

What's on in September?

September marks the beginning of fall and the return of the Dog Salmon in the W̱SÁNEĆ calendar. An important date this month is the National Day for Truth and Reconciliation, which takes place on September 30th. This month also has a number of festivals and cultural celebrations, each with their own traditions surrounding the preparation and sharing of cultural foods.

Cultural Celebrations

- Sept 5th - Mawlid al-Nabi (Islam)
- Sept 22nd - 24th - Rosh Hashana (Judaism)
- Sept 22nd - 30th - Navratri (Hinduism)
- Sept 22nd - Mabon / Fall Equinox

International Days / Month:

- September 30th - National Day for Truth and Reconciliation
- September 15th - October 15th - Hispanic Heritage Month

National Day for Truth and Reconciliation September 30th

September 30th marks the National Day for Truth and Reconciliation in recognition and acknowledgement of Canada's violence, both past and present, against Indigenous Peoples. The inter-generational trauma of the Residential School System persists in many forms to this day, impacting the daily lives of survivors and their families. This day also serves as an opportunity to recognize and advocate for the Missing and Murdered Indigenous Women, Girls & Two-Spirit Peoples from communities across the country.

The Truth and Reconciliation Commission highlights 94 calls to action to address Child welfare, Education, Language and Culture, Health, Justice, and Reconciliation. You can read each of the calls to action on the [National Centre for Truth and Reconciliation's Website](#).

As a Network, we cannot ignore the deeply harmful and ongoing role of colonial food systems on Indigenous Food Sovereignty and the land. The Good Food Network is committed to upholding these 94 calls to action and centering the needs and voices of Indigenous peoples in the decision-making and future of our shared food system.

Learn more about how you can support Indigenous Organizations in our region:

[Victoria Native Friendship Centre](#)

[Oasis Society](#)

[Aboriginal Coalition to End Homelessness Society](#)

[Victoria Indigenous Justice Centre](#)

and other [Community Resources](#) from the [Indigenous Perspectives Society](#)

Orange Shirt Day



MMIWG&2S



ĆENQOLEW

Moon of the Dog Salmon

Of the 13 moons in the WSÁNEĆ calendar, ĆENQOLEW marks the arrival of the Dog (Chum) Salmon. This Moon is relatively aligned with the month of September in the Gregorian Calendar.

During this time of year, the rains return and the rivers rise to welcome the return of the Dog Salmon to their streams to spawn. During this time of year, fishing for cod is at its peak, and deer and grouse hunting continues to take place. The Salmon runs take place in Goldstream and the berry picking in Langford would generally be best at this time of year.

Other important cultural foods and resources harvested at this time of year include trailing blackberry, sea urchin, and arbutus berries.

Resources:

[Learn more about ĆENQOLEW](#)



~The Saanich Year, by Earl Claxton (YELKÁTTE) and John Elliott (STOLĆEĒ).

Trailing Blackberry



Arbutus Berries



Sea Urchin



Rosh Hashanah

September 22nd-24th

Rosh Hashanah marks the beginning of the Jewish New Year. The Hebrew words *Rosh* means “head” and *Hashanah* means “the year”; making *Rosh Hashanah* the “Head of the New Year”. There are a number of traditional foods and dishes associated with the holiday, each with a special significance to bring about good fortune for the year ahead.

In Jewish tradition there are a number of foods that are prepared and shared during *Rosh Hashanah*. These include; apples dipped in honey to symbolize a sweet new year, fish served whole with the head intact to represent the ‘head’ of the new year, and a number of fruits and vegetables whose names in Hebrew or Aramaic are a play on words with other terms of good fortune or blessing.

The word for carrot for example, *Gezer*, sounds like the word *g’zer* meaning ‘decree’ and represents a desire for all negative degrees or ill will to be cast aside. Similar word plays exist for dates, black-eyed peas, fenugreek, leeks and spinach, squash, and gourds; each have names that evoke increased blessings and protection for turning away negative forces.

Other traditional dishes, such as Gefilte fish which is a dish popular among Ashkenazi Jewish peoples, or *Keftedes de Prasa* which are leek fritters popular among Sephardic Jewish peoples, are also commonly shared during *Rosh Hashanah* in various parts of the world.

Resources:

[🔗 Rosh Hashanah Recipes](#)



Cooked Whole Fish



Apples dipped in Honey



Gefilte fish with carrots

