

Third annual Women's Wellness Conference set

It's coming soon! Warm Springs community women invited to third annual Women's Wellness Conference.

For the third year in a row, Tribal Community Health Promotion, Recreation and Extension will sponsor the Warm Springs Women's Wellness Conference. The conference has become an annual event that offers women of the community an opportunity to hear about health and wellness issues affecting women. Participants will also experience energizing activities, with time also set aside for entertainment and relaxation.

This year's theme is, "Spirit of Woman: A personal journey to wellness." Presentations will focus on the inner strength displayed by

Native women, concepts on how this strength of spirit has endured through the many roles women have experienced, and how this quality can be used to play a key role in making healthy lifestyle choices in the world we live in today.

The conference will highlight on the belief that women need to be aware of how their mental, physical, emotional and spiritual health are an important part of individual wellness. Information will also touch upon the significant role of the female in today's families.

The Warm Springs Women's Wellness Conference has been scheduled for October 7, 8, and 9, 1993. The conference will be held at the Warm Springs Recreation Center (Community Center). No registration fee is required and free child

care will be available to conference participants. A full day of activity and presentations are planned for October 7 and 8, 1993 with daily sessions beginning around 9:00 a.m. The conference will wind on October 9, 1993 at noon with only a morning session planned. A banquet with live entertainment is also planned for conference participants on Saturday evening.

Registration will be done as individuals arrive at the conference. Look for flyers and posters around the community in the next few weeks regarding the conference. If you would like more information about the Women's Wellness Conference, please feel free to contact the Community Health Promotion office at 553-3292.

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Nathan Jim, Sr., Jacob Frank, Kirby Heath, Joe Moses and Pierson Mitchell at the Oregon Tribes meeting in Poision, Montana.

its member tribes, (2) developing consensus on matters of mutual importance, (3) assisting member tribes in their governmental and programmatic development consistent with their goals of Self-Determination and Self-Sufficiency, and (4) providing for and effective public relations and education program with the non-Indian community.

Topics discussed at the week-long meeting were Tribal Gaming, Housing issues, Health, Economic Development, Indian Education, Native American Veterans issues.

The Indian Health Service Budget was one of the concerns among leaders at the meeting. A resolution in part goes:

"Whereas both the House and Senate have passed an appropriations bill for the Department of Interior and Related Agencies for FY 94 which contains the Indian Health Service budget, and

Whereas, the funding level recommended by the House Bill more appropriately addresses the funding needed for Indian Health services, and

Whereas, the Senate Bill was amended at the last minute to eliminate language which stated that personnel ceilings may not be imposed on the Indian Health Services nor action taken to reduce the emilmination of temporary employees, by reduction in force, hiring freeze or any other means, without reporting to Congress, and

Whereas, tribes are very concerned that the Executive Order requiring a 4% reduction in personnel by FY 95 and a 14% reduction in administrative cost by FY 96 will not be held to Headquarters and Area Offices and will impact health care delivery to Indians people.

The Indian Health situation is a very important issue among the Indian Leaders today.

The Tribal Leaders all were in favor of the Klamath Indians land bid at the meeting. At one time the Klamath Tribes were once a prosperous Nation but because passage of P.L. 587, terminating the Klamath Tribes in 1954 as a federally recognized Indian Tribe with out Tribal consent nor agreement, the reservation land was disposed of through subsequent legislation.

Leaders from the Klamath tribe

presented the resolution before the ATNI group which was in full support of all the leaders there.

The Indian Education is always in the modest of problems and discussions continue at each meeting. Funding, student participation in various schools, and the Indian boarding schools have a deep concern among many Leaders.

Every thing taken into consideration at the ATNI meetings and all the Resolutions approved will be heard in Washington D.C., and with all the support of the Tribal leaders things can be heard in Congress. Among some of the topics discussed and addressed was the Hantavirus, the Mystery Illness, first showed up in the Navajo Reservation. The Hantavirus is thought to be the cause of the respiratory distress syndrome which has been called in the news the Mystery Illness. The illness is now known as HARDS. (Hantavirus Associated Respiratory Distress Syndrome).

How does it effect you? People who have HANTAVIRUS may have some or all of the following: fever (high body temperature); muscle aches; chills; dry cough; headache; nausea & vomiting; shortness of breath; red eyes.

How does a person get the hantavirus? It is believed that the Hantavirus is carried in the urine, feces and saliva of Deer Mice and possibly other wild rodent. For more information the Public Health should have pamphlets on the illness.



Bruce Wyman Chairman of ATNI

Museum to visit Warm Springs

The High Desert Museum has scheduled a day trip to the Warm Springs Reservation north of Bend on Wednesday, October 27 from 8:00 a.m. to 6:30 p.m.

Led by Curator of Native Heritage and Natural History Caryn Throop, the tour will visit many of the tribe's new facilities to gain an understanding of how the Native People in this community blend new ways with traditional teachings. Stops are scheduled at the salmon hatchery, the new health facility, the early childhood center, and the recently opened Warm Springs Museum.

The fee for "Finding a Balance: A Tour of the Reservation of the Confederated Tribes of Warm Springs," which includes lunch, transportation and Museum admission, is \$59 for members and \$66 for non members. To register, send a check to The High Desert Museum, 59800 S. Highway 97, Bend, Oregon 97702 or call (503) 382-4754 by Wednesday, October 20.

Bottle drive set for October 2

A bottle drive to raise funds for the Madras High Senior Class Drug and Alcohol-Free Graduation Party will be held Saturday, October 2. Volunteers will collect door-to-door, or bottles and cans may be dropped off at Violette Sales on Fifth Street across from Erickson's. You may call Tena Jackson at 475-7221 days or 475-7026 evenings to have your cans picked up. You may also donate your pop can refund slips at the office of Erickson's, Safeway or Ahern's.



Photo courtesy of Redmond Spokesman

Dedication ceremonies for 15 Bradley M2A Fighting Vehicles included representatives from the Confederated Tribes of Warm Springs Saturday, September 11 at the tank base east of Redmond. Representatives are (left to right) Chief Nelson Wallulaturm, VFW Post 4217 commander Walter Langnese and Larry Dick.

Tax-exempt industry-Continued from page 1

Robert E. Ramsey: President of Eagle Stop and Save Inc., Eagle Petroleum Inc., Yakima Indian Petroleum Inc., Yakima Transport, Red Eagle Petroleum Inc., Farewell Bend Travel Plaza, Executive Business Consulting Inc.

Harvey Davis, Jr.: Vice-President of Yakima Indian Petroleum, Consultant - Executive Business Consulting.

Cathy Adams: Vice-president/ Executive Manager of Farewell Bend Travel Plaza, Eagle Stop and Save Inc., Eagle Petroleum Inc.

Jack Fiander: Attorney at Law - Legal Council for the Yakima Indian Nation. Jack is a member of the Yakima Indian Nation and has practiced law representing Indians and Indian tribes in the Pacific Northwest for more than ten years.

Harry Smiskin: Vice-Chairman of the Yakima Indian Nation. Serves on Yakima Tribal Council Timber, Overall Economic Development Committee. Vice-President of American Indian Trade and Development Council. Fifteen years as Assistant Chief of Police for the Yakima Indian Nation.

Cecil Compo: Manager of Eagle Stop and Save Inc. C-Store consultant for Executive Business Consulting.

ing. A real success story. Started as an Eagle Stop and Save cashier in 1990.

Indian Tax-Exempt Agenda Thursday, October 12, 1993: 5:00 - 7:00 p.m. Attendee registration; 7:00 - 9:00 p.m. General session; 9:00 - 11:00 p.m. Questions and answers.

On-site registration will take place at the Kah-Nee-Ta Resort on October 12, between 5:00 p.m. and 7:00 p.m. On-Site registrants must pay full price by check or U.S. funds. Please note: we cannot accept credit cards. On-Site registration is \$69.00. Each registrant must complete a separate form.

Beadwork workshop set

The High Desert Museum in Bend is offering a two-day workshop in making beaded bracelets. The workshop will be held on Saturdays, October 23 and November 6, from 9:00 a.m. to noon.

"Loom Beading Technique" will be led by Vancouver graphic artist Maya Jones, who teaches beading classes for Dava Bead and Trade in Portland. Under Jones's guidance, participants will learn the basics of warping a beading loom, selecting a pattern, "culling" beads, and beading on a loom.

The fee for the workshop is \$49 for members and \$55 for non members. A list of additional supplies to purchase will be sent upon registration.

A two-day workshop, "Helix

Necklace Beading," on making beaded necklaces will be held from 9:00 a.m. to noon on Sundays, October 24 and November 2.

Leading the workshop will be Maya Jones. She will show participants the "peyote," and helix stitches, to complete a one-of-a-kind choker style necklace. Participants should have some experience working with seed beads.

The fee for "Helix Necklace Beading" is \$33 for members and \$38 for non members. A list of supplies to purchase will be sent upon registration.

To register for either of these workshops, send a check to The High Desert Museum, 59800 S. Highway 97, Bend, OR 97702, or call 382-4754 by Friday, October 8.

Vaccinations, medical care keep pets happy, healthy

Your dog

Pets are wonderful companions. But like all living things, they have needs and one of those needs are vaccinations to keep them healthy. Dogs and cats come into contact frequently with other animals which increases their risk of infection. Vaccines protect pets against common viruses and bacteria.

At eight weeks of age a puppy should receive its first vaccination for diseases called Distemper, parvovirus and corona. All three viruses are prevented with a single vaccine. However, booster shots must follow the initial vaccine every three weeks until the puppy is five months old, just to be certain the puppy is protected. It is unknown when the immunity to these diseases begins for puppies, but it is certain the puppy is immune after five months. It is still important, though, to get boosters once a year.

Dogs of all ages should have a

rabies shot each year beginning at six months. All warm-blooded animals can become infected with rabies virus, and it is a threat to humans as well. In North America most rabies exists in wildlife, especially raccoons, skunks, foxes and bats. Rabies is spread by bites or saliva of infected animals. Therefore, an unvaccinated dog or cat involved in a fight with a wild animal should be suspect for rabies.

Anytime a dog acts listless and won't eat, or shows unusual behavior, it is probably sick. Some diseases can be stopped after the dog is infected, but some cannot. Prevention by vaccination is the best way to protect a dog.

A small mite is responsible for the disease called mange which causes itching. Dogs who scratch a lot, and lose patches of hair from scratching may have mange. This is contagious to people.

Mange is easily treated. An inoculation may be given to attack the disease systemwide, or a dip is available for mild cases. To prevent a dog from suffering because of the irritation, a veterinary visit may be necessary.

Your cat

Cats tendency to roam increases

contact with other animals, increasing their exposure to disease. Several diseases that cats get are almost always fatal-feline leukemia, feline infectious peritonitis and rabies. Other can kill kittens or destroy the health of adult cats. Prevention assures that a cat will continue to be a good pet.

At eight weeks of age, a kitten can receive a vaccination for distemper

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Even very small puppies need to inoculated against disease.



Cats are susceptible to distemper and leukemia which can be prevented with proper vaccinations.

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FOUNDED IN MARCH, 1976

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ANNUAL SUBSCRIPTION RATES:
Within U.S. - \$9.00
Outside U.S. - \$15.00
SPILYAY TYMOO 1992 ©