

KAMLOOPS INDIAN BAND

Spring



DAVE
Seymour
'agin'

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ABOUT THE COVER

DAVID SEYMOUR, A MEMBER OF THE KAMLOOPS INDIAN BAND DESIGNED THIS COVER FOR THE WILLOW NEWSLETTER IN THE SPRING OF 1980. IT WAS SO NICE, WE'VE USED IT AGAIN.

ARTICLES FOR THE NEWSLETTER

IF YOU'VE GOT ANY STORIES, POEMS, BUY OR SELL NOTICES, POW WOW'S, RODEOS, INDIAN GATHERINGS, BALL TOURNAMENTS, HOCKEY TOURNAMENTS, ANYTHING AT ALL, DROP IT IN THE MAIL TO US AND WE WILL GLADLY PUT IT IN THE NEXT EDITION OF LEX'YEM. FOR MORE INFORMATION GIVE US A CALL AT 372-9575.

ENJOY THIS ISSUE OF LEX'YEM
IF YOU'VE GOT ANY COMMENTS,
GOOD OR BAD ABOUT THE NEWS-
LETTER, LET US KNOW!

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Feb. Birthdays

01 - Timmy Gottfriedson
 01 - Francis Shannon Gottfriedson
 01 - Karen Kim Lampreau
 03 - Dale Leslie Jules
 04 - Elisha Dawn Leonard
 04 - Geroge Raymond Leonard
 04 - Duane Stuart Sheena
 05 - Wilma Jennifer Jules
 05 - Eileen Seymour
 05 - Gary Arthur Seymour
 06 - George Leonard
 08 - Patricia Anne Peters
 09 - Tuhani Nakia George
 10 - Mary Delores Jules
 10 - Stanley Jackie Peters
 12 - Nacoma Aaron George
 12 - Anne Virginia Gottfriedson
 12 - Teresa Lynn Jensen
 12 - Norman Larue
 12 - Wendy Rose Leonard
 13 - Rhonda Jaimie Jules
 13 - Dale Arnold Peters
 15 - John Louis Sebastian George
 15 - Ernest Vincent Edwards
 15 - James Cyril Cooper
 16 - Dominic Antoine Bourke
 16 - Lorna Karen Seymour
 16 - Napoleon Louis George
 17 - Vicki Winona Manuel
 18 - Benjamin Paul, Jr.
 21 - Laura Evangeline Jules
 22 - Rose Marie Lampreau
 22 - Andrea Michelle Seymour
 23 - Grant William Seymour
 26 - Bonnie Leonard
 27 - Jordan Frederick Camille
 28 - Linda Ruth Jules
 28 - Jo Crop Eared Wolf

March Birthdays

01 - Tabitha Leigh Candice Paul
 02 - Richard Joseph Seymour
 02 - Mel Hamilton Paul
 03 - Leonard Falardeau
 04 - Donald Charles Isadore
 04 - Mildred Paul
 04 - Evelina Gay Heather Thomas
 06 - William Joseph Jules
 07 - John Matthew Casimir
 07 - Rosanna Joan Casimir
 07 - Colleen Audrey Seymour
 07 - Harmony Dawn Seymour
 08 - Anita Jacqueline R. Camille
 09 - Rosemary Casimir
 09 - Charlene Gottfriedson
 10 - Rose Delores L.E.S. Casimir
 10 - Larry Erwin Casimir
 11 - Brian Russell Jordan Casimir
 11 - Darryll Joseph Jules
 11 - Joe Frances Moses Thomas
 12 - Theodore Gottfriedson
 12 - Sarah Elizabeth Jules
 13 - Trevor Barry Jules
 15 - Jay Roberta Jules
 16 - Mary Lou Gottfriedson
 19 - Ignace Joseph Frieze
 19 - Nadine Wynne Thomas
 20 - Theresa Dorothy Lampreau
 21 - Kenneth William Manuel
 22 - Diane Deleria Jules
 23 - Philomena Katherine Casimir
 23 - Mary Manuel
 25 - John Matthew Casimir
 26 - Alice Thomas
 28 - Christopher Frank Peters
 29 - Mary Anne Adeline Camille
 30 - Paula Marie Pellett
 30 - Narcisse Douglas Baptiste
 30 - Tanya Kim Pellett
 31 - Mary Ida Jules

April Birthdays

10 - Frederick Baptiste
 08 - Michael Shane Camille
 03 - Cody Lee Camille
 07 - Valerie Helen Camille
 26 - David Shawn Casimir
 12 - Sharnelle Wanda Casimir
 20 - Mildred Gottfriedson
 30 - Justin Cale Gottfriedson
 16 - Colleen Anne Mosterd
 13 - Gordon Jules
 09 - Jules Fletcher Larue
 21 - Terry Maxine Jules
 01 - Timothy Point Jules
 05 - Karen Amy Jules
 06 - Robert Douglas Jules
 01 - Jesse Lee Price
 24 - Janet Jules
 14 - Helen Vivian Jules
 15 - Samuel Calvin Lecamp
 25 - William Dale Leonard
 02 - Maynard Bradley A. Manuel
 04 - Benjamin Edward Paul
 30 - Rebecca Ann Paul
 19 - Peter Peters
 03 - Joseph Edward Peters
 22 - Sandra Dale Peters
 24 - Richard Seymour
 04 - Randolph Gregory Seymour
 06 - Stacey Lynn Louise Thomas
 02 - Reginald Norman Thomas
 14 - Darlene Yvonne Thomas
 27 - Robert Bruce Thomas
 05 - Annette Thomas
 10 - Lorri Lea Leonard
 15 - Sheldon Joseph A. Camille

Claude & Linda Peters

Baby Girl - Born February 10, 1986
 Time: 1:46 am Weight: 7 lbs. 1 oz.

"Anne Rose Peters"

Anniversaries

FEBRUARY 20

John & Debbie George

FEBRUARY 28

Manny & Linda Jules

MARCH 9

Rick & Judy Jules

MARCH 10

Russell & Rosemary Casimir

MARCH 10

Guy & Lily Gottfriedson

APRIL 11

Ernie & Jacqueline Thomas

APRIL 12

Jim & Linda Thomas

APRIL 13

Neil & Debbie Leonard

APRIL 13

Dale & Linda Leonard

APRIL 16

Allan & Shortie Casimir

APRIL 16

Don & Misty Isadore

APRIL 16

Gerald & Shirley Peters

APRIL 16

Dale & Bonnie Peters

APRIL 20

Pete & Sylvia Jensen

Housing

By: Art Paul, Housing Co-ordinator

As you can see there has been alot of RRAP on the reserve, I had problems of getting names and addresses for the program this year, because of all the homes that qualify for the RRAP have been done already since 1982 - the homes that have been done, will have to wait for five years to have another RRAP done.

As for renovation and repairs this year, because of the special project of vinyl siding and insulation rap, the renovations and repairs will have to wait another year. As of this date the housing account is closed (NO MONEY), and all emergency repairs must be paid by yourself, so you should budget yourselves accordingly.....remember that. If your window breaks the Band can't fix it. If your furnace breaks down, there's no funds to repair it.

The budget for 1987 might have renovations and repairs in it, but you'll have to meet with the housing committee to see if your name and address is in for repairs.

In a budget for this year 1986 I've requested that we get electrical inspection as well as an electrician to upgrade the defaults in the homes that need it. I have requested emergency funds in the budget as well, and funds for a carpenter to do the emergency repairs. Your guess is as good as mine if it's going to go through. The standing budget for the fumigation, chimney sweeping, sewer cleaning and frozen plumbing repairs may still be passed for the year. You never know, it might not pass.

We should all know that we are not going to be building any new homes for 1986 and may be 1987 as well,

this isn't the Bands fault. It's allotted by CMHC and DIA, if we are going to try to stick on CMHC standard. We may be another long wait for funding we are doing the best we can to look for funds for area of housing, and your welcome.

Business Licence

By: Art Paul, License Department

The 1986 business license has been out now since December 31, 1986. We've had some payments, but are still in the process of collecting the balance.

I believe that the reason the business' aren't paying is that they don't believe we have any authority to make requests for business licences, and they don't feel we have any legal grounds to stand on, I've had calls from the lease holders, stating that they're not going to pay and we are redy to st a precedent by going to court.

I've contacted our legal representatives of the KIB, they've stated that we have ground and can take the lease holder or renters that are doing business on the reserve to court. The Council feels that this move, wouldn't be a good one because of our move on taxation. They explained that this legal action might hamper the decision of some of the lease holders in paying their tax. They also might want to go to court, our legal costs would be high if this were to happen.

So I've just been punching away at the business' on the reesserve to pay for the license, I'm just barking at the wind now, until we can take the bite.

Business Licenses 1986 - Still in

the process of collecting.

Business Licenses 1985 - Some of the costs outstanding amount \$5,555.00 I've collected about \$1,500.00 of outstanding amount for 1985 the balance total outstanding to date is \$4,055.00.

Business Licenses 1984 - Some of the outstanding amount \$3,680.00 I've collected about \$560.00 of outstanding amount for 1984, total for 1984 - \$3,120.00 recommendation. Small claims come through DIA lawyers I believe if we set the precedent all business license cost will be recovered, if we lost the business license department we will be closed, we'll probably lose all grounds. I hope we'll make the right decision.

Recreation

By: Art Paul
Sports Committee Member

It's coming to a new year, for budgeting all budgets have to be in by March 30, 1986. If you want to be heard, the recreation committee, Allan Manuel, Frank Gottfriedson and Art Paul are going to have another meeting for you the Band Members to let us hear your concerns about recreation on the band. The committee at this point need to take direction on schedules of meetings, notices, decisions, number of KIB teams, funding recovery, allotments, policies of recreation.

You the members must give this direction, I believe that you want the best for the band. If this is true then don't miss the meeting. I realized that most of the membership haven't had notices sent to them. This is one of the reasons the

committee realizes that there's need for improvements. The meeting will be set for April 9, 1986 at 4:30 p.m. at the board room of the administration building. See you there.

S.A. Report

By: Jon Spotted Eagle

For the past few months there have been problems relating to the incentive allowance. On a number of occasions individuals have been asked to do incentive work without consulting the band social worker or the financial aide to get approval. This is necessary as individuals have been asked and completed incentive work hours, who were not eligible as they were not in receipt of social assistance. Only individuals receiving social assistance qualify if they meet the following requirements. If an individual does incentive hours without approval, those hours will be counted as volunteer hours, as a payment will not be made.

For those organizations or individuals who utilize incentive workers, it is your responsibility to find the worker and have the worker meet with the social worker to verify that he/she is eligible to do incentive work. Before an incentive worker begins to do thier hours a contract must be signed by the incentive worker, the incentive worker supervisor and either the band social worker or the financial aid. When the incentive hours are completed the time sheet is to be submitted to the social worker which is to be signed by the supervisor to verify that the hours are complete. After the time sheet is returned the social worker then signs the time sheet and have a cheque issued to

the incentive worker. Below is the policy relating to incentive work;

Special Allowances
INCENTIVE ALLOWANCES

To encourage participation in voluntary employment programs designed to enhance the social functioning of individuals in receipt of social assistance, incentive allowances may be issued under the following conditions:

- a) Persons under 60 years of age may be granted an allowance of up to:
 - i) \$50.00 per month for a recipient without dependents, if there are at least 20 hours of participation in the program each month;
 - ii) \$100.00 per month for a recipient with one or more dependents, or a person in receipt of handicapped persons allowance, if there are at least 40 hours of participation in the program each month.

The allowance may be pro-rated if the recipient does not complete minimum participation requirements for a reason beyond his/her control.

Example: Recipient with dependents who leaves program after 30 hours because of illness, is entitled to; $30/40 \times 100 = \$75.00$ incentive allowance.

In addition to the above, the recipient may be granted an allowance of up to \$25.00 per month for actual baby-sitting costs.

- b) Incentive allowances may be issued to a recipient for a period of six months renewable

- b) for an additional six months for a maximum of twelve months within a three-year period. Extension of the allowance beyond this period must receive prior approval of the District Superintendent of Social Development
- c) Incentive allowances may be issued to recipients participating in a voluntary and non-compensatory employment program of non-profit organizations only. Such placements should not displace regular staff. The allowance may not be issued to persons taking part in training or education programs, nor to persons participating in work opportunity projects.
- d) Before any allowance is implemented on behalf of a recipient an incentive allowance contract (901-520-9) must be completed and signed by the client and representative of the administering authority.
- e) The recipient must demonstrate that he/she is meeting the terms of the incentive allowance contract during the course of the program.
- f) The incentive allowance is intended to be used to meet costs of employment such as transportation, clothing, baby-sitting (if daycare services are not available) and other incidental costs.
- g) The combined value of the incentive allowance, maintenance exemption, and earning exemption (see section 3.9(b)) shall not exceed \$50.00 per month for a single handicapped recipient, or \$100.00 per month for single

handicapped recipient or a recipient with dependents.

Education

By: Annette Thomas

Spring has arrived and with it comes skipping out fever. Discourage your son/daughter against it as this will lead to too many absences and a possible failed grade.

I'm happy to report that our drop out rate has reduced drastically thanks to your encouragement that school is important.

Our parents group still needs more involvement from you. Come out and voice your concerns about whatever's been bugging you.

We had a public speaking workshop for the kids from 13 to 19 years of age. This workshop turned out to be successful. The instructor, Tina Gemby, showed the kids how to prepare a speech and how to present it. She was an enthusiastic person and everyone had a great time...When their shyness wore off. Mary, our child care worker, will be organizing youth activities on the reserve. I'm sure your support and involvement will be greatly appreciated. You can contact Mary at the office.

Graduation is just around the corner. Congratulations to our grads. One word of caution, (which I'm sure you've heard many times) **DON'T DRINK AND DRIVE.** But, I would like to see all of you registering for college or university next year.

I have enclosed a poster I had stuck up on my office wall which I think some of you parents will get a kick

out of.

Any concerns you have, please don't hesitate to contact me.

TEENAGERS
IF YOU ARE TIRED OF
BEING HASSLED BY
UNREASONABLE
PARENTS,
NOW IS THE
TIME FOR ACTION!!!

LEAVE HOME AND
PAY YOUR OWN WAY
WHILE YOU STILL
KNOW EVERYTHING!

RRAP

By: Art Paul

The 1986 Housing Budget has been allocated to vinyl siding all the older homes on the reserve, the list of homes to be done is listed below:

1. Bruce Thomas
2. Mildred Jules
3. Douglas Jensen (log)
4. Kenneth Jensen
5. Cheryl Jules
6. Dave Seymour (log)
7. Alice Thomas
8. Angelino Seymour
9. Frank Gottfriedson
10. Teddy Gottfriedson
11. Gary Gottfriedson
12. Clarence S. Jules
13. John Jules (log)
14. Maria Jules
15. Leslie Jules
16. Billy Jules
17. Andy Manuel (log)
18. Michael Paul
19. Ida Jules

20. Mildred Paul
21. Art Isadore
22. Charlotte Manuel
23. Robin Gottfriedson
24. Library
25. Duplexes
26. Bonnie Leonard
27. Allan Manuel
28. Wendy Leonard
29. Sandra Seymour
30. Grant Seymour
31. Daniel Seymour
32. Charlotte George
33. James Casimir
34. Russell Casimir
35. Ernie Thomas
36. Bertha Thomas
37. Evelyn Camille
38. Richard Seymour
39. Cindy Seymour
40. Gus Gottfriedson
41. Cathy Peters
42. Sonny Leonard
43. Raymond Leonard

Ken's Report

By: Ken Scopick

SPECIAL ASSIGNMENT PROJECTS SECURITY MONITORING SYSTEM

In order to provide protection for Band facilities against vandalism, burglary, fire and mechanical failures steps have been taken toward developing 24 hour surveillance system. To avoid paying out large sums of money to security companies and "in house" monitoring system has been tied into our existing security operation. The installation of the remote location sending units and receiving terminal has been completed. Staff training is being undertaken and the new surveillance equipment will begin to be used very soon.

Three locations have been electron-

ically wired to detect both operational and emergency conditions. The church is being monitored for burglary and fire while the pump house has additional sensors placed on the pumps to detect failure, overload, low water intake, low reservoir, etc.

An alarm room with an encoder and electronic receiving unit has been set up in the residential school. The KIB security staff will be summoned to the alarm room by means of a pager and will respond to the alarm by implementing a pre-determined course of action.

FIRE SAFETY STUDY

The Kamloops Fire Department has been contracted to undertake a study of fire safety conditions at the Administration Complex and the Industrial Subdivision. Band staff have been working with the fire prevention office to determine conditions in the respective areas. Consideration is being given to National Fire Code conditions, water supply for fire fighting, evacuation procedures and emergency measures.

Particular attention is being given to fire safety code interpretation in the former residential school. The study is of vital importance to the preparation for relocation of the Band offices in the brick building. The status of safety code interpretation must be tied into the planning for modifications to the building that are required. The eight week long study should be completed by the middle of April.

MAINTENANCE DEPARTMENT REVIEW

Given substantial measures of growth within the past few years and the

corresponding increase in service requirements to maintain a high standard of benefit to Band members, a review of the operation of the Band maintenance department has been undertaken. The indepth study has four basic objectives; assess the operation of the maintenance department with respect to; management, supervision and training, productivity, communication and purchasing; compile an inventory of existing facilities, tools and equipment; collect the grievances of the maintenance department employees; provide recommendations for constructive changes to the existing operation.

Input for the study was collected from the maintenance department employees, administration staff and council. The maintenance department has been doing an admirable job of providing services to the reserve. Growing pains resulting from an increased demand for services in both quantity and variety has placed excessive workloads on a staff and facility which has not grown in comparative size.

The recommendation which has resulted from the study are being reviewed by the Council who is giving careful consideration to the development of the department. A strategy for positive changes to the department, given current budget restrictions, is being designed for implementation.

ST. JOSEPH'S CHURCH

A special Heritage Week preview of St. Joseph's Church was a highlight in February. Chief Manny Jules and the Council were hosts to Kamloops Band Members, the Kamloops Heritage Society, the Kamloops Museum Association and the general public in a

Heritage Day presentation at the church. Local media were also in attendance for a press conference, a slide presentation and a talk on the restoration.

The church was open throughout the week with Ed Jensen acting as the Band host and guide to the many visitors. The preview saw 454 people come to the church with donations of over \$200 contributed toward the church maintenance fund. Interest in the work done by the Kamloops Band has resulted in numerous news articles in both local and provincial newspapers and television networks. Among the special visitors at the Church in February were the students of the Skelep School who attentively enjoyed a visit to the Bands Historic Site.

Plans to open the Church for the Expo summer of 1986 as Historic Site attraction have been made. A challenge '86 grant has been applied for to fund the guiding staff required to open the site.

Several Chiefs and Councillors from other Bands within the district have visited the church and expressed interest in doing a similar project with churches on their reserves. Slide presentations and talks have been given to Little Shuswap Band and the Okanagan Band with requests for information from the Bands at Bonaparte and Skeetchestn.

Church

By: Sister Joyce Anne Kennedy SSA

Dear Friends of the Band;

Again we have the blessed season of Easter and all the beautiful events of Holy Week - March 23 to March 30

During these days we celebrate the first Eucharistic Banquet, Good Friday and Jesus' resurrection to New Life. We, too, are called by God to our own resurrection to new life each day by responding to God's loving care, mercy, forgiveness, and healing. Our loving response to God in our hearts, generates a greater love for Him. We show our love in prayer, both private and public as with church, caring for others and in sharing of our gifts of life, love, faith and hope with others. Parents particularly share of these latter gifts - in a special way - with their children. Several parents have done this by requesting Baptism and religious instruction for their children. If you wish to share God's great gift of faith, feel free to contact me at 374-0410 around 6:00 p.m. or at 372-0205 during most days. I am also available on Thursdays from 1:00 - 9:00 p.m. for classes if you wish.

Presently, children's classes are on Thursdays from 2:45 - 3:15 in Ske' Lep School Library. Classes for young adults are every second Thursday, if possible, at Kathleen Green's home. Other classes for parent/guardians wishing Baptism for their children have been on alternate Thursday's in private homes or in the School Library. Marriage classes and arrangements will be provided if you contact Father Ernest Klamath, pastor of St. Joseph's Church, at 372-0205 or 2757 Sunset Drive. He may also be contacted for funeral arrangements.

I wish to congratulate the Band on their efforts in restoring St. Joseph's Church. It was indeed a very worthwhile project - a symbol of God's presence with his people.

Following is a schedule of services at St. Joseph's Church. All are welcome.

MASS - 1st Sunday - 12:30 p.m.

BIBLE AND COMMUNION SERVICES -
2nd, 3rd and 4th Sundays at 12:30 p.m.

BAPTISMS, FUNERALS, WEDDINGS - by arrangement

SPECIAL FEAST MASSES - 12:30

Lovingly in Christ,

Sister Joyce Anne Kennedy, S.S.A.

Daycare

By: Angie Jules

Well, it looks as though spring has arrived, hopefully it will remain warm and sunny.

As usual the daycare staff is very busy with the little people. Our enrollment at this time is 52 children and we have a new added staff member Bonnie Thompson (Peters). Bonnie takes care of the Kindergarten children in the mornings and in the afternoon takes care of the out-of-school care children plus kindergarten children, she is also our "cook" and "baby bottle washer" so as you can see we keep her pretty busy around here.

Just recently Lorna Seymour attended a Native Pre-school workshop and she brought back some information relating to our professions. Thanks Lorna!

At this time we would just like to

remind those interested "flea marketers" we will be sponsoring another flea market in April, a poster will be posted when we decide on the date. Our reasons for these flea markets are for one purchasing art material and during the summer we take field trips and this little bit of money we make helps us with gas.

We would just like to extend our appreciation to all those people that have been supporting our flea markets and also wish to thank the K.I.B. for letting us use the gymnasium and now that the weather is getting warmer we will be able to hold outside the flea markets. Once again, thank you.

O.H.R. Report

By: Wendy Leonard

Well spring is in the air, time to do spring clean up. Get all that stale dust and cob webs out of the house. Disinfect the walls and floors. Wash and air out blankets, shampoo rugs. In all, just give your house a new face lift. This will get rid of all the flu and cold germs for another year. This may keep you busy until summer. Don't forget to give the outside a good cleaning. Break down and throw some of the junk you have been keeping for years. They may be just dust collectors and also could be a fire hazard.

This is a good time of year to be burning some of those weeds, as woodticks are out again. Keep checking yourself and children after roaming around in the bush and also when spending alot of time outdoors.

We are without a nurse again! Some of the babies that may need immuni-

zation could go to the South Central Health Unit, call 828-4411, they have baby clinics every Thursday. You have to phone in advance to make an appointment. If you have any questions please feel free to call.

The public health nurse will be going to Ske'Lop School on May 7, 1986 in the afternoon for kindergarten children's pre-school booster. There will be more information to come in the near future.

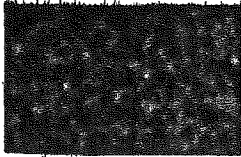
At this time if there are any moms or dads wishing to have their baby's caught up on their immunization shots please feel free to bring them in. Hopefully we will have a new nurse very soon.

I and a few interested people will be attending a Hospice Workshop held in April 11th and 12th and April 25th and 26th. Hospice is a community program for personal care of terminally ill people and their families. The goals are; to maintain dignity, individuality and quality of life. To provide physical, psychological and spiritual support where necessary. To relieve symptoms often present in terminal illness (eg pain, nausea and constipation). To maintain support at death and during bereavement. To provide awareness and education to health professionals and the community. Anyone interested in taking the training feel free to let me know right away. As the deadline is April 11th.

April is cancer month and it is so important that you have your yearly check-up at your doctors office.

Women should be doing a monthly breast self examination. Men should be doing a monthly scrotum self

examination. We are finding more and more cancer is found in the native communities. Take a friend, mother, sister, daughter, father, son, brother, girl friend or boyfriend with you. Cancer can be beaten if caught in time.



SNACKS SNACKS SNACKS SNACKS SNACKS

Juicy

oranges
berries
apples
tomatoes
plums
peaches
graps
watermelon
pineapple
pears
bananas
grapefruit



Thirsty

water
tomato juice
whole milk
2% milk
skim milk
orange juice
grapefruit juice
apple juice
cranberry juice
pineapple juice
homemade soup
bone broth



Crunchy

carrots
radishes
turnips

cauliflower
cabbage
green peppers
red peppers
celery
peas
beans
onions
cucumbers
lettuce
broccoli
pickles
plain crackers
dry enriched cereal



Hungry

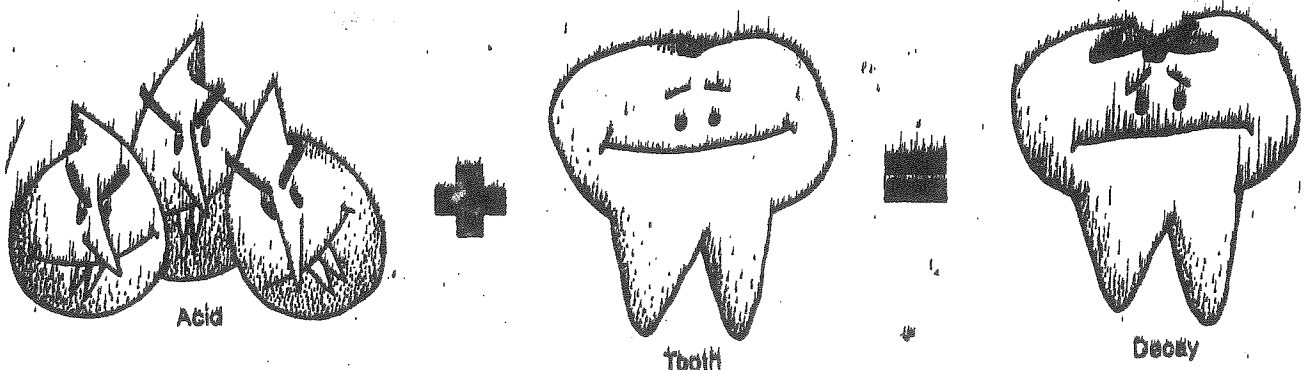
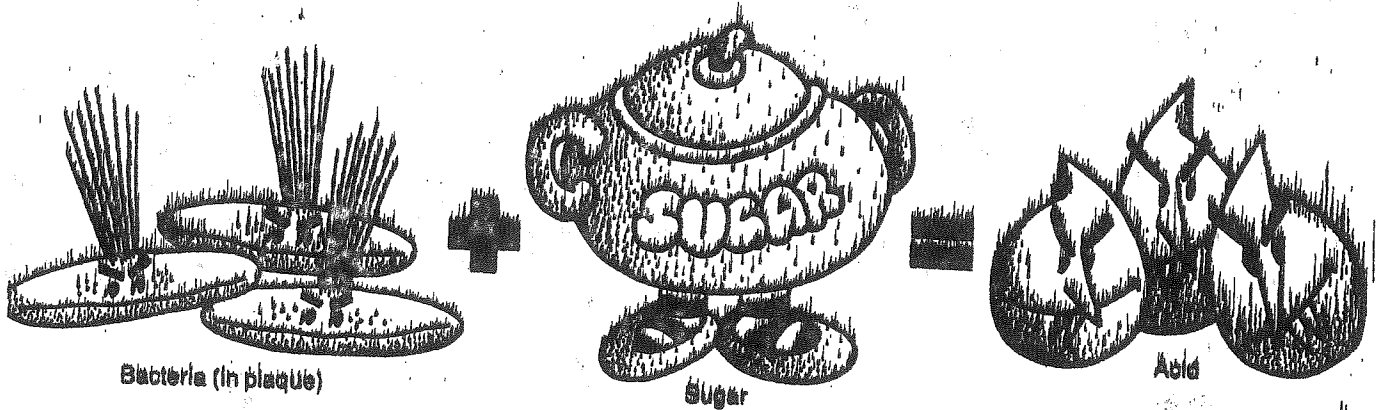
eggs
plain yogurt
cheese
cottage cheese
nuts
peanut butter
sunflower seeds
chicken
fish
meat
turkey
hot dogs
hamburgers
pizza
whole wheat bread
bannock
muffins
meat sticks



SELECT FOODS PREPARED WITH LIMITED AMOUNTS OF FAT, SUGAR AND SALT.

HIDDEN SUGAR IN FOODS

<u>Food</u>	<u>No. of Sugar Cubes</u>
1 tbsp. honey.....	3
1 candy bar (1 oz).....	7
1 cake donut.....	4
1 large scoop ice cream (2/3 cup).....	6
1 slice chocolate cake.....	15
1 wedge apple pie (1/6).....	12
1 cup chocolate milk.....	6
2 tbsp. jam.....	6
1 slice angel cake.....	6
2 tbsp. chocolate syrup.....	9
1/2 cup orange juice.....	2



NATIVE FOOD GUIDE

This food guide shows how B.C. native foods fit into the four basic food groups. It also shows that native foods are very nutritious. Most native people today eat both traditional and non-native foods. Because native diets are in this transition, the guide includes some foods that are not strictly traditional. This guide can be used with the *Canada's Food Guide and Handbook*. Please refer to *Canada's Food Guide* for non-native foods. A complete list of all native foods in each food group is found on the last page of this guide.

EAT A VARIETY OF FOODS FROM EACH GROUP EVERY DAY

bone and milk products

Children up to 11 years 2-3 servings
 Adolescents 3-4 servings
 Pregnant and nursing women 3-4 servings
 Adults 2 servings

Some examples of one serving:

- 90 g (3 oz.) canned salmon with bones
- 250 ml (1 cup) fish head soup
- 315 ml (1 1/4 cup) dried seaweed
- 250 ml (1 cup) milk
- Breastmilk as needed for babies.

for strong bones and teeth

for eyes, skin and preventing infections
berries and vegetables
4-5 servings

Include at least two vegetables.

Some examples of one serving:

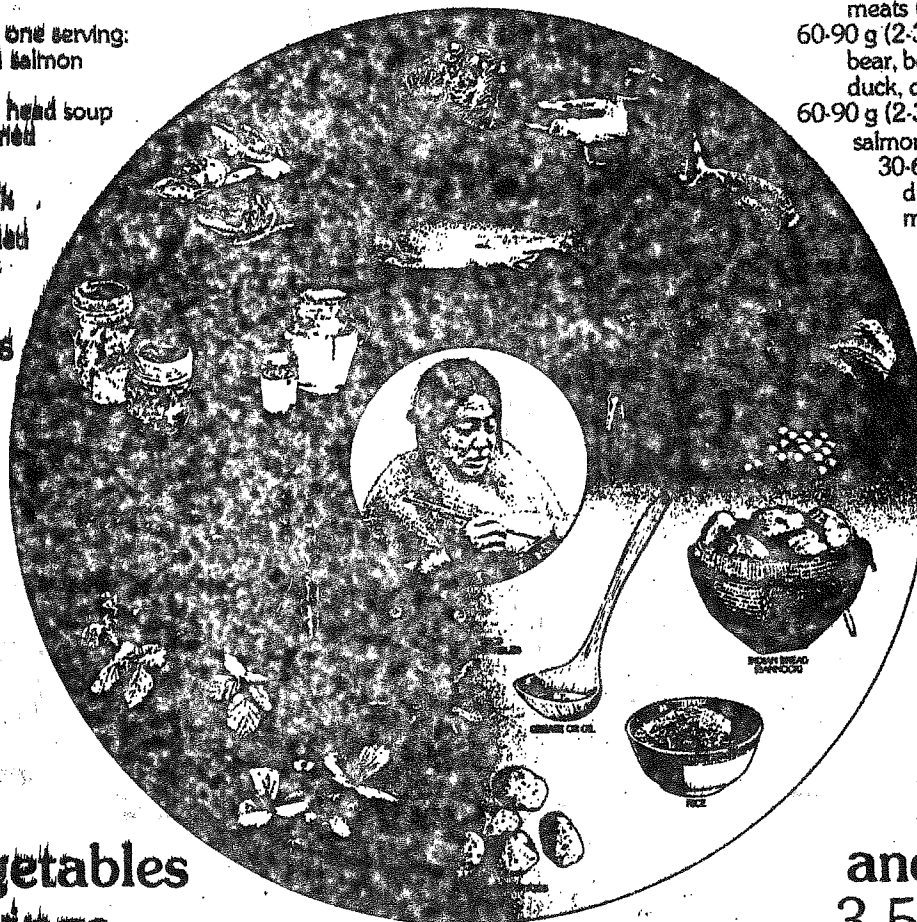
- 125 ml (1/2 cup) berries (strawberries, blueberries, raspberries, blackberries)
- 1 medium-sized potato
- 125 ml (1/2 cup) carrots, greens

meat, fish, birds and eggs

2 servings

Some examples of one serving:
 60-90 g (2-3 oz.) cooked organ meats (liver, heart)
 60-90 g (2-3 oz.) cooked moose, bear, beaver, rabbit, duck, deer
 60-90 g (2-3 oz.) cooked salmon, trout, shellfish
 30-60 g (1-2 oz.) dried/smoked meat or fish

for strength, muscles and blood



for energy
bread and cereals
3-5 servings

Whole grain products are recommended.

Some examples of one serving:

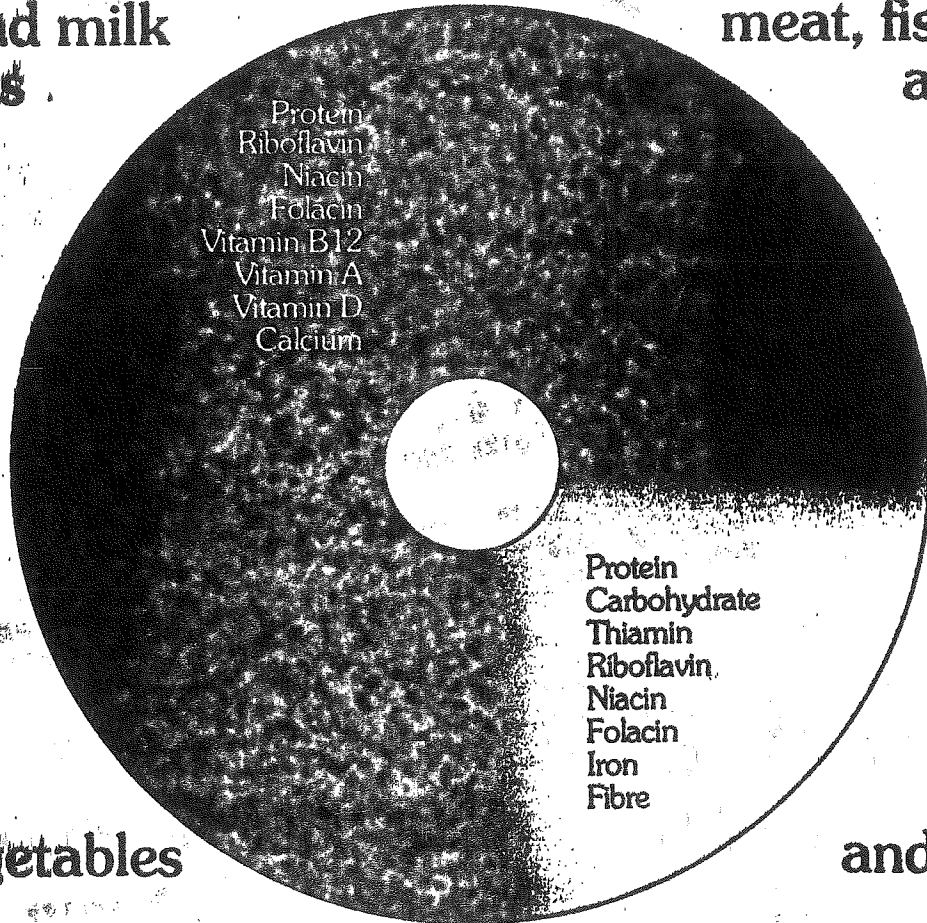
- 1 piece of bannock
- 1 slice of bread
- 125 ml (1/2 cup) cooked cereal (oatmeal/mush)
- 125-175 ml (1/2-3/4 cup) cooked rice

USING THE NATIVE FOOD GUIDE

The native food guide follows the principles outlined in the *Canada's Food Guide*. This guide has the same four food groups and serving sizes as *Canada's Food Guide*. Choose foods from each group in the right numbers and sizes of servings every day. Each food group provides you with different essential nutrients.

bone and milk products

meat, fish, birds and eggs



berries and vegetables

bread and cereals

Variety

Choose different kinds of foods from within each group every day.



Energy Balance

Needs vary with age, sex and activity. Balance energy intake from foods with energy output from physical activity to control weight.



Moderation

Select and prepare foods with limited amounts of sugar and salt. Use grease and oils in moderation.



I'M FINE THANKS!

There's nothing the matter with me,
I'm as healthy as can be,
I have arthritis in both my knees,
And when I talk, I talk with a wheeze,
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm alright,
My memory is failing, my head's in a spin,
But I'm awfully well for the shape I'm in.

The moral of this as the tale I unfold,
That for me and you who are growing old,
It's better to say, "I'm fine!" with a grin,
Than to let folks know the shape we are in.

How do I know that my youth is all spent?
Well, my "get up and go" has just get up and went,
But I really don't mind when I think with a grin,
Of all the grand places my "get up" has been.

Old age is golden, I've heard it said,
But sometimes I wonder as I get into bed,
With my ears in the drawer, my teeth in a cup,
When sleep comes over me I say to myself,
Is there anything else I should lay on the shelf?

When I was young my slippers were red,
I could kick my heels right over my head,
When I grew older, my slippers were blue,
But I still could dance the whole night through,
Now that I'm old my slippers are black,
I walk to the store and puff myself back.

I get up each morning and dust off my wits,
Pick up the paper and read the "bits",
If my name is still missing, I know I'm not dead,
So I get a good breakfast and go back to bed.

AUTHOR UNKNOWN



KARLY GOTTFRIEDSON has been selected for the student of the week award for the way in which she has looked after her library books and returned them to school in very good condition. In fact, one book she looked after for more than six weeks and still managed to return it to the library in good condition.



The award this week goes to the girls A volleyball team. Mr. McLean tells me that on the occasions they have played for him both at school and away they have been great representatives of our school. Well done to a mature, well behaved group of young ladies. DUANNA JOHNSTON, AMANDA AHDEMAR, VERONICA SEYMOUR AND SHANNON GOTTFRIEDSON.



Members of the boys and girls basketball teams receive the student of the week award for this week. These grade six and seven students proved to be excellent representatives for our school in basketball game against a grade 8 girls team from Prince George. Playing against a much taller and faster team the Ralph Bell Students showed lots of courage, desire and sportsmanship. Congratulations DUANNA JOHNSTON AND TERRANCE CAMILLE.



This week the student of the week award goes to four grade seven girls. Debra, Barbara, Judy and DUANNA JOHNSTON were involved with the primary track meet helping sponsor teachers, providing leadership for all the little people of the school. The success of the meet was due in no small way to the help these four young ladies provided.

Ske'Lep School Cultural Day

By: Janice Billy

Ske'Lep School held a Native Cultural Day on Friday, March 21 in conjunction with Education Week. The day turned out to be a huge success with many parents, grandparents and relatives attending.

The day started out with everyone being invited to the KIRS dining room to view the display of children's work as well as displays set up by the Secwepemc Society and Mildred Gottfriedson.

At 10:00 a.m. a stick game demonstration with Jeanette Jules and the Grade 1's took place. We were very fortunate to have Elder Mary Thomas from Enderby visit to talk to the children and show them her traditional crafts. Mary's talk was very inspiring to all. She spoke of the importance of maintaining our Shuswap culture and values. She encouraged young people to do their best and get as much education as they can. Mary also had many interesting things to tell about traditional Shuswap culture such as how to get the quills off a porcupine without harming it. Mary spoke to about 120 children as well as we invited the Grade 4 English and French classes from Lloyd George.

Lunch consisted of many delicious traditional foods such as salmon egg and saskatoon soup, dried salmon soup, moose met stew, bannock, baked salmon, rice, potatoes and soapallalie juice and soapallalie. Many thanks to the parents and relatives who donated the food.

After lunch the Ske'Lep School children and guests performed in a concert. The children performed songs, dances, Shuswap songs, and

plays that they had been practicing for many weeks. The audience seemed very appreciative of their efforts. Special guests included Ethel Billy from Chase and John and Eli Jules. Ethel sang some traditional Shuswap songs. Eli and Sisiaskit Jules performed dances. Sarah and Red Willow Jules, Harmony, Veronice, Tanya and Ramona Seymour performed dances.

When the concert was over, Mary Thomas spoke about how good it made her feel to hear the young children speaking the Shuswap language. She said that she sees a revival of the language especially if young children continue to learn it.

The KIB parents committee showed their appreciation to the Elders for attending and for all the things they have to teach us. They were presented with scarves and tobacco.

There are so many people to thank who helped make this cultural day a success;

Laura Jules, cooking
Irene Billy, cooking
Robin Gottfriedson, cooking
Violet Johnston, cooking
Linda Petel, cooking
Maggie Dick, cooking
L & L Catering, donating supplies
People who donated food
Jeanette Jules & Celia Rogers for their beautiful job of setting up the displays.

Special Guests:

Mary Thomas
Ethel Billy
Mildred Gottfriedson
John Jules
Eli Jules
Linda Jules & Secwepemc Society

Linda Jules & Secwepemc Society
 Richard Seymour, KIB Councillor
 Richard Jules, KIB Councillor
 Grandparents
 Aunts
 Uncles
 & Other Relatives

It is very encouraging to see so many people attend a school event. It shows parents are interested in their children's education. This certainly has a positive effect on the children when they see their parents and grandparents at a school activity.

WE THANK ALL THE GOOD COOKS FOR THE NICE DINNER WE HAD: SOUP, ICE CREAM, FISH, BANNOCK, ETC.

HARMONY

ION
 FRRRAAK
 EVENING STOP

BB
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J 9 4 2
 JOANNA

DALWAG

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 Brenda Major

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Andrea Rogers

Chris Chenoa

By Amy
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Sam
 Eagle

Johnny

Nacoma

Nicky
 Helen

Delyla

Ramona

Bruce M

Emily
 Travis

gasie

Russella

Raymond

Sabrina

Ske'Lep School

Dear Cooks:

I really liked your food. Your already to get ready for christmas. I enjoyed the Indian ice cream and I enjoyed the bannock. Putucwiye, kukstsetseme.

From: Roxanne Antoine

Dear Irene & Cooks:

I really enjoyed your food. I especially liked the indian ice cream. Well I just wanted you to know I liked all the food. I hope you et this letter. I better get going now.

From: Vanessa Billy

To Laura, Violet, Karen, Linda and all the other cooks:

Your lunch that you cooked on Friday, it was delicious! Who made the soups? They were SUPER! I really would like to thank you for taking the time to make all that food. I bet that there wasn't a person that left their plates full. Everyone that was beside me finished every bit of their food, so the food must have been good!

From: Sarah Jules

Weytek, Dear Laura and other Cooks:

The lunch you cooked on Friday. It was delicious! Who made the deer meat soup? It was delicious super! I bet you there isn't one person who didn't finish there soup. (but maybe just one or two) I really really liked the Indian ice cream, and the salmon, who made the soupallie juice. It was excellent!! Thank you for taking all that time to make all that food!

Sincerely Yours, Michelle Jones

Dear Karen & Cooks:

We really enjoyed your delicious Indian ice cream and your corn soup plus your bannock and the Indian

juice. I forgot and your salmon it was very good. Thank you.

Yours truly, Tammy Jensen.

Dear Auntie Linda & Cooks:

We really enjoyed your delicious indian ice cream and the bannack and deer stew. well thts all I get ho ho I fergot the Indian juice. Kukstsetseme.

Love: Roxanne Petel

Weytkp - Hello to Several

I enjoy working with the young children, they can pronounce the Shuswap words really good...And in the little concert we had - of 5 little puppies in Shuswap, I made a mistake and they checked me, which goes to show these children have learned their words, and you can't fool them. That's a good sign that they are interested in learning.

Here are a few words to give you an idea what we are doing. Also to parents, you are welcome to visit us in the classroom.

I wish you all a Great Happy Easter Holiday! And enjoy yourselves.

To All the Children:

May the Easter Bunny be good to you all!

Putucwiye - good bye to all

Kukstsetseme - thank you

Shuswap Teacher,

Josie Jules

Our Granny's

My granny makes me breakfast and lunch, supper and puts me in bed. She does lots of things for me. She LOVES to smoke alot. She also goes for walks down the road, and she likes to cut wood and burn it in the fire.

By: Tammy Jensen

My granny looks after me and cooks for me. And she gets me ready for school. She told me when she was younger people called her Eggs because he boyfriend was a chicken killer. She had 10 sons.

By: Nancy Peters

She is very nice she uses a handkerchief and a cane. She is very old, she lives in Cache Creek reserve. My grandmother has short hair. My grandmother's name is Tilly. She smokes cigarettes, she smokes Players Light. My grandmother is 72 years old. My grandmother never told me a story. My grandmother owns 5 horses and 20 chickens on a ranch.

By: Roxanne Pierro

My granny's names are Matilda and my other granny's name is Francesca. My granny Matilda lives in Lillooet. My granny Francesca lives in Fort St. James. Both granny's are Indians. They are both very nice. My granny Matilda gives me money because she really loves me. My other granny Francesca made me mocassins for my birthday present. I only got to see her once. P.S. I love them both.

By: Roxanne Antoine

My grandma is nice she buys me lots of stuff and she brings me lots of stuff when I am sick at home in bed. She stays with me when I am sick. I stay at her house. Just we go to town and shop at the store. She

buys us stuff like shoes and clothes.

By: Patricia Peters

Catherine Kenoras is my great-grandmother, Ke7ah as everyone knows her is my grandma's mother. My Ke7ah is 77 years old and lives in Chase Indian Reserve. Ke7ah has six daughters and two sons and lots of grandchildren. Ke7ah does alot of work. She keeps her own house yet cans lots of fruit and whatever she can get. Does birch bark baskets, knits crotches, sew blankets, mends, darns clothes, washes clothes and cooks. Shops her own groceries and above all likes to play bingo. Oh by the way I am one of her many, many grandchildren.

By: Vanessa Billy

My grandmothers names are Josie and Ida. My great granny Ida lives in the U.S. She is around 78 years old. She is very nice to me, my mom, my sister, and my baby brother. She gives all of us presents at special occasions or if it is our birthday. My granny Josie lives on the Kamloops Indian Reserve. She is around 56 - 58 years old. Also she is nice to everybody in my house. Last but not least she gives me things to keep, to eat and all kinds of presents on my birthday or on Christmas.

By: Jules Larue

About Culture

I think culture is different dances and songs. There is different languages and different clothing and different people that's what I think culture is.

By: Lesleigh Larue

I think culture is all kinds of people. People like the Shuswap Indians

Culture

the Shuswap Indians had their way to live. Like the Shuswap people had their own kind of dances, they had their own way of fishing and hunting, their clothing was a little bit different than the other Indians. The Shuswap also had their own songs, and their own kinds of shelter. The Shuswap also spoke of their own language. That's what I think culture is.

By: Jules Larue

The way they fish and hunt. Their language is different. There is black, Indian, white language. Different dances and songs, clothing is different.

By: Roxanne Antoine

Culture is; a way of life, different dances and song, fishing, hunting, food gathering, their clothing, shelter, language.

By: Patricia Peters

Shuswap Decrease

In 1850's, there were 30 Bands of Shuswap. Now in 1985, there are only 17 bands left. This is because most of these Shuswaps died of serious epidemics. The prime cause of the diseases is small-pox. This disease wiped out most of the Shuswaps. The population of the Shuswaps since 1850's had cut down 2/3. The population of the Shuswaps had lessened very much since 1850. The other cause of diseases are measles, scarlatina, whooping cough, influenza and tuberculosis.

By: Tany Moffat

Many Indian tribes died from diseases, the diseases were small-pox, measles, scarlatina, whooping, influenza, and tuberculosis. The Indians died from these diseases because the

Indians probably never had the cures for the diseases. Also the Indians died from food, the change in their diet made them weaker. So most of the Indians started dying off.

By: Jules Larue

The Shuswap Indians population went smaller because the Indians died from diseases and they couldn't hunt for food, or do anything else. They were so sick everyone was dying from smallpox, measles, scarlatina, whooping cough, influenza, tuberculosis that's the way it got smaller.

By: Tammy Jensen

In 1850's the epidemics came. First came small pox. It wiped out a whole division, the Canon Division. In the Canon Division there was 700 people. Now there are none. Then came measles, scarlatina, influenza, whooping cough, and then tuberculosis. Some diseases had no medicine to help cure it. The Indians also never had contact with the diseases. Then when it was over in 1906 there was only 2236 people. In the 1850's there was about 7200. About 5000 people died during the epidemics.

By: Sarah Jules

Way of life, different dances and songs. The way they use to live, fish and hunt. Their clothing, shelter and language.

By: Roxanne Pierro

Most of the Indians died because of small pox, measles, scarlatina, whooping cough, influenza and tuberculosis. The population decreased because of small pox and those other diseases. In 1850's there was 7200 Indian people and in 1900 there were 2236 Indians. So two thirds of all the Indians died. They also died because they didn't have cure.

By: Vanessa Billy

Communiqué

1-8609

CHIEF CLARENCE JULES OF KAMLOOPS TO WORK ON INDIAN ACT
AMENDMENTS ANNOUNCED IN THE FEDERAL BUDGET

VANCOUVER - March 4, 1986 - Chief Clarence Jules of the Kamloops Indian Band of British Columbia will work with federal officials to develop the legislative amendments to the Indian Act designed to enable Indian communities to levy local taxes on Indian lands it was announced today jointly by the Minister of Indian Affairs and Northern Development, the Honourable David Crombie and Chief Clarence Jules.

These proposed amendments were first announced by the Honourable Michael Wilson, Minister of Finance, in the February 26, 1986 federal budget.

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OFFICE OF THE KAMLOOPS INDIAN BAND

FILE No.

Canada

- 2 -

This is the first time that specific reference has been made in a budget speech regarding a legislative initiative directly connected to Indian economic development.

"The proposed changes to the Indian Act," said the Honourable David Crombie, "represent another significant step forward in reaching the goals of self-government and economic self-sufficiency. Those bands who decide to take advantage of the opportunity provided by the proposed amendments will be able to significantly expand their economic base."

The taxation proposal was first presented by the Kamloops Indian Band to the Minister of Indian Affairs and Northern Development, the Honourable David Crombie in October, 1985, after many years of preparation by the band.

As stated by Chief Jules, "this issue has been alive for us for over 20 years. It is supported by over 100 Indian bands from every province and territory, who submitted Band Council Resolutions to the Minister", the Chief said. "I would like to acknowledge the hard work and support of community members; members of the band council; and of Mr. Crombie and his officials. This shows what can be achieved through hard work and cooperation."

- 3 -

The Chief added, "while this in itself does not resolve many of the more fundamental issues facing aboriginal peoples today, it is a positive start on the road to communities governing their own affairs."

The Minister added that Indian communities would be consulted on the legislative proposal being developed jointly by Chief Clarence Jules and the Kamloops Indian people and department officials.

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For more information call:

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819-994-8140

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INAC, Vancouver
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Theresa Nahane
Special Assistant to
the Minister
INAC, Ottawa
819-997-0002

Range Management Report

Well summer is here again. I found that out by finding a Woodtick on me last week. In my last report I mentioned that (C.E.I.C.) the manpower office was reviewing our application for 20 men and women in a training program. This program was coordinated with 2 other Bands, Neskaimith and Skeetchestn through the Cariboo College. These 3 applications were very different from the other applications, because if they rejected 1 of the 3 proposals they would have had to reject all 3 of them. Anyway to make a story short all 3 applications were approved and the program has been going since January 20th. Today is the 3rd of April and the trainees finished writing their final exams yesterday.

I also have another project going until the end of April. This is the Range Improvements IV crew. This crew has been very busy. I had an embarrassing experience in 1984 on our N.E.E.D.S. Project, when one of the workers was asked why he was building the fence in a certain area and answered "He didn't know why, that they were constructing it there, but they were doing it because I told them to."

So now every application that I send to D.I.A., C.E.I.C., etc. involves training, teaching them how to do things in the proper way, when to do it, where, and why they are doing it that way. When I made the application to D.I.A. for the Range Improvements IV program I stated on the application that whenever the project ended, I should be able to choose any one of the 10 crew has proven themselves to be economical, efficient and capable of doing what I stated. These are some of the workshops they have attended;

February 5, 1986	Workshop on Range Management and Improvements
February 19, 1986	Workshop on Maintenance of Equipment
February 20, 1986	Workshop on power saw maintenance
February 24, 1986	First Aid Course
February 25-27, 1986	Calf Seminar
March 5, 1986	Knapweed Control Workshop
March 17, 1986	Fire Fighting Course

Each one of the crew members completing the project will receive a certificate. I just now phoned the D.I.A. office in Vancouver and received word that another program is now open. I will be flying to Vancouver tomorrow, April 4, 1986. I will pick up the application and if I have time to fill out the application forms for the project.

I have had luck each time that I mentioned I was filling an application out for a program, before the newsletter was sent out. I had the program already in operation, I hope this time is the same. So I hope to see you working by the time you read this.

Thank you.

Allan Casimir
RANGE MANAGER

My Granny Poolina

I must have been 5 or 6 years old, I was not going to school yet. My Dad told me I would be going down to the village to look after my granny Poolina. We were all staying at the farm in the junction. So I and my granny looked after one another. She was blind and had to use a cane to walk around. But she knew how to get around the two roomed house we stayed in.

Wood had to be made every evening, kindling and shavings. Carry water from the river in a couple of lard pails. Sure had to make a lot of trips to fill a regular pail. Sometimes she would help me with a small bucket, and in her other hand she would use her cane. I would tell her when there was a dip in the trail or a stick or branches was about to hit her on the head. Took us a long time but we got it done.

In the evening a little later on we would sit on the front steps and listen to all the sounds. She would tell me stories or sing Indian songs. Some were happy ones, and sadder ones that her parents sang for her. "What do you see?" she would ask me. There is nothing worth talking about I would tell her. We both talked in the Shuswap language. That is all we knew how to talk. A scolding was deserved and she said there is all kinds of things out there. I told her that a star is bright above our church and a lot of small ones. She wanted to know how the clouds were if any, dark or light colored. Which way they were moving. She would tell some more stories, next thing I knew she was waking me up to go to bed. But first go to the toilet down the gully.

My dad left us an old horse and tame. We used to stake it out on the long grass. Once we tried hobbles on it, but it can go fast. Its name was Bradley. She used to say plotly. It nearly made me cry trying to catch him. People used to help us catch Bradley.

In the morning we will get up early and pick Saskatoons. Not too far from Felix Auxime's place, the berry bushes are low and the berries are big. If we wait too long, the birds would eat them or the wind will blow them off the bushes. Just daylight she told me to make a fire. I don't know how she knew it was daylight, maybe the train, could be the jitney on the railroad track or it could be the birds singing. I would water Bradley change its feeding ground. Breakfast was porridge and tea. The tea was from the night before. We did not wash the dishes. Down to the horse and throw on the saddle, while I was standing on a box. Took our horse up to the house. She had to climb up to the attic. The steps were nailed to the wall and straight up. She would not let me go up instead. The baskets were up there. She would bring them down or dump them. Then she would holler, I stayed clear that time. When I think back, I say to myself, I'll bet in her heart she says "think fast". Because I have never seen her laugh so hard. I tightened up the cinch, I think old Bradley made his stomach big. I had to make the cinch tight 3 or 4 times. It took both of us to bridle him. My granny is gonna fix that horse. She took the halter shank and tied it down low on the post. And we had him beat. Before it used to raise its head away up. That poor horse had the bridle on all day even when it was grazing. We did not want to fight it again to put the bridle on. I would lead Bradley next to the block where we cut the wood and I would help my granny on. That horse would not move at all. Our baskets were all tied on and I would ride

double with her. But our horse would not budge. So I had to get off and lead him. Pretty near had to drag him all the way. But we finally got to where the berries were. Had a hard time to get her off the horse. We had to have a rest before picking.

She gave me a basket, a small one with buckskin thongs to tie around my waist. One for herself. I did not have to show her where to pick. She told me to keep talking to her so I won't get lost or keep making noise. I layed in the shade and kept talking to her. Must of fallen asleep. Next thing I knew, she was waking me up, I was in the sun sweating. "How did you find me?" I asked her. "You were snoring loud." she laughed. The baskets are all full. We loaded up our horse, and away we went heading for home. She did not want to ride she said because the horse was old and the berries were heavy. Going home Bradley was hard to hold back. We made it home before the sun went down.

She told me to look after Bradley, water him and brush him down. He worked hard all day. I don't know why I brushed him down, cause when I staked him, he started rolling on the ground.

My night chores are all done. It took a long time to clean up our mess from this morning and fix the beds. Maybe I got used to the dark, cause I didn't have to use the coal oil lamp. We sat by the doorsteps and listened to the sounds. I wanted to play with the other young boys. But it was too dark.

This evening she told me to sit on her lap. I guess she asked me twice, cause I didn't hear her the first time. I had my own little thoughts. I sat on her lap, she told me more stories, of course I went to sleep. She dropped me when she tried to carry me to bed, oh she felt so bad, cause I hit my head on the steps. I guess Bradley was wondering what I was howling about.

Every night before we would go to sleep she would kneel and say our night prayers. But I would lie down on the bed and have a good rest. Sometimes I would feel guilty and kneel beside her and give her my thanks.

TONYELL

FOR SALE

K.I.B. JACKETS

children-----\$40.00
 adults-----\$45.00

K.I.B. SWEATERS - (with logo)

adult sizes only-----\$20.00

SWEATERS - (without logo)

ladies-----\$20.00
 - pink
 - lavender
 - light blue
 - yellow
 - white
 - mint green

mens-----\$20.00
 - dark blue
 - light blue
 - teal

CAPS

blue/white & black/white-----\$ 6.00

SWEAT SHIRTS - (with logo)

children-----\$20.00
 adults-----\$25.00

BAGS - (with logo)

blue/white & black/white-----\$12.00

84 117 30 102 35 2

KAMLOOPS INDIAN BAND
315 YELLOWHEAD HWY.
KAMLOOPS, B.C.
V2H 1H1



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