



*Greetings everyone.*

*To continue the 4Directions group, we continue to share a weekly plan of resources to use on each unit.*

*You are all welcome to use it any day of the week as you see fit to ensure that all members of the group continue to feel the presence of their spiritual and cultural practices. Of course, in the spirit of reconciliation and community, neighbors and friends of the group members are also welcome to join to learn about Indigenous culture and life.*

*To preserve the intention of the 4Directions as a sharing circle, you can set up the people you support in small groups in the living room (maintaining the 6 feet/2 meter between people). Using the laptop, ipad or Smart TV along with reading the notes that follow, people can also be supported to explore the weekly program.*

*People can also work individually in their own room using their own devices if they choose that. When you begin, all you need to do is support people to read through the guide and pause to play the video links that are noted. Thank you.*

*Thank you for finding the courage to continue to share your gifts of caring and support with one another and your creativity to create meaningful experiences with people who you support.*

*Please touch base if you have any questions.*

*Kind regards,  
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For assistance please contact (204) 256-4301.



## May 7, 2020 – Indigenous Cuisine

**Opening:** As we gather the group in our first circle for the month of May, let us start off with this [opening song](#).

Canada being multicultural, has an astonishing variety of food. Only a few can be listed as real Canadian like the poutine. Looking back on history, we can be able to trace a number of Indigenous food that overtime has changed in its original content or presentation.

Watch a clip of Native American cuisine [here](#).

Which of these have you tried and willing to try? Fort Whyte restaurant has Bison Burgers that you can have as a treat while enjoying the beauty of outdoors. Bannock is a regular in any solstice gathering here in St. Amant. You can either bake, fry or roast bannock on open fire.

**Activity:** In adhering to proper hand sanitation, we can still enjoy making a bannock using the ziploc method. Gather all ingredients, and practice proper utensil / hand cleaning. This recipe is good for 1 -2 persons. Let each person you support enjoy the process of making this traditional bread:

### **Bannock recipe (Ziploc Method)**

#### *Ingredients:*

Medium sized ziploc bag

½ cup all purpose flour

1/8 tsp salt

1 tsp baking powder

2 tsp butter, melted

¼ cup water

#### *Procedure:*

1. Have the person you support measure ingredients.
2. Place all ingredients inside the ziploc and seal, making sure you let out air from the plastic before sealing shut.

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3. Let them knead the ingredients over the plastic until it becomes a cohesive dough.
4. Flatten it out to less than half inch thick.
5. Take out from Ziploc and cook in greased frying pan / griddle on medium heat. Around 10-15 minutes per side.

Serve and enjoy! Can be eaten with jam, honey or butter.

Watch this clip while making and enjoying the bannock. It is a playlist of [ways to make bannock ending with a video of Inuit Cuisine](#).

**Reflect and sharing time:** As Indigenous peoples were removed from their land, and thus their traditional sources of food, the Canadian government supplied them with rations of things such as flour, lard, sugar and eggs. Once a quick and easy meal to be made in the bush, bannock became a necessity to prevent starvation on reserves. During our 5/6 weeks of social distancing, which food necessities did you have a problem getting? How were your shopping, cooking practices and meal preparation impacted?

**Closing:** As we close the circle in tonight's gathering, acknowledge the presence of each one and thank them for their time. May the spirit of the seven teachings dwell in us all. Enjoy [this closing song](#).