



FOUR DIRECTIONS ELDERS PROJECT

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“We got to love and learn our ways because it was the creator who gives us our life.”

Mike Arnouse



The art on the cover is the result of a workshop held at our February McQueen Lake retreat. Following a project entitled, "Honor in All We Do," the feather theme was integrated into all our art classes this year. Guest Artist Vaughn Warren worked with students, exposing them to air brushing technique and stenciling, while allowing them to express themselves through their own feather creation. The feathers will be displayed on the fence outside of the school, representing each individual inside.

ACKNOWLEDGEMENTS

In December the Four Directions staff had the incredible opportunity to attend the First Nations Education Council Steering Committee Conference. At the conference we were introduced to the concept of the Elders Project by Sandra Lynxleg – District Principal of Aboriginal Education from SD22 Vernon. Thanks to the following instructions, and her generous sharing of her time during the planning process, we were able to create our own Elders Project.

How to Make and Serve an Elder Project

Ingredients

A welcoming environment | Many Elders | Plenty of Students | An experienced poet | Volition | Vision

Instructions

- a) Assemble a welcoming environment.
- b) Blend Elders, students, a poet, volition, vision.
- c) Gently knead young and seasoned minds together.
- d) Fold in poetic exercise.
- e) Let their words rest on the page.
- f) Let their stories rise.

by Sandra Lynxleg



CHARLOTTE

My mother named me Charlotte and I'm the oldest of 18.
I was raised by my grandparents in many houses
that were always warm, clean and organized.
My elders taught me to be honest and tell the truth,
not to raise my voice and speak kindly,
to respect myself and be helpful.
We used to go down to the creek
to swim and pick medicine.
We rode horses.
The horses and other pets making their song known to us.
Our family traditions were feasts and ceremonies,
we learned to smudge and pray before we ate.

I went to school in Kamloops.
Some of my happiest memories are when I had my 5 children.
Becoming a mother and grandmother.
My sobriety is my happiness.
Some of my saddest memories are the separation from
my children's father
and the loss of my grandson to suicide.
To understand the meaning of a living alive life
– as we age we come to understand death also.
We learn while we are alive to be grateful
and live it to the best of our wise.
My life is plain and simple.

Precious Young for Charlotte Manuel

JANICE

"we had no electricity"

How did they do it?

"Raised by her mother and Kye7e and Sle7e"

Always together

"my mother and Kye7e always had confidence in us"

I wonder what the Kye7e and Sle7e thought?

"School wasn't the place I wanted to be."

Racism!

"we never had toys, maybe around Christmas"

What did you do?

"We learned our Secwepemctsin from our Elders"

Was it hard? Language is hard.

"Our family traditions are gatherings, holidays, and going berry picking"

Is this every year? Every year was filled with food.

"my happiest memories were going out in the land."

Nature is beautiful.

"My saddest memories are when family passed away."

Memories are treasured.

Shiann Gilpin for Janice Billy









ROSE

I was born in Carlyle Sask. White Bear reserve.

My name was given to me by my Dad.

The two main people in my life were my dad and my grandpa.

My uncle taught me a saying, "do unto others as you have them
do unto you"

If you're treated good, treat other people good.

Traditions are Sun Dance, Powwows, ceremonies, tee pee making,
cooking, sewing, tanning hides, beadwork, making moccasins
and regalia.

My first house was two log rooms,

A kitchen plastered with mud.

Gardens, animals, wood, ducks, geese, two goats, horses
and chickens.

We played

spear and hoop game,

Who can kill the most rabbits with bow n arrow or slingshot,
and spear and trench game.
We ate moose, deer, elk, rabbit, and veggies from my mom's
garden.
We would go way back in the bush and pick Saskatoon berries,
choke cherries, goose berries if they're still good, raspberries
and hazel nuts.
At five years old a cattle truck came
And took me to Le Bret Residential School.
My childhood was like a prison.
School was strict and abusive.
I was happy at powwows.
I was sad when my father passed away.
I worked as a nurse, RCMP, aboriginal justice office administrator,
archeologist, anthropologist.

I have my Masters of Education
And degree in First Nations Studies.
Sun Dance helped me reconnect.
People dreamed about the way we lived – we lived the way
we dreamed.
I don't feel sorry for the little girl (Rose) anymore.
I beat them through education and self-discipline.
I did not become their victim.

Quintin Frank and Cross Auger for Rose McArthur

CYNTHIA

She said she lived
On a ranch. For 14 years.
Of her life.
Her dad gave her 50 chicks
To raise when she was 8.
And when she moved there
She played a lot. She learned
How to horse back race.
By herself and she liked
Horseback racing.

She did it when her parents weren't home.
She also liked to walk
Up the hills.
By her house and collect Jade, Gold,
Rocks. She liked to get resources
By herself in the winter time she
Dug a trail to go get water
For herself and her family.

Zach Johnny for Cynthia Ward





PETAH QUAHNAH

I was born in Lillooet in 1942

6 mile or Xaxlip "Fountain"

My mother and father gave me my name, Gordon Joseph
a family name from my Mother's side
because of the Patron Saint Joseph.

My Indian name is Petah Quahnah

given to me by the female Elders that were present at my birth

I had a resemblance to the past Medicine man

Petah Quahnah, when I was born.

Until I was 6 I was raised by my grandparents
and my parents

the reserve was happy: learning and working
survival of the harsh winters always seemed to be our only goal.

1948-1958 I was raised by the residential school

brothers and sisters and priests in Mission B.C

Learning a different way of life

in the outer world off the reserve
we prayed 24/7.
I had 5 siblings
4 sisters and one brother.
I lived in many houses
when I was a child we lived in a small log house.
At family gatherings we ate
salted deer
salmon meat
and a lot of canned berries.
The most luxurious thing we had was a battery operated radio.
An elder taught me to gain education in both worlds
with our own people
and off the reserve with other people.
I was taught how to use everything
Land

Water
and how to listen to nature.
Due to the residential school
I didn't get to learn any of this sacred stuff until I graduated at the
age of 21.
Fishing and storing foods
knowing family history and passing it on.
I remember hunting with my dad
and going home from residential school for the holidays
Losing family members and going to funerals.
The only saying I remember was
"Don't forget to pray"
she told me then in our native language
but I barely know my language anymore.

Lemont Peters for Gordon Peters



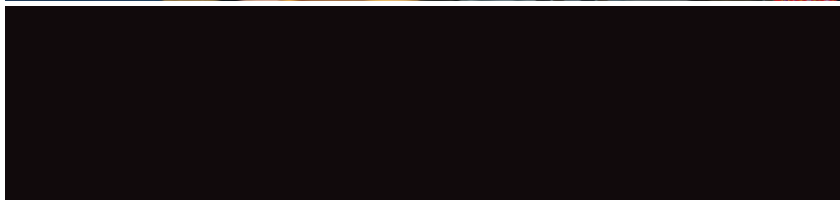


FRED

I am Metis
born in the Northwest Territories
We lived in a tent
Metis/Chipewyan and French/Cree/Metis
As a kid I didn't have a single friend
I didn't know discrimination
I just thought I wasn't allowed to play
I didn't go to school
I wasn't allowed in public school,
I wasn't allowed to go to residential school either
I went back to school at 41

Growing up I heard, "go pick your willow, not too big not too small"
"never kick the bucket."
"In late 1942 my family ran into an American army camp after being lost for 14 days. We had been surviving off of fish and sardines - I don't like fish and I don't like sardines."
Remembering running the dog sled home, straight into my sister hunting grizzly bears
and making arrow guns with the red elastic from popped tires, clothes pins and whittled arrows
My saddest memories are losing my brother and sisters and parents
I am Metis

Brett Archie for Fred Paquette





GARRY

His real name was Carry
It came from his Kye7e
Indian Agents changed it to Garry
It was fun back in the day
No Bikes, TV's, only horses to ride
Heard a lot of Secwepemcsin from the elders as a child,
their company was good.
Our language is who we are.
We played on horse back/Baseball games

"I started out in Residential school then finished at Kam High"
Indians always hung out together
I worked at a tomato farm at the age of 10.
Then clearing land when I was 13.
Horse round ups were fun
And spending time with my Kye7e.
The saddest memories are when my Kye7e passed away.
Then when I lost my mother and father.

Hank Gott for Garry Gottfriedson

FLORA

She likes to go back to old memories
reminiscing of good times
the good old days
childhood was fun
playing in the mountains with siblings
competition was key!

Respected the mountains and the water
they are powerful
spirituality to go with them
"water can take a life if not respected"
she knew the old ways
respected her teachers
manners and respect
was a must

11 siblings in a two room house
such little room they had
they made it work
relatives came to visit
so many memories made
with no electricity or running water
they got water from the fresh running river
a river
a boat.

Katelyn Sparrow and Tasia West for Flora Sampson



Color Key
Alkali Metals
Alkaline Earth Metals
Transition Metals
Other Metals

Scandium 21 La 138.91	Yttrium 89 Ce 140.12	Praseodymium 59 Pr 140.91	Niobium 41 Nb 92.91	Antimony 51 Sb 121.76	Strontium 38 Sr 87.62	Barium 56 Ba 137.33	Thallium 81 Tl 204.38	Lead 82 Pb 207.2	Bismuth 83 Bi 208.98	Polonium 84 Po 209	Astatine 85 At 210	Tellurium 52 Te 127.6	Selenium 34 Se 78.96	Sulfur 16 S 32.06	Chlorine 17 Cl 35.45	Argon 18 Ar 39.95	Scandium 21 Sc 44.96	Titanium 22 Ti 47.88	Vanadium 23 V 50.94	Chromium 24 Cr 52.00	Manganese 25 Mn 54.94	Iron 26 Fe 55.85	Cobalt 27 Co 58.93	Nickel 28 Ni 58.69	Copper 29 Cu 63.55	Zinc 30 Zn 65.38	Gallium 31 Ga 69.72	Germanium 32 Ge 72.64	Arsenic 33 As 74.92	Selenium 34 Se 78.96	Bromine 35 Br 79.90	Krypton 36 Kr 83.80	Rubidium 37 Rb 85.47	Strontium 38 Sr 87.62	Yttrium 39 Y 88.91	Zirconium 40 Zr 91.22	Niobium 41 Nb 92.91	Molybdenum 42 Mo 95.94	Technetium 43 Tc 98	Ruthenium 44 Ru 101.07	Rhodium 45 Rh 102.91	Palladium 46 Pd 106.91	Silver 47 Ag 107.87	Cadmium 48 Cd 112.41	Indium 49 In 114.82	Tin 50 Sn 118.71	Antimony 51 Sb 121.76	Tellurium 52 Te 127.6	Iodine 53 I 126.91	Xenon 54 Xe 131.29	Cesium 55 Cs 132.91	Barium 56 Ba 137.33	Lanthanum 57 La 138.91	Cerium 58 Ce 140.12	Praseodymium 59 Pr 140.91	Neodymium 60 Nd 144.24	Europium 62 Eu 151.96	Gadolinium 64 Gd 157.25	Terbium 65 Tb 158.93	Dysprosium 66 Dy 162.50	Ho 164.93	Er 167.26	Tm 168.93	Yb 173.04	Lu 174.97
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FRED

Fred sneaks away everyday
after the lunch
like a sly fox hunt prey
deceiving all eyes
and avoiding the punch
try to find Fred they would say
then to their surprise
he was nowhere to be seen
out and about
with his friend he had been
wap it would say
for he had gotten the strap the next day

Mercedes Nelson for Fred Paquette

JOYCE

Born in Northern Saskatchewan, Big River, at a nursing home.

Her first crib was a brand new fish box.

Her mother named her Joyce. She liked that name.

Her middle name was given to her by her father, named her after her Aunt.

She was the oldest.

Born in a log house, two rooms, and an outhouse.

Her favourite food was pemmican with berries, deer, moose, fish, rabbits, muskrat tail, dry meat, and fried bannock.

She lived in the country.

There was trees, gardens, wood piles, a smoke house.

She learned embroidery, bead work, square dancing, step dancing, and tea cup reading.

Sometimes the coyotes would come to school.

She worked in a kitchen at a Residential School in Saskatchewan.

The Principal grew up on the reserve.

He understood Natives.

He allowed them to speak their language.

He let the girls keep their hair long for traditional reasons.

He let them see their families.

And would let their families visit.

If they couldn't travel to see them in Northern Saskatchewan.

Kylee Jordan Roper for Joyce Munro





QUEPAU “BUSY PERSON”

My name is Doris Banford

My Indian name is Quepau “busy person”

Born in Kamloops BC, raised in Chase

“My Mom and Dad raised me, but Auntie’s, uncles, and people who
lived on the rez also helped in a way”

“Everyone was always teaching us”

Childhood was fun.

Lived on a lake

Had a farm.

Was very poor.

“We lived off the land and always ran around”

“I remember the freedom”

Mom and Dad taught the culture

Respect

Manners

“Be kind”

“Life is set for you”

“Listen to elders”

Mom always kept us clean and clothed

We drank water from the lake

“Back in those days water was pure, you were able to drink it”

Mom was raised Catholic

“once a month we walked 3 miles to church on an empty stomach.

We couldn’t even drink water.”

Dad would do a sweat before going hunting.

Dad would always get a deer

Because he cleansed and prayed to that animal

Mom and Dad spoke 3 languages fluently, Shuswap, Thompson,
and Okanogan

Kayla Tremblay for Doris Banford





WILLIAM

He said "father died
when I was two years old"

I truly relate...
to a world without a father

Sports and weekend fishing
filled the void in his heart

Gathering medicines up
the mountains help others heal

Learning to hunt and fish
provided food for the community

"Sports were a thing for me" he said
bringing joy and happiness to his young life

Playing and winning the fastball championship
brought pride to the people

His life started
when he was two years old

Nathan Zerr for William Harry





JOHN

I was born in Copenhagen, Denmark
I was given
My name, John, by my Mother and Grandmother –
my Grandfather's
Growing up
I heard
"Don't step on someone's face trying to go up the ladder"
"Treat others how you want to be treated"
"You can't interrupt a thought, there's always room in there"
Elders have taught me things belong to culture

A sweat lodge
The originality of traditional dances
My happiest memories are when I hooped with Rose,
Sharing memories and experiences
Teaching children along with adults
I wish I could have recorded
My Mother's stories to hear them again
Everybody has something to contribute
It is a neat thing to be asked what you know

Julia Porter for John Kristiansen

WHITE EAGLE MOUNTAIN

I was born in Adams Lake (C'stalen)
After the smallpox disease our people got weaker
European people gave us names from the Bible
They sent us to residential school trying to wipe out our culture to
learn their ways.
They tried to weaken our native ways, our culture hung on with the
people who practiced it.
Our ways have made it through that hurtful phase.
We got to love and learn our ways because it was the
creator who gives us our life.
Keep our beautiful culture going.
These are the reasons we have the names that we do, because of
the English people doing these things.
I do not understand these Christian names they give us
we need to start going back to our traditional names
and understand them.

Our own Indian names remind us of who we are.
I was raised by my Mom and Dad for a while, also my Grandmother.
Part of my life was being in the residential school for quite a while
I was raised the white way in there after that I got back in to my
culture.
Before I got into my culture I almost lost track of my way until my
relative brought me into the mountains.
It was a reminder that I need to find myself from what I lost in the
residential school.
The land raised me with the traditions that we practiced.
If we call this place our home, everybody should take care of it.

Atlan Anthony for Mike Arnouse





BELLA

She was told of her ways,
But then those people took her away,
She was taught to be like them,
But then the creator brought her back,
She struggled after she swayed off the path,
But then her guide explained her blindness,
She finally saw how she was going to grow,
But then she had to say goodbye,
She travelled and learned about the outside world,
But seeing this, made her think,

She thought about how she could change,
But her mind wouldn't allow her to do so,
She had been hurt even when she was good,
But her cut is healing even if the scar will always be there,
She, even now is still in recovery,
But nothing in the world can take her now,
Her name is Uttatkuwaka,
And she will always linger in my mind.

Dayne Schadlich for Bella Morris





WITH THANKS

Four Directions Elders Project is our school's first anthology showcasing student poetry, and the first opportunity for Elders and youth to share their stories in our new space. It was an absolute pleasure to watch the students and Elders sit together and enjoy one another's company.

Thank you to Garry Gottfriedson for his time and energy in working with the students to fine tune their poems, and for sharing his wisdom and knowledge about the writing process with all of us.

Thank you to Robert Arychuk and Cynthia Ward for the delicious meals that gave us the energy to keep going each day, and to Sandra Steele for her support in organizing the Elders and helping them make their way to the school.

Thank you to the Elders - who trusted us enough to come and participate, even though they didn't know quite what to expect once they arrived.

Finally, thank you to the students - for honouring the Elder's stories, and for trusting yourselves and the writing process.

You should each be proud of what you've created.

Jordan Smith – Program Coordinator

