

# The Voices of the Reading & Writing Center



## Appreciations

This book is the result of the hard work and vision of many people. The idea for the book project came out of a discussion at our weekly Monday meetings of students and teachers at the Reading and Writing Centre in Duncan. Over many weeks and months students participated in writing activities in their English classes. The stories and poems in the book were chosen by the student writers themselves and represent their best work. Each student wrote and edited their story, and most students also typed their own piece of writing. Some students added pictures and art to accompany their writing.

The teachers at the Reading and Writing Centre worked closely with students to help them produce a piece of writing they would be proud to present. Special thanks to Joanna Lord for the many hours she spent facilitating the production process. Thanks also to Roneen Marcoux for her assistance with editing and formatting. And a big thanks to Lynda Moir for her help in making final corrections to the manuscript and printing.

Finally this book, *"The Voices of the Reading and Writing Centre"*, would not have been possible without the hard work and dedication of the student writers:

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# Table of Contents

Stories About School.....	3
People Stories .....	8
Opinion.....	20
The Outdoors .....	28
Poetry .....	35

# Stories about School

### From Too Scared to Fall

I started here in 2007. My social worker, Selina told me to go back to school or else I wouldn't get my cheque. I'm glad I came back to school because I feel good for myself. I go to bed early and get up early to go to school. I like going to school every day because it's too boring to stay at home. I don't get bored at school because I do stuff like word searches, spelling, and math. I am learning to read more books. I've been learning to do more adding, take away, times tables and counting money. I like doing spelling on the computer.

P.S. Been out of Koksilah school for 20 years and glad to be back.

- Carl Joe

## **My Heroes**

My teachers are my heroes. When I first came to school, I was shy. The teachers said they would help me. They knew when something was bothering me. I'm not the healthiest person at the school. They are great listeners. I just think my teachers are the greatest. It was hard for me to come to school because I was scared. Both of my teachers gave me confidence. For an example in math I said, "I can't do it." Roneen said to me, "I don't want to hear you say you can't do it. It is a fact you may not do it now, but later you will do it, trust me." I have trusted Roneen. And Jo said to me all you can do is try. They don't even get mad at you, I like that. They always ask how I'm doing. They always say good morning.

Being a teacher must be stressful at times. But you never hear a complaint about anything. I like going to school now because I learn something new all the time. When you are late they still say good morning. I'm glad I'm coming to this school. If we could vote teacher of the year I would vote for both of my teachers. They are always doing things for us like trips and telling us about special events. How cool is that? And last, but not least, they care about each and every one in class. That's why my teachers are my heroes. Thank you both for teaching me things I never knew. My heroes.

Lynda Thomas

## **My Field Trip to Nanaimo**

The bus went to the college to come and get us to go to the Zipline. The Zipline is where the Bungee jumping is in Nanaimo.

I would like to go on the tree to go. I would like to go to Nanaimo again. I had so much fun. We should go again to Zipline.

Life is too short not to have fun. When you get a certain age you can't do things.

When you are a certain age you can have fun while you are young.

Have fun at all ages.

## School

My name is Caroline Canute I came back to school. My goal is to get my grade twelve education. I'm doing great on math and spelling. I want more time on the computer and English. I need to read more books also and understand how to do novels writing down the journals from each chapter. Well it was so difficult for me reading books. Brings back memories when I was at Kuper Island. This one teacher gave me a hard time as some words were hard for me. She would get very angry and say I wasn't trying hard enough. She embarrassed me in class. I ran away and never came back. I'm so happy to come back to

school there's help when we need it. We all get along here. I want to complete math, computer, read more books understand how to do novels and journals.

It takes time but I'm trying my best.

Caroline Canute





# People Stories

# It takes a village to raise a whole child

Sharon Tommy

I'm a single mother of four children. I was a drunk before I became pregnant. When I found out I was pregnant I quit drinking. Then I tried to live a better life for my child. I went to many groups for help; I used the tools I learned on my children, the result I ended up with was a good life for me too.

I started drinking at the age of ten. I got pregnant at the age of 13 and lost the child. I got pregnant at the age 14. That's when I went to A.A. and N.A. for help. I wanted what's best for my kids so I went to many groups like Mother's morning out, parents in crisis, mothers of toddlers, mothers of elementary school, mothers of pre-teens, mothers of teens, life skills, model classes, family life skills. I went to more, but I can't remember them.

I taught my kids everything I learned in these groups. Whenever my boys got in trouble, I talked with them through the problem. Sometimes, it took hours talking to them. As they got older they chose to do the right things, because they didn't want the long speech. I told them their rights by law as a child and my rights as their mom by law.

In the year 2000 I realized that I have a good life for me because I was trying to raise my kids well. On Mother's Day in 2000 I thanked my oldest for being born because I wouldn't have tried to better my life for me. But I did for him. Now we all have a good life. Thanks to my higher power God.

Yesterday was Mother's Day and my oldest got me a card and flowers and \$300 and my youngest son bought food for a big dinner and bought me a magnetic bracelet. My oldest daughter made me a card and cooked dinner. My baby made me a card and gave me flowers and cleaned up main floor. In 2006 Mother's Day I wrote a letter to each of my child. I told them what a blessing they were in my life. In 1996 Mother's Day my girls were sad that there were not kids day. So I gave them a kid's sewing machine for pretend mother's day for them. I've been sober for eight years. I lead a good life. I'm sickly but I'm glad to be here for my children. I would go through any pain to be there for them. They are my life. Thank you God for my blessings.

## My Auntie Audrey

Everyone always thought my auntie Audrey was my mom. My auntie Audrey is my dad's sister. I looked like my auntie. I lived with my auntie when I was younger. I lived with her up at Luxar Manor. We stayed with her two cats Major and Mindy in a one bedroom apartment. I stayed on the couch and she stayed in the room. When she used to kick her cats out of the room the cats would come crawl on the couch and lay with me. I didn't like it but they kept me warm.

When I first moved with her I had holey shoes and barely any clothes. When I moved in she brought me to the welfare office and told them I'm staying with her and I need to be cleaned up. I had to go see my mom and tell her she had to sign papers for my auntie to collect for me. We got the papers signed and we brought in to the welfare office. We got a check for clothes and food.

My auntie took me shopping for food and showed me how to shop and budget my money. My auntie made me pick out the food I eat and she would cook for me. My auntie Audrey cooked so good that I would watch her so I could learn how to cook like her one day. We went to get my shoes at Volume Shoes. I got me a pair and my auntie a pair for \$2, they had a sale going on that was cool.

I really didn't care where we went to get my clothes. So I asked my auntie can we go to the second hand if you don't mind. My auntie says yeah sure if that is what you want. I said yeah it is cheap but sometimes they have good clothes. I got my clothes and my food. Oh yeah and cat food for the cats - can't let them starve. I love my auntie; she reminds me of my dad so much.

When I can I try to go see her but her new place where she stays is smaller. Every time I get to see her I always hug her and tell her I love her. Then my auntie lost my grandma Eliza. It was so hard because my grandma Eliza was the best. She brought me up when I was small. My mom would let her take me but that's another story. When it got to the point when we lost her I stayed beside my auntie the whole time. My auntie Audrey would stop saying thank you but I told her when I need her I want her to be there beside me. Now I tell her I miss her and I love her when I don't see her. My auntie Audrey reminds me of my dad but in a female version.

Done By Rose Thomas

### Granny

My granny's name was Margaret Tommy. She was married to William Tommy. Their marriage was arranged by their parents. At the beginning we lived in an old house that Grandpa build on Clem Clem area. Granny died in 1977, Grandpa died 1976. I called her mom. I loved her very much.

My Granny was born 1903. She was 5 foot 11 inches tall. She was very skinny. She was strong willed. She got married at the age of fourteen. William's parents asked Granny's parents for their daughter's hand in marriage to their son. That's how it was back then. Parents of son asked parents of daughter in marriage to son. Granny and Grandpa stayed married till they died. They were married for fifty nine years. They had eight girls and one son.

Granny wore a flowered long dress. Also she wore a flowered scarf on her head. And black shoes that were comfy as slippers with black socks. She had black hair with white stripes. I wanted hair just like hers when I turned fourteen. When she laughed you couldn't hear her laugh, but you could see her big smile, and her shoulder move up and down when she laughed. Also, she would look up to the ceiling when she laughed. She had a soft voice. We had lots in common. She was very sickly like me. The doctor said to her she didn't have long to live, but she proved them wrong. She lived to seventy four. She didn't speak English. Mom, my sister Sabrina and brother Leonard lived with Granny and Grandpa 'till they died. Granny was big when she was young. I slept beside Granny a lot.

Granny knitted Cowichan Sweaters and would sell them to Canoe Store. Most of the time Granny would trade the sweaters for food. She also had a charge account at Canoe Store. When she died she had a bill there, and I paid it with my sweater. I would knit with her and mom. Granny would be sitting on her bed. And mom and I would be sitting on the other bed. Some times, I would sit beside Granny. Granny and I knit very slowly, but we made great sweaters. Mom knitted very fast. I enjoyed knitting with Granny and Mom. Some times we sold our sweaters to Bruce, who went to door to door buying sweaters once a week.

I didn't know how to cook very much back then. But I made Lipton noodle soup for Granny and we ate soup and crackers together. Some times, we had cheese and crackers with red rose tea. She liked to drink orange pop, cream soda, lime drink. Even though I can't speak our language I enjoyed being with her. I loved her with all my heart.

One time I went to a palm reader, and she said I was just like my Granny. That made me happy because I wanted to be just like her. The love she showed me is just the way I show my love to my children.

Just before she died she prayed for me, Sabrina, and Leonard. Then she lay down and died. I'm never one to cry; all my life been that way. I wanted to cry for her, but I couldn't. Two years after she died I cried for her, because I finally realized I'm never going to see her on earth again. I believe I will see her when I die. She made me feel loved, cared for, and made me feel safe. I called her mom because she was like a mom to me. I miss her very much. I try to knit, but it's not the same without her and Mom knitting with me. I don't like knitting alone.

January 18, 2009

Last January I slipped and fell and broke my left wrist. When this happened I was checking out to see what movie was playing at the theater but I didn't get to see. That's where I slipped on the ice. I had to drive myself to the hospital and it took me 15 minutes to get there. I waited in the emergency for almost 4 hours or longer before I could see a doctor. I finally went in and they took an x-ray of my wrist. They put me to sleep so they could put my bone back in place. I had to stay in the hospital for the night because I had to get surgery done on my wrist the next morning. I was in surgery for almost 2 hours. They put 2 pins on my wrist, one on top and one on the side. I was in a half cast for almost 3 months. Did that ever hurt. It was the first time I broke a bone. Up until today I suffer with my wrist, sometimes I get sharp pains.

Annette L. Norris



## Two Pleasures in my life are my children and shopping

I have 3 beautiful children. I have 2 lovely daughters, and only 1 son.

My oldest daughter is 6, her name is Sandor'ena George. My youngest daughter is 5, her name is Irene George. My one and only son, his name is Gordon Thomas. Love playing games on their Wii with them all the time. We always love to go for a walk or even to run around in a field. We go to parks all time. We always try to find a different park for them all over in town. Sometimes we go for a long ride to look at horses. My oldest daughter Sandor'ena loves horses very much. We want to get her a horse but we don't have enough money right now. I love my kids dearly. The only hard part is when I have to tell my daughter that it's ok to miss her grandpa because I do too all the time. I try to keep her busy and try to get her mind off him.

The hard part is shopping for my children. Going out to look for cloths for my children that they like and finding shoes that fit right. I really have a hard time with my son's shoes because he has really wide feet and it's hard to get his foot in sometimes. My girls it's easier for them. But not with their clothes because they are very picky with what they wear. When I do go out sometimes I just go second hand shopping because their cloths don't last that long anyway. I just found out about a good church that has good kid's cloths, and you give them a donation for the cloths that you bring in to them. I go there every Friday if I can make it. I'm trying to learn new ways to get my kids what they want in a cheaper way.

Done by: Rose Thomas

## Gone but Not Forgotten

It was hard growing up with no dad just my mom. There was a way that we made it by each day but with no cries just to say hi to everyone in our little town. We lived all over town where you would not know there used to be a house there. It's really crazy to say but we lived all over then. My mom got her own house down by the stone church. We lived there for a while then my mom took my dad back and he ripped my mom off. Then they broke up again then that as it he didn't come back but I didn't now he did that I just thought things didn't work out for them. While I was growing up I always wanted to be with my dad Gordon Thomas. when I didn't even know who he was or where he was staying. As I got older I tried to go to school but it was like I was alone all the time I really didn't now why I felt like that. Well I made it to grade 10 but I think I really made it to grade 7 fully. After all that I was trying to keep going to school to get a good at reading and writing oh and better at my math properly then being pushed a head like they did when I was in school when I was younger. While in the mean time I had three kids Sandor'ena George and Irene George and Gordon Thomas. Yes I was still trying to stay in school. I keep trying to get a head of every thing that has happened in my life line. Not easy but make everyday. I tried to come back to school after I had lost my dad. I couldn't do it I heard a lot of horrible stories about how my dad was horribly murdered. No one knew how I felt hearing every thing over about something that hurt me so much because I didn't even now what happened. I even went on a trip to Vancouver when I was going to the reading and writing and I just couldn't continue. I really tried but didn't make it. I always wanted to live with my dad and I finally did get to live with him when I go older that was cool. I lived with him and my boyfriend and the old red house down Quamichan reserve. We stayed there for ever seem like it was a long time. It was great it's always what I dreamed of all the time. Well my poor dad is gone but hard to for get he is gone until we see the guys that killed him walking in town. Gone but not forgotten.

Done By: Rose Thomas



## **It Takes A Whole Village To Raise A Child**

My son will be 4 years old August 08. His name is Maddax Aryan Wolf Thomas. He is not living with me right now because I am not stable and I'm having a hard time finding a place and a roommate, so he is living with my older sister Cora. When I had my son in my care, I did the best I could to give him everything he needed and wanted.

I was a single parent when I had to leave him with Cora.

It's called Child-In-Care of a relative.

I had a lot of family members helping out when I needed. I am very thankful they were there when I needed. I am also glad that I get to see my son.

I am hoping and praying that one day I will have him in my care again.

*Tash*



## My Mother

My Mother is the best. She did the best she could for all of us. She would have had seven girls, but there is six of us and one boy. She always bought us clothes and shoes and things that we wanted like chips and pop and candy, and blank tapes, so I could record my music and movies to watch. She taught me how to cook sweet and sour chicken and curry chicken too. She also taught me how to crochet and knit, but I'm still not good at it (HAHA) She used to and still does do my laundry when she comes over, if there is some to be done, it's awesome. She will come over to babysit for me if I need her to. She is the BEST Mother anyone could ever ask for! She is kind-hearted and caring. She is very loving. She is there for you when you need to talk to someone.

She is always there for everybody when they are in time of need; she helps out as much as she can.

Oh yeah, most of all, she taught me how to be me a strong Native woman and a mother.

By Cora Jimmy



## My Children

*My Children I love them very much.  
I love to hear them when they are playing.  
I love how they act.  
I love that they like to stand up for one another.  
I love to hear them laugh.  
I really love it when they have a big smile on the face.  
I just love to spend time with them all together.  
I love to have the chance to watch them grow.  
And most of all I LOVE To watch them have fun.*

Cora Jimmy



## MY SIMPLE PLEASURE

*My simple pleasure is being with my beautiful children. Their names are Derek jr - he is 13years old; Lashanda is my beautiful blonde and she is 6years old my youngest beauty; Chantelle has curly dark hair and is 5years old. I love to play with them we go to the parks we go down the slides, we swing on the swings and see who could jump off the far this, my son always wins. We also like to colour princess pictures, and every few months I would trace their hands to see how much they grew. My children and I also like to go swimming we like to swim like the fish do in the ocean. And by the end of the day we have a healthy dinner we love our salads and vegetables, then I give them a bath and get them ready for bed I tuck them in and read a bed time story kiss them goodnight. I MISS and LOVE them every minute of the day when I'm not with them. With love mom.*

*Lynette Osborne*

# Opinion

## BULLYING

What kind of things are bullying behaviour?

Name calling, pushing, hitting, gossiping spreading rumors, teasing embracing people, taking peoples stuff that don't belong to you.

Why has bullying become such a big problem?

Learned behavior, home isn't safe, my mom showed me residential school behaviour, sport, show's on TV, boxing, wrestling.

What can we do to stop bullying?

Talk to our children, role playing, modeling behaviour like being kind to others, address jealousy, show our children LOVE!

*Bullying as I seen*

Well . . .it was a very hard topic for me because I was a bully more than half my life. It was a learned behaviour that came from my home life especially my mom showed me love by what she was taught at residential school. Hitting, name calling, your ugly, your stupid, and physically hitting, spanking with leather belt, it was very hard for me growing up. Even when I had my first boyfriend, my children's dad, he had also shown me love like my mom did. So I learned a lot how to be angry and learned how to be a bully myself. I would beat people up, hurt them very bad, pick at people for no reason. No matter if it was a guy or a girl I would make them bleed. I am 32 years old and I was crossing the road in Duncan this lady stopped and said thank you my husband hasn't hit me since I hurt him and she said he was still in the hospital and had to get plastic surgery, I felt so bad. After 14 years of fighting no assault charges I thought it was fine until I had a minor heart attack, karma had set in. It has been 4 weeks now that I haven't called or put someone down and if I started to I would apologize and take a couple of breaths, and for hitting and beating someone up that will not happen again. I like me nice and calm rather than mean and angry. Yours truly LYNETTE

# **Bullying**

**When my oldest daughter Sandor'ena is not to happy or grumpy I don't send her to school. I don't want her to take it out on another kid or even the teacher so I just talk to her or ask her if she is ok with school. Make sure no one is picking on her or bugging her in school. I went through bullying with my daughter Sandor'ena in kindergarten. I had to talk with her teacher and principal. I told them what happened with my father so I don't want her getting up set in school. I was just going to pull her out but they said they would keep an eye on her. I told my daughter to tell the teacher or the principal if anyone tries to hurt her or pick on her. I said even tell me I will go in to talk to the teacher again.**

**Done by Rose Thomas  
April 14, 2010**

## Bully

I think kids learn to bully from watching violence on tv wrestling.  
Don't think they should watch tv at all. I don't think cell phones, computer, are good for children because they spread rumours or texting get together skipping school. Do stuff they shouldn't do.

Always talk to your children give them hug tell them you love them, and tell their friends they love them. Take kids out play soccer, basketball, baseball, carving, painting, cleaning yards, swimming, jogging, and helping elders. Keep them busy doing something.

Caroline Canute



When I was in grade five I was rejected by my teachers and by the students. PE was the worst for me and I got the award for the one who skipped PE the most but the students said I didn't even deserve an award at all. The teachers didn't want to teach me anything and skipped me into grade seven so that they didn't have to have me in their school anymore. Grade seven I never talked. I couldn't even do any school work because of me not being allowed in grade six so I wasn't worth the teachers' time. The kids always called me names like daddy long legs because my legs grew faster than the rest of me. I was always called stupid because I didn't know any math and stuff. I got kicked and punched all of the time. I got beat up a lot in school and the teachers didn't do anything about it. I even got locked in my locker on a Friday after school was over and the one who found me was the janitor just before he was about to lock up. The last day of grade seven I talked to a girl that had a disability and told her she was special and all the people in my class were shocked because they thought I was a mute. I tried killing myself twice in that one year because I got sick of feeling like I was worthless and that I was a mistake and didn't belong.

Premier Campbell.  
Parliament Buildings  
Victoria. B.C.

Dear Premier Campbell,

I am writing this letter to let you know what I think about you and the Liberal party. First thing is why in the name of hell you are putting a new roof on B.C Place when there is nothing wrong with the old one?

With all your cut backs on Vancouver Island and especially people in the Cowichan Valley, I know many seniors and people on social assistance in my community that after they pay their rent have only about two hundred dollars a month to live on thanks to your liberal government cutbacks. I would think that you and your ministers pay two hundred for one meal. I think it is about time that you start to think about the poor and seniors instead of all the rich that you seem to favor. And here is something else you might like to know that they had to close a boys and girls club because of your cutbacks! I think it about time that you got off your high horse and think about the average person and not your rich friends.

Yours truly,

BB

Premier Campbell  
Parliament Buildings  
Victoria, BC  
V8V 1X4

May 4, 2010

Dear Premier Campbell,

You are not doing a good job like cutting back doctors, nurses, hospitals, and teachers. We do not need a new top for the BC Place the old one is still good.

You don't care about the people that are British Columbia. All you care about is your staff and your rich friends get rich and we do not get rich, we get poor that is not nice, you are getting rich.

Social assistance is not enough to live on. There is not enough affordable housing for people to live. The cost of living has gone up. I have only have so much to live on when I pay all my bills, and pay for my groceries. When I pay for my rent I have nothing else, that is all I have when everything has been paid.

I don't like the HST. It is going to be hard when I want to pay for something it will cost me more. Like to pay groceries and pay my bills. Why do you have to do this? We don't want the HST—you are not a nice person to do that to us the people. You just want to get rich that is not nice. When are we going to have a raise? For paying our groceries, paying our bills and, have change in our pocket. You have lots of money in your pocket you don't have to worry about going hungry.

...page 2

page 2

I would like to see you live the way I have been doing for many years, it is really hard. You don't have the guts to come to talk to the seniors and the people that go to school, and you are cutting back school for all the students, that is wrong for you to do that. There are more students that are going to school now. There are too many school closed. That is all for now.

Yours sincerely,

Audrey Large  
340 Bundock Ave  
Duncan BC  
V9L 3N9

# The Outdoors

## Salmon to the River

Our class went for the salmon walk towards the Shaker church. The guys sang the girls danced. Two ladies came toward me and Sally Gray to lay the blanket down. Then each of them passed fifty cents to us. Then they had the table there we had to set the fir. Sally and I had to lay the fish there for Sam Wilson to cut. They called two children, a girl and boy, to throw the fish in the river so other salmon can come. That was my first time being called to lay the blanket on the ground. This was really interesting teaching for the little kids what to do. I felt proud and happy for the teaching.

Caroline Canute



## My Special Place

by A C Joe

I like to go up to the cross at Mt Tzouhalem.  
I like to look at the view from the mountain.  
I like to exercise.



## **Work in Edmonton Years Ago**

**When I was in Edmonton many years I worked on loading box cars. Then before a person could start on loading the box cars you would have to sign an agreement, for fifty thousands dollars.**

**Some of the things I unloaded were all in boxes like: televisions, watches, wallets, violins, vacuum cleaners, vases, wheelchairs, umbrellas, trumpets, trains, thermometers, tents, teddy bears, teapots, tablecloths, suitcases, sofas, saws, skis, shorts, shoes, shelves, scissors, scarves, saws, saxophones, scales, saucepan, rugs, rings, racket's, purses, plates, penknives, alarm clock's, neckties, mugs, mattresses, ladders, lamps, knives, jugs, jigsaw puzzles, irons, hammers, guitars, gloves, glasses, frying pans, freezers, forks, fans, eggcups, drawers, dishes, desks, cup saucers, computers, buckets, brushes, bowls, bookcases, bicycles, batteries, armchairs, and many other things as well.**

**I worked there for two months.**

**March 29, 2010**

***Del***



*Done by: Sandra Thomas*

*Cowichan River*

*I love to sit down at the Cowichan River  
a lot because it is lovely to hear all of the  
sounds like the children playing,  
the birds singing, the river flowing and the rapids,  
people laughing having fun, and joking around.  
I like touching the sand with my hands and feet  
the water so nice and cool and cold.  
Also the smell when people are having a Bar-BQ  
or even just cooking over a small fire.  
I like the water it is a nice green color so  
nice clean and clear to see all the way down to  
the bottom.  
The birds, ducks and all the other animals  
enjoy themselves on nice days....*

## How to Make a Spear

by Sandy Joe

To make your own spear for fishing, you need to follow these instructions. You need the following materials, a saw, knife, rope, hammer, tape, wire, rubber, points, rods, and a pole. The first thing you need to do is to go for a hike up the mountain to find a straight tree for the spear pole. Cut the tree down to a length of ten to twelve feet long. Trim off branches so it will be easier to bring home. Peel off the bark on the pole and smooth off the rough edges. Carve out the grooves for the rods. Hammer the rods into the end of the pole. Use the tape around the rods to hold in place and tie the rope around the rods very tightly. Use the wire around the points, so it will be able to hold a big fish. Tie on the rubber to make the points stay on the rods. Tie on thirty-five feet of rope at end of spear for throwing. Cover over with the black tape, the rods and points. Fix a hangman's noose on the end of the rope so it will stay on your wrist. Do not forget your polaroids and hat or you won't be able to see the fish.

## Not a good day to fish

by Sandy Joe

My cousins and I were spear fishing off Pemberry

Bridge, standing on the outside of the bridge so we could get a better shot at the fish as they came up the river. As a big school of fish came toward us we all took aim and threw our spears at them. The rope of my spear tangled after I threw it at the fish. I followed my spear by being pulled off the bridge and landing in the middle of the river. Soaking wet and a rope burn on my wrist I had to go home to change with no fish. I went back right away because there was a lot of fish coming up that day.



I never wrote anything before.  
I would like to write about fishing.  
I fish with a spear on the bridge.  
I catch spring salmon and Cohos.  
Springs are dark around the  
mouth and Cohos have hooks in  
their nose.

by James

# Poetry

# Repetition Poem

Eagle soaring in bright blue sky  
Sky shining like reddish, purplish, bright colours  
Colours, colours, colours, colours, colours  
There are different kinds of colours,  
    black, white, red, purple, green, orange, blue, grey  
Grey crane stands very still waiting for a fish for his supper  
Supper is in the evening like about 5:30 or 6:00  
6:00 o'clock is the news time  
Time to go for a walk  
Walk to the black bridge to see who is all around  
Around the waist  
Waste of time  
Time to hit the streets I guess, guess, guess  
WHATEVER

by Nathan Joe

## **Let You Go**

When I don't see you it feels easier to let you go  
Then I see you and I want you much more than before  
Then I can't get you off my mind  
I want to be right there with you just like before  
I know that's not what I can have though  
I should be thinking of life now and not the past  
Sometimes I wonder how things would  
    be for me right now  
If I had you with me yet  
I would be a different person  
I might have stayed away from a lot of people  
If I had you in my life  
My thoughts are no one would want to see me  
    or talk to me  
Or I would make that choice to stay away  
Now my life I want to change and be a better person  
Also a better mother for my child  
Just to let you know I am not writing about a person  
I am writing about alcohol and drugs  
What I am addicted to the worst is alcohol  
I will admit I am an alcoholic  
    and used to be a drug addict  
Now I want to quit drinking  
I have been clean from drugs for quite some time now

*Tash*

Mountains path so green and dark.  
Dark is getting close  
close my eyes and wish I was home  
home is far far away  
away along time I was  
was I here before  
before it gets dark I'll keep walking  
walking in mountains is hard on the legs  
legs are sore legs are lost  
lost I am. Will I ever get out  
out of the mountains  
mountains, trees and trails all look the same.

By Nick

## *A Cup of Love*

1 cup of honey  
2 cups of hugs  
1 tablespoon of kisses on the cheek  
1 cup of tears  
1 kiss goodnight  
1 tuck in bed every night  
4 cups of saying I love you  
3 cups of cheers  
5 cups of happiness

You mix honey and tears together. Then in another bowl you put hugs and kisses with a big dash of love then you put cheer in it with some happiness then you mix them all up and what do you have – a whole bunch of love and more love. And when you read this recipe give someone a hug today

by Lynda T





Done By: Melissa Jim

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Is Alcohol a disease or choice?

It's been a battle for my life to wake up from day to day  
 Knowing that this pain in my heart will not be going away  
 Time in and time out, this will not take my tears away  
 I miss my three lovely children  
 Although some choose to doubt me, as they call me selfish!  
 We are entitled to our opinions!  
 If the community wants to be malicious and cruel  
 I choose not to hear it  
 Only I can speak for my feelings, thoughts, etc  
 I swear to God, that I'm truly sorry to myself and my family that Alcohol has me  
 by the throat, I pray daily to change my ways and make better choices to pave  
 my days to a brighter light  
 Which brings me to my three Angels  
 "Nicholas, Grace and Travis!  
 I am truly sorry for bringing tears in your heart  
 And sadness in your voice  
 I am a memory in your mind that  
 You will forever remember  
 Til the day that God re unites us once again as a family.  
 I love you all, my three children  
 My spouse Nick.