



Llama-gazing

Seventeen four year olds from the Warm Springs Headstart program left Lynn Hyder's llama farm with pieces of soft wool, souvenirs of their visit October 26. The children, parents, and teachers got acquainted with the animals and learned how the wool is used.

DB Photo

What is the Parenting Committee ?

This letter is written in behalf of the Warm Springs Parenting Committee to inform you of the purpose, objective, and plans of the committee.

Right now the committee consists of six representatives of five different organizations or agencies who work in community development and mental health related areas:

Pennie Albrandt, Extension Service
 Delson Suppah, Community Liaison
 Jimmy Boye, Probation Officer
 Caroline Cruz, Alcohol and Drug Counselor
 Lyle Rhoan, Community Center
 Bob Parker, Alcohol and Drug Counselor

The committee was origi-

nally formed three years ago when Delson and Lyle mutually identified a need for counseling in existing problem areas in the Warm Springs Community.

The objective of the committee is to provide an on going means of family counseling, both on a one-to-one and a group basis. The committee plans to keep weekly workshops on the calendar and to provide keynote speakers to the community on communication techniques and building positive relationships within the family.

The committee members are currently attending a series of family relations workshops given by Mike Giamatteo. The communication and self-development skills from these work-

shops have been incorporated into weekly workshops taking place at the Community Center on Wednesday nights from 7-9 p.m.

The committee sees its activities as a supplement to efforts already being made by some agencies in these areas. All agencies and organizations are invited to weekly planning meetings, and your input and participation would be appreciated. The next meeting is on Monday, November 6th at noon in the Extension Office in the Old Ad. Building. (Bring your lunch) Possibly efforts can be consolidated to bring about positive actions related to the concerns expressed so often by the community and community agencies.

NAICA

Al Ullman of Oregon (repr.-Dem.) will be the keynote speaker at the National American Indian Cattlemen's fifth annual convention at the Warm Springs Reservation on November 9th, according to John Fredericks, President. The convention will be held November 9 & 10 at Kah-Nee-Ta.

Other activities to be featured are a banquet, annual stockmen's ball and the NAICA princess contet open to single Indian girls between the ages of 18 and 25.

The convention agenda will include two sessions on livestock management and a presentation by the American Indian Credit Consortium of the Dakotas and Montana. A panel of ranchers will discuss: "Northwest Indian Cattlemen's Concerns".

NAICA President John Fredericks of Halliday, North Dakota reports the Indian Cattlemen's Association is looking forward to a good turnout from the Northwest Region. He said: "We will discuss and develop new constructive measures that will benefit our membership in general in the production of feed and livestock on our reservation lands. We look at this as a working session. Plan to attend and plan to work."

The tentative agenda is available at the Extension Office.



House Drawing

Elvina Switzler looked over a plan of the new senior citizen housing project to see where her house was located. The old folks drew lots for the twenty units above the Longhouse and are in the process of moving themselves and their belongings into the attractive HUD development

DB Photo

Extension Notes



You can still sign up for the patchwork class offered in cooperation with COCC. Pennie Albrandt will be instructing. Sign up through the Adult Learning Center.

First meetings of Warm Springs Homemaker Clubs are below. The program for each is the same so pick which time is best for you! Come for part of the meeting - for lunch if you work!

Nov. 8th - 11:30 - 1:30 Jewell Minicks Home

Nov. 14th - 11:30 - 1:30 Frances Brunoe's Home

Nov. 15th - 2:00 - 4:00 Simnasho Longhouse

There will be a venison and salmon canning workshop on

Nov. 15th at the Community Center from 7:00 - 9:00 p.m. for anyone who would like to attend. NWe need raw salmon and venison to use in the demonstration, so if you know of a source for either of these call Pennie at 553-1161 Ext. 238.

There are new Butterick, McCalls, Simplicity, Vogue and Kwik Sew Pattern catalogs available for viewing in the Extension Office. Also there is a listing of which stores carry what patterns available.

Exchange food cents off coupons that you won't use for those you wil at the Extension display in the Tribal Administration lobby.

Insulate With Clothing!

With energy cost skyrocketing, everyone will be looking for ways to stay warm during winter and still save on fuel bills. Consumers who look at their clothes as body insulation can help solve the dilemma caused by their desire to lower heating temperatures to conserve energy and for physical comfort, says Pennie Albrandt, Warm Springs Extension Agent.

This year, the re-emergence of natural fibers, such as cotton and wool, and the processing of man-made fibers to look and act like the natural, means that clothing can be even better for insulation.

Natural fibers such as cotton and wool are the most absorbent and because of this the warmest. The more absorbent a garment, the more it will allow body moisture to evaporate from the skin. Evaporation of body moisture is a must for keeping warm. If body moisture can't escape from clothing it will condense and make the cloth moist. When this moisture cools then body heat is wasted in order

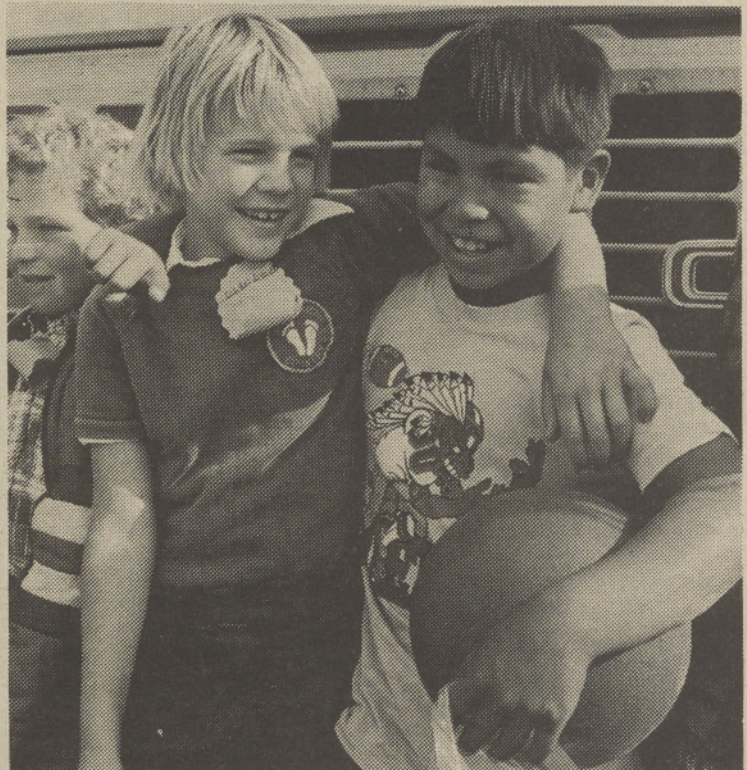
to compensate for the cool clothing.

To insulate with clothing a general rule is to dress in several layers so that layers can be added when in a cold temperature and easily removed when the temperature is more comfortable.

Pants, instead of skirts, boots, instead of shoes, ribbed cuffs instead of open cuffs, turtle-p necks instead of open collars, tucked in shirts or ribbed waistlines, and long socks instead of short socks will make better use of body heat.

The construction of a fabric can also help to insulate. Choose waffle weaves, knits, pile fabrics (fake furs), quilted fabrics, thick wools, and other fabrics that provide insulation between the body and the cold.

For more information on insulating with clothing pick up the extension circular number 926 - "Cut Heating Costs - Insulate Yourself With Your Clothes" from the Warm Springs Extension Office in the Old Administration Building.



Buddies

Butch David of Simnasho Grade School met his penpal Dean Smith of Madras Elementary when Dean's class visited the rural school October 23. The visitors had many questions to ask and were treated to a rock hunt in the fields around the school. Simnasho students returned the visit November 2.

CDS Photo