

Call Back The Salmon 4 DIRECTIONS TO

- Salmon need creeks that have clean, cold water, & food, and a clean ocean. We can help them survive:
- 1) Take at least 1 minute every day to listen and observe nature around us.
 - 2) Don't pollute. Never dump soapy water, chemicals, oil or litter into storm drains.
 - 3) Don't take more than we need. Save water, learn ways to save and create energy.
 - 4) Be helpful and kind to all people, animals and plant life. Learn about ways that you can help care for water and creeks near your home.

Ways We Can Help 4) EVERY DAY ACTIONS



1) CARETAKERS OF MOTHER EARTH

In American Indian teachings we say that we must always keep in mind the seventh generation of people who will be born in the future. That our purpose of life here on Mother Earth is to be the guardians and the best caretakers of this beautiful kingdom that the Creator has given to us.

This "GIFT" is from our ancestors, the grandmothers and grandfathers who have gathered up many seeds of wisdom. Who have planted and nurtured these seeds with much love and prayers.

It is our turn to continue learning about how to care for all of our relatives, family, friends, plants, animals and all living things that share this circle of life with us.

2) THE MEDICINE WHEEL

The circle is an ancient symbol, and is found in nearly every culture around the world.

The Medicine Wheel teaches us to be aware of, and do our best, to be in balance with the Circles of Life:

The 4 Directions:
East, South, West, North

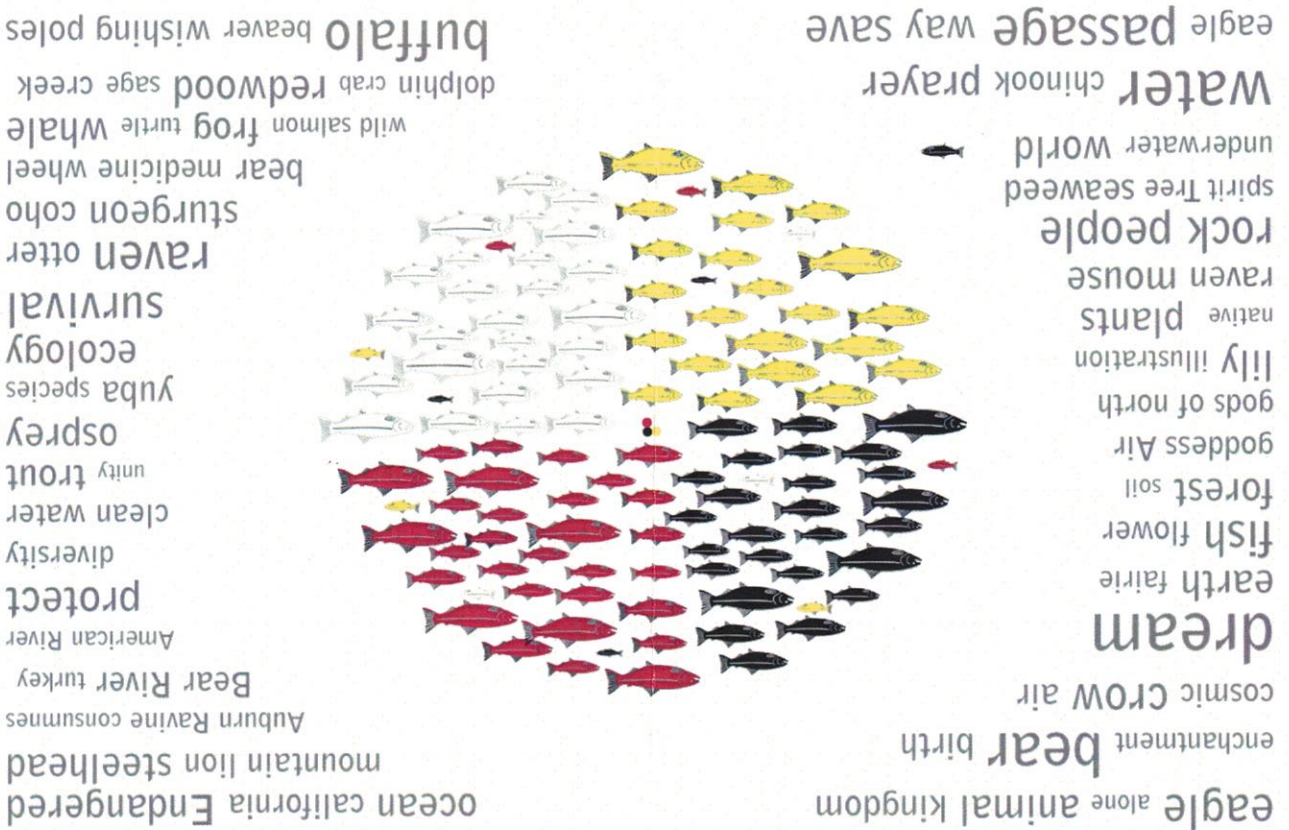
The 4 Seasons:
Spring, Summer, Autumn, Winter

The 4 Stages of Life:
Child, Young Adult, Adult, Elder

The 4 Nations:
Yellow, White, Black, Red

3) WISHING POLE INGREDIENTS

Willow sticks | Colored cotton cloth | Your Salmon painting



ocean california Endangered
 mountain lion steelhead
 Auburn Ravine consumes
 Bear River turkey
 American River
 protect
 diversity
 clean water
 trout
 osprey
 yuba species
 ecology
 survival
 raven otter
 sturgeon coho
 bear medicine wheel
 wild salmon
 frog turtle whale
 dolphin crab
 redwood
 sage creek
 buffalo
 beaver wishing poles

alone animal kingdom eagle
 enchantment bear birth
 cosmic crow air dream
 earth fairie
 fish flower
 forest soil
 goddess Air
 gods of north
 lily illustration
 native plants
 raven mouse
 rock people
 spirit Tree seaweed
 underwater world
 water chinook prayer
 eagle passage way save

The life cycle of wild salmon is much like the

Four Directions.

- East - laying salmon eggs in nests, known as Redds
- South - the "fly" stage, their teenage years
- West - the "smolt" stage, traveling in the ocean
- North - The call home to spawn and die, leaving a new generation of salmon

Your Wishing Pole Gift

When your wishing pole is filled with Calling your creation in a place that is special to you. Back the Wild Salmon wishes, you can place Perhaps in your garden, along side a creek or waterway that you visit. A trail that is special to you.

After giving it away to Mother Earth and Father Sky do your best to take one minute every day to remember and give thanks to all that lives in the sky, in the water, and on our Earth.

Just one minute!!!

The willow wishing pole is one way in which we can "call the wild salmon" back to their homes. Willows, like wild salmon, love the water. In the past, willows were highly valued by the first stewards of the land who used them for basketry, shelter, food and medicine. As you create the Wishing Pole we use colors that represent the Directions. You may use whatever colors you like, and in any pattern. As you tie a color on to the pole, make a wish. For example, Thank You Father Sky, please bring rain to fill the creeks with clean fresh water. Thank You Mother Earth, please grow plants to shade and keep the water cool. Thank You Trees, please help our Air be clean to help all relatives to have good air to breathe.