



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,
Andrew & Sheryll Ann*

*Andrew Terhoch
Spiritual Health Practitioner
aterhoch@stamant.ca*

*Sheryll Ann Manela
Recreation Instructor
smanela@stamant.ca*

This document is available in alternative formats.
For assistance please contact (204) 256-4301.

July 16: Buffalo Teaching



Welcome everyone in this gathering and start the circle with [this song](#).

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. --Chief Seattle, 1854

Today, we will discuss one of the seven teachings – the Buffalo. Each teaching honours one of the basic virtues intrinsic to a full and healthy life. Each teaching is represented by an animal. Each animal offers a special gift and understanding of how we as people should live our lives on Mother Earth. Buffalo represents Respect (Mnaadendimowin).

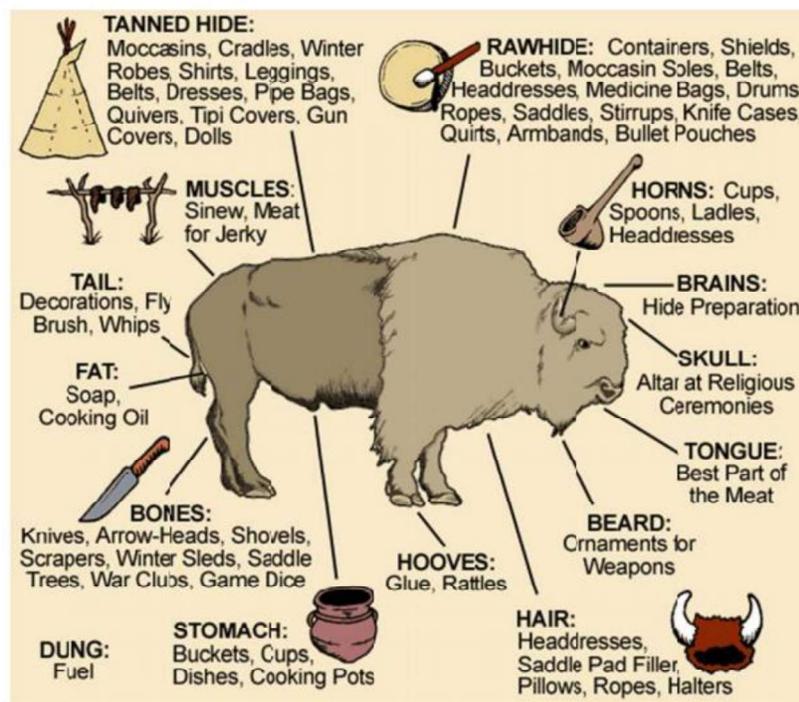
Respect is an attitude. To honour and listen to your Elders, parents and teachers is a sign of respect. The buffalo represents Respect because for as long as we have been here, we have sustained our lives through the Buffalo in terms of clothing, food, shelter, medicine and art.

No animal was more important to the existence of Indigenous families than the buffalo. A single buffalo could provide food, shelter, clothing and utensils for daily living. First Nation people were true conservationists for they lived in a sustainable relationship with the buffalo and they believed themselves to be true caretakers of the great herds. Through this special relationship the true spirit of Respect was understood. The buffalo, through giving its life and sharing every part of its being, showed the deep respect it had for the people. This sustainable and mutual relationship with the buffalo resulted in a relationship that was a true expression of respect. This spirit of respect was shown toward all of life because Native people saw the interconnectedness to all life. They saw very clearly their dependence on the land. Therefore, the land and its resources were to be given absolute respect. When this respect was abused, the buffalo were hunted for fun; therefore, we see no great buffalo herds in the wild any longer.

The buffalo were incredibly important to the Plains Indigenous People; their way of life and survival depended on them. Since there were so few resources on the Great Plains, the Plains Indigenous developed skills to use as much as the buffalo as possible. Below is a list of how the Plain's Indigenous Peoples used different parts of the buffalo:

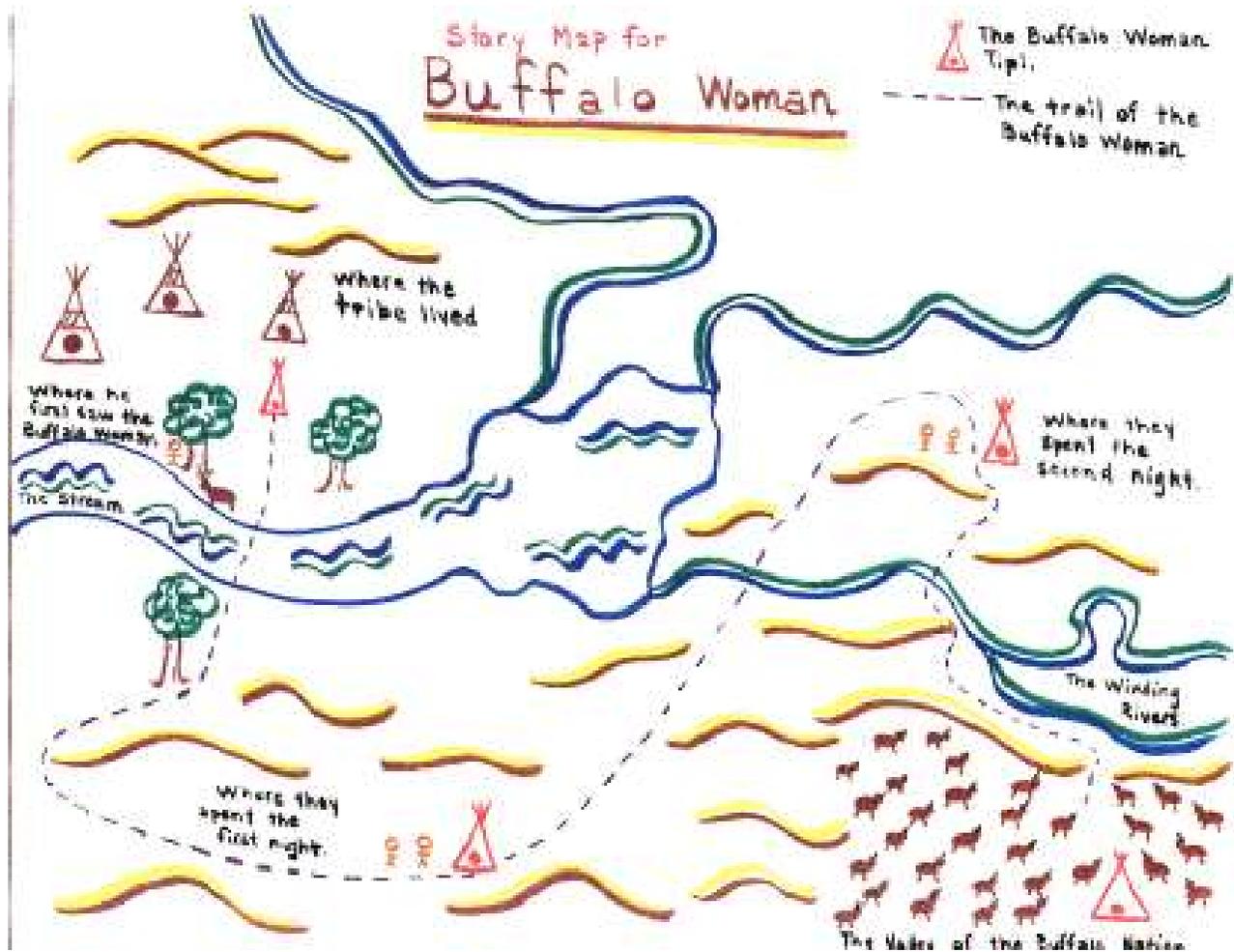
This document is available in alternative formats.
For assistance please contact (204) 256-4301.

- Fat – cooking, hair grease, soap
- Fur – clothes, stuffing, mittens
- Tanned Hide – bags, blankets, clothes, toys, saddles
- Rawhide – bags, belts, lashings, shields
- Tail – ornament, whips, fly swats
- Bladder – food bag
- Tendons – bowstrings of an arrow, thread
- Dung – fuel and to smoke
- Bones – arrows, dice, jewellery, knives, needles, shovels tools
- Gall – to make paint
- Liver – food
- Intestines – buckets, cooking pots
- Hooves – glue, toys, tools
- Tongue – hairbrush, sometimes eaten raw
- Horns – arrows, cups and spoons
- Brain – tanning the hides
- Skull – used in religious ceremonies
- Heart – cut from the body and left on the ground as a sign of respect



This document is available in alternative formats.
For assistance please contact (204) 256-4301.

Activity: Watch this video of the [Legend of the White Buffalo Woman](#). Using hand over hand, assist the person you support draw a bison or any part of the legend that they like (teepees, buffalo, man, woman etc).



Closing: Thank everyone for their time and enjoy this [last song](#).

Meegwich,
Sheryll Ann

This document is available in alternative formats.
For assistance please contact (204) 256-4301.