

FREE

BLOOD TRIBE CHIEF AND COUNCIL REVIEW

# TSINIKSSINI

VOLUME 2 ISSUE 8

AUGUST 2010

## Cardston--Moses Lake

“Neighbors Sharing  
A Vision”

## POW WOW



**ALSO...**

**Young Entrepreneurs**

**Homeless Culture Camp**

**Community Garden**

**Mural Unveiling in Cardston**

**Doctors Lawyers Indian Chiefs**

**LANDS UPDATE**

**BLOOD MEMBER PROFILE**

**BTEST SUMMER STUDENTS**

**UPCOMING EVENTS**



***In this Issue...***

**Published by Blood Tribe  
Administration  
COMMUNICATIONS Department**

The Blood Tribe Council Review entitled 'TSINIKSSINI' is dedicated to the sharing of information for the people of the Blood Tribe. The magazine format features news, stories, articles and an array of items as our way of sharing what is occurring on the Blood reserve and beyond.

We hope you enjoy your magazine and invite any suggestions you may have in improving our coverage on any number of events and activities. The magazine will be printed on a monthly basis and will be distributed to various locations on the reserve.

The magazine is free of charge.

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We would like to acknowledge Darlene Plume, Senior Executive Officer, the Blood Tribe Chief & Council and the people of the Blood Tribe for your support.

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Cover Photo. Participants of the Cardston - Moses Lake Pow Wow in fine form in the Grand Entry on August 4th 2010 at Lion's Park in Cardston

# BLOOD TRIBE LAND MANagements 2010 --NOXIOUS WEED SURVEY BY CANOE--

Blood Tribe Land Management’s Environmental Protection Division has begun conducting a noxious weed survey by canoe. Headed by BTLM Noxious Weed Technician, Martin Curly Rider, the Environmental Protection division plans to eventually do a comprehensive inventory of all shorelines of the three rivers surrounding the Blood reserve; the Belly, the Old Man and the St. Mary’s. Altogether, this represents approximately 100 miles of shoreline. “Martin knew I had a canoe and canoeing experience, so he asked me to assist him with some recon on the southwest side of the reserve.”

“I thoroughly enjoyed paddling the twisty little Belly River, even though we bit it and had to swim once. The whole world looks completely different from the river, as compared to the mainland, it’s very tranquil and jungle like down there. On our journey we, identified patches of knapweed, but luckily, no leafy spurge. We also encountered some kids playing in the river by Little Chicago.” Knapweeds are aggressive competitors and reduce biodiversity by outcompeting native vegetation. In certain areas, knapweed infestations have reduced appraised land values. They form dense infestations in disturbed as well as undisturbed areas, cultivated fields, grain fields, pastures, along roadsides, and ditches. Studies show that spotted knapweed may influence surface runoff and sediment yield. Runoff and sediment yields were greater in knapweed areas compared to native bunchgrass vegetation. This indicates that soil and water losses can be caused by spotted knapweed infestations. Spotted knapweed may also cause soil erosion, decrease biodiversity, and reduce forage for wildlife and livestock.

Diffuse knapweed reduces forage potential because of its fibrous foliage, prickly spines and bitter taste.

Russian knapweed contains allelopathic (inhibits growth of other plants) chemicals which can suppresses other plant species, forming monoculture knapweed stands. Infestations reduce yields of desired plants and decrease the production quality of rangelands. Because Russian knapweed is also toxic to horses, infested hay has lower feeding and market value. Horses with prolonged consumption of Russian knapweed can develop chewing disease or equine nigropallidal encephalomalacia (ENE). ENE is a permanent disease caused by lesions in



*The Lands department is busy trying to identify and reduce the infestation of Knapweed, Blue Weed and Leafy Spurge. Okan Hungry Wolf, forest health technician, shares his knowledge of the environment in assisting with the noxious weed control.*

the brain. Symptoms include the inability to eat or drink, aimless or awkward movement, and spontaneous activity

In the Future, the Environmental Protection Division will deploy several boats, as well as staff, to the rivers to do complete inventories and GPS points, as well as treat infestation of noxious weeds. It is already known that knapweed and blue weed occur on both the Belly and the Old Man rivers, while the St. Mary’s river has the major leafy spurge infestation. What is not yet known is how extensive these infestations are and where the different types of weeds overlap.



**REPORT BY Okan Hungry Wolf, Lands, Forest Health Technician**

# YOUNG ENTREPRENEURS LEARNING THE BUSINESS

During the summer months, 15 young entrepreneurs took over the Blood reserve marketplace briefly, to sell their wares to willing customers, with products ranging from jewellery, clothing, sporting goods and much more. There was even a real live car wash and upholstery cleaning. The impact was tremendous and many of the youth learned valuable lessons about running a small business.

The Youth Entrepreneur Program this past summer was a joint venture with Blood Tribe Employment and Skills Training (BTEST) and Blood Tribe Economic Development. The purpose of the program was to encourage and assist youth of the Blood Tribe to become self-sustaining individuals by utilizing their talents and skills, and training acquired to start a small business venture. The students were given the opportunity to apply the knowledge and skills acquired in this program. It provided them the experience of researching their idea, drafting a business plan, financing, pricing, researching their industry, marketing and operating a small business. They will understand the business planning process, importance of



research and how their business plan plays an important role in their day-to-day small business operation.

The final day of the training program gave an opportunity for the participants to showcase their experience by doing a presentation of their business plan and their experience operating a small business. Certificates were presented at the conclusion of the presentations.



*The young entrepreneurs who participated in the summer program offered by the Blood Tribe Economic Development department were highly visible selling their wares. Each of the students received certificates and learned valuable skills in beginning a small business. Norma Wolf Child supervised the summer-long training activities and congratulated the students for their skills and business attitudes. The Economic Development management wishes the best for the students and look forward to next year in developing a business mindset for young people who want to gain a foothold in the business environment.*

**by Rick Tailfeathers**

# ECONOMIC DEVELOPMENT YOUTH ENTREPRENEURS ENJOY SUCCESSFUL PROGRAM LEARNING BUSINESS

## Program Background/ Description

The Blood Tribe Economic Development Youth Entrepreneurship Program is a six (6) week program that took place during July and August 2010. The program is a joint venture with Blood Tribe Employment and Skills Training (BTEST). Whereas Blood Tribe Economic Development will provide the instructional resources, location, coordination, supervision and additional costs beyond BTEST's contribution which covers the student wage subsidy.

The purpose of the program is to encourage and assist the youth of the Blood Tribe to become self-sustaining individuals by utilizing their talents and skills, and training acquired to start a small business venture.

## Program Outline

This program facilitated a learning environment but also incorporate fun activities and motivational presentations by member owned businesses. The program for the July/August 2010 session has been adjusted by increasing the information or classroom instruction to eighteen days (weeks 1,2, 3 and one day each week thereafter); and the remaining three weeks from Tuesday to Friday for their small business operation.

The program consists of two activities in we utilized member owned businesses. The owners provided a session on how they started their business, key factors contributing to their success, and challenges they may have overcome. This was very important because it portrays to the students the hard work and dedication it takes to be an entrepreneur.

The program introduced the fourteen students to the concept of the small business by providing instructional material on the following topics/discussion/activities:

- **Who is an Entrepreneur?**
- **Marketing Research**
- **Developing an Idea**
- **Financing and Budgeting**
- **What is a Business Plan?**
- **Stress and Time Management**
- **Starting and Operating a Small Business**
- **Activities utilizing Blood Tribe Member Owned Businesses**
- **Job Shadow and Mentorship**
- **Extra-Curricular Activities**

## Youth Small Business Operation

The purpose of this project is for the students to be given the opportunity to apply the knowledge and skills acquired in this program. This project provided them the experience of researching their ideas, drafting a business plan, financing, pricing, researching their industry, marketing, and operating a small business. They will understand the business planning process, importance of research, and how their business plan plays an important role in their day-to-day small business operation.

## Program Completion/ Final Day

The final day of the training program consisted of a presentation program in which the participants will do a presentation of their business plan and their experience operating a small business. The certificates were presented at the conclusion of the presentations and as well their scholarships/bursaries in the amount of \$500.00.

On behalf of Blood Tribe Economic Development we would like to send a thank you and congratulations to all the participants, as well as Blood Tribe Employment & Skills Training (BTEST) for their contribution to make this camp a success. To all participants we wish you luck in all your future endeavours and the 2010/2011 school year.

*STORY BY NATHAN BLACK WATER*

## *This year's participants included/ Small business Names*

- *Cole Black Water – Black Water Pro Shop ( Golf Supplies)*
- *Deserae Tail Feathers – Tail Feathers Jewellery (Native Jewellery)*
- *Brayden Day Chief – Gizmos Music ( t-shirts and posters of various artists)*
- *Zane Medicine Crane ZGR T- Shirts ( Customized and designed t-shirts)*
- *Trey Twigg – Treys Tags ( Customized Frame Work)*
- *Lucynda Rabbit – Burrow Rabbit Home Decor (Household items and OFF!)*
- *Sky- lee Wolf Child – Eye Candy Accessories ( Women's accessories)*
- *Mercedes Weasel Head – Mercedes Benz Car Wash ( Interior and exterior car wash service)*
- *Santana Medicine Crane – Jitter Bean Coffee and Smoothies ( Beverages)*
- *Rumeur Shade – Rumeur Has It (Gift baskets)*
- *Riley Healy – Riley's Gifts ( Gift basket)*
- *Cheyenne McGinnis – Kits ( Travel and personal Kits)*
- *David Healy – Nitsitapi Candy Store and Gifts*
- *Nikita White Quills – Kita Kits ( Nail care kits)*

# BIRD SOARS HIGH AS HE SHARES HIS MESSAGES OF PEACE AND GOODWILL



Musician and gospel preacher Rex Bird.



Rex Bird with wife Mary and their children.

With a mellow voice and a sound that blends gospel and words of wisdom and praise to followers of the faith, many people who hear the rhythmic melody of a preacher within our midst find solace and comfort. Rex Bird, a self-taught musician and preacher of the gospel devotion, has been sharing his gift of music and offering encouragement for many people who bear witness to one of his sermons.

"I started singing since the age of seven," he says in describing his path in life. "My parents, Billy and Annie Bird, were Christians, and they took me to camp meetings. So, I began singing and I'm still singing today."

Bird began his path at the tender age of fifteen while he was in Seattle, Wash. "I was still quite young, and it was the first time I began speaking to the people about the bible," he recalled. "From there, I travelled all over the place in both Canada and the United States. I really enjoyed meeting people; and I still do today enjoy all the people I meet every where I go."

Preaching the word of the gospel is a passion Bird embraces dearly as he is in constant demand to share his music and words of wisdom with people of all backgrounds and beliefs. "I like to make my people happy, especially our people here on the Blood reserve," he said in describing his motivation to continue his work. "We are all equal. We should be proud of who we are. If we all join together, we can be a very strong nation."

Bird recently returned from Pine Ridge,

South Dakota, where he was invited to attend a camp meeting, and then stopped off at another gospel camp meeting in Crow Agency, Mont., where he met an individual whom he met years ago. "I met a friend of mine, Larry Emerson, who I haven't seen in thirty years," he remembers of his initial meeting with a person who he helped turn his life around. "The last time we sang together was in White River Arizona. He got up and told the people he wanted me to sing with him again. They didn't want us to quit singing." Together with his wife Mary and their children, they travel from one camp meeting to

***"I want to make you happy.  
I want everyone to know that  
I love you all, especially our  
elders and our young people."  
- Rex Bird***

another. He said strong family support helps him get through difficult times he experiences as a singer and preacher. "My wife and children support me in all the things I do," he said. "Sometimes I feel down-and-out and they tell me dad, honey, you can't feel that way, because the people need you. I take my guitar and sing songs, and that's what lifts my spirits. When you're down-and-out, music makes a person feel relaxed, feel joyful and good."

Bird is planning on making a CD of his songs

and wants to dedicate it to the young and the elders. "I am working on a CD and when it comes out, I know you will feel good. But, one thing I don't want to do is to put you to sleep," he laughed. "I want to make you happy. I want everyone to know that I love you all, especially our elders and our young people."

During his travels, Bird still feels closest to the people from the Blood Tribe and offers advice in keeping the tribe strong. "Let's forgive one another. That's the way I like to treat people," he said of showing and communicating respect for one another. "When they hear this 'old Bird' sing a song, I like to make people feel good. When people come to me and encourage me, it gives me the strength to move on, to keep going. Sometimes I feel like I don't accomplish anything, but when I hear people offer kind words to me, it makes me feel good. It's just another mountain we can climb together."



by Tom Russell

## ANNUAL ENTREPRENEURIAL SYMPOSIUM TEACH YOUTH INTRICACIES OF BUSINESS

Community Futures Treaty Seven hosted the 12th Annual First Nations Entrepreneurial Youth Symposium August 15 – 20, 2010 at the majestic Nakoda Lodge and Conference Centre in Morley Alberta. A group of 20 youth met for a weeklong symposium to learn about entrepreneurship, small business, risk taking, eventually writing and presenting their own business plans. Many youth who thought this week would be a vacation were in for a surprise. On Sunday afternoon, as the schedules for the week had been handed out, the group soon realized that this would be a long week of learning and working. Jonathan Red Gun opened the symposium with a prayer and well wishes to the participants and organizers.

The group leaders and trainers, Shawna Morning Bull (Manager Business Development CFT7), Amber Healy (Business Symposium Coordinator CFT7), Letitia Wells-Wapass (Sr. Business Analyst CFT7), Errol Wilson (Business Services Officer, Alberta Indian Investment Corporation), and Jade Tailfeathers (business support officer CFT7), offered their time, expertise and support to the groups for the duration of the week. The symposium was remarkably organized, thanks to the team of organizers who kept it running smoothly throughout the week.

The full schedule had the participants busy from early morning until they retired late at night. The participants were divided into smaller groups in which they would work on and present business plans as a group or individually. The work on the business plans required everyone to work together as a team, as they required countless amounts of research and editing. The groups were up against a busy and stressful schedule but persevered and leaned on each other for support. Having such a busy schedule gave the group a taste of what running your own business would be like, taking up most of your time and requiring endless amounts of effort. The symposium had a number of speakers and special guests including, Cody and Derek Bruno, young entrepreneurs from Samson Cree Nation. N.A.P.I Program (University of Calgary) coordinator Suzana Rymak, taught the group about leadership skills and how everyone possesses them, and ways to utilize them. A panel of young entrepreneurs spoke to the youth group about their own businesses: Darryl Many Grey Horses owner of Fast Horses Furnace & Duct Cleaning from the Blood Tribe, Chris & Tanya Eagle Rib, a husband and wife team who own a catering

business from Siksika and Steve Vaivada (DJ Thunder), who owns and operates a DJ business in Calgary.

The participants had time for a much needed break toward the end of the week. The business team groups were involved in a game of Fear Factor, which included a timed canoe trip around the lake with a member from another team acting as a dead weight. Followed by a swimming relay and the most feared event of the day, the eating relay event where five from each team were to each eat a baby octopus topped with whipped cream. This exercise was not only for fun, but it taught the teams to push themselves individually for the success of the team. The winning teams received monetary prizes at the end, which most thought eating the baby octopus was worth it. The groups also had the chance to take part in a risk-taking exercise, a white water rafting tour on the beautiful and scenic Kananaskis river.

“I came into this camp with almost no knowledge of how to construct a business plan, but with hard work and dedication we were able to pull one off in 3 days! It wasn’t a piece of art, but it was constructively criticized by a mock banker’s panel and I learned a lot from their critique. I use to work here and there, but now I have an actual life plan, and I can honestly say it was from this symposium. I strongly suggest this camp to ANYONE!” said Adrienne Wilson, a participant of the symposium.

The final day was something the groups had been looking forward to but also dreading. This was the day the groups were to pres-

ent their business plans they had been working on for the past four days in front of a banker’s panel. The banker’s panel consisted of Eugene Whiskey Jack (AICC), Marty Spreaker (ABC) and Rob Rollingson (IBS). The panel gave their constructive criticism to the groups about their projects and gave them words of advice for when they might have to present their business plans for a real banker’s panel.

“Was it worth it for the 12-15 hours we committed to each day? Absolutely, it shows you respect for the time required to be an entrepreneur and how hard you have to work to achieve your dreams. Would I do it again? In a heartbeat, it’s a great opportunity to expand your leadership skills and meet other young First Nations people who aspire for a better future” said Josh Fraser, a participant and owner-president of his own small business ([www.aboriginalcircle.com](http://www.aboriginalcircle.com), Aboriginal Information Sharing & Community Portal.) The week was concluded with the closing ceremonies with Kevin Provost acting as master of ceremonies. There was much emotion in the air as the participants listened to the closing remarks and received their certificates. It was bittersweet to be in the room full of people that you became close to in one short week, but also because we were looking forward to going home after the exhausting week. The participants were thankful for the opportunities and the eye-opening experience that they took part in. There are many opportunities for First Nations youth to better themselves and their communities—this symposium showed them just some of the possibilities.

Thank you to the following contributors that made this symposium possible: Community Futures Treaty Seven, Government of Alberta, Blood Tribe, Enmax, Talisman Energy, ATCO Gas, Service Canada, The Business Link Maurice Law Barristers & Solicitors, University of Calgary NAPI Program, Indian and Northern Affairs Canada, Indian Business Corporation and Alberta Indian Investment Corporation.



*Team Errol.*



*Team Letitia.*



*Team Shawna.*

*by Sioux Crop Eared Wolf*

# SUMMER CAMP CREATES AWARENESS ON HOMELESSNESS AND ADDICTIONS



Brian Crying Head was one of the runners supporting the camp.

A handful of runners seized the opportunity to run from Moses Lake to Fort Whoop-up to create awareness on several social issues including homelessness and addictions. Roger Hunt, Kainai Wellness Centre addictions worker, has been instrumental in offering an annual summer camp for people with addictions, and to raise awareness for those who are homeless.

“The reason why I brought people here was they are the ones people always overlook,” he explained. “They’ve never been pampered and I hope they can get something from this camp. I’m hoping they can get their self-esteem back to know that they still have it within themselves.” The summer gathering, entitled the Homeless Culture Camp, is situated in the Fort Whoop-up area at the home of Roger and Kathy Hunt.

On Sunday, August 22nd, the summer camp began with the 20 participants erecting two tipis and the linings. Hunt told the participants the training and learning was to begin immediately. “They were just sitting there when we first came. I told them if you want a place to sleep, this tipi has to go up. I’ll show you how it’s done,” he said. “The men put the tipi up and the ladies put the linings in on the inside. So, now they’re starting to learn.” The participants will be involved in a number of activities during the week including an AA meeting with Bruce and Michelle Jensen who have struggled with addictions problems, and who have been able to overcome their dependence on drugs. The participants will then meet with social workers from Social Development on Wednesday and on

Thursday, will have firsthand knowledge on how to break a wild horse. Charlie Fox, Community Development coordinator, who will supply the wild horse and lead the training, said the initial steps of breaking a wild horse ‘comes front the heart.’ Fox recalled an earlier attempt to break a wild horse with a number of youth present and said they were able to ride the horse the following day. At the Homeless Culture Camp, the participants will take part in a trail ride to visit several historical places in the Fort Whoop-up area. The camp will conclude with a round dance and a barbeque for persons interested in supporting persons with addictions problems. Hunt was grateful at all the support received in establishing the culture camp and recalled a person who was the spokesperson for the homeless and people with addictions.

“Adrian Calling Last, who was the spokesperson for the homeless, approached his son last year and told him: ‘You know, I’m going to be real proud of you if run from Cardston to here (camp) to open up the camp,’” said Hunt. “And that’s what he did; he followed his dad’s wishes. That’s why he ran. He was one of the runners who came from Cardston.” Hunt said Adrian Calling Last Sr. unfortunately passed away last November. Hunt wanted to acknowledge all the people

and organizations who assisted with the Homeless Culture Camp. He thanks the Blood Tribe Social Development, Kainai Wellness Centre, Bruce and Michelle Jensen, Chester Day Chief, Bruce Day Chief, Godfrey Red Crow, Charlie Fox, Mikenzie Stringham, Horton and Steve Weasel Fat, Martin & Pam Heavy Head, Kathy Hunt & family, Adrian Calling Last Jr. and the other runners, the IRS lawyers and the Town of Cardston.

Hunt had praise for the participants and offered his encouragement and support. “I would like to thank the clients themselves, because they really wanted to be here,” he said. “I really hope for the best for them and hope they get something positive from this camp. I want them to hold their heads up and to be proud of who they are. After all, this is not my camp, it’s their camp. We’re just here to support them in any way we can.”



Roger Hunt hosted the Culture Camp in the Whoop-up area.

***“I really hope for the best for them and hope they get something positive from this camp. I want them to hold their heads up and to be proud of who they are”. - Roger Hunt***



Participants of the camp were involved in many activities during the week.

by Tom Russell

# DOCTORS LAWYERS INDIAN CHIEFS SHARES MANY TOPICS WITH YOUTH

The annual summer program ‘Doctors, Lawyers, Indian Chiefs,’ proved be a huge success as over 20 youth enjoyed a variety of topics from presenters of various backgrounds and professions. Pam Heavy Head, Red Cross, was pleased at the enthusiasm shown by the youth.

“We had five youth who were here at year one, and are still here,” she said. “So, that tells me they’re learning and their experiences are good.” The summer program, in its third year, offers a number of topics designed to inform the youth of many different levels of awareness and occupations around them. This year, Blood elder Wilton Goodstriker shared his wealth of cultural and traditional knowledge with the youth. Goodstriker shared stories and offered each an insight of who we are as Blackfoot people. Narcisse Blood also presented cultural and traditional topics and stories and Gerry Conaty, Curator, Glenbow Museum, shared his insight on issues and stories of the Blackfoot people. In discussions with the youth, Heavy Head had just finished telling the students not to waste food or water, before Dr. Esther Tailfeathers spoke of her experiences as a doctor and volunteer in Haiti. “I had just finished telling the kids about wasting water,” she said. “You know, when they went to Haiti. There was no water. The water there was dirty, soiled, contaminated and that was the only moisture they could get. We can’t fathom that. But, her (Dr. Tailfeathers) work, being a doctor. What does that mean and how can you get there and what can you do to support yourself to get to medical school. Those were the messages she shared.”

The youth had a free evening on Wednesday and enjoyed a movie at the theatre and were

*“These are ordinary people who live in our community and what have they done in their lives that we can learn and benefit from”.*

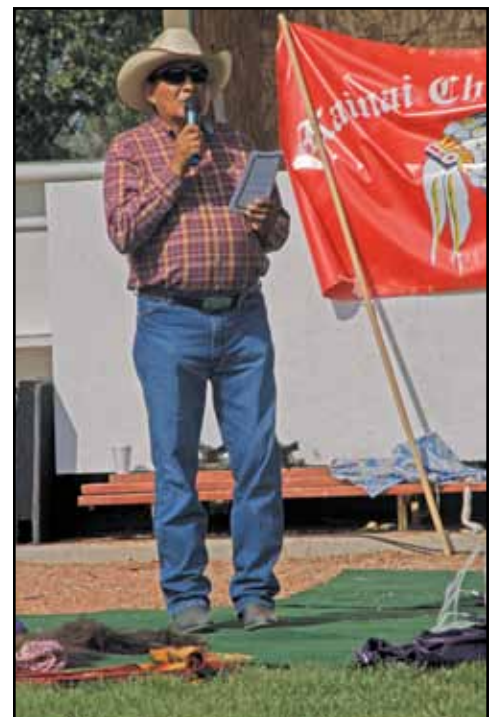
*- Pam Heavy Head*

involved in a game of finding a variety of objects as a fun method of sharpening their resourcefulness to get the job done. The youth had to find such things like pens from a hotel room, colored rocks and other items that were available, but required research and running around. They also participated in a trail ride on horses supplied by Charlie Fox. Lawyers Carly Fox and Cheryl Meguiness also spoke to the youth on life in the legal environment and former politician Regina Crowchild, Tsuu T’ina, shared her recollection of her years as a politician and the struggles she experienced as a woman in the evolving world of Indian politics.

“How do we impress upon the kids what their future will be like,” pondered Heavy Head at the conclusion of the week-long summer camp. “How are we going to continue to support them? What hopes and dreams do they have? We try to broaden their scope of knowledge and imagination. Imagination to know they could do this. These are ordinary people who live in our community and what have they done in their lives that we can learn and benefit from. We have our own human resources and we have kids thinking about this is what I want to be. That’s exciting.”



*Dr. Esther Tailfeathers.*



*Blood elder Wilton Goodstriker.*



*Chief Charles Weasel Head with Martin and Pam Heavy Head.*

Heavy Head wanted to acknowledge Sandy Many Chief, Director, Kainai Wellness Centre, all the presenters, the Waterton Lakes National Park, Annabel Crop Eared Wolf and Tribal Government, Roger and Kathy Hunt and the Mental Health staff.

**by Tom Russell**

# FCSS COMMUNITY GARDEN THRIVES IN PRODUCING HEALTHY VEGETABLES



*FCSS Director Bruce Iron Shirt with Melvin and the garden crew.*

The huge amount of rain this year may have dampened the spirits of people and a number of activities, however, one project supervised by the Family & Community Support Services (FCSS) thrived due to the wet weather conditions. The community garden project, situated near the entrance to the lagoon and transfer station, is producing yields far exceeding the planters' expectations.

Mel Iron Shirt, Coordination, FCSS Community Garden project, says this year's harvest should be plentiful. "With all the rain we had this year, the harvest should be good," says Iron Shirt. "We planted a number of vegetables and they all caught quite nicely."

With all the rain during the spring and summer, the ground has been saturated enough to keep the sprinklers off, but with the sun shining and hotter temperatures looming, Iron Shirt says the sprinklers may have to be turned on to keep the plants and vegetables happy. "Normally, we have had to water the gardens constantly, but this year, we were lucky to have a lot of moisture. Our tomatoes are really growing."

Together with the Blood Tribe Health Department, Red Crow Community College, Community Development, Economic Development and the Diabetes program, the FCSS department is part of a move to establish a Food Security program. The program is part of a tribal move to promote and support healthy eating habits and to become more conscious of their diets. "If you eat

more calories than your body can handle, then you begin to gain weight," explains Iron Shirt. "And when you gain weight, it often leads to a very unhealthy lifestyle."

A proposal is currently being developed by the group to begin a joint-effort in introducing and initiating a move to begin promoting healthier eating habits. Iron Shirt says the schools on the reserve will be included on the Food Security program to bring healthy food items for the students.

With the current crop nearing harvest, Iron Shirt says many vegetables have been planted including tomatoes, broccoli, onions, peppers, cauliflowers, strawberries, cabbage, herbs, tobacco and potatoes.

"We'll have the burlap bags for anyone wanting to pick potatoes," he says in anticipation of the harvest in mid- to late-September. "If we have elders or persons with disabilities, we can offer them support and help them fill their burlap bags with fresh, homegrown potatoes."

The FCSS Garden Project staff use a machine to dig the potatoes from the ground where they can then be hand picked. Iron Shirt says if the proposal to begin the Food Security program is positive, there may be a move to establish gardens for families who want to grow their own healthy vegetables and fruits for canning and daily consumption.

"Every day, our staff is going out to check the garden and to pick strawberries," he says. "We're looking forward to harvest time and



*Mel Iron Shirt holding potatoes from the garden.*



*Garden staff checking out vegetables.*



*A fine crop for this year's garden.*

to begin offering healthy foods for our people."

The Community Garden staff include: Dan Black Forehead, Lyle Calf Robe, Jillian White Feather, Sheldon Crying Head, Dennis Bad Arm and Burton Many Fingers.

*by Tom Russell*

# SHINAH HOUSE MURAL TO SHOWCASE MANY SOUTHERN ALBERTA CULTURES

A unique mural was unveiled in Cardston as a symbol of unity in bringing together the many cultures who call southern Alberta home. Sharon Unger, founder and president of the Shinah House Foundation, and organizer of Oneheart and the creation of the mosaic, said the ceremony was well-attended. "Wednesday dawned bright and sunny for the unveiling event, with dignitaries, guests, reporters and photographers arriving at 10:30 am. Despite the heat, guests, speakers and performers enjoyed the unique spirit present at the unveiling," she said. "Those from the communities of Moses Lake, Standoff, Cardston and surrounding areas participated in the event; remarks from dignitaries were interspersed with musical numbers and dances until the youth of Oneheart finally were able to unveil the beautiful, 16 foot mosaic."

Chief Charles Weasel Head, who was at the unveiling, said the Blood Tribe and the people of Cardston 'have come a long way' in bridging the communities together. Rick Schow, who has been the Mayor of Cardston for the past three years, acknowledged the children and youth who helped design and create the mural. "I commend the amazingly talented youth," said Mayor Schow.

The unveiling was well-attended by many dignitaries including Chief Weasel Head, Mayor Schow, Cardston County Reeve Cam Francis, Broyce Jacobs, MLA Cardston-Warner-Taber, Blaire Mason, Chief Commissioner of the Alberta Human Rights and Citizen Commission and Cam Stewart, Community Human Rights and Citizen Fund Representative.

The master of ceremonies was handled by Oliver Shouting who introduced the many performers including children who sang the Canadian Anthem and the Blackfoot Confederacy drum group who sang the Blackfoot Flag Song. Blood elder Pete Weasel Moccasin gave the opening prayer and local Blood musician Cody Black Rabbit sang a country tune which had the people in attendance tapping their toes.

Sharon Unger and the youth then had the honor of unveiling the 16 foot mosaic hanging on the wall opposite the Ready Mart in downtown Cardston. Joanne Hansen and Darryl Unger then sang the closing song entitled the Song of the Elders and Oliver Shouting then closed the ceremony with a



*Shinah House mural on the wall in downtown Cardston.*



*Chief Charles Weasel Head speaks on behalf of the tribe.*



*Many people were on hand at the mural unveiling.*

few words in honor of the occasion: 'This is an event I will never forget.'

The relations between the Blood Tribe and the town of Cardston have been steadily improving during the past few years. Each year, the Town of Cardston hosts its annual powwow which is quickly gaining a reputation as an early powwow to attend. The powwow attracts many of the top drum groups and dancers to an event which promises to get bigger each year.

Also, the Shinah House offers art and healthy living classes, after school programs and many more activities. Sharon Unger welcomes people of all ages to attend their classes or to drop by to say hello.



*Young hoop dancers show their stuff.*

**The story in last month's magazine entitled 'Tailfeathers Set to Represent Southern Alberta at National Teen Pageant in Ontario' was inadvertently attributed to Rick Tailfeathers. The story was written by Tom Russell. We apologize for inconveniences this may have caused**

*by Tom Russell*

# WHOOOP UP DAYS 2010 PARADE



Many tribal members entered floats to share their culture and traditions with the people in Lethbridge during the Whoop-up Days parade including Councilor Dexter Bruised Head and Chief Weasel Head and wife Rhonda.



# CARDSTON - MOSES LAKE POW WOW



*The Cardston powwow attracted a number of drum groups, dancers and visitors to the annual event.*



# BIKE RODEO PROMOTE SAFETY FOR BLOOD YOUTH--CHILDREN

The Blood Tribe Community Development, Social Development, Recreation and the Traffic Safety Committee teamed up to host the first bike rodeo in the Stand Off Sports Centre on August 11, 2010. With over 100 children participating, the bike rodeo was deemed a success.

Charlie Fox, Community Development coordinator, said the bike rodeo attracted many youngsters to try their hand at a number of skill testing activities. "We had 70 kids sign up for the rodeo," said Fox. "But, we ended up taking in an additional 30 kids. It was a very successful event."

The bike rodeo was co-sponsored by the Traffic Safety Committee under the guidance of Tammy White Quills-Knife, regional traffic safety coordinator, who said the bike rodeo was geared toward providing safety training for the children. "The Bike Safety Rodeo is to create awareness the children, youth and the parents on the importance of wearing bike helmets as an injury prevention initiative," she explained.

The coordinators of the bike rodeo encouraged parents to attend and also to have the children who ride bikes to bring them in for inspection. Each of the children attending the rodeo was given a bike helmet as a measure of safety, and to acknowledge their attendance.

"We were able to give each of the kids a bike helmet," he said. "I'm sure the helmets will offer more protection for them. There is a growing number of brain injury-related accidents, and we're hoping that this will help reduce these types of accidents."

Fox said they were able to give out fifteen bikes to the children from the different age groups.

The mandate of the Traffic Safety Committee (TRC) is to contribute to the prevention and reduction of traffic-related injuries and fatalities on the Blood reserve by establishing partnerships and developing an innovative traffic plan. Also, to raise awareness and educate, share evidence-based and novel strategies and to support community mobilization through their efforts of networking and establishing partnerships to support and endorse initiatives which contribute to health and safety. The TRC also hopes to achieve a decrease in violence, injury or death of tribal and community members.

In keeping with their efforts of promoting safety, the TRC have established roles and responsibilities and guiding principles as



*Both Tammy White Quills-Knife and Charlie Fox were instrumental in a successful bike rodeo this summer.*

part of their terms of reference. They plan on meeting at least once a month to share ideas, strategies and plans to help in keeping the Blood Tribe communities safe for the children. They will keep the Chief & Council informed on all activities and to review the terms of reference and traffic safety plan on a regular basis.

The traffic Safety Committee wish to thank Chief & Council, the Blood Tribe Administration and entities and to everyone who helped make this a special day for the children, youth and parents who came out in support of the first annual bike rodeo.

*by Tom Russell*

Every year, the Blood Tribe Employment and Skills Training (B.T.E.S.T.) coordinate their six-week high school program which started July 5th and will end August 13th. This project is geared towards the youth in the community ages 15 to 19. This program is very successful and always has return students from previous years.

Our program is coordinated by Bo Singer (High School Project Officer), and consists of 21 high school students who will remain under the constant supervision of 4 post secondary students. For the first week of the program, the students were asked to do some community clean up and attend lectures from Randy Bottle, Alvine Mountain Horse and Jaime Blood. For the community clean up, the students were asked to clean Lavern area and all Blood Tribe cemeteries and were very successful. While cleaning Lavern and the cemeteries, the students managed to fill more than (80) garbage bags and fill four trucks. For the last five weeks of the program, the students were placed at one of the following departments: Lands, Family and Community Support Services, Children Services and Recreation. While at these departments, the students worked in a hands on environment where they were able to utilize their skills and also learn the skills needed to pursue future goals and careers. Now that the students have worked on the reserve they know the temporary problems and issues that our community face; they also know that they can make a difference.

Thanks to efforts from supervisors Trent Frank, Elissa Heavy Runner, Kelly Vielle and Tricia Weasel Fat, the students were able to work on many community projects and were very pleased with their student's results. Trying to list or describe the student's success is hard because they accomplished so much.

The last high school in house program is the Aboriginal Junior Forest Ranger Program which employs 8 high school students. With training from Myles Bruised Head and Bobby Plume, the students will obtain an insight into what it takes to become a fire fighter. This job may also be used to pursue a job in the fire fighting industry. All students listed below participated in this year's Aboriginal Junior Forest Rangers:

Trinity White Feathers, Sky Mountain Horse, Blaise Russell, Aaron Wells, Todd Crying Head, Tanya Many Guns, Charles Soop and Tanner Singer.

Thanks to all departments, students, and employees who assisted in the success and completion of these programs.

## BTEST SUMMER STUDENT REPORT

*The following is a list of the high school student who participated in this years High School Project.*

### *Students*

*Alyssa No Runner, Talyssa Vielle, Rabe Tallow-Manson, Justin Bruised Head, Dakota Iron Shirt, Montana Shade, Amber Twigg, Sadie Many Fingers, Nathan Crow, Lane Day Chief, Dustin Spear Chief, Chynell Shade, William "C.J." White Quills, Whitney Oka, Mackenzie Rabbit, Constance Red Crow, Titus Aragon, Priscilla Cardinal, Shelby Little Bear, Dakota Giesbrecht and Kesley Soop.*

### *Supervisors*

*Trent Frank, Elissa Heavy Runner, Kelly Vielle, and Tricia Weasel Fat*



*BTEST summer students, seen here, are helping to keep the Blood reserve clean. The students clean many areas on the reserve which require constant care and attention. The BTEST management thank all the students who shared their enthusiasm this past summer and wish each of the students well in the up-coming school year.*

**by Bo Singer, High School Project Officer**

*10th Annual*  
**Blackfoot Confederacy  
 Conference**



September 14 - 17, 2010  
**Blackfoot Territory**  
 Red Deer Lodge 4311 - 49th Ave. | 1.800.661.1657 | Red Deer, AB

**“Omio pioo tsi’yop”**  
*“Gathering Together”*

**Conference Registration:** Sept.13, 2010, 4:00pm - 6:00pm  
 Sept.14, 2010, 9:00am - 5:00pm  
 Sept.15, 2010, 8:00am - 4:00pm  
 Sept.16, 2010, 8:00am - 4:00pm

Call 403.965.3940 for Pre-registration | Registration is Free

**Day 1:** Opening Ceremonies Day  
**Day 2:** History of the Blackfoot Confederacy; Language; Elder & Youth Symposiums  
**Day 3:** Indian Act & Blackfoot Treaty; Land Claims; Banquet  
**Day 4:** Technician Updates; Closing Ceremony

Hosted by Piikani Nation




<p><b>For More Information:</b>          Blackfoot Confederacy Conference Committee          phone: 403.965.3940   fax: 403.965.2214          piikaninc@gmail.com</p>	<p><b>Hotel Reservations &amp; Bookings:</b>          phone: 1.800.661.1657 <a href="http://www.visit:Reddeerlodge.ca">or visit: Reddeerlodge.ca</a>          Hotel rooms at your own expense!          Conference Rate until Aug.30/10          &gt;&gt;&gt; Call Committee for Code!</p>
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# ABFEST 2010

A multidisciplinary  
 arts festival to  
 encourage artistic  
 development and  
 appreciation

Performances by contemporary Aboriginal artists including Country Star  
**Shane Yellowbird**

**Saturday, September 18, 2pm**  
 Yates Memorial Centre



*Aboriginal People's Choice  
 Awards Entertainer of the Year*

*Additional performances and Art Exhibition continue at the  
 Blackfoot Art Gallery throughout the weekend  
 Lethbridge Centre #128, 200 - 4th Avenue S*

Presented by the Blackfoot Canadian Cultural Society  
[www.blackfoot.ca](http://www.blackfoot.ca) 403-327-6807

Discover Experience Celebrate



## **Kainai Minor Hockey Association Registration Hockey Season 2010/11**

**Between September 1-15th Fee: \$250**  
**Come out and register at the Kainai Sports Center**  
**Time: 6:00 pm - 9:00 pm**

**Please note: Absolutely no registrations and payments will be accepted  
 after Sept 15**

**Please turn in your jerseys from last year at time of registration**