

Job Openings

The following job openings were available as of March 31, 1992. Applications can be submitted to Frances Allen at Employment Services or call 553-3263. To ask about job details, contact the person listed as the contact.

Administrative Secretary/Education/Mike Clements
Social Services Coordinator/Education/Nancy Kirk
Home Base Program Coordinator/ Base/Education/Nancy Kirk
Enterprise Accountant/Finance/Doug Medlin

Relief Lookout/Forestry/Gary Cooke
Lookout(3)/Forestry/Gary Cooke
High School Forestry Technicians (6-8)/Forestry/Ron Rucker
Youth Worker/Childrens Protective Services/Linda Thompson
Adolescent Substance Abuse Specialist/Childrens Protective Services/Jon Chambers
Microcomputer Support Tech./Information Systems/Sandra or Lorrain
Building Maintenance Supervi-

sor/MOHS/Call 553-3331
Crew Members/Range and Ag./Robert Brunoe
Fisheries Technicians (4)/Natural Resources Fishers/Mark Fritsch
Information Analyst/Planning/Ray Rangila
Secretary/Police Department/Teeny Tappo
Room Attendants, Front Desk Clerks, Reservationists, Bell Persons, Switchboard Operator, Cashier Attendant, Sales Clerk, Breakfast, Lunch and Snackshop Servers, Bus Persons, Short Order Cook/Kah-Nee-Ta/Personnel office at 553-1112

Baby-sitter needed

Baby-sitter needed!!! Monday - Friday 7:00 a.m. - 4:00 p.m. Two children ages: 2 years & 10 months. Baby-sit at my home or yours. Must be dependable! For more information call Sarah at 553-1010 (after 4 p.m.) or 553-3272 (Mon.-Fri. Before 4 p.m.).

Warm Springs Family Planning Clinic is now located in the basement of the Vern Jackson Home
Open Tuesdays from 2 to 4:45 p.m.
Call 475-4456 for an appointment
FREE CONDOMS!

Dances of wellness presented at senior event

To the Editor,

Senior Wellness was given a big boost on Honor Seniors Day March 20. The Warm Springs Senior Wellness Team, with the help of "Chef", demonstrated how much fun life can be with exercise, good food and regard for your own health.

Chef, an organization from Seaside, Oregon, promotes Senior

wellness and provided lunches for incoming seniors. The buses, vans and cars arrived from reservations and surrounding senior centers from off the reservation. The mix of Indian and Sho-ya-po proved that we all enjoy life and laugh at the same things, in the same manner.

Chair aerobics loosened up our visitors after their long ride. Old friends and long-ago classmates met

again and the teacher of the boarding school days saw her girls and boys with gray hair and found that they had returned to the old ways.

The Playboy, Ole Patt, and Queen Viola Kalama, handed out prizes, alternating with the visiting King and Queen. The oldest seniors present were Elmer Tom and Nettie Shawaway of Warm Springs. The games were enjoyed by all, with spectators and participants laughing to tears.

Dancing was demonstrated by the Senior Team, both at dinner with the Boogie Woogie Potato Heads, and the Wild Jingle Jangle and Crash Bang at the powwow.

You, too, can be in shape for next year's dance of the Senior Wellness Team. Come, join us!

Senior Wellness Team

Quilt show a great success!

To the Editor,

March 21st was National Quilt Day and I'm sure there were quilt shows held throughout the country. The Warm Springs Quilt Show was a success and I want to acknowledge those involved.

First of all, special thanks to Eraina Palmer for her continuous support and encouragement. Thanks to Tribal Council for the use of the Agency Longhouse; Larry and Priscilla Arthur for getting the longhouse ready, after the successful Honor Seniors Day. Congratulations to the staff for that special day. Jimmy Macy loaned us the rope needed to hang the quilt.

Thanks also go to: Nancy Kirk, Kathleen Moses, Sheilah Wahnetah, Rose Mitchell, Rosie Tom, Nellie Hall, Irma Wahnetah and Patsy Lenbeck for sharing quilts that they made. Donna Behrend, Norma Jackson, Mary Sando-Emhoolah, Brandon Thompson, Denise Clements, Ivan Gabriel, Kim Brown,

Ada Billey and Amelia Colwash and family shared quilts and crafts that they owned. There were a few quilts for sale, but most were for show only—each one had its individual beauty, uniqueness and special meaning to the owners.

There were visitors from Warm Springs, Madras, Bend, Grande Ronde, Pendleton, Oregon; Houston, Texas; Yakima and the "Golden Girls" from Nisqually, Washington. This was a fun social work-day for those who stayed to sew, snack, share ideas, etc. Thanks to those who helped in setting up and taking down, and for all the snacks especially Naomi "Wimpy" Winishut for the delicious pan bread and Mary Sando-Emhoolah for the mini-cupcakes. Jeannie Danzuka had a refresher class while doing her language homework.

The quilting business is getting bigger all the time so let's plan on a bigger and better show for next year.

Happy quilting,
Kate Jackson

Title V parents to meet 4/14

The Title V Parent Advisory Committee will meet at Warm Springs Elementary Library at 7 p.m. on Tuesday, April 14, 1992. The agenda will include nominations for the 1992-93 committee membership.

Mt. Hood Meadows expansion

Continued from page 3

proposed chair lift. Public comment is being accepted that assessment.

Baseline data on water quality consisting of streamflow, turbidity, temperature and other aspects of water quality are being collected. The baseline will allow evaluation of impacts in the area.

Copies of the decision will be available in mid-July from the Hood River Ranger District by calling 352-5002. For more information about the Mt. Hood Meadows expansion contact Ken Davis at the Hood River Ranger Station, 352-6002.

Tribal Vehicle Pool policy conclude

The following is the final section of the Vehicle Pool Policy Manual: 6.0 VEHICLE EQUIPMENT

(a) Standard Equipment. All tribal vehicles will be equipped with standard equipment at the expense of the program. Standard equipment includes: Spare tire, first aid kit, flares, fire extinguishers, tribal decal, jack/lug wrench, tire chains.

(b) Special Equipment. Special equipment is installed only at the request of Branch Manager. The department requesting the equipment is charged with the expense.

7.0 VEHICLE FUEL

(a) Kardloc System. All tribal vehicles are fueled at the Vehicle Pool. Cards are assigned to each vehicle and are not to be used for other vehicles, or filling gas cans. Only tribal vehicles may be fueled at the Vehicle Pool.

(b) Lost Cards. Lost fuel cards must be reported immediately to the Vehicle Pool Parts Manager. Expenses caused by lost cards are



Geo-quiz

Identify the location of this area and win a year's subscription to Spilyay Tymoo. Call 553-1644 after 1:00 p.m., Monday April 6.

Aerobics an excellent way to improve general health

Spring is a good time to think about starting an exercise program. Aerobic exercise is especially important for people with diabetes, as well as for those who are at risk for developing the disease.

Aerobic exercise is the name for any kind of activity that causes the body to use oxygen. Exercises which tone just one part of your body are usually not aerobic.

An aerobic exercise program has many benefits. This kind of exercise burns calories and can cause blood sugar levels to become lower. It will also help your heart and blood flow, and decrease the amount of fat in your blood. Examples of aerobic exercises are riding a bicycle, dancing, swimming, running, and some types of exercise classes. It's important to choose an activity you enjoy so that you will be able to stick with it. Plan an exercise program you can do during different times of the year. You can ride a bike outside in the summer and use an exercise bicycle indoors during the winter. The aerobics classes held at the Warm Springs Community Center are also done year-round.

Before you start an aerobic exercise program, discuss your plans with the people who treat you for your diabetes. The amount of insulin or diabetes pills you take may need to be changed. (Remember, exercise usually lowers blood sugar.) Your doctor may want you to have a physical exam before you start.

Start your exercise program slowly. The length of time that you exercise is more important than how fast you go. Increase the time you exercise to at least 30 to 40 minutes three to four times each week. It helps your muscles more to exercise for 30 minutes three times each week than 90 minutes once a week.

Check your blood sugar before you exercise. Do not exercise if your blood sugar is less than 70 or greater than 300 (exercise may actually raise blood sugar if it is too high when you start exercising).

Your heart rate shows how intensely you are exercising. If your heart rate is slow while you are exercising, you are not doing enough to improve your heart and blood flow. If your heart rate is too fast, you are putting too much strain on your sys-

tem. To find out what your heart rate is, take your pulse as soon as you stop exercising. Put the tips of two fingers on your neck just below your jaw until you feel your heart beat. Count your pulse rate for 10 seconds and multiply by six. Ask your doctor what target heart rate you should be working toward.

As you plan your exercise program, think ahead about ways to be sure that you will continue. Some tips are: Exercise at a time that fits into your schedule. Exercise with a friend or family member. Keep a record of your progress. Try to do a little more each time. REWARD yourself for the progress you make!

Cadets to appear on AM Northwest

The Warm Springs Search and Rescue Cadets will appear on AM Northwest, the KATU Channel 2 morning show, Friday, April 17.

All 14 Oregon recipients of President Bush's Thousand Points of Light award will appear on the show. The appearance will be taped. If interested in seeing the tape, contact Keith Baker, cadet leader, through the OSU Extension program at 553-3238.

Legal notices

Confederated Tribes of the Warm Springs Reservation of Oregon

vs
Marissa Cooper
Defendant
Case No. CR98-91

To: Marissa Cooper
You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 1:30 p.m. on the 21st day of April, 1992.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the tribal court may enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, on this 12th day of March 1992.

Walter Langness, III
Judge, Warm Springs Tribal Court

Mill offers trucks for sale to members

Warm Springs Forest Products Industries is offering the following excess equipment for sale to tribal members. All equipment is sold as is with no financing available from WSFPI.

Equipment being offered is excess and no work or trucking job is being offered with purchase of any of this equipment.

Contact person at WSFPI is Jack Towe. He can be reached at 553-2104.

Truck #37: 1984 Kenworth @900 3 axle truck tractor LIC. T438607, S/N 327748 with NTC 400 Cummins Fuller RTO 14613, SQ 100, 11R24.5 tires, A/C, AM-FM Radio, 216" W.B., Dual 110 gal. Fuel tanks. 631,810 miles. Sale Price: \$14,400.

Truck #38: 1986 Freightliner FLC 1120645T, 3 axle truck tractor, LIC. T450920, S/N. 401791 with NTC 400 Cummins, Fuller RTO 14613, SQ 100, 11R24.5 tires, A/C, AM-FM radio, cab guard, 216" W.B., dual 110 gallon fuel tanks, 473,449 miles. Sale Price: \$15,150.

Truck #39: 1986 Freightliner, FLC 1120645T 3 axle truck tractor, LIC. T450921, S/N 401792, with NTC 400 Cummins, Fuller RTP 14613, SQ 100, 11R24.5 tires, A/C, AM-FM radio, cab guard, 216" W.B. dual 110 gallon fuel tanks, 538,831 miles. Sale Price: \$16,500

Truck #40: 1979 White Western Star 44964, 3 axle log truck, LIC. T37854, S/N 901688, with NTC 350 Cummins, Fuller RT 0913, Eaton 2 speed rear end, 1979 peerless/whitelog hop-on 1979 S/N WL250 and Crown 3000 self-loader S/N 4622-43. 311,131 miles. Sale Price: 16,050.

Truck #42: 1988 Freightliner 1120645T, 3 axle truck tractor, LIC. T451817, S/N 405984 with NTC 400 Cummins, Fuller RTO 913, 11R24.5 Tires A/C, AM-FM radio, cab guard, 216" W.B., dual 110 gallon fuel tanks, 408,499 miles. Sale Price: \$20,850.

Truck #43: 1989 Kenworth T800, 3 axle truck tractor LIC. T461850, S/N 52055T with NTC 444 Cummins, Fuller RTO 14613, 11R24.5 tires A/Cm, AM-FM radio, cab guard, 216" WB, dual 110 gallon fuel tanks, 279,827 miles. Sale Price: 26,250.

Truck #44: 1989 Kenworth T800, 3 axle truck tractor, LIC. T471504, S/N 520552 with NTC 444 Cummins, Fuller RTP 14613, SQ 100, 11R24.5 tires, A/C, AM-FM radio, cab guard, 216" WB, dual 110 gallon fuel tanks, 333,155 miles. Sale Price: 26,250.

Truck #46: 1989 Freightliner D120645T, 3 axle truck tractor, LIC. T471534, S/N 368761 with 3406B Cat, Fuller RTP14609, SQ 100, 11R24.5 tires, A/C, AM-FM radio, 216" WB, dual 110 gallon fuel tanks. 350,296 miles. Sale Price: \$25,200.

Chip trailers 2A, 3A, 4A and 5A: All are 1970 Peerless, 43 Ft. 2 axle semi chip trailers with possum bellies; all have SSI spread air suspension, inside post and 11R24.5 tires. License numbers respectively: HPO 1821; HPO 1824, HPO 1823 and HPO 1822 with serial numbers: 701797, 701800, 701799 and 701798. Sale Price for each truck is \$3,600.

Chip trailer 10A: 1971 Peerless, 43 ft. 2 axle semi chip trailer with possum belly, SSI spread air suspension, inside post, 11R24.5 tires, LIC. HPO 1834 S/N 71322. Sale Price: \$4,050.

Chip trailer 10A: 1971 Peerless 43 ft. 2 axle semi chip trailer with possum belly, SSI spread air suspension inside post 11R24.5 tires, LIC. HPO 1833 S/N 713270. Sale Price: \$4,050.

Chip trailer 13A: 1975 Peerless 43 ft. 2 axle semi chip trailer with possum belly, SSI spread air suspension inside post 11R24.5 tires, LIC. HT 11627, S/N 7750119. Sale Price: \$4,275.

Chip Trailer 14A: 1975 Peerless 43 ft. 2 axle semi chip trailer with possum belly, SSI spread air suspension inside post 11S14.5 tires, LIC. HT 11628, S/N 7750120. Sale Price: \$4,275.

Flatbed Trailer 7A: 1970 Peerless 40 ft. 2 axle flatbed trailer with perimeter frame, SSI spread air suspension, wood deck, 11R24.5 tires, LIC. HPO 1825, S/N 701802. Sale Price: \$2,250.

Flatbed Trailer 8A: 1970 Peerless 40 ft. 2 axle flatbed trailer with perimeter frame, SSI spread air suspension, wood deck, 11R24.5 tires, LIC. HPO 1826, S/N 701803. Sale Price: \$2,250.

Flatbed trailer 21A: 1977 utility 40 ft. 2 axle flatbed trailer with perimeter frame, Hutch 4 leaf suspension, S/N 7L7-0327-033. Sale Price: \$2,790.

Howlak Tichum

Dorothy Polk Wally

Eighty-one year old Dorothy Wally of Warm Springs passed away at her home in Warm Springs, Thursday, March 26, 1992. She was an enrolled member of the Confederated Tribes of Warm Springs. She was born April 1, 1910 to James K Polk, Jr. and Hatti (Symentire) Polk. She was married in 1945 to Joe Wally in White Salmon, Washington. Her special interests were taking care of her chickens, dogs, and cats.

Prayer services were held at 7 p.m. on Friday, March 27, 1992 at Madras Evergreen Chapel and Funeral Home. She was held overnight and funeral service began at 10 a.m. Saturday, March 28 at Madras Evergreen. The burial followed at eleven o'clock at the Agency Cemetery in Warm Springs. Easton Aguilar of the Full Gospel Church officiated the ceremony.

Her survivors include her nieces;

Winona Strong, and Edna Jackson of Anchorage, Alaska; Audrie Nayther of Ketchicau, Alaska; Evelyn Polk of Seattle, Washington; Julie Ann Polk of Redmond, Oregon; Glenda Polk of Redmond, Oregon; Naomi Polk, Melinda Polk, and Marrisra Stradley of Warm Springs; and Jeannie Savin of Klamath Falls, Oregon.

Her nephews include: Lawrence Tufti, Thurman Tufti and George Aguilar, Sr. of Warm Springs; and Murphy Polk of White Swan, Washington.

She was preceded in death by her father; James Polk, Jr. on April 22, 1933, her mother; Hatti Polk on January 16, 1948. Her son also preceded her in death, Thurman Polk who died May 24, 1952. Wally had six brothers and 4 sisters all who are deceased also.



Velma Frank and Lois Smith admire one of the dozens of quilts at the First Annual Quilt Show at the Agency Longhouse March 21. Additionally on display at the show, organized by Kate Jackson, were log cabin, lover's knots quilts and many other original patterns.

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All members of the Confederated Tribes of Warm Springs will receive the Spilyay Tymoo at no cost. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.