

Federal grant to fund local conservation Corps



Warm Springs Conservation Corps members are, kneeling left to right, Jarod Thomas, Joey Wahsise, William Clements and Danny Samuels. Standing left to right, Louis LeClaire, Lucas Ike, Becky Sahme, Manuel Teeman, Helen Clements, Trudie Smith, Vernon Suppah, Dorian Tappo and Adrian Kennedy. Not pictured, Sean Mulholland, Joseph Boise, and Nicki Charley.

The Work Experience and Development Department, previously known as Employment Services, will operate a federally funded year-round Warm Springs Community and Conservation Corps, thanks to a federal grant through the National and Community Services Act.

Initially, sixteen individuals between the ages of 16 and 25 will represent WSCC which plans to hire 32 individuals per year over the next three years. The Corps slots are each six months in duration. At least two work crews will be operating, with each crew having two crew leaders. Crew leaders, selected by Corp coordinator Lucas Ike, are Manuel

Teeman and Trudie Smith. Teeman and Smith have participated in intensive orientation and training during the past few weeks and have also been interviewing applicants. As crew leaders, Teeman and Smith will help energize and motivate young people to gain some good work ethics, skills and work experience.

This is providing the opportunity to complete a wide range of inter-community and rural projects which have long-term benefits for all of Warm Springs. Further, the grant includes a human resource component, specifically the development of a junior council, which got off the ground through the Youth Work

Program last summer. The grant also allows for focus on Adopt an Elder and Adopt a Brother/Sister programs. Strong volunteerism is also required. Each year of the three year grant period, organizers will be required to re-apply for the funding. To renew a grant, the commission reviews all aspects of the requirements to ensure they are being met. The help of individuals, families and the community are needed in order to be successful at achieving all aspects of the grant.

Termed an "educational service learning" opportunity, the Corps is a once in a life time experience for young people who want to work and

learn in the outdoors. There is no discrimination based upon race, sex or religion. The first year plan includes training, educational activities, a wide variety of work experience projects and service learning through hands-on assignments. When crew members complete their entire corp training, one of the primary post services is a scholarship which will be applied directly to a vocational school or college that at which the individual is accepted for registration/tuition costs.

The purpose of the act is to renew ethic of civic responsibility; encourage citizens to engage in service to the nation; involve youth in programs that will benefit the nation and improve their lives; enable youth to make a sustained commitment to service by removing barriers; build on the network of existing programs and agencies; involve participants in activities not otherwise being performed by paid workers; and generate additional volunteer service hours to help meet human, educational, environmental and public safety needs, particularly relating to poverty.

Some of the projects planned for the community include working for the elderly providing driveway graveling, stacking of wood, identifying basic repair needs and assist the housing department with repairs for senior citizen housing units. Other work will include community housing enhancement projects, cemetery enhancement projects, playground development, outdoor parks, Peter's Pasture renovation, natural resources and forestry projects.

For further information on the WSCC, contact Lucas Ike at 553-3324. The office is located in the basement of the west wing of the Education Services building.



Snowy Steed

Amber Macy sits atop her cold blooded horse one recent winter day. Amber constructed the horse to celebrate her birthday February 21.

Phase II begins New IRMP Team organized

The IRMP II Team, organized last Monday at the Warm Springs Power Enterprise building. An effort is being made to identify areas of concerns in different resource areas, as well as recognize opportunities in the planning process.

The IRMP II Team is charged with the responsibility of coming up with a plan that will serve community needs, meeting the specific requirements of the people while maintaining a balanced approach.

Issues and concerns being addressed by the Team include:

- **WATER:** Maintain clean water; Riparian habitat protection; Lack of water; More water storage; River Management; Aquaculture; Use of chemicals; Spring development; Sidwalter canal; Deep wells; Guzzlers; Domestic water sources.
- **ENVIRONMENT:** Landfills site; Use of chemicals (herbicides); Air quality; Weed control; Road system design/expansion; R.H. septic systems.
- **RECREATION:** More recreation opportunities for Tribal, non-Tribal; Lake Billy Chinook interface; River planning; Youth program/facilities/opportunities; Hunting/fishing opportunities; Rafting; More barbecues.
- **ENERGY/MINERALS:** Use of solar/geothermal/wind; Juniper for wood burning; More mineral development; Quarry site.

HOUSING: Impact on Agriculture/Range/Wildlife; Landscape design; Visuals; Road/water/power; Zoning; Population growth plan/Housing expansion; Community interface with Range/Ag lands; Enforcement; Fire Management.

FISH & WILDLIFE: Intro. of exotics (buffalo); Riparian habitat; Wildlife cover; Enforcement of rules, regulations, Tribal law, (fish and wildlife); Public education of resources; Re-intro of indigenous species (antelope); Wildlife habitat protection; Endangered species.

RANGE: More quality forage; Juniper control/utilization; More staffing/support; More facilities; Tourists.

EDUCATION/IMPLEMENTATION: More education of range users (DNR), (Conservation issues); More equipment/Technical applications; More staffing/support; Technical services coordination; More Tribal employees; Zoning; More co-management of Natural Resources; Grazing forested areas; Fencing projects; Rancheing/Farming opportunities; Rest for lands-over rest?; Woodland classifications; Native grasses; Grazing plan implementation; More use of prescribed fire; Livestock health & disease; Public perception of grazing issues/practices; Too many horses/not enough;

Town 'N' Around--Continued from page 1

ride and reduce moisture spray from the surface.

Another highway job, not yet released for bid, will renovate Highway 26 from the Kah-Nee-Ta junction at Warm Springs to the Deschutes Bridge. All Warm Springs highway renovation should be completed before fall and winter weather sets in later this year.

We're where?

According to the Treaty, the eastern boundary of the reservation lies in the middle of the Deschutes River. How come, then, the State sign marking that boundary is located about 300 feet inside the reservation border, just northwest of the Deschutes Crossing Restaurant and Information Center? A sign should be put up in the middle of the bridge so travelers are aware of the accurate boundary.

Taking action

Remember the tragic beating death of the Fort Hall, Idaho youth in January? Well, Sho-Ban members are taking action. The Fort Hall Housing Authority has helped organize a Youth Action Committee through which activities will be organized for reservation youth. The entire community feels that positive activities are needed as an alternative to

the use of drugs and alcohol.

One Saturday, over 100 residents participated in a sledding party. People gathered later in the week to make Valentines and a Valentines dance was held for area youth. The first annual "Daughters of the Mother Earth" sleepover and gathering was held in late February. The housing authority continues to call for community support.

Reappointed

Merle Anne Kirk, who served as Miss Warm Springs for 1992, was reappointed to that position by Tribal Council, according to Vesta Johnson. As Miss Warm Springs, Merle qualifies for a \$1,000 educational scholarship and numerous trips throughout the year. As one of her first functions, Merle will appear at Montgomery Plaza in Portland as part of the Portland International Women's Day March 7 during which she will model a jingle dress.

Diabetes controlled

In early January, a group health workers and cultural educators from the southwest United States began following the diet and exercise patterns of their ancestors to demonstrate the benefits of a traditional lifestyle in controlling diabetes. During the two-week project, the group, com-

prised of Native Americans, incorporated native desert foods into low-fat, high soluble fiber diet and participated in two to four hours of aerobic exercise daily.

The average weight loss was 3.5 pounds per week, and body fat was reduced by 1.8 percent. They also averaged a 26 point lowering of fasting blood sugar levels and a 28 point lowering of blood cholesterol.

The participants were all supplied with desert foodstuffs for the next phase of the demonstration, which will evaluate their ability to incorporate traditional foods and exercise into their home life. Weight and body composition evaluations will be taken at one and three months. The group feels that native foods can play a significant role in reducing susceptibility to diabetes.

Early Childhood Education Center news

Early Childhood Activities for March 1993

8th—PPC Officers meeting 6:30-8 p.m. at ECE Center - Officers will be developing the Agenda for upcoming PPC Meeting.

9th—"Week of the Young Child" Planning meeting 3:30 p.m. ECE Center - Week of the Young Child is coming up in April - All community members are invited to help plan this community wide celebration.

10th—Head Start Parent Policy Council Meeting 6:30 p.m. ECE Center - Monthly meeting.

15th—Head Start SAVI Meeting 12 noon at ECE Center - All program parents/guardians are invited to participate in this annual Head Start Self Assessment Process.

17th—Leprechaun Fun Run 10:00 a.m. at ECE Center, Home Base Center Day.

18th—Video Lunch 12 noon ECE Center staff lounge - view a video featuring skills for parents of teenagers, lunch will be provided.

22nd—Doll Board Making Workshop 6:30-8 p.m. ECE Center, Materials will be provided - everyone is welcome to come and create doll boards for ECE classroom use!

23rd—Infant Center Playground Installation - volunteers from Willamette University will be putting up the Infant Center playground and playhouse.

24th—"What's for Dinner?" Part 4 - Nutrition Workshop 12 noon ECE Kitchen Dining Room. This month's featured menu will focus on "stew". Lunch provided, everyone welcome.

Protect children's teeth early

After eating, small pieces of food that are not swallowed still cling to the teeth. Germs use this food to make acids which attack the enamel (the shiny white covering) on the teeth and cause cavities. Saliva does help to protect the enamel and clear food from the mouth. But, foods that stay on the teeth for more than 30 minutes, even crackers and chips, can cause decay if teeth haven't been brushed with a fluoride toothpaste.

Fluoride can help prevent tooth decay because it protects the enamel. Dentists say that brushing with a fluoride toothpaste twice a day can

prevent the formation of most tooth decay if food is eaten 4 or 5 times a day. Brush teeth 3 times a day if food is eaten more often. The best time to brush teeth is after breakfast and just before bed. And until your child is 6 or 7 years old, it's best for parents to help brushing teeth to make sure a good job is done.

Most tooth decay occurs in children under 3 years, so early dental care is needed. Even before teeth appear, wipe gums daily with a clean, damp washcloth. Be sure to visit a dentist before a child's first birthday. To start early in protecting your child's teeth: put your child to bed without a bottle, don't let your baby sleep all night at the breast, begin teaching your child to drink from a cup around six months of age & avoid pop and other sweet drinks and don't let your child drink from a bottle all day long.

The results of the Warm Springs Head Start dental screenings show that 43% of all children screened exhibited active or restored Baby Bottle Tooth Decay. That means almost half of our 3 and 4 year olds have had Baby Bottle tooth decay. When you look at your baby's teeth don't forget to check the back of the front teeth. That is where this type of decay begins. Please follow the above recommendations and keep your baby smiling.

Children and Self Esteem

We all thrive on compliments and praise but we sometimes forget to pass these on to our children. Self-esteem is how a person feels about himself. Self-esteem is the foundation on which children build the rest of their lives.

Negative words and commands cause children to have a low self-esteem. Negative statements can become a habit. Common negative statements adults use:

- Why are you so stupid?
- How many times have I told you?
- Can't you do anything right?
- If the way a child behaves annoys you or makes you angry, be honest and tell them. Don't nag and criticize children. Positive words allow children to feel good about themselves. They build a child's self-esteem. Try this list of positive words:
- Thank you for helping....

- That was a great idea....
- I like the way you....
- Treat children the way you want to be treated. Hug them and tell them they are great.

Head Start Part Day Hours

Head Start Part Day hours are 8:30-1 p.m. Children begin eating their lunch before 12 noon and are usually finished by 12:30 p.m. Parents/guardians are asked to pick up their children between 12:30 and 1 p.m. Recently the number of children left at Head Start past 1 p.m. has been increasing. Parents/Guardians need to realize that when a child is the last in his/her class to be picked up, it often makes him/her feel forgotten. Please remember that children in the Head Start Part Day Program can be picked up at 12:30 p.m. A policy is being developed to better deal with this issue. Any and all input is welcome and needed. For logistic purposes, from now on, children still in a part day classroom at 1:05 p.m. will be taken to the ECE front office by his/her teachers. At that time staff will try and contact the parent/guardian. If that attempt fails, emergency contacts will be called. Please, if you have a family member or friend with a child in the Head Start Part Day program, and you see them at 12:30 p.m. remind them that it's time to

pick up their child. With everyone's help this issue will be resolved.

Home-Based Program

Margie Kalama, Home-Based Coordinator and Nancy Kirk, Head Start Director attended Head Start Home-Based Program Option Training at the Grand Hyatt Hotel in Washington, DC, February 17-18, 1993. Over 500 people including Head Start directors and Home-Based supervisors participated in the training nationwide, including Puerto Rico.

Head Start is a federally funded, child development program. It serves young children and their families whose income meets federal poverty guidelines. Ten percent of the children have disabilities. Head Start programs operate under annual grants from the U.S. Department of Health and Human Services.

The Home-Based Program Option within Head Start offers families an individualized program in their own home. Families are provided the opportunity to gain necessary skills and access needed resources to function better as individuals, parents, and family units.

Through Margie and Nancy's participation in the Head Start Home-Based Option Training, they have gained valuable information for their own Home-Based Program.

ABOUT CHILD SAFETY

ENFORCE SAFETY RULES

Have children sit in back. Don't put objects on rear window shelf.

Close doors securely. Keep them locked.

Never ride with a child in your lap. Your weight could crush the child in an accident.

A Message From Warm Springs Early Childhood Education

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