



The museum pad is surrounded by snow covered ice.

Museum site flooding causes no problems

Tribal museum officials are not at all concerned about the water that has seeped in around the museum site along U.S. Highway 226. In fact, say officials, the site was "designed to cope" with this type of flooding.

Flooding occurred when nearby Shitike Creek, partially renovated through a stream enhancement program last summer, began spilling water into the old stream bed that lies near the museum site. Renovation included placing a log across the stream. Beavers, this winter, built a four-foot dam on top of the

log, thus causing water to back around the old roads shop building. An ice dam was created when severe cold weather hit last month and water then began seeping in around the old Scott place, the Brunoe homes and into the old stream bed near the museum site.

With approval of water board members, natural resources and others, the beaver dam was removed and the channel was cleaned out. Officials feared that a quick thaw would create severe problems in the area.

When the site was originally selected, civil engineers recommended raising the museum pad five feet, an action that would raise the museum that much above the 500 year floodplain. The design has worked, say officials, because no damage has occurred.

Even if 1964 happened again, the area is designed to handle it. If the area flooded, the site would be safe. It is designed to protect the museum, collection and exhibits, say officials.

Clients learn to respect self, others

By Brent Merrill

This is part III in a three-part series about the Grand Ronde Tribe's Youth Residential Drug Treatment Center in Keizer, Oregon.

At Nanitch Sahallie, special emphasis is placed on a client's need for a balanced, nutritional diet. According to the Center's Food Services coordinator Kathy Aicher, a client's diet plays a big part in the recovery process. "The diet that we have here is just a basic nutritional diet. We have a real low sugar or no sugar diet because of the nutritional levels of the clients that are recovering. Nutrition plays a big part because they are going through withdrawal from the sugar, the alcohol and the drugs and it can be tough on them, so we try to give them good nutrition without the sugar."

Aicher explained that she tries to impress upon the clients just how important their diet is to their recovery. "We're here to help them recover from what they are going through."

Aicher oversees a limited staff of just herself and two other cooks, one full-time and one just part-time. During one typical month at the Treatment Center Aicher and her staff (Karen Scharf and Grand Ronde tribal member, Carol Nelson) served 2,134 meals to 28 clients.

Aicher is proud of her staff and the work that they are able to accomplish. "Karen is a wonderful food service person and she is a great cook as well."

Scharf is studying to be a counselor and will be missed by the kitchen staff. "I can't tell you enough about her, she just does a great job and she will be an outstanding counselor," said Aicher. Aicher is equally pleased with the abilities of Carol Nelson. "Carol and I were the first cooks hired on here," explained Aicher. "She is really concerned about the kids and she has an excellent rapport with them. I'm very lucky to have two good people."

The Center operates on a six-week menu that is posted so the clients can see what they are going to be eating each meal. Aicher's philosophy for quality food service

is simple, "I think that good health and good nutrition go hand in hand."

Intake specialist

Intake specialist Josephine Bigelow has been working at Nanitch Sahallie since October of 1989. Bigelow, who was born on the Sioux Standing Rock Reservation in North Dakota, brought a wealth of experience in a variety of fields with her when she began working at the Treatment Center.

According to Bigelow, she has accomplished a degree in nursing, has worked as an L.P.N., and she has been working in the alcohol and drug treatment field for several years. She has gained valuable experience while working at the Carlton House in Eugene and Red Willow Treatment Center in Gervais, Oregon. While she was in Eugene she served on the Lane County Board of Health and she has also traveled to Germany where she taught workshops to German women about Native American women.

Despite all of her travels, Bigelow echoes many of Nanitch Sahallie's employees when she says that she feels she belongs at the Tribe's Treatment Center. "Working here has given me a renewed sense of self worth. We need more of our Native American people to work with our youth. A lot of our people need to be taught to retrieve our power through self esteem building. It is a very important part of the treatment process."

Bigelow's duties at the Center range from working with referrals to deciding if the Center is appropriate to help a particular client. She talks to people who want to get their kids into treatment, she does their paperwork and she interviews all potential clients before she helps them through the intake process.

Bigelow feels her job is very important and she does her work with pride. "Our children deserve treatment. They deserve good treatment. They deserve good treatment because they deserve to live."

Aftercare

When a client completes the treatment process and has earned graduation, the work isn't over, in fact, it's just beginning. That is

where Nanitch Sahallie's aftercare program begins.

First, the client meets with their counselor for an individual session to receive information about relapse warning signs, a relapse prevention plan and a relapse prevention workbook.

Next, the client has a second individual session where their materials on relapse are reviewed and the client is asked to complete the workbook and the prevention plan. The clients then begin attending weekly sessions with their counselors and devote the time to aftercare work like problem solving. They also work on developing coping skills. Aftercare is very important to maintaining sobriety and special emphasis is put on aftercare counseling at Nanitch Sahallie.

In the future, counselors at the Center would like to be able to network with other rehabilitation workers and to use the information they gather to establish realistic and measurable relapse prevention plans. They would also like to open communications and stabilize and broaden the scope of the current aftercare program.

Client discusses treatment

When you are 17 years old and addicted to drugs and/or alcohol the world can be a scary place. It can be even worse if you live in a dysfunctional family and have no foundation of support. Add to that combination parents and other family members who are also addicted and you can end up with a highly volatile situation.

Accepting the fact that you need to get treatment is just the first step in the recovery process—often it can be the most difficult step. Clients who are lucky enough to get into a treatment center must begin by accepting the fact that they do have an addiction problem.

One of the young clients at Nanitch Sahallie (whose identity is confidential) explained that it took her a while to accept her problems. "I came in here in denial. Big time denial. My problem was marijuana and alcohol," explained the client. "I was willing to give up everything to be with people who partied."

The client explained that her realization of her problems came during a group counseling session when another client shared what had happened to her. "During group there was a girl who talked about her problems and it really made me realize a lot of things. That's when I realized I had a problem too. I had so many things blocked out and being here in the Treatment Center has allowed me to deal with them."

The client explained that the guidance she has received at Nanitch Sahallie has given her a renewed sense of strength. "Now I have a weapon to use against my addiction and that means a lot to me."

When asked what was the most important thing that she learned while at Nanitch Sahallie she responded by saying, "Probably to respect other people and most importantly to respect myself. It feels good to have people trust me."

Class scheduled

A CPR/First Aid class will be held Wednesday, January 16. To enroll, contact Erma at 553-1634.

Attorney Arnett honored by CRITFC

Warm Springs tribal attorney Howie Arnett was honored for "10 years of exemplary service in furthering and implementing treaty rights" by Ted Strong, executive director of Columbia River Inter-Tribal Fish Commission (CRITFC). The surprise award came on December 21st during the annual Christmas party for CRITFC employees at the Pine Street Theater in Portland. Presenting a commemorative plaque, belt buckle and Pendleton blanket, Mr. Strong stated, "The executive director's award is recognition of the accomplishment, dedication and friendship of a truly fine individual and great attorney. We have found Howie's advice to be of unerring good judgment and always reflective of the highest tribal values. In the legal forums, Howie's gentlemanly

style represents the dignity of tribal culture very well. In the tribal forums his courtesy and respect are often overshadowed by his extraordinary skills and work ethic."

In a brief acceptance speech, Arnett mentioned that the days of the major court battles over management of the fishery seem to have passed and now disputes have shifted to the business and scientific arena. After his comments, Arnett wrapped the blanket around his shoulders and shook hands with everyone present in traditional Indian fashion.

Howie Arnett has worked with CRITFC for ten years while representing the Confederated Tribes of the Warm Springs Reservation of Oregon on fishing matters.

SAP plans Jan. 18 meeting

The next Secretaries Action Planning meeting is scheduled for January 18, 1991 from Noon to 2:00 p.m. in the Housing Department Conference Room. All Secretaries from the Tribal Organization are invited to attend. Bring sack lunch. We start our meetings

promptly. If you can be away from your desk until 2 p.m., we will appreciate it, or if you can be gone for one hour during the lunch hour, we would like your presence to help plan for the upcoming projects and events that affect all of us. Bring your ideas.

Yaw selected Miss Warm Springs 1991

After a three-year absence, our community once again has a Miss Warm Springs to serve as ambassador.

The annual Miss Warm Springs Pageant was held at the Agency Longhouse Thursday, December 27, 1990. There were two participating contestants, Starla Green and Nicole Yaw.

The two competitors were judged on knowledge of tradition, foods, ceremonies, clothing, crafts, social activities, knowledge of their own tribal history, speaking ability, posture and poise, beauty, modern and traditional clothing. They were also judged on modern or traditional Indian dancing skills, including the honor dance, circle dance and others. They were then asked a personal question selected at random. After the competition took place Nicole Yaw was crowned Miss Warm Springs 1991. She is the daughter of Barbara Yaw, granddaughter of Hiram Smith, Great Granddaughter of Robert and Anne Smith. Her grandmother is Bertha Charley and Great grandparents are Elva and Oley Smith.

Yaw will represent the tribes, and will attend educational conferences, pageants, and National Congress of American Indians.

Yaw attended school in Madras, and now attends modeling school one day a week at Academy I in Portland, Oregon. She also takes COCC classes in Warm Springs to study math, English, and tribal history. She is employed in the education department. Also, in the past, she was crowned Jefferson County Rodeo Queen for 1988.

She was active in 4-H for eight years.

Past Miss Warm Springs were also honored at the pageant. A

reception was held for the 1991 Miss Warm Springs family with cake, coffee, and punch following the pageant.



Nicole Yaw



Starla Green

On Patrol



Learn safety

Local police officers, in conjunction with the housing department, are once again assisting with home security training. Residents will

learn door and window security, receive help marking their property and learn how to make an inventory list of their personal property.

If interested in learning home security, contact Anna Hurtado at 553-3250 or Rick Souers at 553-3272.

Travel trailer destroyed

An early morning explosion destroyed a travel trailer January 1, 1991 as it was parked near the Agency Longhouse.

Bob Kleiter, in Warm Springs for the New Year's Eve powwow, left the propane burners on the trailer's cook stove prior to retiring for the night. Sometime during the night, Kleiter realized the burners had gone out. Intending to relight the stove, Kleiter ventilated the trailer until he could no longer smell propane. When he relit the burners, the trailer exploded, sending broken glass up to 70 yards away.

Kleiter, who was alone, went into the longhouse to cool off his burns on the lower half of his body. He waited an hour before reporting to Fire & Safety. Local EMT's treated Kleiter's burns and transported him to Mt. View. He was then air lifted to the Emanuel Burn Center in Portland. Family members reported that Kleiter sustained second degree burns over 20 percent of his body and is "doing okay."

Local officials feel that Kleiter was very fortunate as he had five gallons of gasoline stored in the shower area of the trailer.

Family Homeless

A December 31 fire at 1362 Elk Loop in the Tenino area has left a local family homeless.

Lois Estimo was alerted by her children at 8:45 a.m. that their bedroom was on fire. When Estimo reached the bedroom, she

Continued on page 4

Spilyay Tymoo

Staff Members

MANAGING EDITOR.....SID MILLER
ASSISTANT EDITOR.....DONNA BEHREND
PHOTO SPECIALIST/WRITER.....MARSHA SHEWCZYK
REPORTER/PHOTOGRAPHER...SAPHRONIA COOCHISE

FOUNDED IN MARCH, 1976

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the basement of the Old Girls Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:

Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761

PHONE:

(503) 553-1644 or (503) 553-3274

FAX No. 553-3539

Annual Subscription Rates:

Within the U.S. — \$9.00

Outside the U.S. — \$15.00



Damaged severely

A double-wide mobile home at 4626 Tommy Street, owned and occupied by Annette Arellano, was severely damaged in a mid-morning blaze Monday, January 7. The fire started in the master bedroom and is believed to have been caused by electrical problems. Total loss has not yet been determined.