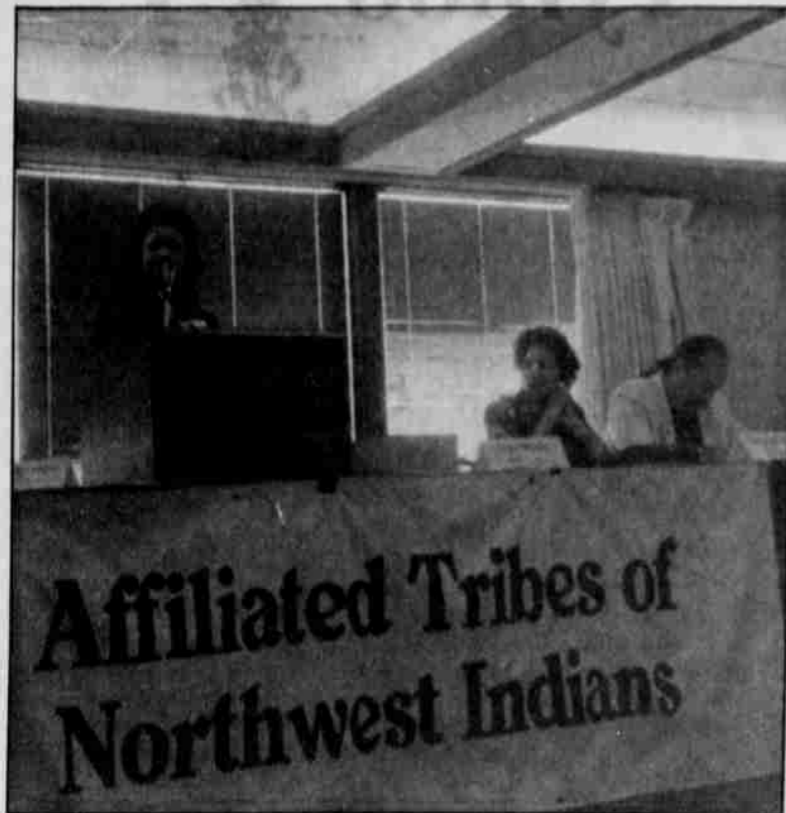


Tribal issues discussed-- Continued from page 1



Aurolyn Stwyer, who heads the National Center for Native American Enterprise Development, announced the opening of their Seattle Office, where she located and is available to assist all Native American starting out in business.

Applications are due from the housing authority no later than June 6, 1994. The two hundred (200) units are an increase over last year's unit allocation which was approximately one hundred thirty.

On June 7, 8 & 9, 1994 the Northwest Indian Housing Association will be holding a meeting in Bellingham, Washington to discuss: 1. The new ONAP consolidated regulation for the Indian Housing Program. 2. The 248 Mortgage Insurance Program. 3. The 184 Loan Program.

The Hanford Health Information Network. The Northwest Portland Area Indian Health Board is a non-profit advisory board representing and assisting the tribes of Washington, Oregon and Idaho in health related matters. The Washington State Department of Health (DOH) administers the Hanford Health Information Network which was established in 1991 to develop and implement programs for persons who may have been exposed to radiation released from the Hanford nuclear site. Under contract for the Tribal Service Program were developed by a Tribal Advisory Board, consisting of a member from each of the eight Northwest tribes currently being served by the program.

The Tribal Advisory Board provides oversight of program activities. Tribal Service Program staff hold quarterly meetings with the Tribal Advisory Board and the HHIN program manager. In keeping with the overall objectives of the HHIN, the Tribal Services Program carries out four main activities. 1. Collects and prepares information of

Hanford and the health effects of radiation. Distributes this information to interested tribal members, and to Indian Health Services and tribal health care providers. (2) Develops and implements mechanisms to assure that tribal members who may have been exposed to radiation receive adequate care from health professionals. (3) Under agreement with individual tribes, provides assistance in developing a registry and preparing health statistics for tribal members who may have been exposed to radiation released from Hanford. (4) Develops a means by which the nine participating tribes can work together to carry out the activities of the Tribal Service Program.



During the ATNI conference, the host tribe gave a dinner in the longhouse and after the meal there was entertainment with some Indian dancing. Here shows Antone Fuentes with the grass dance.

Silver Anniversary celebration set

The Silver Anniversary of Pi-Ume-Sha Treaty Days celebration will be held June 24, 25, 26, 1994 in the Recreation area behind the Community Center. There is \$1600 in prize money to be paid in all categories. There will also be special dance contests and Wide Spot Singers drumming contest. Pi-Ume-Sha will also feature Nathan "8-Ball" Jim as the M.C.

New joiners and rejoiners will be at 6:00 p.m., Friday, June 26 followed by Grand Entry at 7:00 p.m.

Other events to be held during this celebration are:

All-Indian rodeo: for information call 553-1783.

Men's and women's All-Indian Slo-pitch Tournament: for more information call 553-1227.

Endurance Race, Saturday, June 25: for more information call 553-3257.

Pi-Ume-Sha 10K and fun run: for more information call 553-5226.

Ada Sooksoit Memorial Stick Game Tournament: for more information call 553-1224.

The Traditional Dress Parade will be held Saturday, June 25, at 10:30 a.m.

Open 3-on-3 Basketball Tournament: for more information call Toot at 553-2416, before 3:30 p.m.

Local & visiting drums will be paid after each session. Drummers must bring their own chairs.

For Powwow information call 553-1403 or 553-1883. For vendor information call 553-1883 or 553-5728. No collect calls please.

The powwow committee will not be responsible for any damages or thefts. No alcoholic beverages or drugs will be allowed. There will be 24-hour security available.

WIC important for nutrition

by Lara Simpson, RD
WIC is Oregon's nutrition program for Women, Infants and Children. WIC is not a food handout program. It is a health and nutrition program designed to improve the health of pregnant, breast-feeding, and post partum women and their infants and children.

Good nutrition is essential for good health during and after pregnancy and for healthy infants and children. Pregnant and breast-feeding women with poor nutrition habits, lack energy, have a higher risk of illness and have a higher risk of delivering a baby that weighs less than 5 1/2 pounds. These small babies are sick more often, have growth and learning problems and are more likely to die. Poorly nourished children also lack energy, have poor growth, have more illness, and may have problems learning in school.

The WIC program helps prevent these problems by teaching healthy eating habits and providing health referrals. WIC participants learn to eat well in two ways. First, valuable nutrition education is provided while participant are in the program. Second, WIC provides specially selected foods to supplement a healthy diet. The WIC food packages contain foods rich in protein, calcium, iron, and vitamins A, C, and D. These nutrients are an important part of a healthy diet. Many pregnant and breast-feeding women, infants and children in Warm Springs do not get enough of these nutrients. Each WIC food package is individually tailored to the participants needs.

Involvement in the WIC program results in better nutrition for not only women, infants and children, but for their entire families. The benefits of adequate nutrition include decreased illness and increased energy. Children grow better and have a better chance of learning and succeeding in school. Parents have improved abilities to meet the demands of working and raising children. The length of time participants stay on WIC is determined by nutritional need. Women, infants and children are on the WIC program only a short part of their lives. However, the nutrition

principles learned benefit the whole family for a lifetime.

Many people may not realize they qualify for WIC. The income requirements are much more liberal than people expect. For example, a family of four that earns \$2200 or less per month would be eligible for WIC services. It is also required that participants on the Warm Springs Health and Wellness Center and are at nutritional risk. Women who are pregnant, breast-feeding, or have a baby less than 6 months old can be on the program and benefit from WIC. Anyone interested in obtaining WIC services should call the Community Health Office at 553-2460 to make an appointment. The WIC clinic is located in Pod A of the Warm Springs Health and Wellness Center.

Artists empowered--Continued from page 1

council and is about 14 years old. The Native American Entrepreneurs Network, comprised largely of artists, is over two years old. The Crow's Shadow Institute at the former St. Andrews School is hosting artists workshops and becoming known globally even though it is still in its infancy. These are tremendous steps and similar efforts are emerging locally all over the country.

"As a result of the Artist's Conference, a resolution was forwarded by the Economic Development Committee to ATNI supporting inclusion of an Artists subcommittee in future ATNI agendas to advocate and advance the interests and needs of Northwest Native arts.

"Another resolution drafted by the Economic Development Committee requests the participation of the Community Enterprises Board's

Subcommittee on American Indian Economic Development at the upcoming Northwest Tribal Leaders Economic Summit. This resolution and the summit are intended to capitalize on the momentum generated by the historic White House meeting and the Listening Conference. In particular, the resolution calls for a coordinated federal effort in addressing the diverse needs of tribes—directly with tribes. My experience with recent and dramatic changes in SBA and with the Northwest Economic Adjustment Initiative in response to the option 9 Forest plan lead me to believe that responsive, coordinated actions by federal agencies are possible under this administration. Certainly, Tribes need the opportunity to innumerate the federal program impediments to tribal economic development so that changes can occur while the White House door is open to Tribes."

Open house picnic to be held June 2

by Scott McLean
I just ordered 96 one pound bags of potato chips, 1200 pops, 600 Oregon Beef Company burgers and 600 Oregon Chief hotdogs (hear they're the best). No, I'm not stocking up for summer fun, we're having the first annual Healthy Nations Open House Picnic on the lawn in front of the Community Counseling Center and everyone is invited!

Ordering all those hotdogs made me a bit uncomfortable. The Healthy Nations Open House is on the same day and around the same time as the End-of-the-School Year Pow-Wow at the Warm Springs Elementary School. Kids will be running around,

be tired and accidents happen. The last thing I want to see is one of our children falling and choking.

My father, a rural hospital administrator in Washington, sent me a Journal of the American Medical Association (JAMA, May 1984) article when he heard about our "Grand Opening" with all the trimmings. This article stated hotdogs cause more choking deaths among children and infants than any other food. In 1984 it was estimated that 70-80 children choke to death each year on food items, the same number as die from accidental poisoning. This study was done on 103 choking food deaths reported by 41 states between

1979 and 1981, and four foods, hotdogs, candy, nuts and grapes together contributed to more than 40% of the deaths. Among the contributing factors to choking for adults are alcohol or drug intoxication, advanced age, and poor or inadequate teeth. Only the last applies to small children.

For the last 20 odd years there has been a lot of attention to the "cave coronary" (choking in restaurants) and the Heimlick Maneuver, exerting the proper pressure under the breast bone where the ribs join in the front of the chest (sternum) and pushing up the available air to dislodge the meaty plug. So what can we do to help? Well, for starters, if you have never heard of this simple technique, I strongly encourage you to ask your medical healthcare provider to show you. After that, chewing slowly and carefully, and not eating and running at the same time are ways to reduce the risk.

I'm personally looking forward to flipping 600 burgers (and I promise to try not to burn them) and serving up to 600 hotdogs to all of you. I hope the day is fun for everyone. With the weather finally turning around (except for rain on Monday a week or

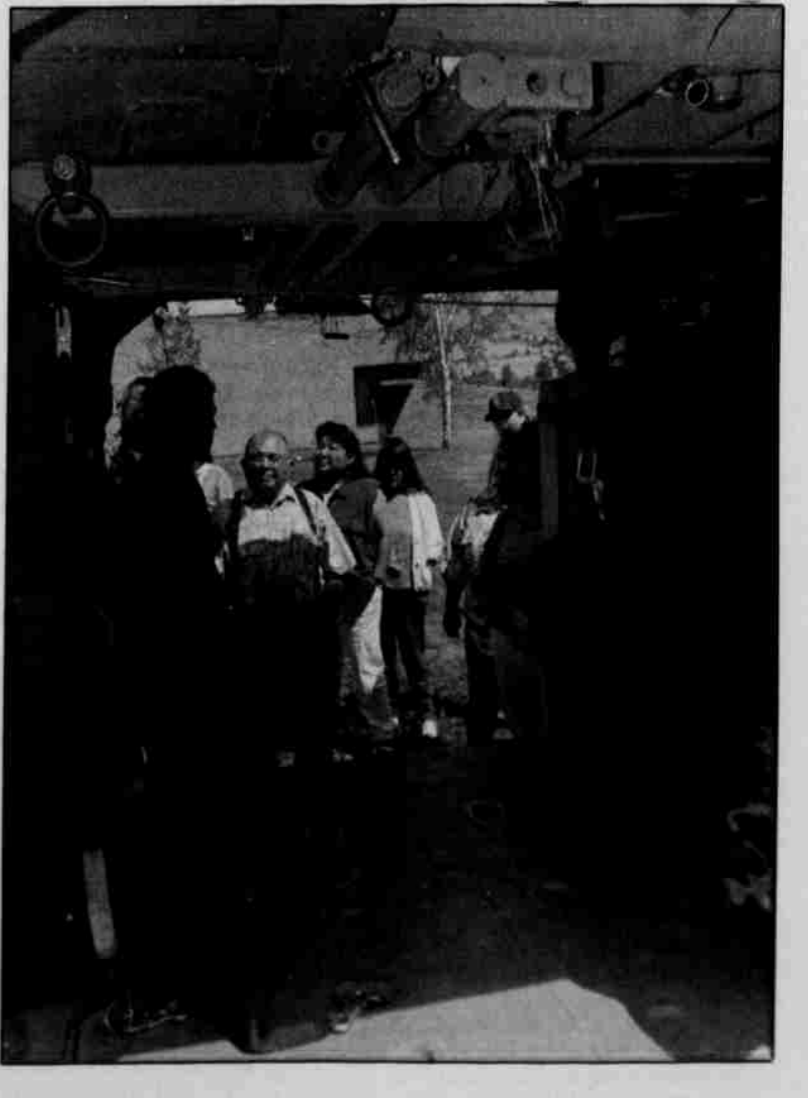
Open House Picnic
Thursday, June 2
in conjunction with
WSE End-of-School Powwow
with hamburgers, hotdogs and trimmings
11 a.m. to 2 p.m.
in front of
Community Counseling Center

Rescue squadron lands to explain maneuvers

May 12, 1994 was an exciting day for the community of Warm Springs as members of the 304th Rescue and Recovery Squadron, stationed out of Portland Airbase, flew into Warm Springs with a HH60G PAVEHAWK helicopter and landed near the administration building.

The visit was to demonstrate to Tribal Council and the community of Warm Springs, the refueling of their aircrafts that we see sometimes over the skies of the Reservation.

For the past two years or so, aircraft activity has been conducted over Warm Springs, by the 304th Rescue and Recovery Squadron. Coordinator Major Jim Holloway advised that Warm Springs has been their Training Flight Route since the start of the operation. Major Holloway, and his team were under the impression that the Warm Springs community was aware of the training. Complaints from worried community members of loud noise and low flying aircrafts were spooking cattle and horses, brought Major Holloway, and his team to Warm Springs to explain the refueling and landing procedures and to demonstrate their training maneuvers.



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