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CARDSTON, ALBERTA  
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CARDSTON, ALBERTA  
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HIGHLIGHTS:

- General account of life in the summer months.

NOTE: This document contains little material of apparent value, as the informant appears to be rambling incoherently.

I have told how they lived the winter. Now the spring I will tell about. The chinook came. Even though it was a good spot where they were camped. All the snow melted and you know that all the gullies get full of water. Some the peg loops they just cut off because they are frozen to the ground. Then they broke camp and moved. Where they camped the women all sat around making new loops for the pegs. A man might have three wives. Each one has her own long time rock; they are long. Other long time rocks they use on food but these they use to hammer the pegs. That's what it is. The grass grew green. The people head their horses. They sent them where the grass is nice and green. Where he wants to camp he did. Right away he went around to pick rocks to hold down the tipi. When it got warm, not really hot, he went hunting. He didn't drag them home. The woman, the way the meat was cut, she started cutting them for dry meat. She put them on a low tripod and when she

was done she took them home. The other women had a big tripod waiting when she got home. Right away they hung them up. They went to get some berries to cook the meat with. When they were done she made pemmican with some and the rest are mixed with mint. She also boiled some fat which she mixed with mint too. These she put in those skin suitcases. They can keep for as long as a year; they will not spoil. They work them like this because it is going to be hot. When the berries are ripe that's when it gets really hot. There is another kind of pemmican, which I would like to taste again. It is a different kind. The saskatoons ripened and they picked and dried them. When dry, they grease them. If they do not grease them they turn white. In the winter they make soup with them and they are just like fresh berries. Before the mint bloomed they picked them. Before the grass turned they dug up wild turnip. They peel them and string them. They cut them this way they

dry good. Also these wild carrots they dug up and string them with sinew thread and dried like that. This is another thing that they got it is called Guckton (making brittle), I have eaten some. They are good. I can still eat them today. In these sand hills are these found called garters.

In the summer all medicines grow. They turn red when brewed. Gopher ears, burrs, this root (sue yets gee) wolf turnips, spread roots. In the summer this is what they picked. These are medicines -- I did not name them all. We eat them. Wild rhubarbs, this they chop up and spread them. They pour blood on them and let it dry like that. Then they tie them in a bundle. In the winter, whenever they care to have some, they make soup with them. The blood tastes fresh and the rhubarbs like fresh cut offs. The rhubarb when chopped they are called cut offs. The chokecherry is dried whole and greased. They are also crushed and made into paddies. The women make thin paddies with them. This is why they do not mold. She will not make them big. If eaten like that I will just say they are dangerous. They plug up the rectum. When they are all done, these that are cut up and they are put in this container with the crushed berries. Mint is also put in. The longer they stay in mixed the berries soften. Then they can be eaten like that. This crushed berry can be put away like that, just soak them in a little water. This juice they drink. The watermen usually pour some on their tobacco fields. This crushed berry is mixed with pemmican. That is this other pemican. Right now that I am talking about it I am wishing to have some. These saskatoons are also mixed with grease. Today they mix them with sugar; they are real good. Bull berries are dried too. Later when flour was here they mashed them with flour and dried them like that. In the winter they make soup with them and they are really good. The people in those days that's how they lived.

Now they are breaking camp and it is really hot. They do not have hats. So they get branches with leaves and make a hat with that. Now just later the people of the oaki use birch leaves to make hats. A woman will wear a leaf hat and still get a headache from the hot sun. Not just anyone. There are

some that dreamed this acupuncture. It is letting the blood drain from her head. Then these medicines are used on their head. When the blood has bled a lot they are not hot any more. When the heat is unbearable, they do not look for deep water, just as long as the water goes up to the knees. He will just lay in this flowing water. Even the women and children cool themselves in the water. Early in the morning when it is still chilly the children are taken one by one and thrown in the water. They are still asleep when put in the water and wake up only then. That is to make them strong. That's why these old people are really used to the cold weather. Even if it is very hot they still have a sweat lodge. It is to get rid of the soreness from the heat. It is the same as this I told about the winter when someone is nearly frozen to give cold water to them to make him thaw out. This is the same as this. That's why these old people do not wear clothes, because they are too hot.

On a real hot day he will just watch at a distance what he wants to kill. They never drink water, they say if they do they choke on it. If it is too hot he just made a shade, hammering four sticks and putting leafy branches on top. Underneath he poured water and the leaves are also wet. This made the ground cool and that's where these old men cooled off. Now dogs just laying there they will breathe hard with their tongues out. These white roots we will chew and if the dog is very hot, you will spit by the ears and it will cool this dog down. It is the same as making a hole to bleed the head of people that are hot.

The travois poles will be held up, this tied across the top and bottom. There they lean branches of leaves to make a shade. This is called a shade. The tipi -- not all tipis -- are the same. These tipis are the same. These tipis with flags are holy and the bottom cannot be lifted to cool it off. Only the ordinary ones can do that. These white roots are chewed; when swallowed they are cool. When it is hot the man takes his moccasins off. They usually say that heat makes the feet smell. So he will go barefooted. The man would rather have his feet chappy. Then they do not get hot any more. This is why they have this matting of the hair. They use pine needles to cool their heads. They just spray their heads with pine needles. But the majority stay in the water -- children spend all day in the water. The women go in a group elsewhere. These old ladies just sit in the water with their heads out of the water. I saw many like this. The heat was dealt with leaves a lot. All what is stored will be eaten in the winter. Many of these are mixed with mint to prevent them from spoiling. This mint is also very good for colds. We brew them and drink them and if very hot we drink them too and we get cool. Today I drink tea and I make it with mint. I am used to it. I am seventy years old; I still do not get cold. I still can stand the cold and heat. These old people would say it is not good to give up. We have to get shelter from it.

In the summer what is eaten like antelope, elks, moose,

and buffalo. We did not eat too much meat. What is dug from the ground is what was mostly eaten. I saw those women all going in the open areas to dig for turnips, carrots, and those making brittle. They put them in bags when dried. These are

made soup with. The mountain people gave us these white sticks and there are these called excrement.

This summer the heat is not really shunt(?). We could sleep anywhere in the open and we didn't care to wear warm shoes. All the winter supplies are ready. Some just get fresh vegetables to eat. In those days they didn't eat bread because flour just came later. What is dug and these white berries they mashed and ate. Those people ate the marrow from horns; this I didn't know. Myself, in a can, I will put the berries and with a stick I will mash them. I will use this stick as a spoon to eat the berries. Still later and I'll say today when I do that I just add sugar and eat it like that. It is really good. The same with saskatoons. You will add just a little water and mash them then add grease to it and cool it. When eaten it is very good.

The summer the way they duck the heat they all go barefooted and just a breechcloth. I seen them. There is this place called Hunchback (Magrath) this man called Sharpen Stone all those people at the place knew him. He walks around town with just a breechcloth and a shawl, no shoes. Later there were many I saw bare like that. I saw many old ladies take their dresses off and just held a blanket here and sat there like that. That's why they use these eagle wings for fans. These buffalo whisk fans are not used to fan with when hot, only in the sweat lodge.

I saw a lot of old people, sitting beside him a container of water. He uses that to dampen his hair or to drink or just to rinse his mouth. It is during this summer that they work on the horses, they fixed their travois. Ropes all are made in this summer. In the winter they do not. They made the antler in the summer and all tipis were sewn. They did everything in

summer what they needed for the winter. The people in those days they do not do alot of hunting right away. They wait for this yellow flowers bloom that's when the buffalo is fat and good. That's when they start herding them. They do their hunting then and get ready for the winter. The travois are made in the summer. These old people did not just sit around. He got ready with his medicine. What they got they shared with each other. That was how the people in those days lived. They always took refuge to the river, to keep them cool by swimming. In the winter they still are camping by the river because it supplies the water. This summer is something like a big holiday. Now this is where I finish telling about it. That's all.

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