

Cultural Awareness

with Cindy Martin

Native history
arts & food

An engaging afternoon of cultural exploration.



Interactive Information Sessions Include:

- ▶ Haudenosaunee History
- ▶ The Role of Women in Indigenous Culture
- ▶ A Traditional Native Approach to Health and Wellness
- ▶ Reconnection Journey Through the Tree Rings

Cindy Martin's presentation follows the tradition of her ancestors, Pauline Johnson, Tom Longboat and Enos Williams.

Featuring

carving demonstrations
paintings

language resources
traditional juices
mixed dried fruits

baked goods herbs
venison stew
three sisters soup



Christine Skye
Cornbread
Lyes (white corn)
Corn soup



Jane Burning
Relaxation
Meditation

Sunday March 29, 1:00 to 4:30
at The Lighthouse Festival Theatre

247 Main Street, Port Dover ON

admission is free