



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*

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For assistance please contact (204) 256-4301.



July 9, 2020 – A conversation about Indigenous Foods

Greetings and welcome to our circle. Start the gathering with [this song](#).

You have all been busy celebrating and enjoying the festivities of last week. And in any festivities, food is always the common denominator. So for today, we will delve some more on this topic that seem to unite all walks of life in the commonality of enjoying gastronomy.

Print or open this [link discussing Indigenous food](#).

Activity:

What food is regularly shared during festivities in your home? Does it have any ingredient that is indigenous in origin? For today, your group can either make a bannock or rice pudding using the recipes we have used before. Or if available, you can try this wild rice recipe.

Wild Rice Tabbouleh

I have picked this recipe so we can harvest some veggies from our garden beds. Try cooking the rice prior to the start of the program as it will take a while to cook the wild rice. Play this [video regarding harvesting wild rice](#) as you and the person you support chop and mix the ingredients.

Ingredients:

½ cup wild rice
4 cups cold water
Sea salt
½ cups diced fresh tomatoes
1 cups diced peeled, seeded cucumber
1 tablespoon olive oil
1 tablespoon lemon juice
1/8 cup chopped mint
1/8 cup chopped parsley

Procedure:

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Step 1

In a large saucepan, cover the washed rice with the water, add 1/2 teaspoon of salt and bring to a boil. Cover and simmer over moderately low heat until the wild rice is tender but still chewy, about 1 hour. Drain the wild rice well.

Step 2

Toss the wild rice with the tomatoes, cucumber, oil, lemon juice, mint and parsley. Season with salt and serve room temperature.

Closing:

Watch this [video to close the gathering and thank everyone for their time.](#)

Meegwich,
Sheryll Ann