



A big 'un

Harvianne Tohet recently showed off a celery stalk she picked along Kah-Nee-Ta grade. The xams' measured 25 inches in length and was a good 1/2 inch in diameter.

New agent joins local Extension staff

Norma Simpson is the new Oregon State University Extension agent working with Home Economics Programs on the Warm Springs Reservation, reports Clint Jacks, Jefferson County Extension Agent and Staff Chair. Simpson began her duties March 15.

The new Extension agent fills the position previously held by Mollie Marsh, who resigned several months ago when she and her family moved to Idaho. Simpson is expected to emphasize family finance, nutrition and health, and family relationships in her program while she works with an advisory committee to identify other programs needed by families on the Reservation, Jacks said.

Simpson, a native of Idaho, brings extensive overseas experience with her. Before coming to Jefferson County, she was a senior lecturer in the Advanced Diploma Unit of Goroka Teachers College at the University of Papua New Guinea. She began work there in 1987 to develop an advanced diploma in Home Economics Teaching.

From 1981 to 1984, she was Communications Advisor for a small farm technology project in Paraguay. She also worked with the American Home Economics Association in evaluating an income generation for rural women workshop for Latin American Home Economists.

Her other overseas experience includes work as a Home Economics Communications Advisor in Nigeria. Before starting her international work, Simpson was Home Econom-

ics Extension Radio Editor at the University of Wisconsin, and Extension Home Economist in Idaho's Teton and Clark Counties and a Home Service Advisor for Idaho Power Company in Pocatello.

The certified home economist is active in numerous professional organizations. She earned her undergraduate degree in Home Economics in Business from Idaho State University. She then obtained her master's degree in Home Economics Journalism at Wisconsin and her doctorate in Home Economics Education from Oklahoma State University.



Norma Simpson

Vancouver, BC Indian child welfare conference to focus on strength of extended families

A major conference focusing on the welfare of Native children in Canada and the United States will take place on May 19-22, 1992 at the Coast Plaza at Stanley Park in Vancouver, British Columbia. The event is the sixth annual conference of the Northwest Indian Child Welfare Association located in Portland, Oregon. The three and a half day meeting, for Native and non-Native social workers, band and tribal leaders, court workers, state and provincial social service administrators and policymakers, natural helpers, spiritual leaders and others, is being co-sponsored by British Columbia's Ministry of Social Services with help from their Aboriginal Family & Child Services Unit and many other Vancouver First Nation agencies and bands.

The theme of the conference, "Spirit of Caring: Sharing the Strengths of First Nation Families," centers on the most enduring quality of Native people: the inherent strength of the extended family. "The idea was to have a conference that shares information based on those things which Indian people value most. The extended family is the single most important entity of Native people. Without it, there would have been no survival for us," says Terry Cross, a Seneca Indian and Executive Director for the Northwest Indian Child Welfare Association. "We believe the participants can use the conference information in their work with Native children or in making policies and procedures that affect these children and their families." Mr. Cross also stated that

the conference "challenges each of us to look at how we often bring our own cultural values and biases to the work that we do." Besides offering good information, the conference will provide a forum for dialogue between the United States and Canada on important issues regarding Native children which must be addressed.

Keynote and workshop presenters will include Dr. John Red Horse, Dean of Liberal Arts, University of Minnesota-Duluth; Ms. Joan Glode, Executive Director, Micmac Family & Children Services of Nova Scotia; Mr. Ernie Crey, President, United Native Nations; Honorable Joan Smallwood, Minister, Ministry of Social Services; Mr. Terry Cross, Executive Director, Northwest Indian Child Welfare Association; Ms. Susan Veit, Director, M.S.S. Children & Family Services; Ms. Leanne Miller, Assistant Attorney General, State of Washington; Ms. Yvonne Peterson, assistant Secretary, Department of Social and Health Services, State of Washington; Mr. Bertram Hirsch, Attorney for the Association on American Indian Affairs; and many others. Special guests will include chiefs and elders from the three bands of the Vancouver area and representatives from various Vancouver Native agencies.

Workshops will be presented on three tracks: individual/self, child, and family. Topics will include recovery from the residential school experience, adoption, strengths of women, cross-cultural practice skills, sexual abuse treatment, art therapy, parenting skills and other pertinent topics. Participants will be able to utilize an art therapy room and a traditional medicine healing room provided for their own healing throughout the conference. "It is very important for us to nurture and take care of ourselves in this line of work. We are offering that opportunity at the conference," said Angie Todd-

Dennis, Coordinator for the First Nations Health Professions Program UBC and Co-Moderator of Ceremonies for the conference. Also, traditional native talking circles will focus on recovery from alcoholism, men's and women's issues, and adult children of alcoholics.

For more information, please contact Jay LaPlante, Conference Coordinator, Northwest Indian Child Welfare Association, c/o R.R.O., P.O. Box 751, Portland, OR 97207; Telephone (503) 725-3038 or FAX (503) 725-4180. Or contact Ken Clement, M.S.S. Aboriginal Family & Child Services Unit, 330 E. Hastings St., Vancouver, B.C. V6A 1P3; Telephone (604) 660-0515 or FAX (604) 660-9328.

Tribal Council hosts appreciation dinner

The Tribal Council appreciation dinner held Friday, April 24th 1992, at the Kah-Nee-Ta Lodge was well attended. The dinner was to honor the Tribal Council members as their term expires this month.

There were several guests present from the Political world as well as those who have had close working relations with the Tribes. Present was the lobbyist from Washington D.C., Mark Phillips, also Beverly Clarno, Tom Throop, Dan Ahern, Rick Allen to name a few. There were several others on hand who have worked with the Council on regular basis include Dr. Creelman and wife, Russ Algers and wife, Stan Reid. All the Committees were on hand also to make it a big night out.

One of the leading speakers was the outgoing chairman, Zane Jackson, as his remarks were on the work related experiences with the Tribal Council members where they faced some tough times as these past three years were pretty trying at times. An there is always the brighter side of things also but they all worked very hard for the Tribes.

Dennis Karnopp, Tribal Attorney, had the task of introducing the special guests and he also had some recollections of the past three years working side by side with the Tribal Council.

Ken Smith, the C.E.O. of the Con-

federated Tribes, spoke on the past three years and what difficult times this council faced. There were some tough decisions they had to make and when they made their decisions they stuck with them. Decisions that included the closure of the mill, the big lay-off which were difficult decisions to make, but everything they did was the best interest of the Tribes.

Delvis Heath, chief of the Warm Springs Tribes spoke briefly as he focused his thoughts on the working relations with the non-Indians. We've all got to work together no matter what color or who we are, that's what accomplishes things, is where we are able to work well with one another.

The evenings program was under Master of Ceremonies Rudy Clements. As the evening wore on there were awards presented to: One of the General Managers for the outstanding service which was done by Doris Miller, Tribal Council Secretary. Achievement Awards were presented to the Tribal Council members and all the Committee members by their working staff.

Part of the closing ceremonies were the 4-H girls, led by Teddi Tanewasha and Orthelia Miller, who did the Lords Prayer in sign language. The closing ceremonies were done by Nettie Shawaway, Matilda and Pierson Mitchell.

IHS eye clinic scheduled for May 28 in Warm Springs

An eye clinic for patients with diabetes will be held at the IHS Clinic on Thursday, May 28 from 8:00 a.m. to 11:00 a.m. It is very important for patients with diabetes to see an eye doctor every year. Diabetes can damage the smaller blood vessels (capillaries); this in turn affects the eyes.

Why does this happen to small vessels? No one knows exactly why this happens. It is believed that high blood sugar levels can damage these blood vessels over a period of time.

How can diabetes affect the eyes? Retinopathy is a disease of the retina in the eye. The retina sends the pictures of what we see to the brain. When the blood sugar levels are too high, the blood vessels in the retina may become weak over time. The weak spots in the blood vessels balloon out into small pouches. These pouches are fragile and can break easily. Blood leaks into the retina. A scar forms at the broken spot. This is called background retinopathy. In this type of retinopathy, there is usually no change in sight, unless the central part of the retina is affected.

Is there another type of retinopathy? The second type is called proliferative retinopathy. In this type, new blood vessels grow over the retina and out into the clear jelly that fills the eyeball. The new vessels can break and leak blood. You may be able to see signs that this has happened. Your vision may be like looking through blood or a spider web, or you may see black floating

spots. As the broken vessels heal, bands of scar tissue form. Proliferative retinopathy is very serious. It can lead to blindness unless it is treated.

Sometimes the bands of scar tissue pull the retina away from where it is attached. This is called retinal detachment, which is also very serious. You may lose sight suddenly in one or both of your eyes, or it may seem as if a curtain has been pulled over part of your eye. It's important to call your doctor if this happens.

How is retinopathy treated? There are new ways to treat retinopathy. If it is caught early and treated in the right way, most blindness can be prevented.

How will I know if I have retinopathy? There usually aren't any early signs of this problem. Only a specially trained doctor can tell if you have retinopathy. It is very important that patients with diabetes see an eye doctor every year.

How else does diabetes affect my eyes? Vision may become blurred when blood sugar is too high. The blurred vision will usually go away when blood sugar levels come down.

People with diabetes have cataracts and glaucoma more often than people who don't have diabetes. A cataract happens when the lens of the eye becomes cloudy. This causes your

Deschutes River-

Continued from page 1

statement addressing vehicle access above the locked gate should be released by June. There will be a 60-day period for written comments.

The BLM expects to issue its final record of decision sometime this fall. The cooperating agencies will begin to implement some plan provisions this summer. However, provisions requiring administrative rulemaking (such as the new jet boat regulations) are unlikely to be implemented this summer.

Questions and requests for mailing should be directed to Jacque Greenleaf at Oregon State Parks, 525 Trade St. SE, Salem, Oregon 97310 or phone (503) 373-5020.

OSU powwow set

The 16th Annual Oregon State University Spring Powwow has been rescheduled for May 30, 1992, due to a conflict with another rather large powwow in the area on the same day. The powwow will be held at Gill Coliseum at OSU in Corvallis. The schedule for the days events is as follows: 3-4 p.m., storytelling at Gill Coliseum; 4-6 p.m., dinner (free) at Gill; 2-11:30 p.m., Native Craft Vendors; and 7:00 p.m., Grand Entry-drumming and dancing until 11:30.

Set up for vendors is at 12:00 noon. The cost per table, (not per scale) is \$20 plus a donation for our drawing. Drawing tickets will be sold that day for \$1 each. If interested in reserving craft tables for native crafts and supplies, please phone NASA at the Native American Longhouse, OSU, (503) 737-2738.

HOT students prepare for special event

Mini-classes on a variety of subjects will replace regular classes at Madras High School on May 13. The day's program, sponsored by the Healthy Options for Teens (HOT) board, will focus on careers, problem-solving, and providing information.

Students will have the opportunity to learn about aviation, ham radio and model railroads. Students, teachers and community members will be conducting the classes on a wide range of subjects.

In one session class participants will learn how to apply for state jobs, and in another they will learn self-awareness through art. Discussion groups will review problems of peer pressure and other difficulties students face.

Two assemblies will entertain students. The Black Lodge Singers from White Swan Washington

A complete schedule of activities will be available before the HOT sponsored school day.

EOSC plans spring powwow May 9

Eastern Oregon State College will hold its Speel-Ya Indian Club sponsored powwow May 9, 1992. The 22nd annual powwow will be held at Quinn Coliseum from 7:00 p.m. to 12:00 midnight.

Remember your mother on Mother's Day, May 10

U of O plans spring powwow

The University of Oregon's, Native American Student Union sponsored, 24th Annual Spring Powwow is scheduled for May 16 & 17, 1992, at Mac Arthur Court, University of Oregon, Eugene.

The host drum will be Northern Winds, of Whitefish Bay, Ontario, Canada and Mockingbird, San Francisco Bay Area. Master of ceremonies will be Allan C. Neskahi, Cortez, Colorado. And the arena director is

Vaughn Baker of Poplar, Montana. All drums are welcome.

For further information call or write: NASU, Rm 15-A, EMU, University of Oregon, Eugene, OR 97403, (503) 346-3723.

NASU is not responsible for theft, accidents, divorces and/or stranded guests.

Alcoholic beverages and illegal drugs are prohibited.

Diabetes series to be held in May, June

The Warm Springs Diabetes Program is sponsoring a six-week series of classes on diabetes. The classes will be held every Tuesday, from 10:00 a.m. to 11:00 a.m., in the Warm Springs Community Center. Anyone is welcome to attend. Registration is not required; however, if you know that you will be attending, please call Susan Mathew, Diabetes Nurse Educator, at the Clinic at 553-1196 so that she can plan for handouts, chairs, etc.

Each class will cover a separate topic so if you are unable to attend the entire series you will still benefit

from coming when you are able. The topics to be discussed are: May 5—High blood sugar - low blood sugar

May 12—Treatment of diabetes

May 19—Self-blood glucose monitoring

May 26—Preventing complications of diabetes

June 2—Learning to accept that you have diabetes

If you have any questions regarding the classes, or about the Diabetes Program in general, please call Susan or Candace at the Clinic.

Happy Mother's Day

From Spilyay Tymoo

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Heifer mutilated

Delford Johnson holds the back leg of a heifer that was found mutilated near Seekseequa Corral April 15. Only the uterus had been removed from the two-year-old cow which belonged to Johnson. Chris Greene, left, of the natural resources department and Anson Begay, of Fish and Wildlife, examine the carcass and investigate the crime. According to police statistics, numerous cattle have been butchered in recent weeks.