

Troop 59 members participate in winter camping trip



Ready for a hike at Rimrock Springs Wildlife Management Area, in the Crooked River National Grasslands are, from left to right, John DeBiasco, Elmer Sampson, Levi Dowty, Chris DeBiasco and Mark Smith. Photo by Mark Matthews

by Mark Matthews
Assistant Scoutmaster
Ready for some cold weather camping, four Warm Springs boys and two adults went camping Saturday and Sunday, February 19 and 20 with Redmond Boy Scout Troop 28 at McCoin Orchard, one mile north of Gray Butte in the Crooked River National Grassland.

The first thing the scouts did after setting up the teepee and eating lunch, was receive instruction on the proper use and care of outdoor woods tools like the pocketknife, saw and ax. The scouts had to read the Scout Handbook chapter on "Using Woods Tools". The scouts talked about the safe ways to use a knife, ax and saw, and how to sharpen them. At the end of the instruction, Mark Smith, Levi Dowty and Chris DeBiasco all received their "Totin' Chip" card which says the bearer has gone through the instruction of safe use of woods tools, will keep conservation in mind when using woods tools and be responsible when using a knife, ax or saw.

If a scout uses a woods tool in an unsafe manner, then a corner of the "Totin' Chip" card will be torn off. If all four corners of the card get torn, the scout must retake the class to get a new card. The "Totin' Chip" card is the Boy Scout equivalent of what a driver's license is to an automobile

when it comes to using woods tools. Elmer Sampson, the four Warm Springs boy at the camping trip, is a ten-year-old cub scout, and will be eligible to earn his "Totin' Chip" card when he turns eleven and joins the scout troop.

One of the afternoon activities was an outdoor application of using a map and compass together. The older scouts and adult leaders from the Redmond troop gave the instruction on the use of the map and compass. Later that day, Mark Smith and Levi Dowty followed a compass course, and got some actual experience using a map and compass. At future meetings Warm Springs Scout Troop 59 will be learning how to use both range and township maps and topographic maps with contour elevation lines.

This was Troop 59's third cold weather camping trip in the last six months, although it was the boys' and father John DeBiasco's first camping trip with Troop 59. John DeBiasco, who earned the Eagle Scout rank when he was a Boy Scout, was happy to be camping with his son and the other scouts. Four of the Troop's older scouts, John Kalama, James Johnson, Kevin and Eric Williams, could not attend the campout as they were involved in the Chinook Boys 15 and Under Basketball Tourna-

ment. JR Tailfeathers could not attend the campout since he was defending his 1993 Championship for 17 and Under Boys Hoop Dancing Contest at the World Championships in Phoenix, Arizona. JR places third this year while using 17 hoops. His dad, Charles, also placed third in the 40 and over Hoop Dancing contest while using 19 hoops. Also unfortunate was Scoutmaster Rick Souers' illness that kept him from the camping trip.

The campers were prepared for cold weather camping. The campers know that to be safe and comfortable during winter camping, or any other winter activity, you must remember two words: Warm and Dry. The best way to stay warm in the cold is to dress in layers of clothing—T-shirt closes to you, a long sleeve shirt on next, then a sweatshirt, then you coat—as you body heats up when working, cutting wood or hiking, you can take off the outer layers to maintain body heat and avoid excessive perspiration. Your outer clothes are put back on when you quit your outdoor work and your body cools down and rests. The scouts were also told that the best clothing material for winter camping is wool since wool traps air spaces for insulation, causing the body to generate heat, better than any other natural

clothing materials. Sleeping warm during the cold weather is another skills experienced by the campers. Since the winter night time temperatures can easily get below freezing, the campers need to be prepared for outdoor sleeping. Extra blankets or another sleeping bag can be placed inside the main sleeping bag to provide extra insulation and warmth. Closed cell foam pads, more blankets and even carpet scraps can be placed between the sleeping bag and waterproof ground cloth for more insulation and warmth. Also, changing into a dry pair of clean clothes will make you sleep warmer during winter nights because your body does not have to heat up the moisture in the clothes caused by the day's perspiration.

Good warm meals are also important for winter camping, and Troop 59 had Dutch Oven Stew with beef, potatoes, carrots and onions, Italian bread, corn and fruit punch for dinner and pancakes with applesauce, eggs, cocoa and Spam for Sunday breakfast. Sunday lunch was at Pietros in Madras. The Redmond Scout troop had another Dutch Oven meal, Chili with cornbread.

Troop 59 would like to thank the Redmond Scout Troop for inviting the Warm Springs Troop along on the camping trip. Also, thanks should go out to Culture and Heritage for letting the troop use its teepee poles; the Tribal Garage for use of the teepee; Murray Matthews for donating his propane stove and tank; Warm Springs Fire and Safety for letting us use one of its First Aid/Trauma kits and Jack McClelland for borrowing his five-gallon water containers.

The troop meets weekly every Tuesday from 6:30 to 8:30 p.m. at the Boys and Girls Clubhouse, (formerly the Extension Office) at the corner of Warm Springs and Paiute streets. Any boys living on or near the reservation, ages 11 to 17, who would like to join Troop 59 are welcome to come to the meetings. Troop 59 has been active in Warm Springs since the 1940s, and the troop is sponsored by the Warm Springs Public Safety branch.

The troop's next weekend activity will be Saturday, March 12 at the Fremont District Scout-A-Ram at Bend's Mt. View Mall. The Scout-A-Rama is where the scout troops in Central Oregon put on displays of various scouting skills.

Troop 59's next camping trip will be Saturday and Sunday, March 26 and 27. The will be taught how to make shelters in the snow, such as snow caves, by members of the Warm Springs and Jefferson County Search and Rescue organizations.

Martial arts class continues

Gerry Cox continues to teach martial arts classes Wednesday and Friday evenings at the Community Center.

Cox started teaching the class January 12 and has been teaching Wu Lum Kung Fu line of self defense involving forms and various empty hand self defense tactics. He has taught Mornern Arnis stick defenses, disarms, and empty hand defenses.

He has also taught self defense against knife attacks, various fighting techniques, and physical and mental development of coordination and awareness.

Classes are held Wednesday and Friday nights, for one hour, at the Community Center. Youth class starts at 7:00 p.m. and adult class starts at 8:00 p.m. If you are interested in learning self defense or developing coordination and awareness its not too late for you to join. Cost is \$5.00 per class attended.



Gerry Cox, martial arts instructor, is teaching student Darreck Palmer how to defend himself against an attacker using a stick during the youth class held Friday, February 25.

Important dates to remember

Friday, March 18--10 to 11 a.m. The ECE children celebrate Honor Senior's Day with a Mini Pow Wow at the Agency Longhouse.

April 17-23: "Week of the Young Child." Watch for children's artwork & special activities planned all week!

Thursday April 28 (tentative date):

Pre-3 year old Head Start Health Fair, physical and immunization day at the Warm Springs Health and Wellness Center.

Thursday May 5th (tentative date): Pre-Kindergarten physical and immunization day at the Warm Springs Health & Wellness Center.

Next parenting class scheduled for March 16

The next Positive Indian Parenting class will be "Traditional Behavior Management" on Wednesday 3/16 from 6-8 p.m. in Building "C" at the ECE Center. A light meal and child care will be provided. ALL ARE WELCOME TO ATTEND!

This session is designed to explore behavior management through looking at traditional ways and modern skills. It examines several old teachings about discipline and introduces the parent to modern concepts. Parents are asked to examine the values behind the old ways and apply those values when guiding their children's behavior.

The old ways teach us that self control is the best discipline; that teaching should never be separated from discipline; that discipline should have limits and not hurt the child; that consistency and respect are crucial and the child's world can be set up so punishment is seldom necessary. These are the basics for positive Indian parenting today.

Positive Indian Parenting classes began in October at the ECE Center. The Positive Indian Parenting curriculum is designed to provide a brief, practical culturally specific training program for Indian parents.

Developed by the Northwest Indian Child Welfare Institute, the goals of PIPare: to help Indian parents explore the values and attitudes expressed in traditional Indian child-rearing practices and then to apply those values to modern skills in parenting; and to help parents develop positive and satisfying attitudes, values, and skills that have their roots in our cultural heritage.

Several community members attended trainer's training for PIP last spring. These volunteers along with other community members, resources and elders will work together to present 8 Positive Indian

Bottle mouth preventable

Did you know that more than 60% of our Head Start Children have evidence of "Nursing Bottle Decay?" That's the new name for "Baby Bottle Tooth Decay." That is a really high statistic, and the sad part is, "Nursing Bottle Mouth" is preventable. In an effort to reduce the number of children in our community with "Nursing Bottle Mouth" Early Childhood Education, the IHS Dental Clinic and

Parenting classes for our community.

There are 3 classes remaining and anyone interested in attending is welcome. The remaining dates and topics for the classes are: March 16-TRADITIONAL BEHAVIOR MANAGEMENT; April 20-PRAISE IN TRADITIONAL PARENTING; May 18-CHOICES IN PARENTING.

Classes are held the third Wednesday of each month from 6-8:30 p.m. at the ECE Center. A light meal and child care is provided. The classes are being coordinated with community volunteers through the Warm Springs Head Start Program.

Field Health Office are trying to create a Dental Awareness campaign. If you would like to help or to find out more call Erica at the Dental Clinic 553-1196.

Randy Beemer, the children's dentist at the Health and Wellness Center, wants you to know that your child have their checkup as early as age one! Get your baby started on healthy dental habits by wiping their gums with a soft cloth and start brushing their teeth as soon as they come in using children's toothpaste and a soft toothbrush. The most important way to avoid "Nursing Bottle Mouth" is: 1) Put your child to bed without a bottle. If your baby must have a bottle, fill it with milk or plain water. Never put juice or sweet liquids (kool-aid, pop, etc.) in your child's bottle. 2) Don't let your baby sleep all night at the breast. 3) Avoid pop, kool-aid, and other sweet drinks, in a bottle or a cup.

The most important time for your child to brush his teeth is before going to sleep each night. Teach your child good dental habits and brush right along side him and set a good example!

This income tax information is provided to families by Warm Springs Early Childhood Education.

ECE notes the latest personnel additions, changes

programs. Staffed with 90 people, sometimes it's hard to know who's who. So you'll notice, if you stop by, that everyone's sporting new name tags!

Recently 10 new staff members have come on board. Working as full time care givers in the Infant Center

are Olivia Espinoza, Essie Lawson, Eugenia Camas, Martha Johns, Bobbi Jo Horn, Kristina Sampson. Taking over a classroom in Latch Key is Shirley Allen. And supporting all the programs are new substitutes Ina Jim and Trissie Fuentes.

Early Childhood Education

welcomes back Tribal Member Carolyn Strong. Carolyn has been on educational leave for the past three years and will receive her bachelor's degree from Western Oregon State College this June. Her specialty is early childhood special education. She is the new infant toddler specialist in Early Intervention. Carolyn is working with parents and caregivers of children under three who have special learning needs. Welcome back, Carolyn!

With the departure of Charlene Stacona-White (who now operates Quail Trail Daycare). Early Childhood Education staff have taken on some new responsibilities. If you have questions about your child's status in the ECE recruitment pool or about upcoming registration, contact Versa Smith, Social Services Coordinator. Lynn Tanewasha is the new financial/accounts person; if you have questions about your account, talk to Lynn. The Infant Center coordinator is Lola "Kadoo" Trimble. She works on the floor with the staff and children and oversees the day to day operations. Lola's counter part in the Latch Key program is Margie Ellsbury.

If you have a question about any of the above areas, please stop by ECE or call 553-3241 and speak with the appropriate person. The ECE front desk staff can always direct you.

Watch children as they chew

Young children are at the highest risk of choking on food and remain at high risk until they can chew better. Choking kills more young children than any other home accident. Ninety percent of fatal chokings occur in children under age 4. How can you make eating safer for young children?

WATCH CHILDREN DURING MEALS AND SNACKS TO MAKE SURE THEY: Sit quietly, eat slowly, chew food well before swallowing, eat small portions at one time, swallow all foods before being excused.

FIX WAYS TO CHEWTABLE FOODS FOR CHILDREN UNDER AGE 4: Grind up tough foods; cut grapes in half; cook food until it is soft; take out seed and pits from fruit; cut food into small pieces or thin slices; take out all bones from fish, chicken and meat; cut round foods, like hot dogs into short strips rather than round pieces.

ADULTS SHOULD: Sit at the same table or sit next to the feeding

chair; limit distractions at mealtime; avoid feeding hard foods until molars are present, remember that medications for relief of teething pain may interfere with chewing and swallowing.

THE FOODS WHICH ARE POPULAR WITH YOUNG CHILDREN ARE OFTEN THE ONES WHICH HAVE CAUSED CHOKING.

FOODS THAT MAY CAUSE CHOKING: Firm, smooth or slippery foods that slide down the throat before chewing: hotdogs; hard candy; peanuts and grapes.

Small dry or hard foods that are difficult to chew and easy to swallow whole: popcorn; potato & corn chips; pretzels; nuts & seeds; small pieces of raw carrots and raw peas.

Sticky or tough foods that do not break apart easily and are hard to remove from the airway: spoonfuls of peanut butter; raisins and other dried fruit, meat chunks; marshmallows and tough meat.

Thank you!

A big ECE "THANK YOU" to the Utilities Department for their response to our heating system's water main break on Wednesday, January 26th. Rob and his crew worked until 3 a.m. on Thursday, January 27th.

After it was determined that the ECE Center heating system was not working and that it would take some time to repair damages, the building had an emergency closure. The response of parents/guardians and family members in picking up children promptly was terrific! A BIG THANKS to everyone who responded immediately that Wednesday morning.

Honor Seniors Day
March 18, 1994
at the
Agency Longhouse

Are you eligible for income credit?

If you earned less than \$23,050 and a child lived with you, you may be able to take this credit on your 1993 Income tax Form.

WHO CAN TAKE THE EARNED INCOME CREDIT?

You can take this credit if your adjusted gross income (form 1040 line 31) is less than \$23,050 and you meet all five of the following requirements.

1. You worked and the total of your taxable and nontaxable earned income is less than \$23,050.

2. Your filing status is Single, Married filing jointly, Head of Household or Qualifying widow(er).

3. You have at least one qualifying

child.

4. You are not the qualifying child of another person.

5. You don't file Foreign Earned Income or Foreign Earned Income Exclusion.

EFFECTS OF CREDIT ON CERTAIN WELFARE BENEFITS... Any refund you receive from the Earned Income Credit will NOT be used to determine eligibility or benefits from Aid to Families with Dependant Children (ADFC), Medicaid and Supplemental Security Income (SSI) or food stamps and low-income housing.

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