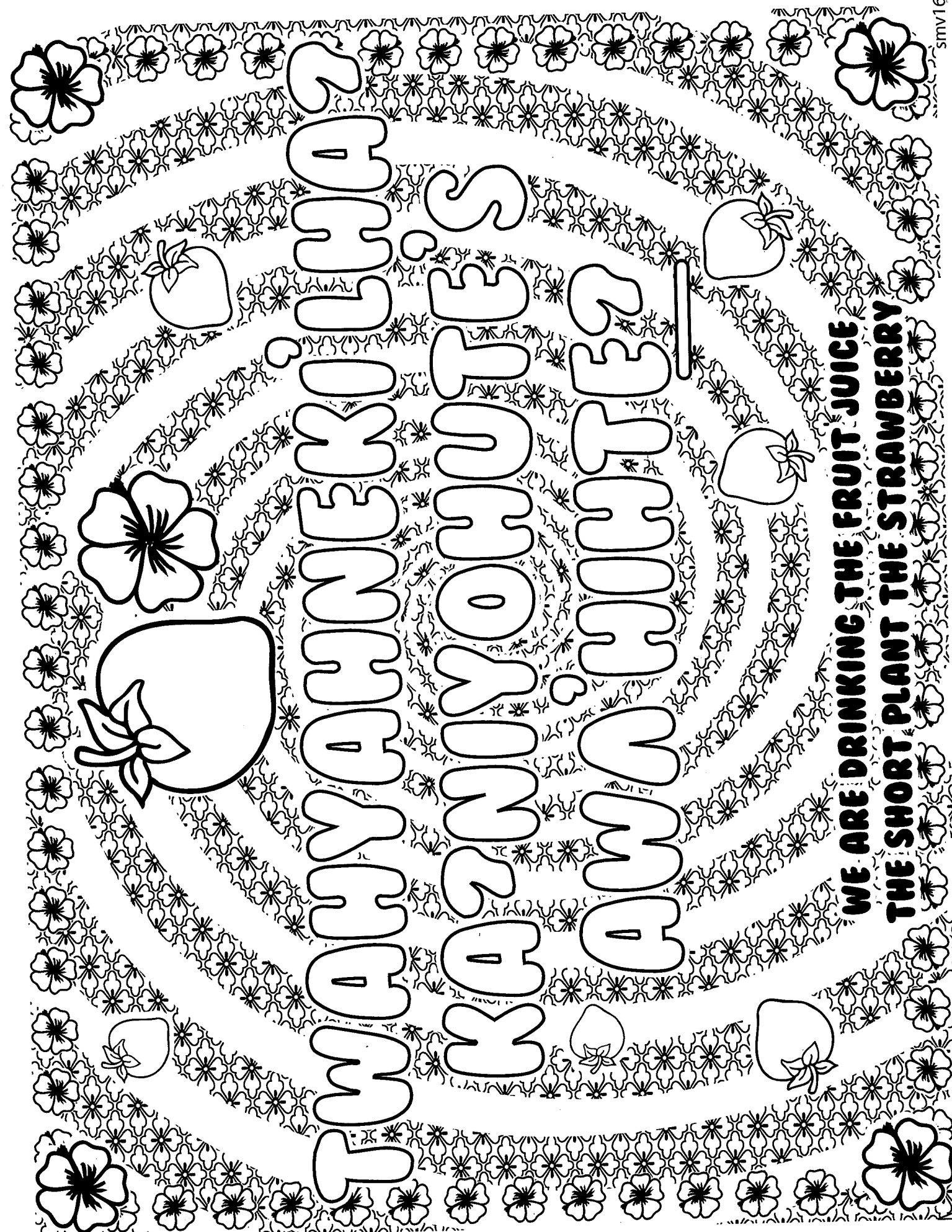


onu?u'hsehli



o-na'ste?





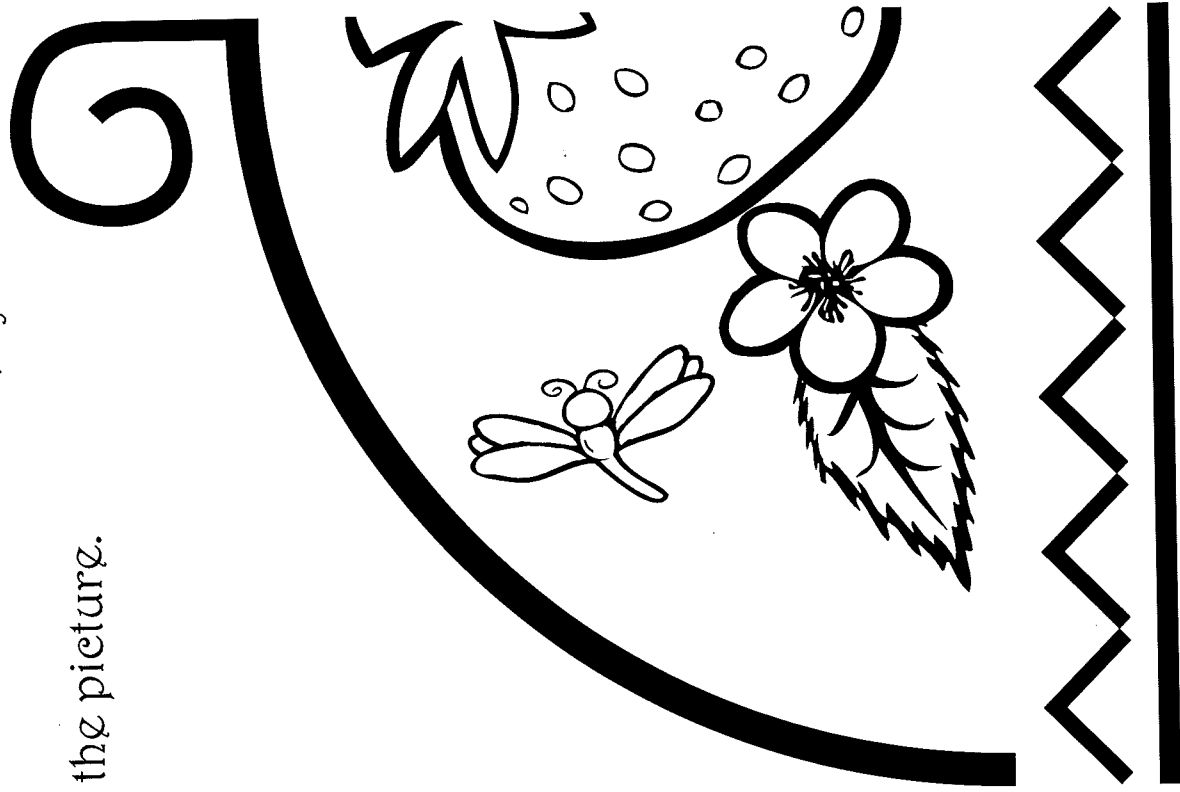
TWANYAHNEKILHAS KANINYOHUTS AWAHIHTE

WE ARE DRINKING THE FRUIT JUICE
THE SHORT PLANT THE STRAWBERRY

Strawberry

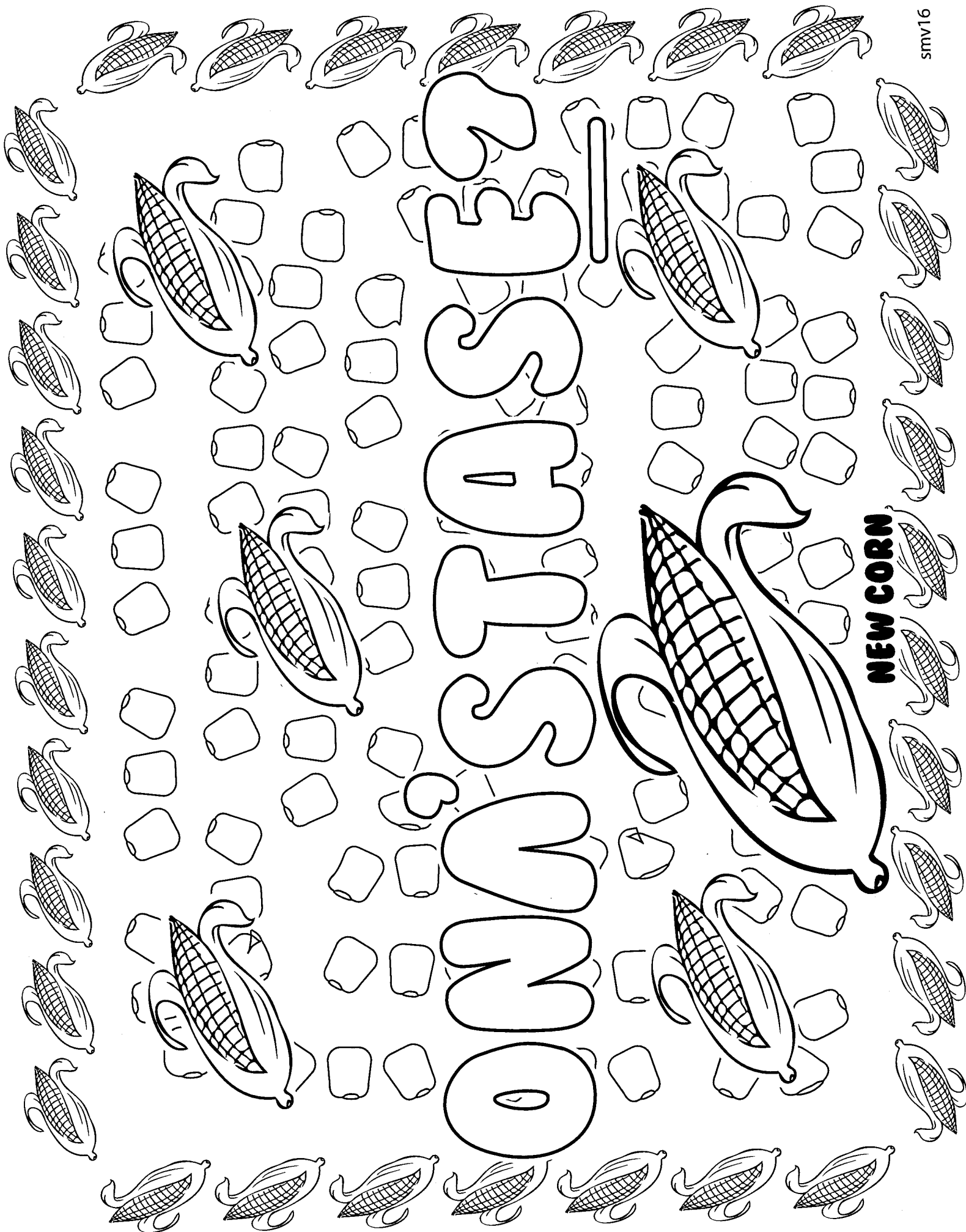
opening * one feather dance * strawberry drink and personal thanksgiving * naming * closing * feast

Finish the picture.



ON STAYS!

NEW CORN



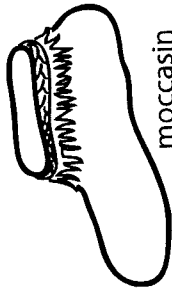
....Gr̥æn Corn....

opening * one feather dance * women's dance * bean dance * closing * feast

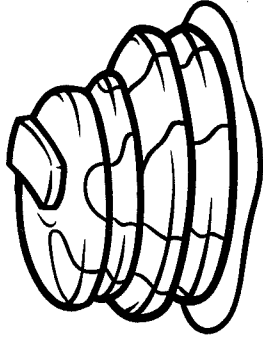
Color the items that can be made of corn.



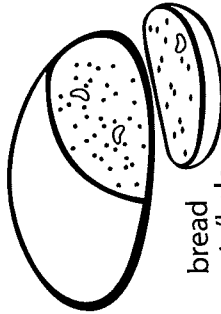
floor mat
ono'la'



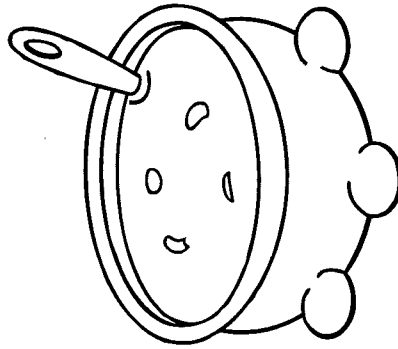
moccasin
a'hta?



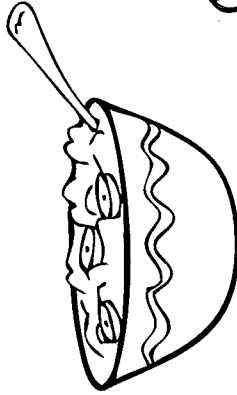
pancakes
anikok



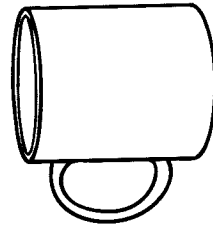
bread
kanasto'hale



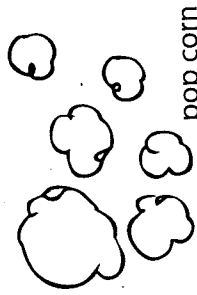
soup
ola'na'



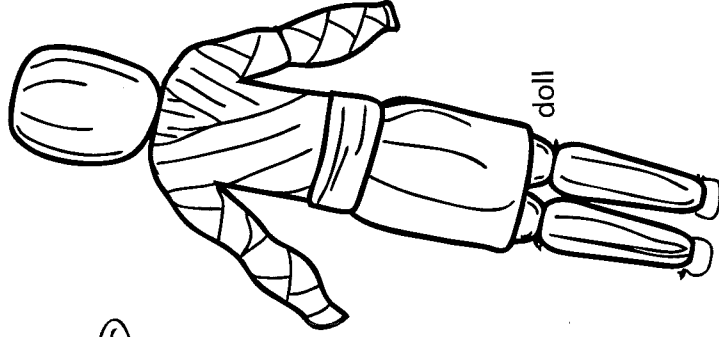
mush
osakwa'hla



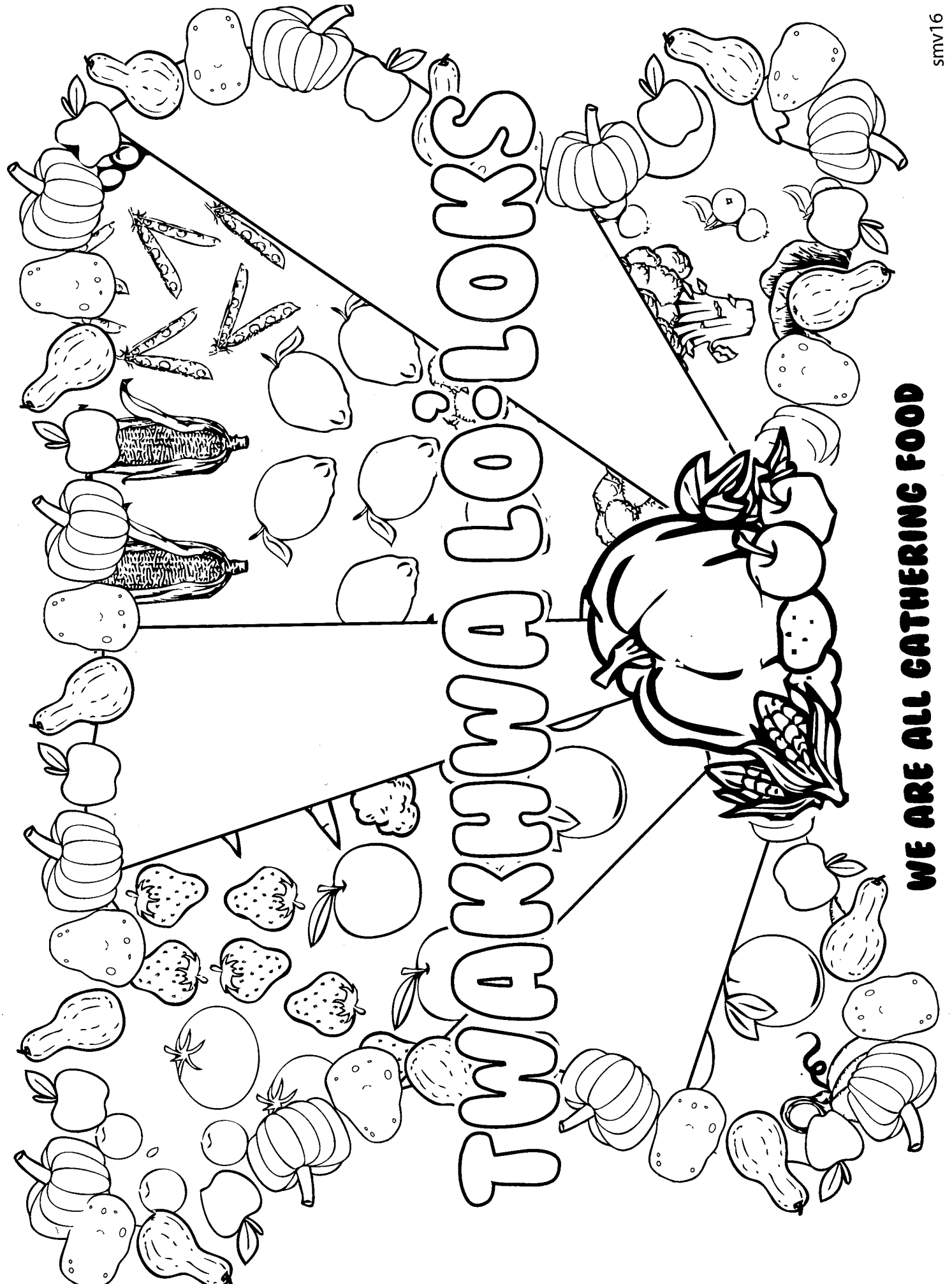
cup
teyuthnekuta'khwa



pop corn
wanitso'hkwate?



doll
kaya'tu-ni'he?



TWAKHWA LO:LOKS

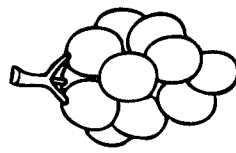
WE ARE ALL GATHERING FOOD

Harvest

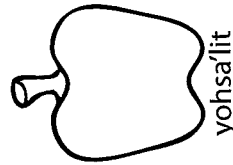
opening * three feather dance * closing * feast

opening * tobacco burning * men's chant * naming drum * dance * closing * feast

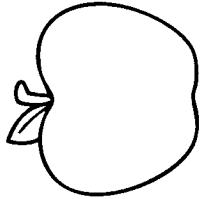
Circle and color the foods we harvest in the fall.



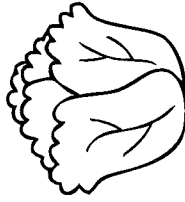
oʔnʌhʌhkoʔ



yohsaʔlit



swahyoʔwaneʔ



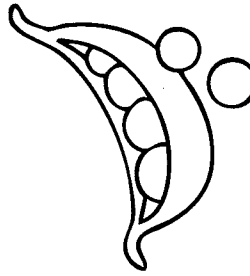
onlahtakaʔhte



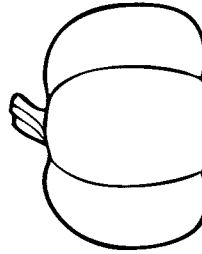
awaʔhihte



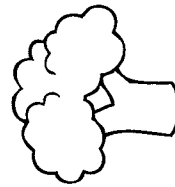
ohnʌnaʔhta



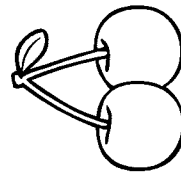
teyotsaheʔtakweʔnuʔniʔ



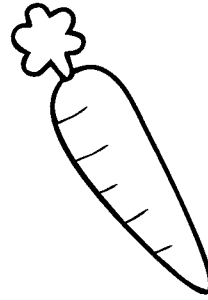
onuʔuhsiaʔkoʔ



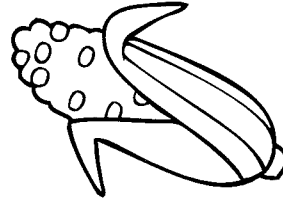
kaʔnikatsiʔtsyake onuʔtsiʔ



eliʔkoʔ



otsiʔknwal ohteʔhla

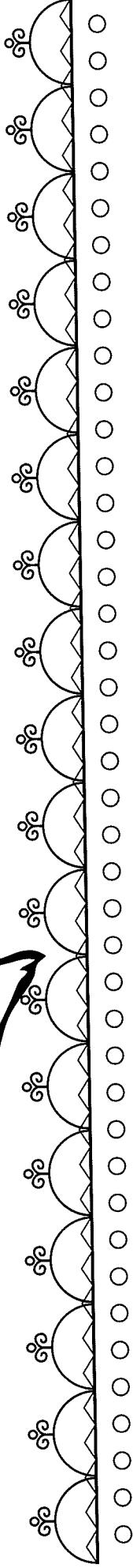


oʔnaʔsteʔ

THINGS
TO MAKE AND
DO

MAKING CORN MUSH

1. Lay one layer of dry white corn on a cookie sheet.
2. Roast it for about 30 minutes at 300 degrees or until light orange. You may also hear it pop.
3. Let your corn cool for about 10 minutes.
4. Boil a pot of water
5. Put your corn in a blender and grate it until becomes corn flour and is the consistency of coarse dry sand.
6. Add corn flour to boiling water, mixing as you go.
7. Turn off heat as the mixture is almost to the desired consistency.
8. Add maple, berries, and or nuts to taste.
9. Let thicken for about 10 minutes.
10. Serve



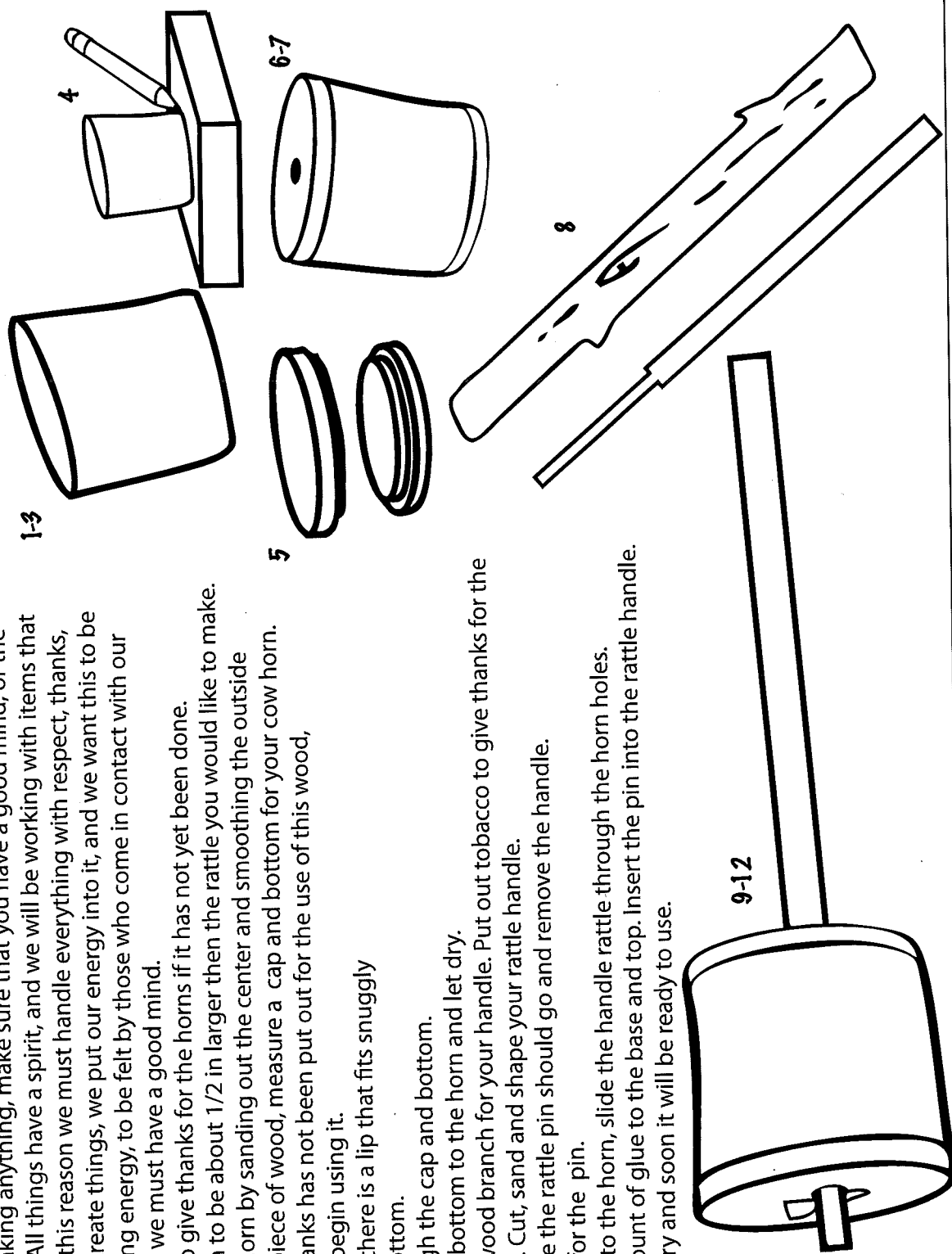
MAKING A COW HORN RATTLE

Before you begin making anything, make sure that you have a good mind, or the best mind possible. All things have a spirit, and we will be working with items that were once alive. For this reason we must handle everything with respect, thanks, and love. When we create things, we put our energy into it, and we want this to be the best, loving, caring energy, to be felt by those who come in contact with our creations. To do this, we must have a good mind.

1. Put out tobacco to give thanks for the horns if it has not yet been done.
2. Slice the cow horn to be about 1/2 in larger then the rattle you would like to make.
3. Prepare the cow horn by sanding out the center and smoothing the outside
4. Using a 1" width piece of wood, measure a cap and bottom for your cow horn.
If tobacco and thanks has not been put out for the use of this wood, do so before you begin using it.
5. Cut it out so that there is a lip that fits snugly on the top and bottom.
6. Drill a hole through the cap and bottom.
7. Glue the cap and bottom to the horn and let dry.
8. Find a nice hard wood branch for your handle. Put out tobacco to give thanks for the use of the branch. Cut, sand and shape your rattle handle.
9. Mark a spot where the rattle pin should go and remove the handle.

Drill a small hole for the pin.

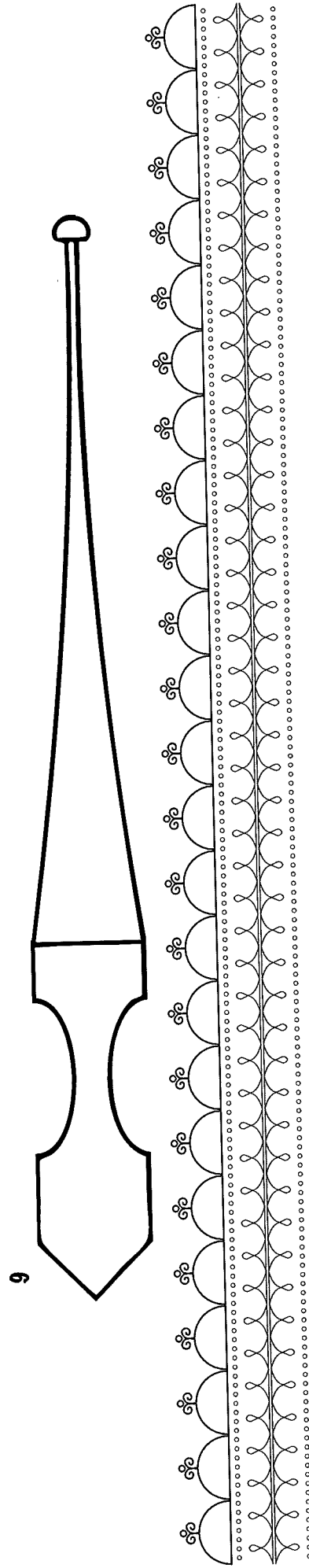
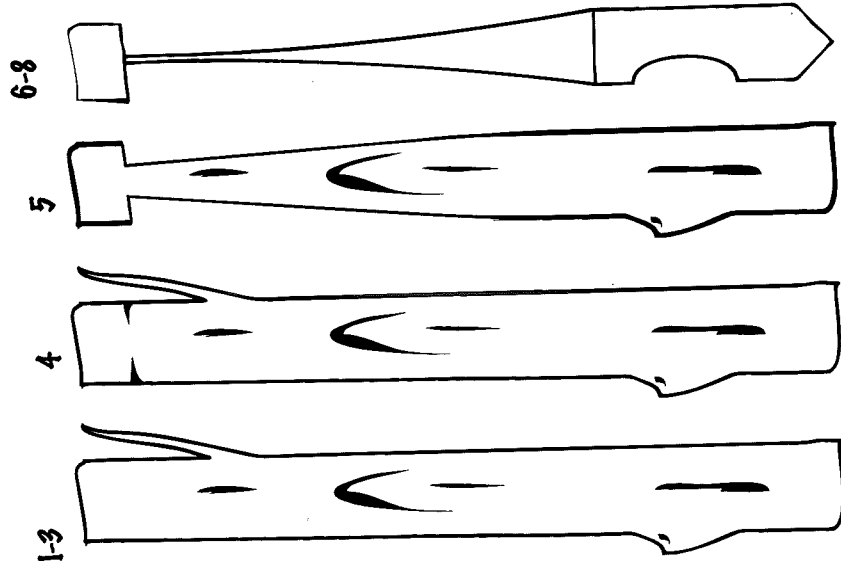
10. Put steel shot into the horn, slide the handle rattle through the horn holes.
11. Add a small amount of glue to the base and top. Insert the pin into the rattle handle.
12. Let your rattle dry and soon it will be ready to use.



MAKING A DRUM STICK

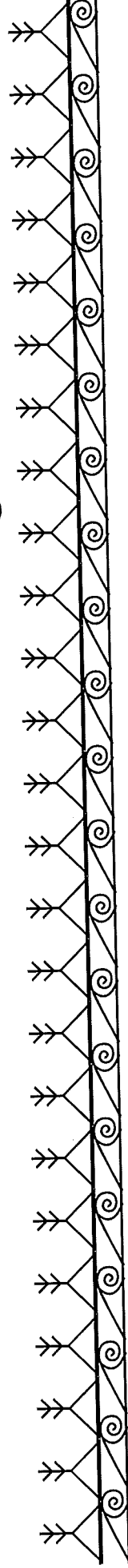
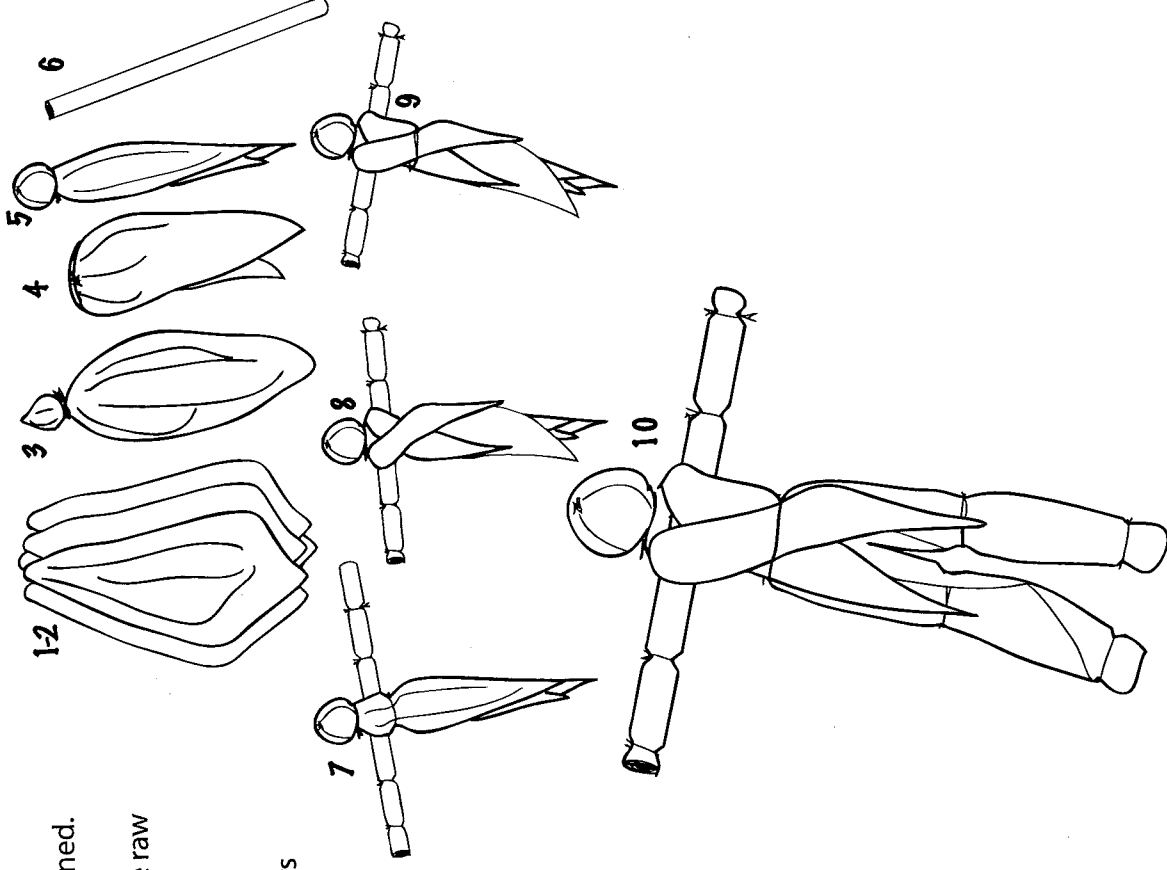
All things in the natural world were created with their own very important purpose. When we use anything from the environment it is important to acknowledge how it continues to fulfill it's responsibility. We go along in peace with all that is around us, showing gratitude and maintaining the natural balance between all things. Make sure that you are only taking what you need, and offering tobacco and thanks to those items you are using.

1. Locate a hard wood tree and offer it tobacco, stating your purpose for the stick you are about to use.
2. Select a stick from the tree that is about the width of the stick you would like to make. Some may also want a very straight stick.
3. Cut the stick to the length that of the stick that you would like to make.
4. Notch the spot on the stick where you would like the ball of the stick to be.
5. Whittle the stick starting 1 inch from the base to the notch in descending width.
6. Use a rasp to shape the 1 inch bottom of the handle into a pyramid shape.
7. Use the rasp to make two parallel crescent scoop marks for the fingers.
8. Use the rasp to carve the ball tip of the drumstick.
9. Sand the entire stick with a piece of sand paper to smooth any rough edges.



MAKING A CORN HUSK DOLL

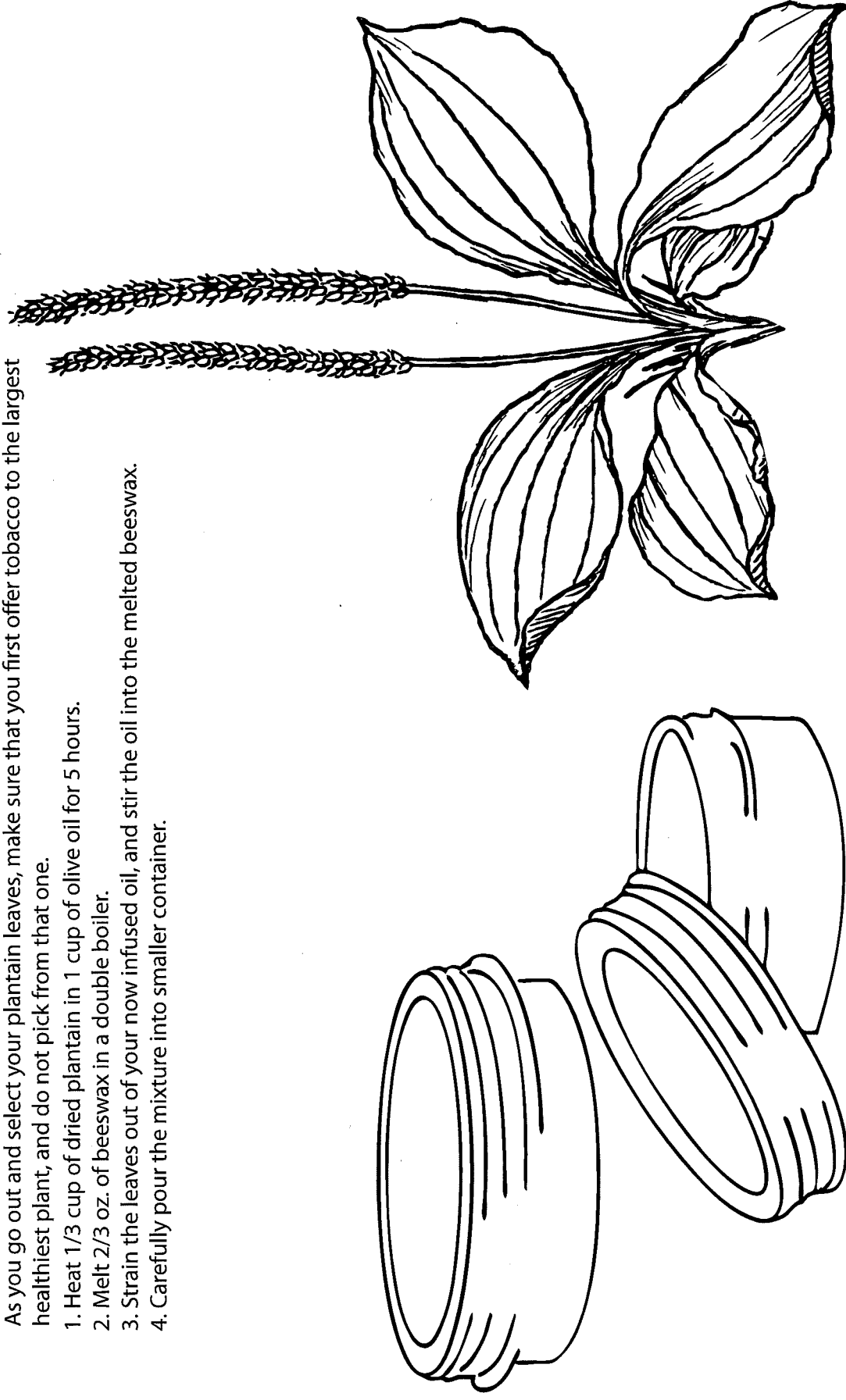
1. Soak your corn husk for 10 minutes.
2. Select 6 clean corn husks and layer them with their raw edge aligned.
3. Tie them together 3/4 inch from the raw edge.
4. Hold onto the raw edge and fold the long pieces of husk over the raw edge, two forward, two back and one on each side.
5. Form a round head using the lump end of the folded edges. Tie a neck just under the bulge.
6. Stack two corn husks on top of each other and roll them sideways into a tight tube.
7. Separate the husks evenly into two groups under the neck. Insert the tube horizontally to form the arms. Tie the bodice under the arms, tie at the elbow and at the wrist. Cut the hands to size.
8. Layer husks around the bodice, folding over the shoulder, grip it at the waist. Alternate shoulders.
9. Tie at the waist.
10. Separate the husks evenly into two groups to form legs. Tie at the knee and ankle. Trim feet to size.
11. You may use more husk to embellish or add clothing.



MAKING HEALING SALVE

As you go out and select your plantain leaves, make sure that you first offer tobacco to the largest healthiest plant, and do not pick from that one.

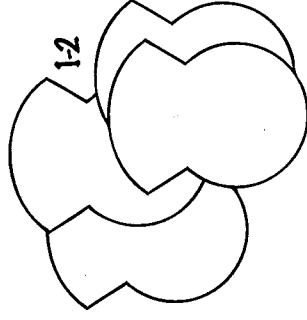
1. Heat 1/3 cup of dried plantain in 1 cup of olive oil for 5 hours.
2. Melt 2/3 oz. of beeswax in a double boiler.
3. Strain the leaves out of your now infused oil, and stir the oil into the melted beeswax.
4. Carefully pour the mixture into smaller container.



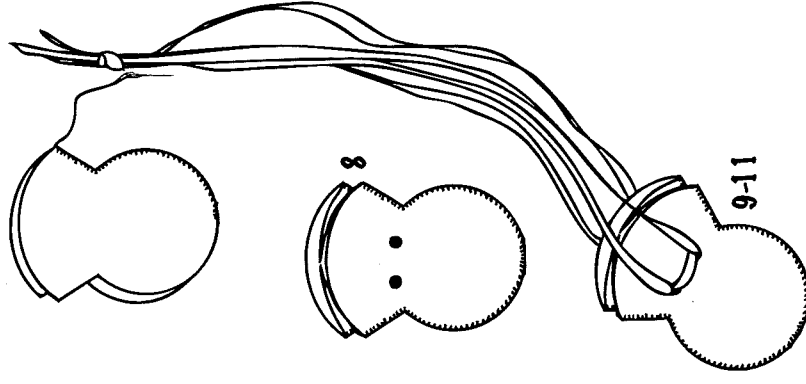
MAKING A TOBACCO POUCH

It is important that the materials you are using were harvested in an appropriate manner. If you do not know where or how your materials were gathered, it is suggested that you give thanks and offer tobacco for each of them before you use them. As we work, we work with a good mind and make sure that we put love, thanks and compassion into all we do.

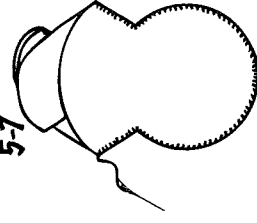
1. Trace the pattern onto the leather four times.
2. Cut out the four pattern tracings.
3. Lay them on top of each other to make sure they are even.
4. Using sinew, whip stitch one pattern to the other starting at the center bottom.
5. Stitch the two remaining patterns together starting at the center bottom.
6. Lay the two stitched pieces together with the inside stitched seam parallel.
7. Stitch the two outside seams together, starting from the center.
8. Punch a hole in each fold near the top center of your pouch.
9. Thread a long leather lace through the holes on a flat pattern piece.
10. Turn the pouch over. Thread another long leather lace through the holes on this side as well.
11. Tie all four laces together at their tips.
12. Decorate as you'd like.



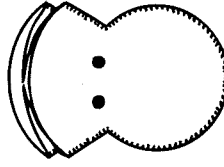
3-4



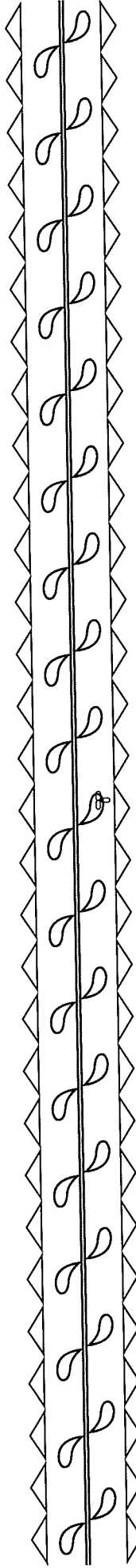
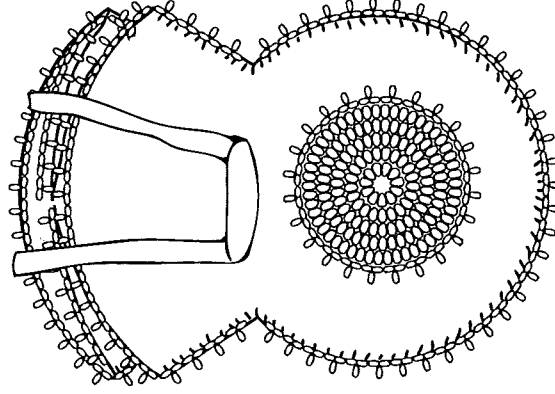
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8



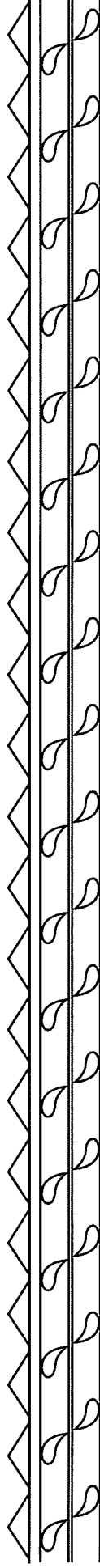
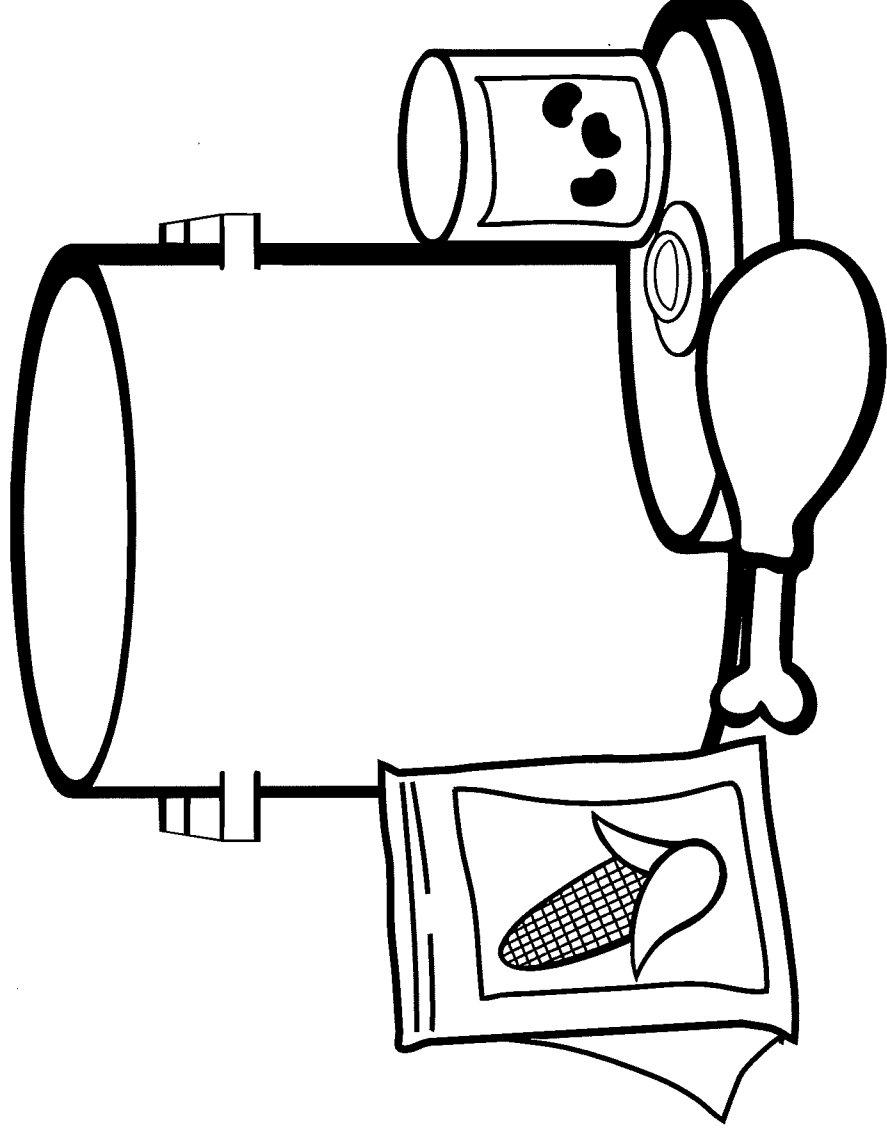
9-11



MAKING CORN SOUP

smv2016

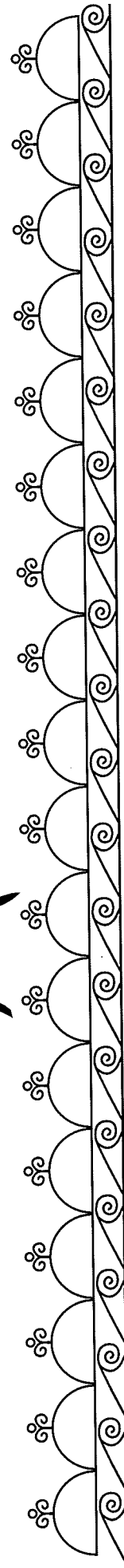
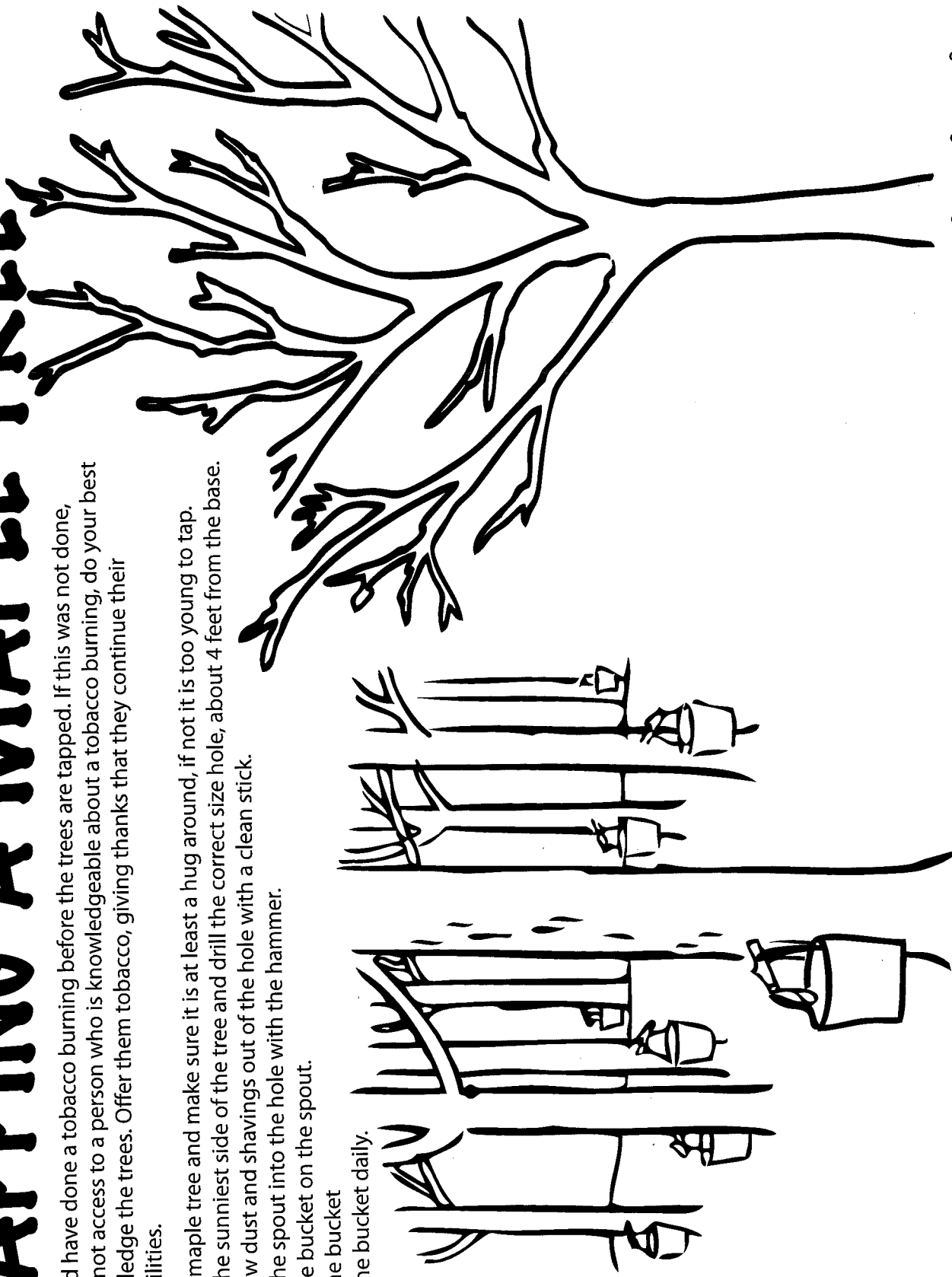
1. Soak 2 pounds of dehydrated corn in water over night in the refrigerator.
2. In the morning using a large pot, add 4 quarts of water and 5 smoked turkey drum sticks, one can of kidney beans and 2 pounds dehydrated corn. Let boil for one hour.
3. Remove the drum sticks from the pot and lower the heat.
4. Take the meat off the bones and return the meat to the pot, add an additional can of kidney beans.
5. Boil until desired corn tenderness is achieved. Salt and pepper to taste.
6. Serve immediately.



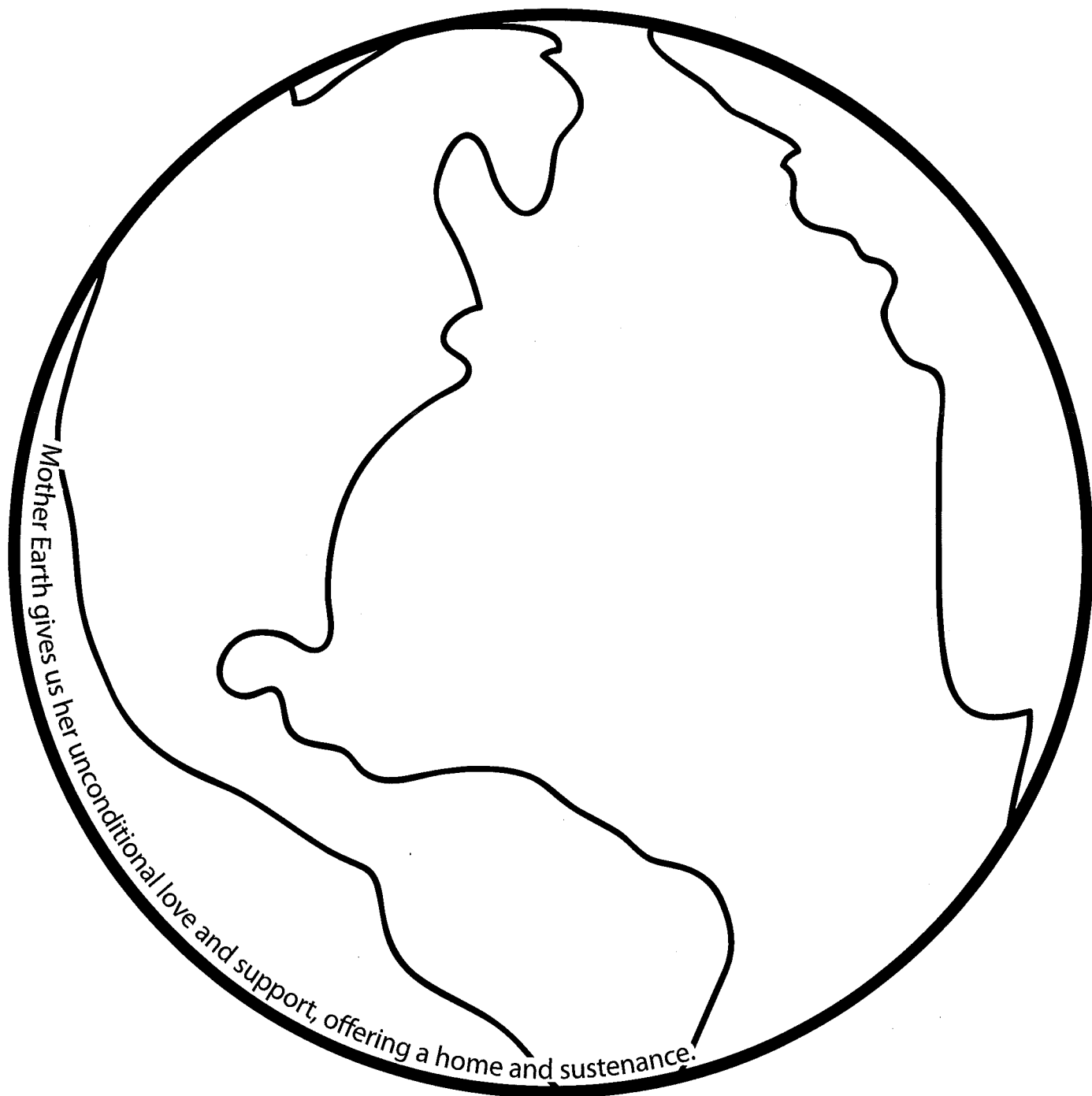
TAPPING A MAPLE TREE

One should have done a tobacco burning before the trees are tapped. If this was not done, or there is not access to a person who is knowledgeable about a tobacco burning, do your best to acknowledge the trees. Offer them tobacco, giving thanks that they continue their Responsibilities.

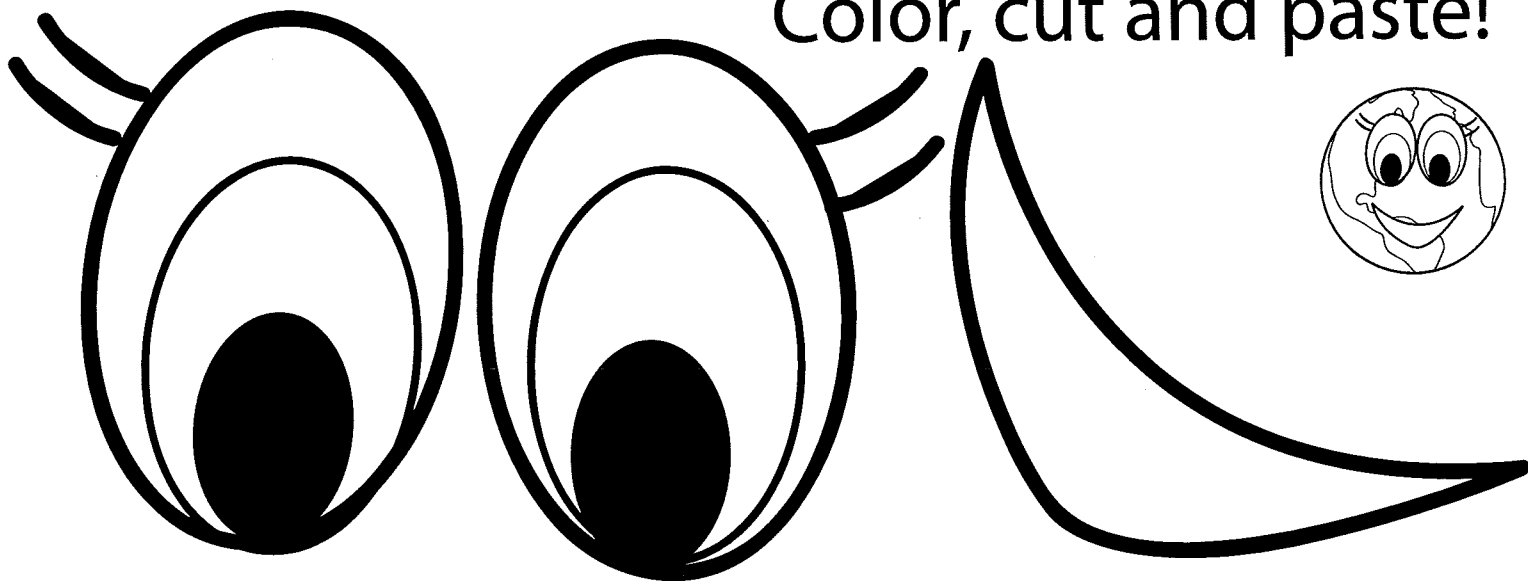
1. Select a maple tree and make sure it is at least a hug around, if not it is too young to tap.
2. Locate the sunniest side of the tree and drill the correct size hole, about 4 feet from the base.
3. Clean saw dust and shavings out of the hole with a clean stick.
4. Pound the spout into the hole with the hammer.
5. Hang the bucket on the spout.
6. Cover the bucket
7. Check the bucket daily.

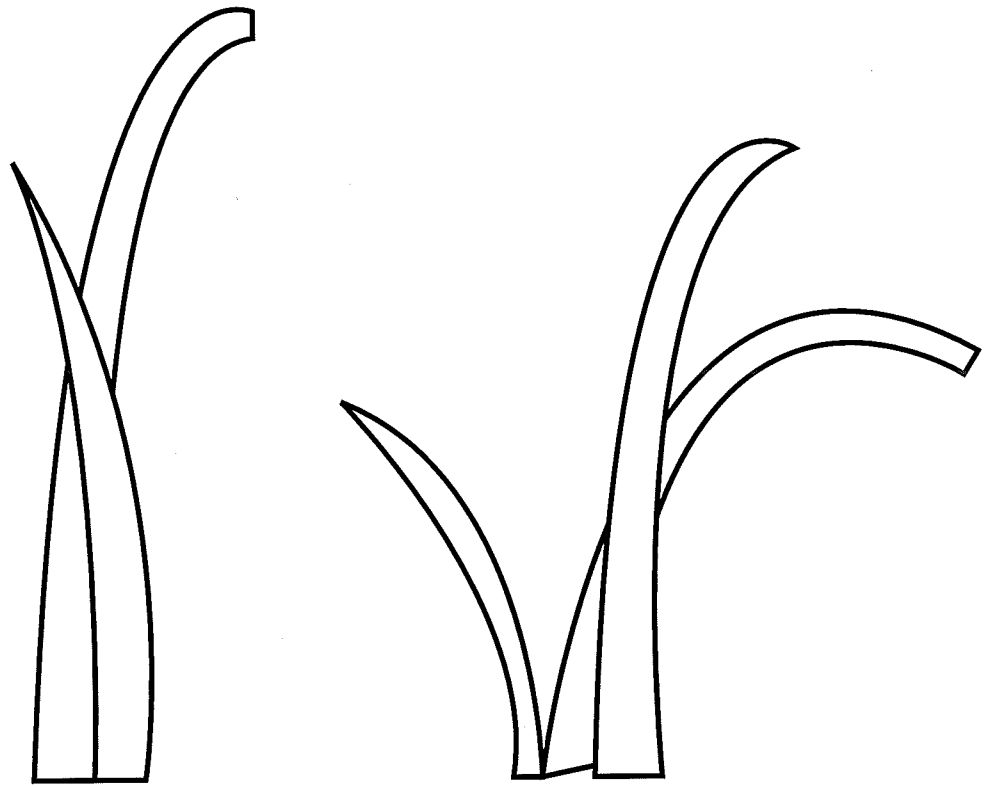


A FEW
ITEMS WE
ARE
THANKFUL
FOR...

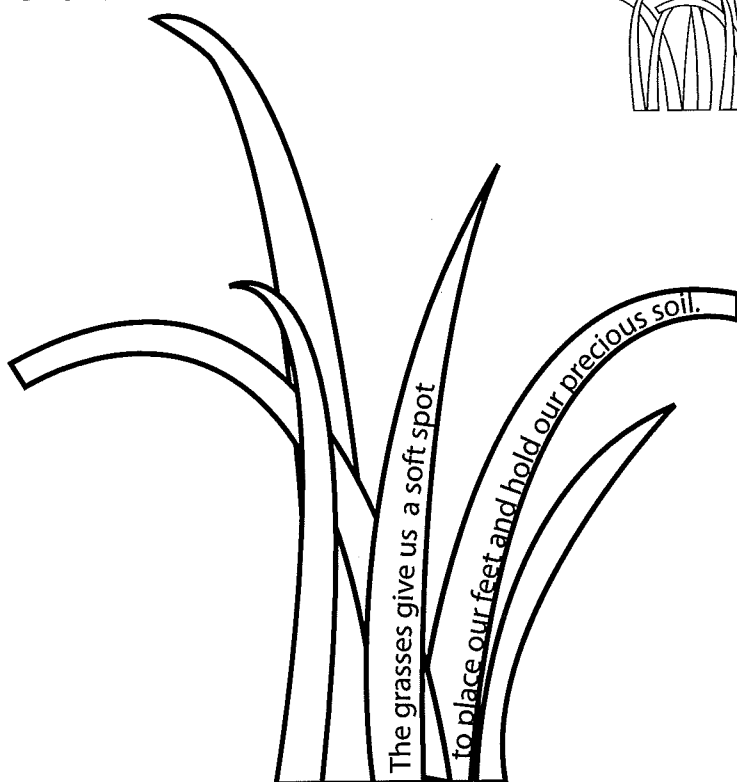
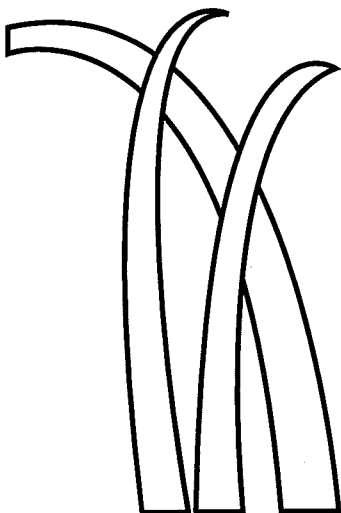
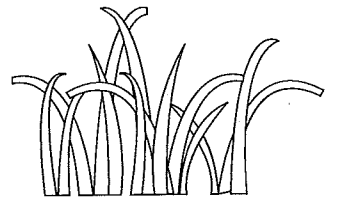


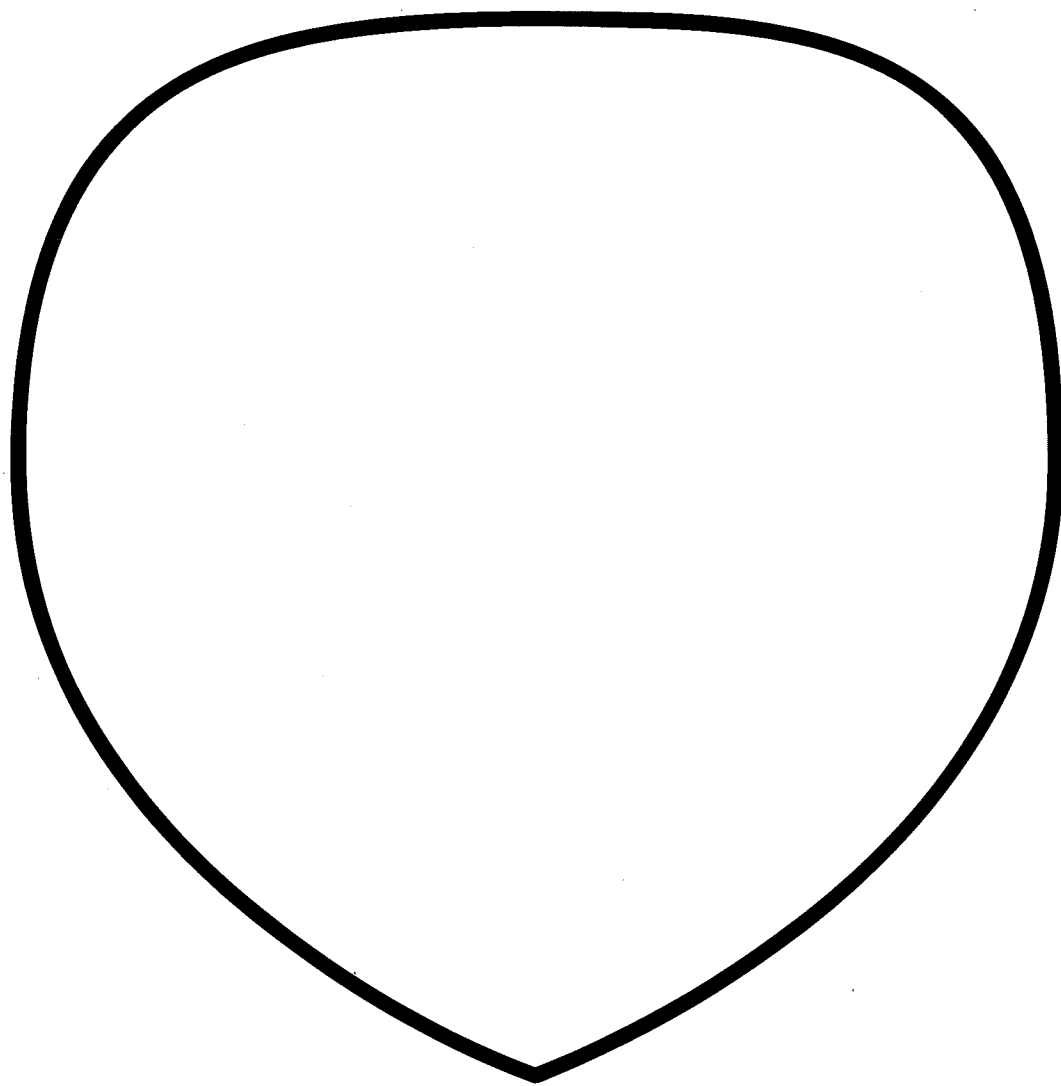
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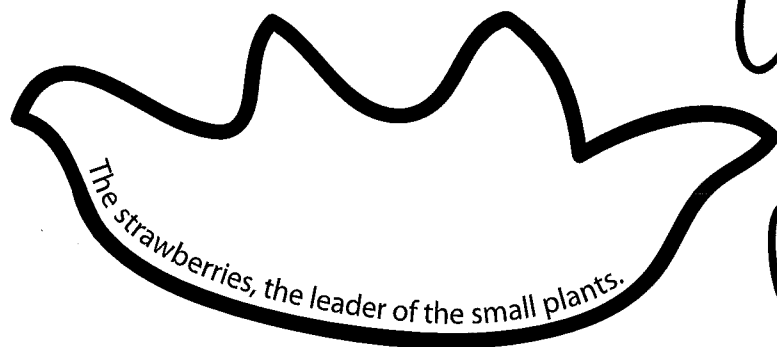


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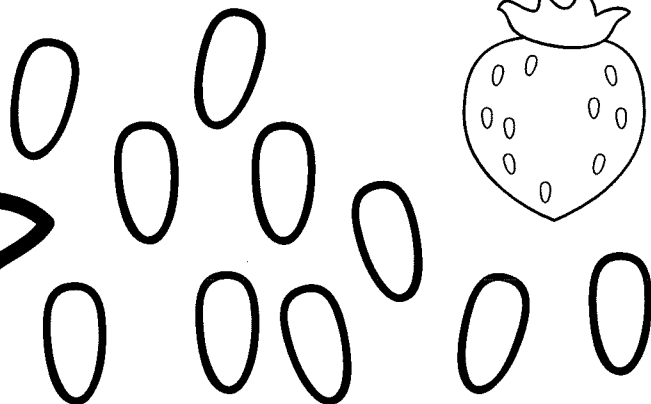


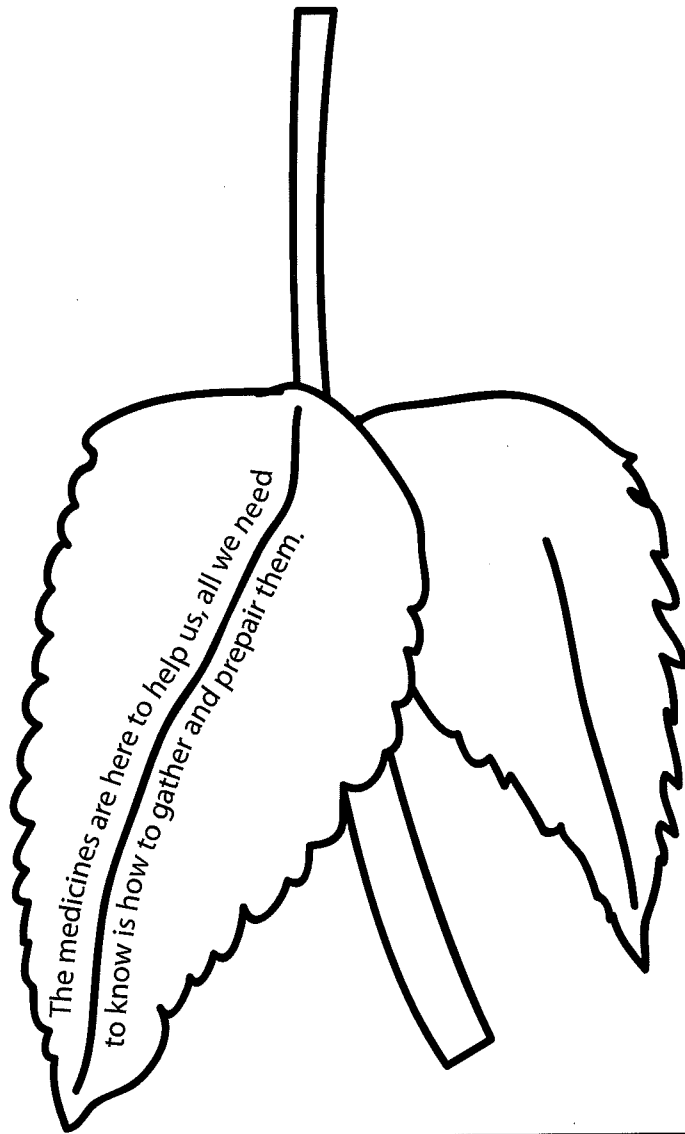


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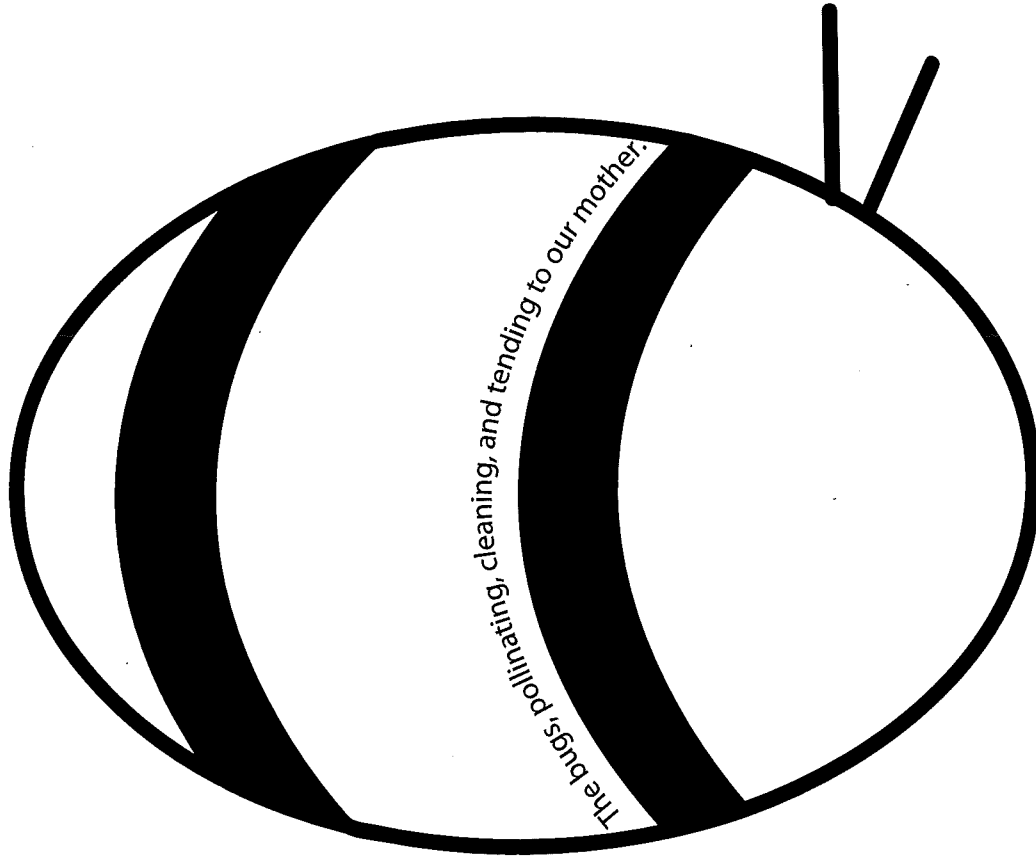
The strawberries, the leader of the small plants.



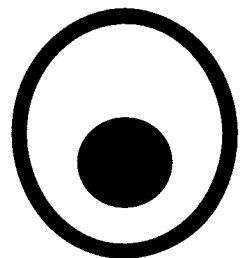
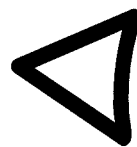
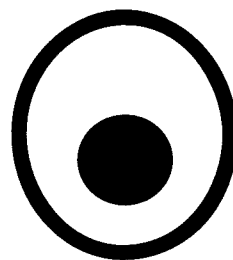
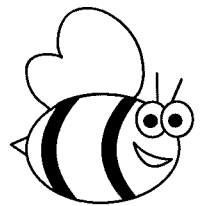


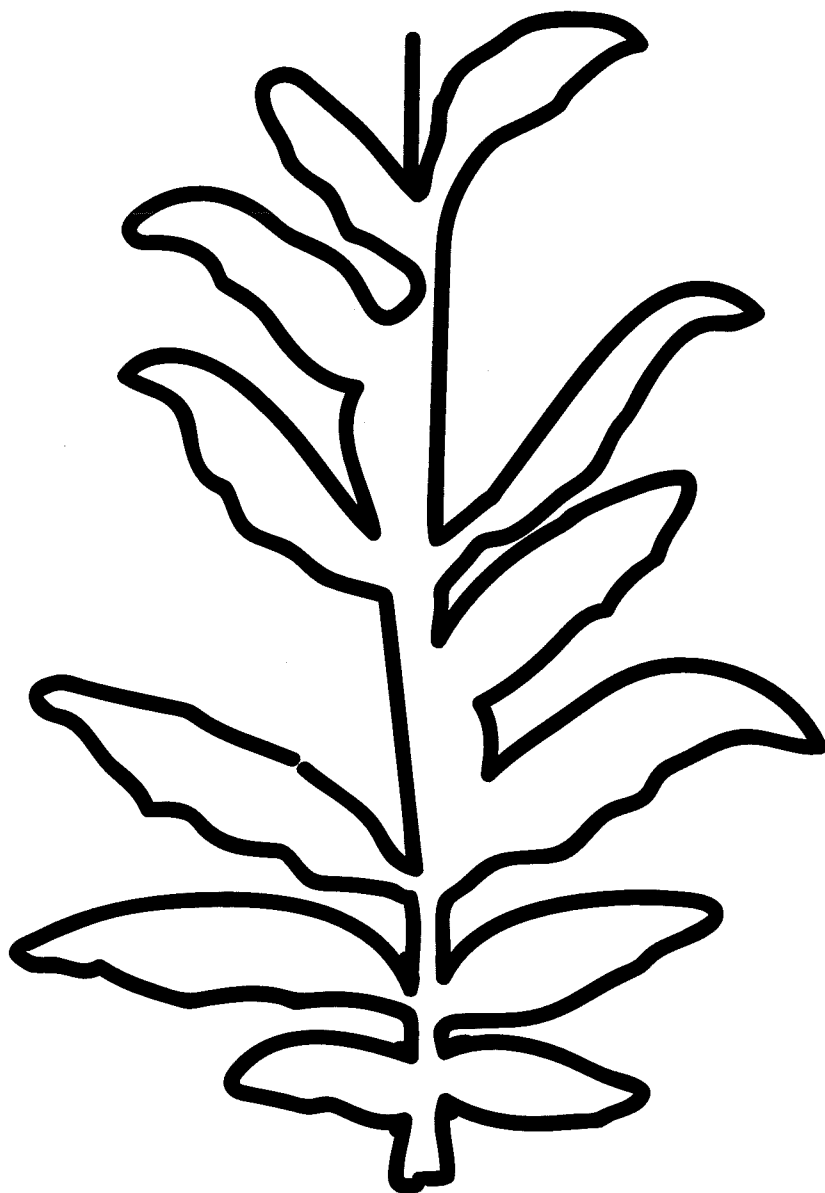
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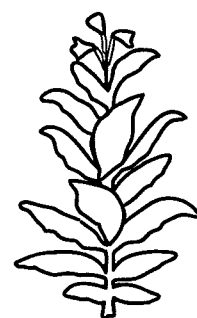
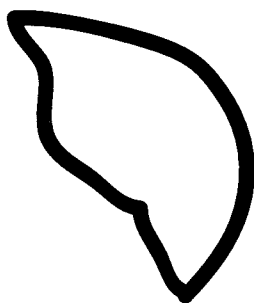
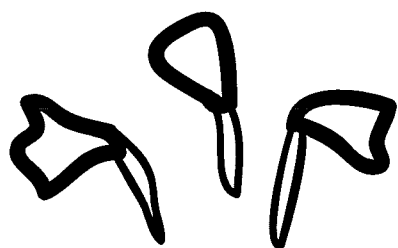


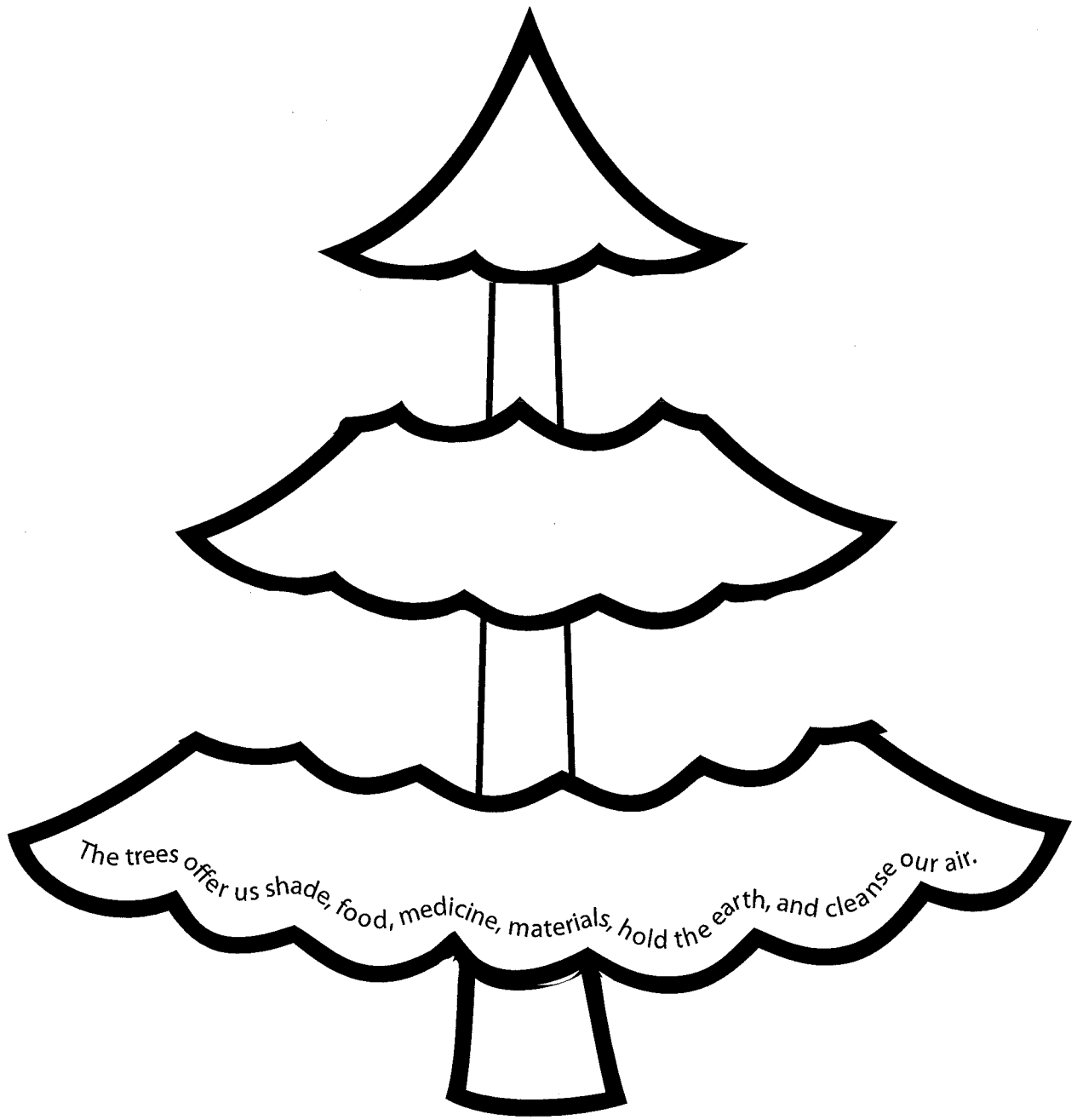
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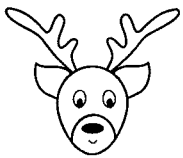
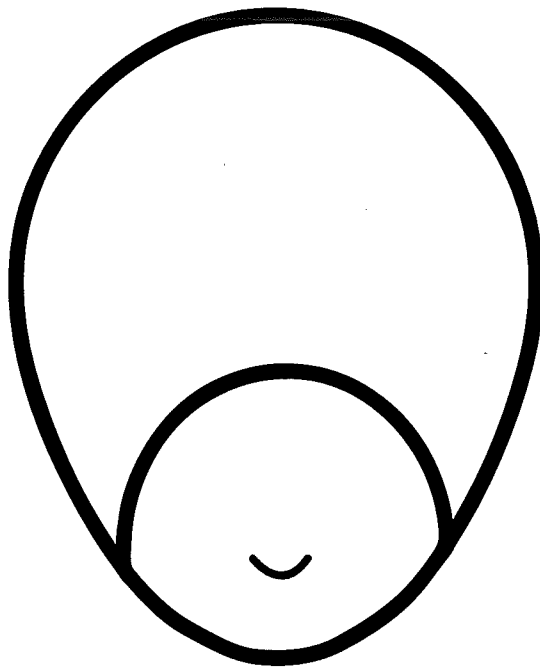
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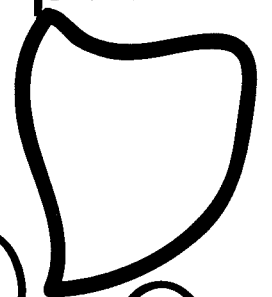
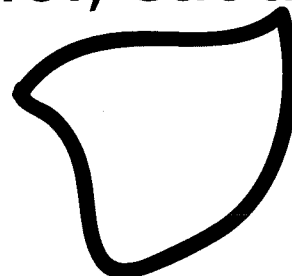
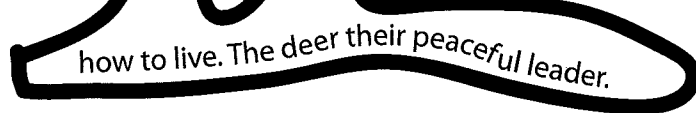


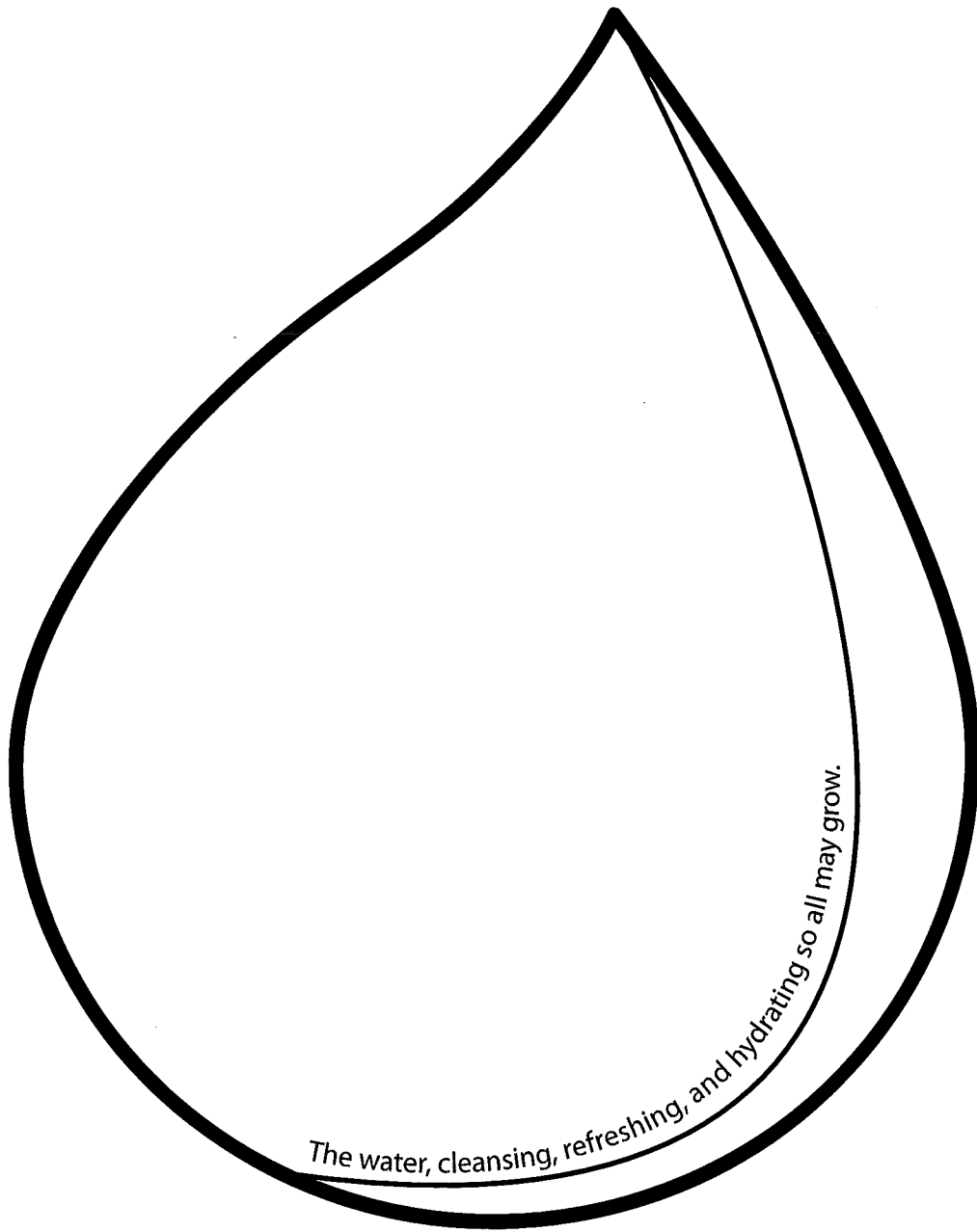
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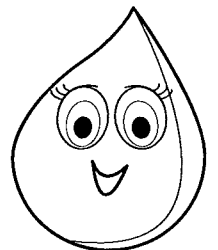
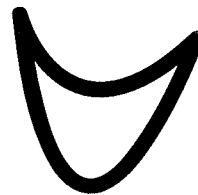
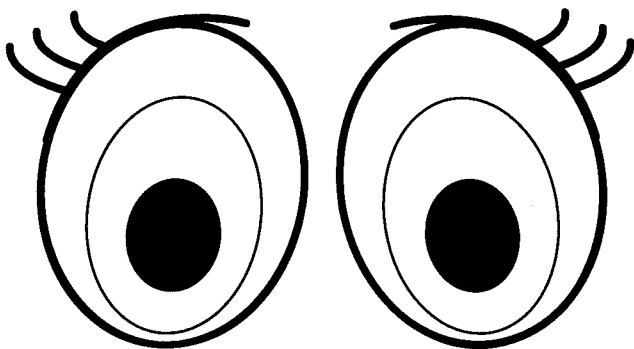


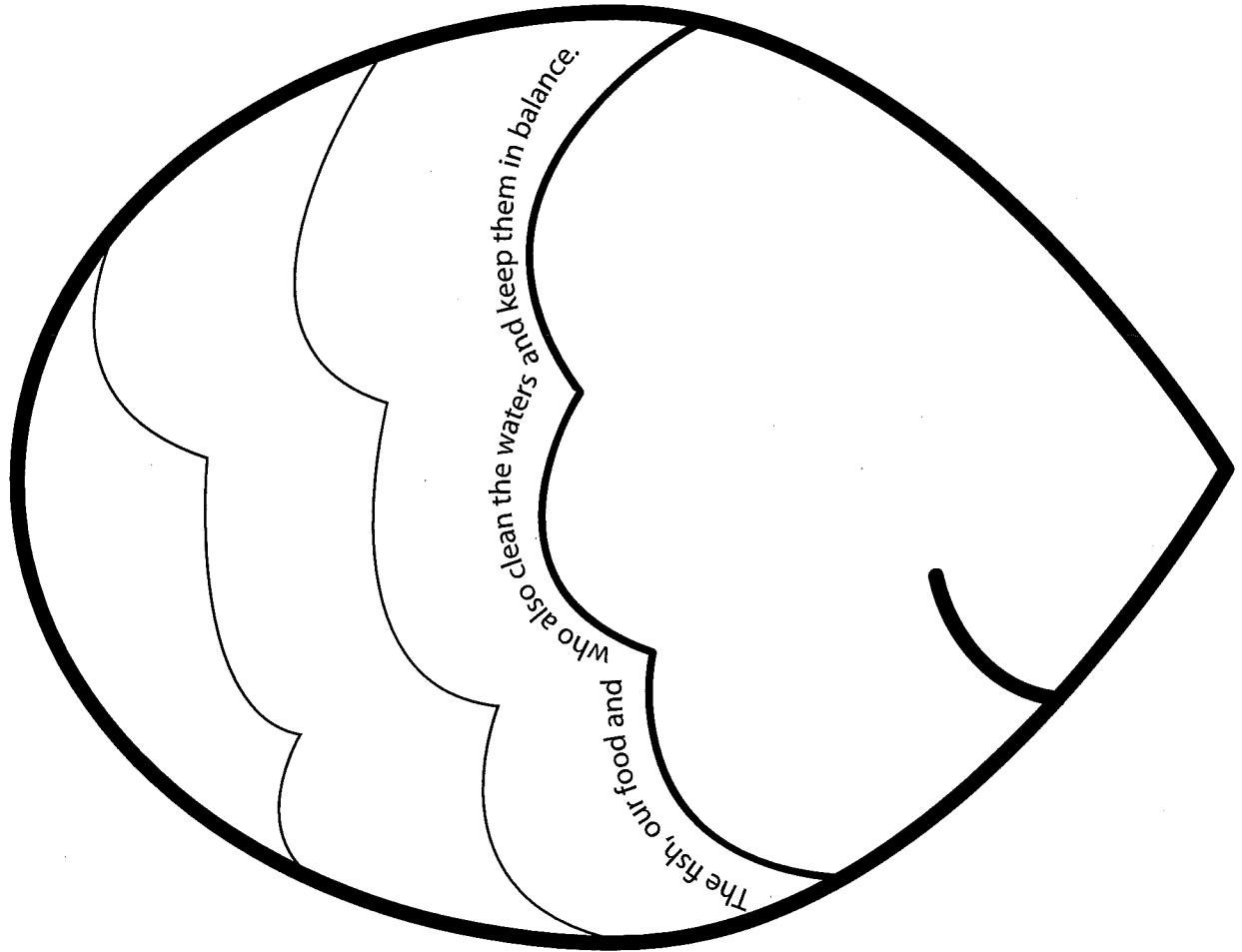
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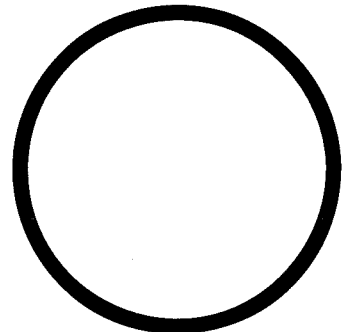
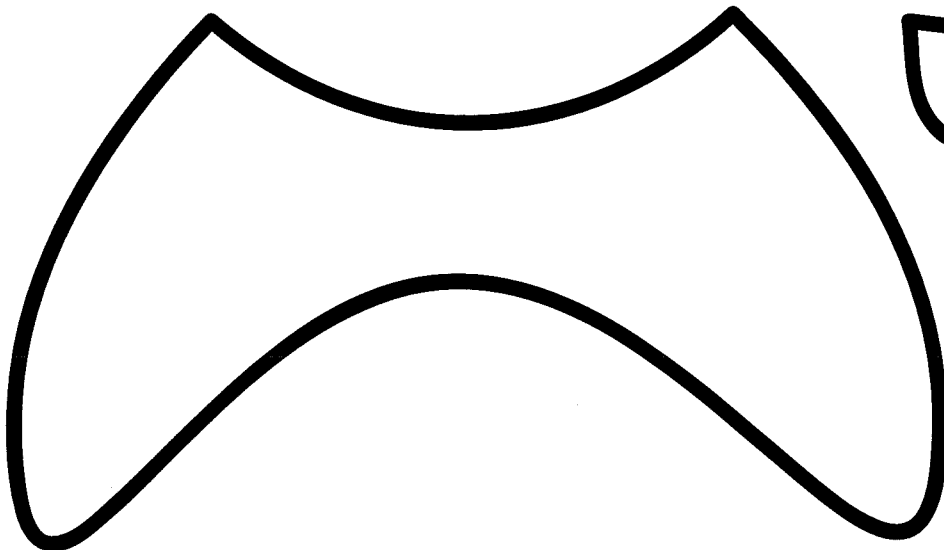
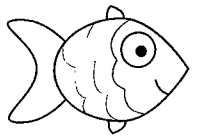


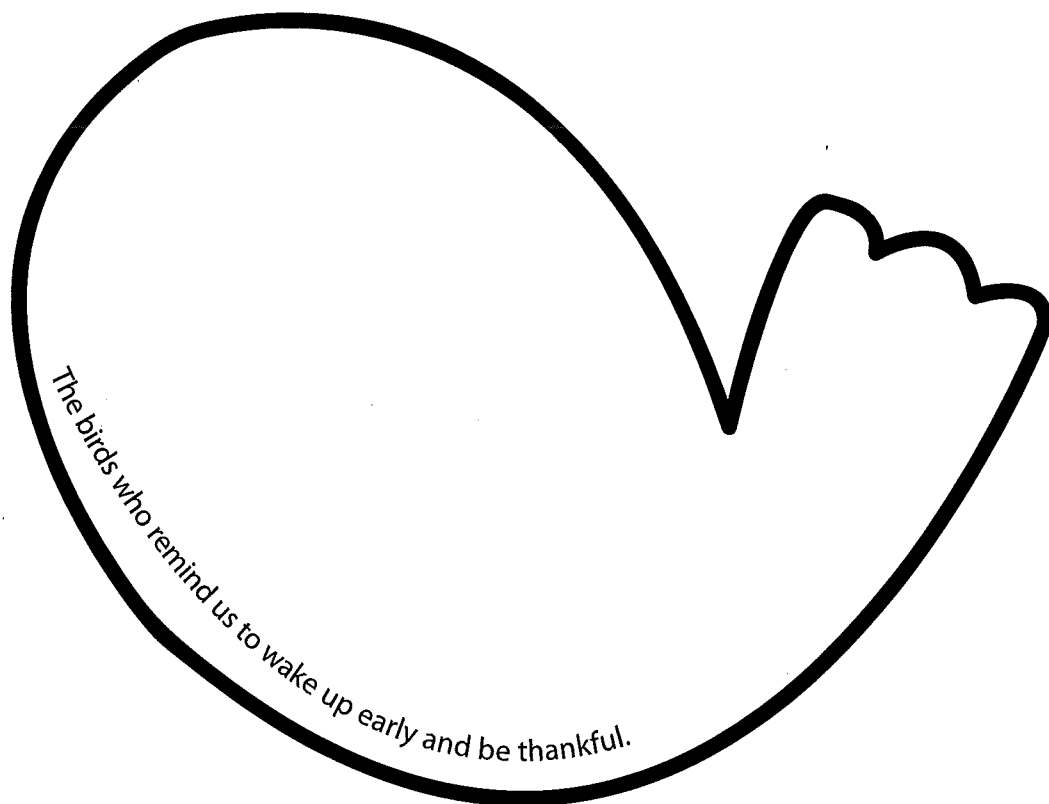
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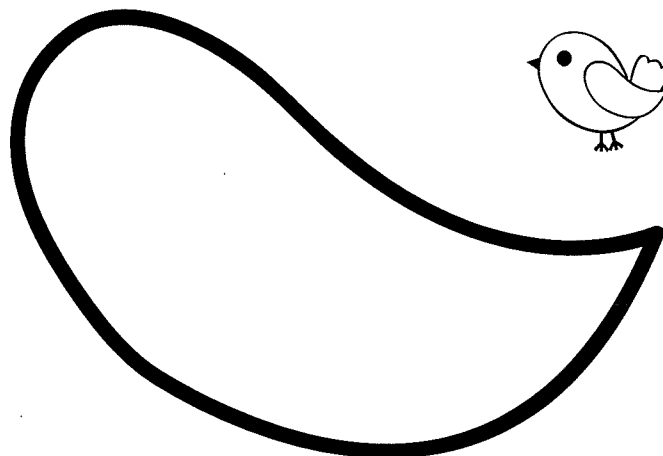


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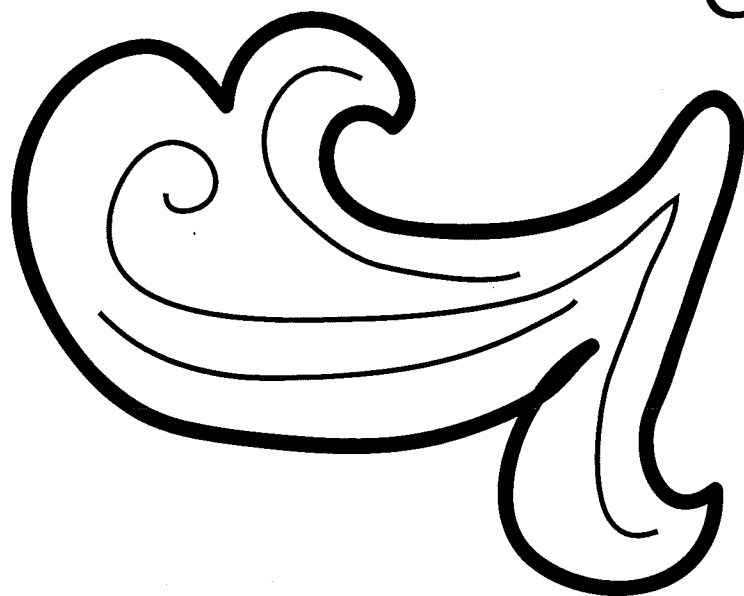


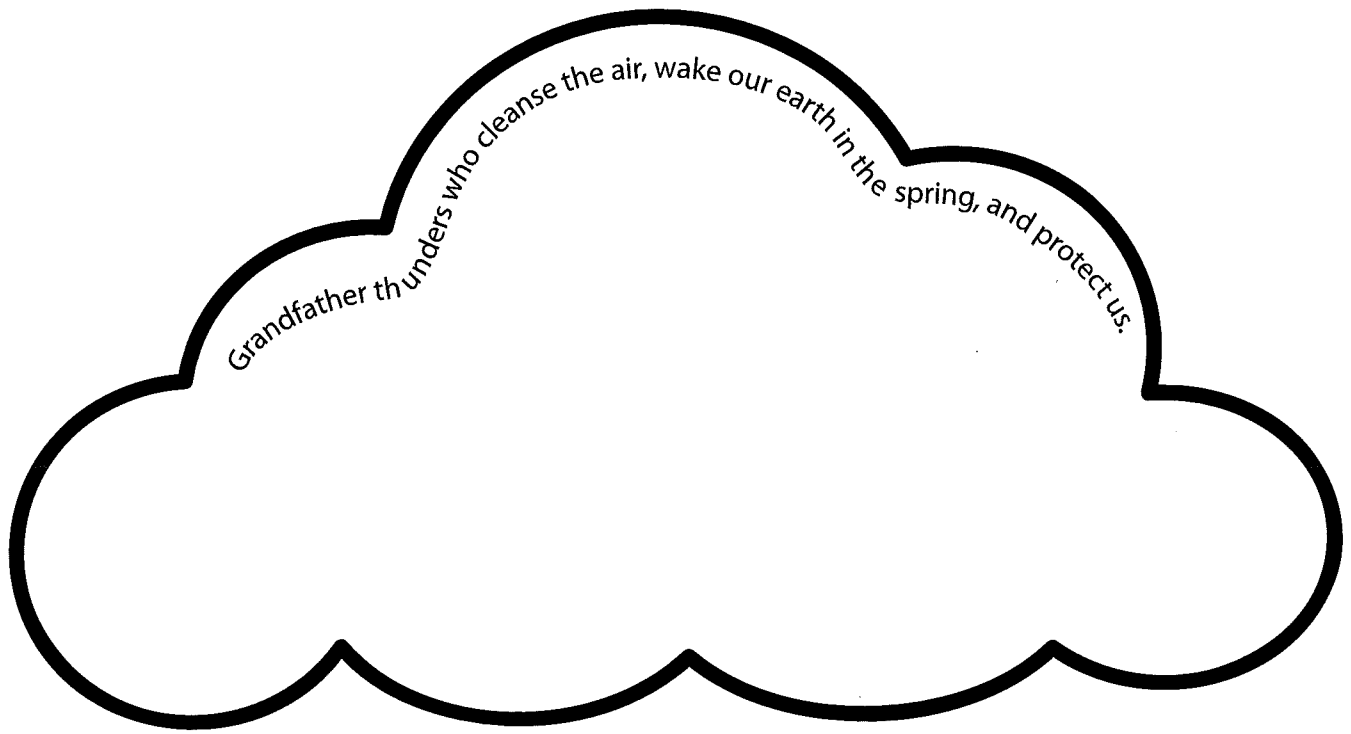
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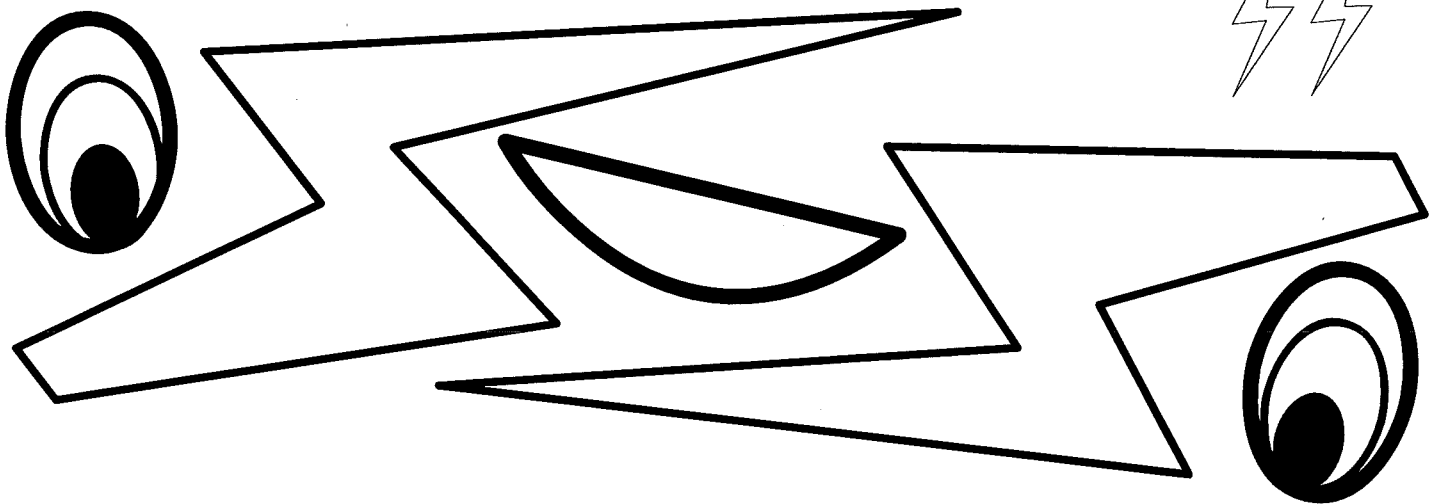
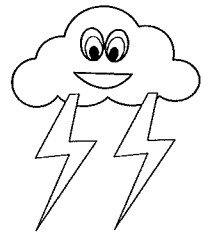


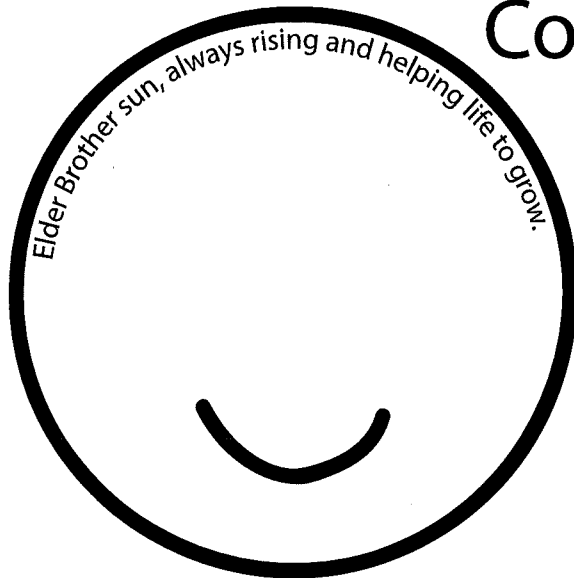
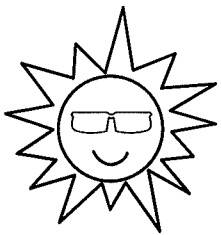
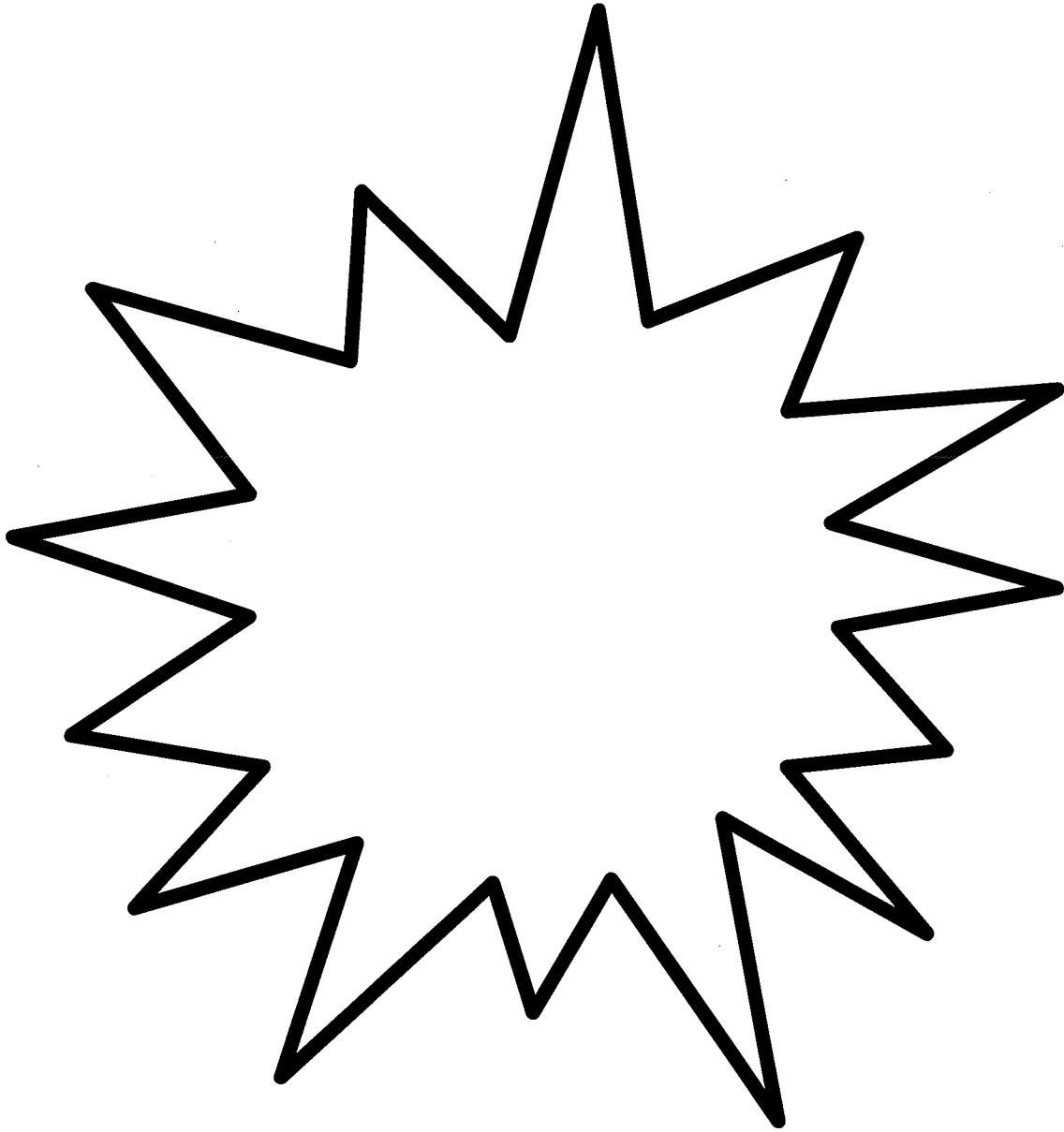
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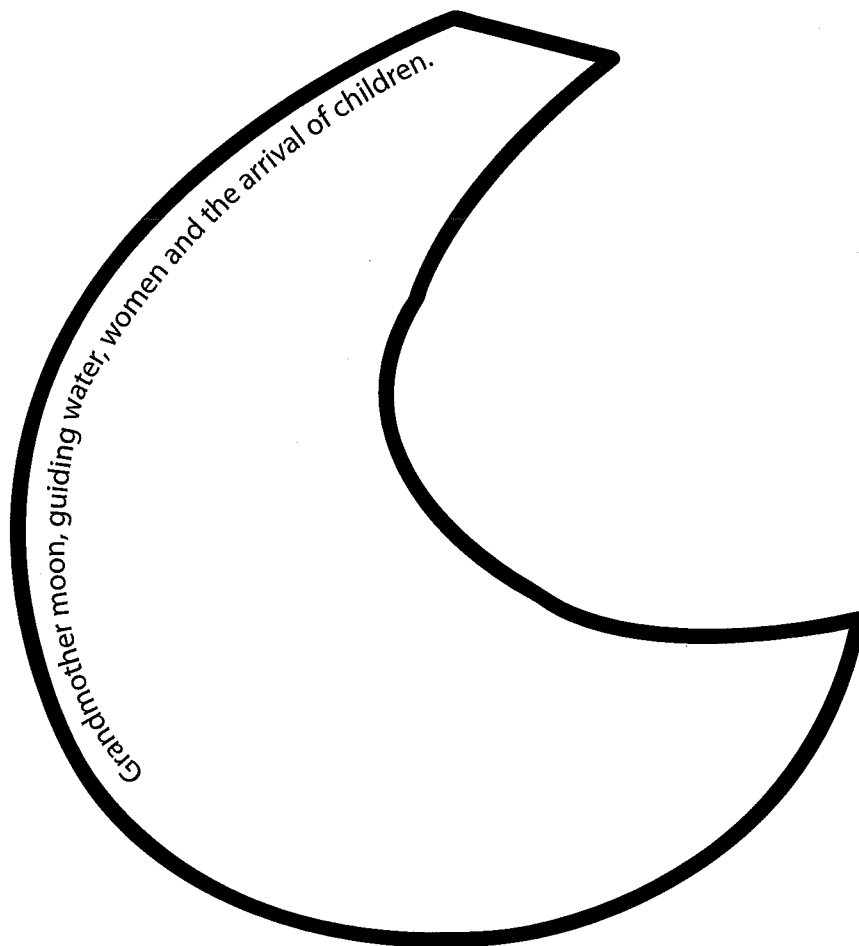
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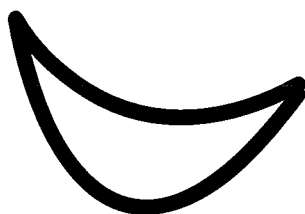
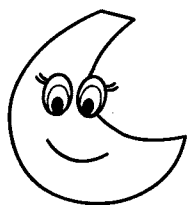


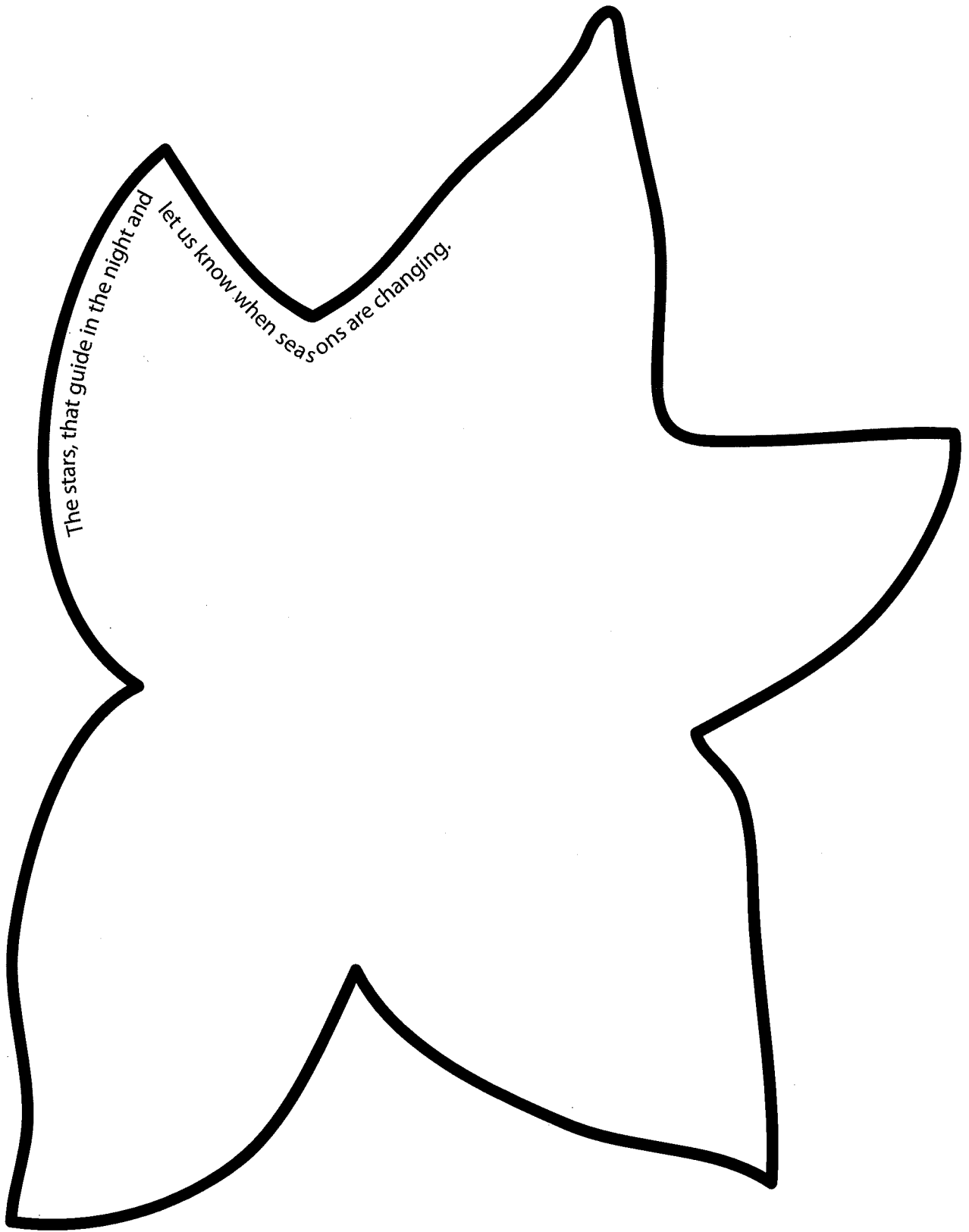
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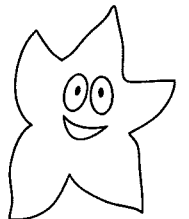
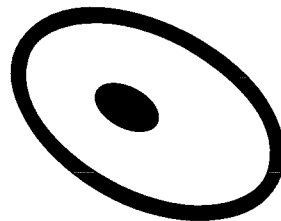
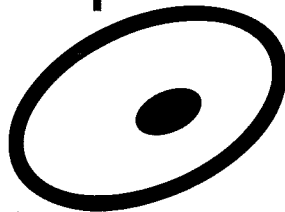
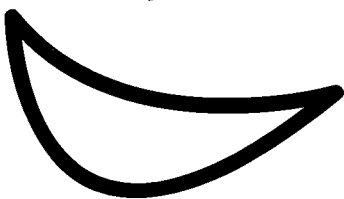


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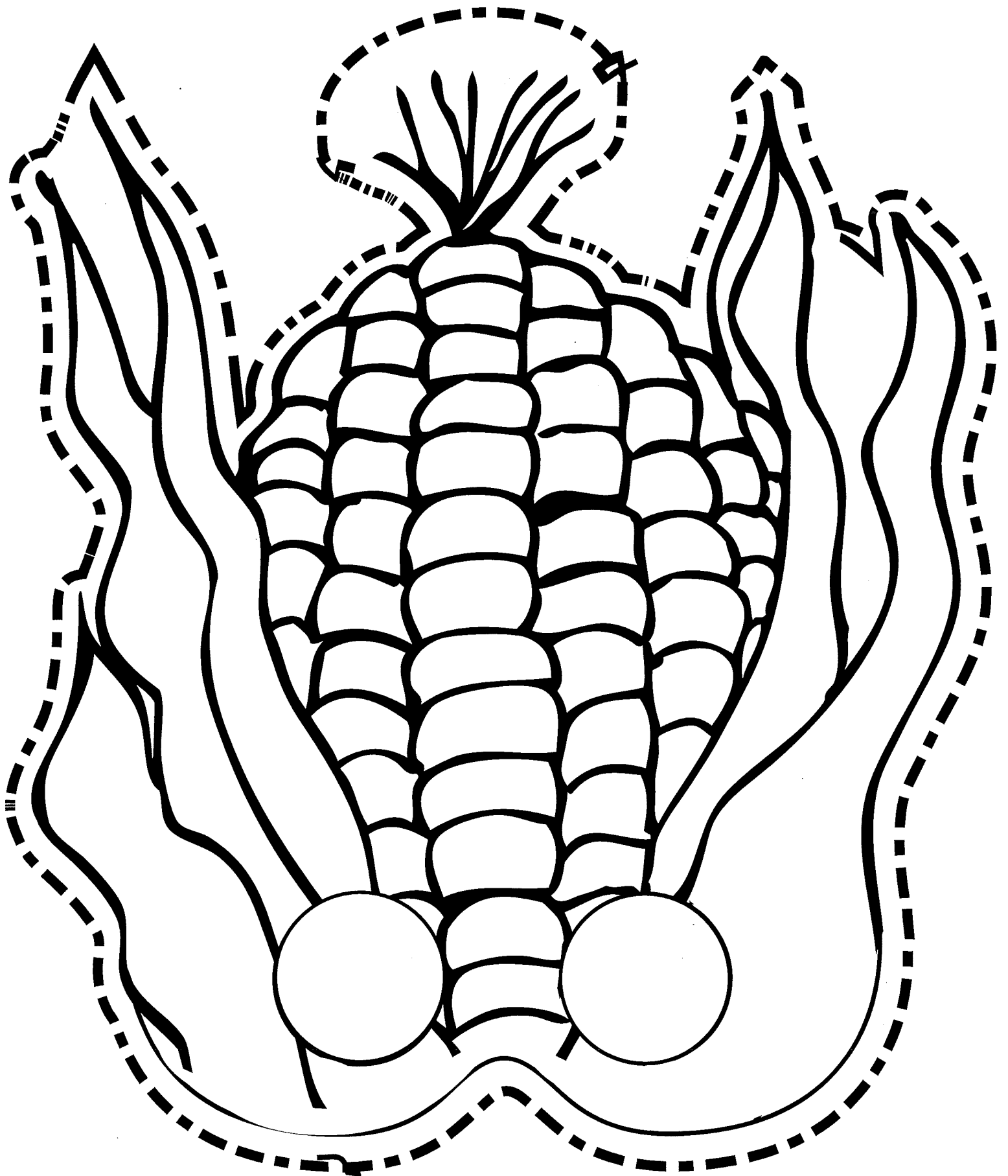


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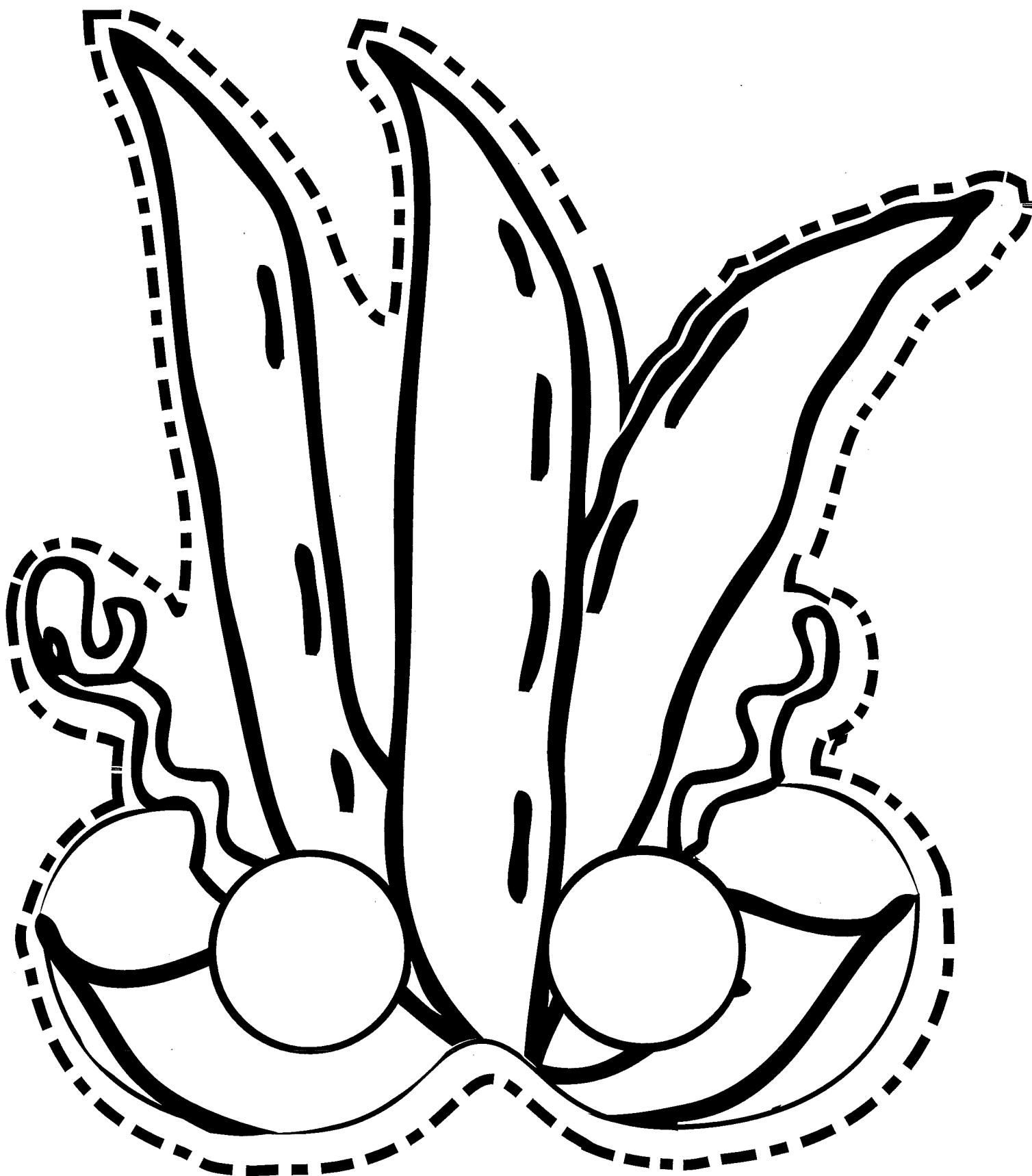


JUST FOR
FUN

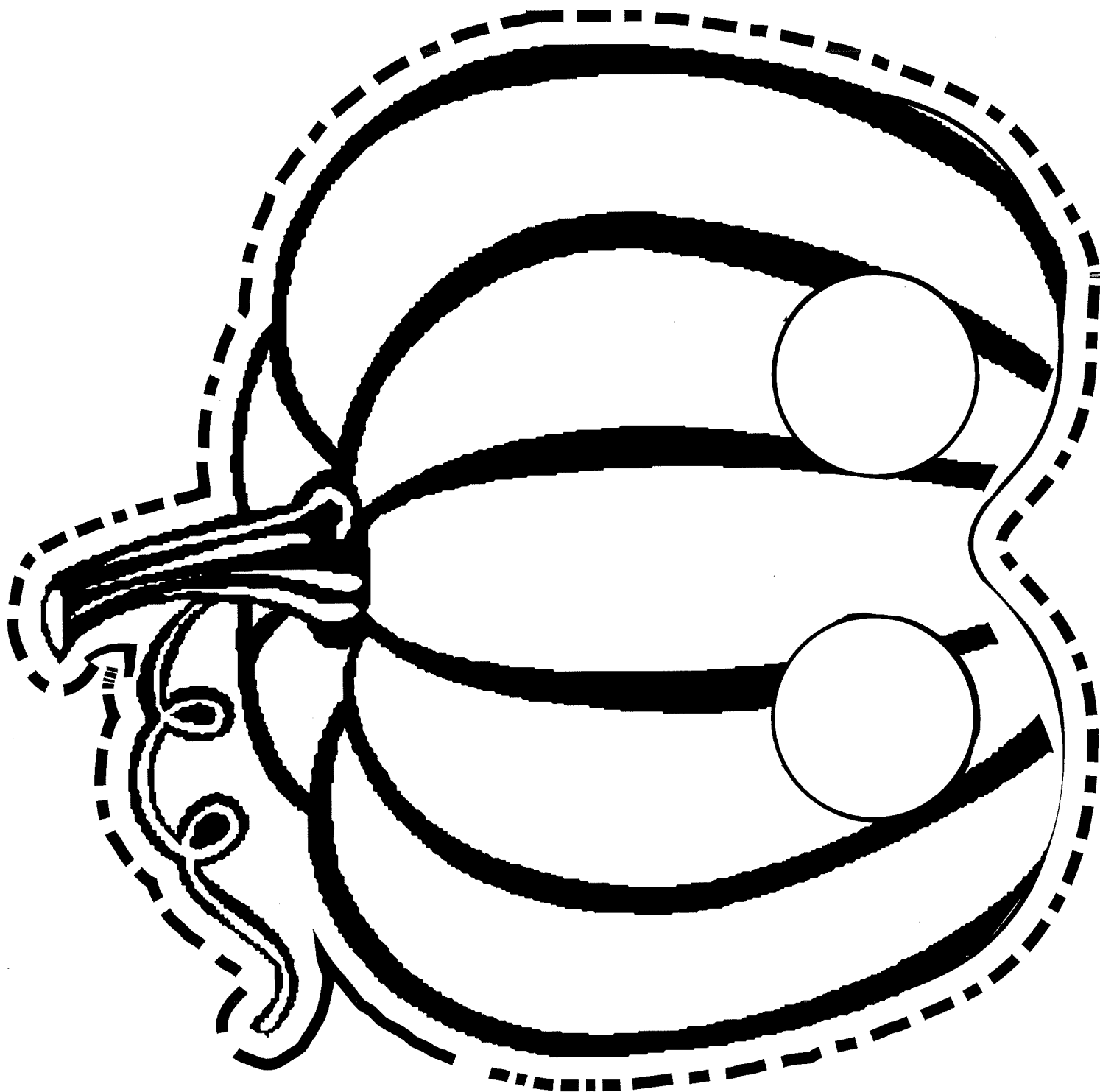
o'n^ste?



osahé·ta?

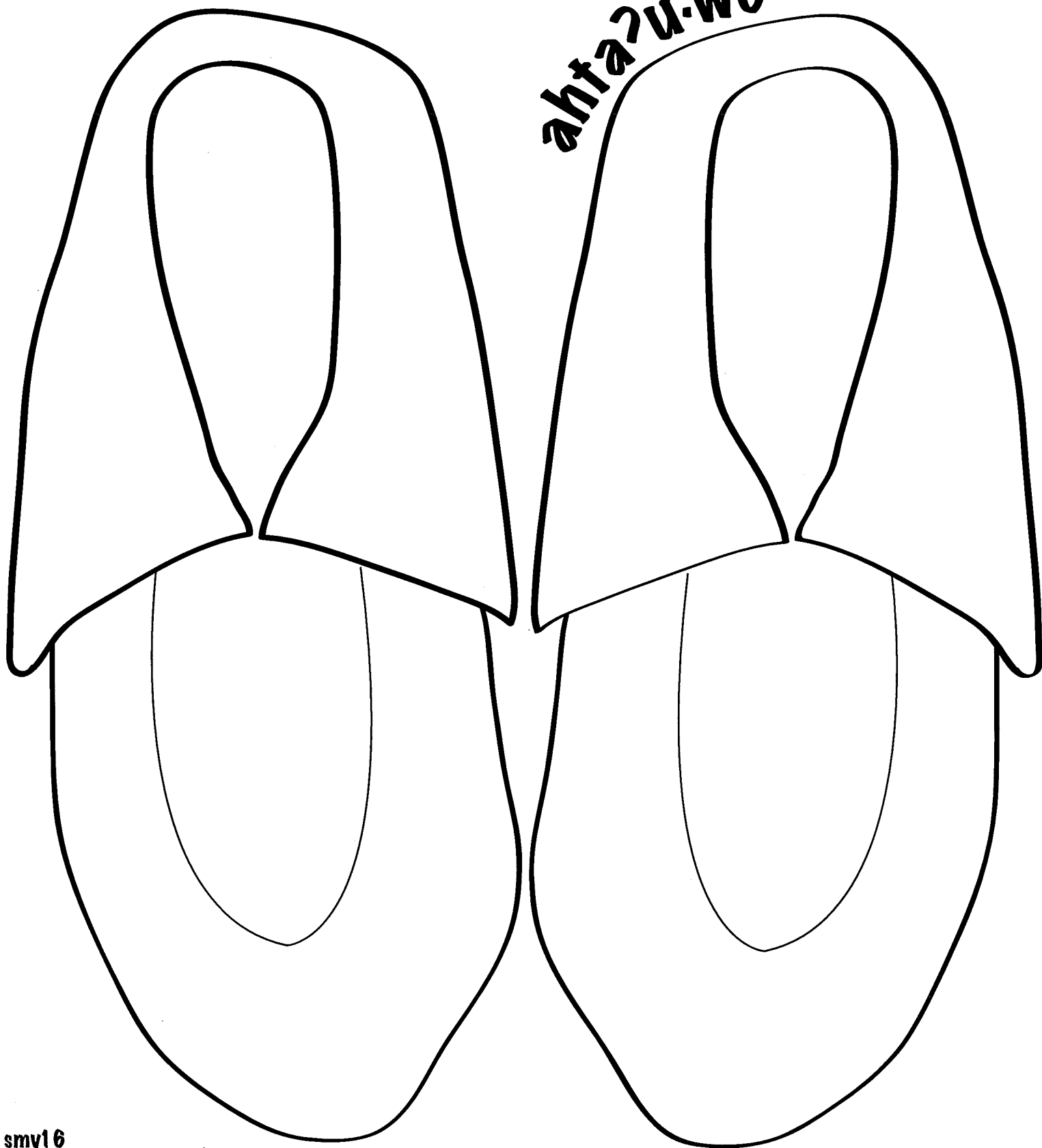


onu?úhslí?



**How would you like
your moccasins to look?**

ah-ta-u-we'



**Decorate and cut out
your own moccasins.**

ah-ta?u-we'



**If by chance I have left anything out or
made any mistakes then I apologize, as I
am still learning.**

-Kaluhyak[^]le'

