

Profile of an abusive partner



by Erin Sweeden

What kind of a man would beat his own wife and children? He might be unemployed or chemically dependent. He might be a successful doctor, lawyer, minister or counselor. Abusive men can be found in all occupations, socio-economic classes, ethnic groups, age groups, communities and churches. Some of the nicest people we've ever met are batterers. Victims often describe their partners as Dr. Jekyll and Mr. Hyde personalities who are model citizens in public and become monsters behind the closed doors of the home. Abusers tend to follow the macho, "kind of the castle", "John Wayne" script too well. Abusers differ from non-abusers in three main ways. Eighty to ninety percent of abusive men witnessed

domestic violence between their parents, they are more likely to have been abused themselves as children, and they are less assertive with their wives. Violence is a learned behavior which these men learned at an early age within their families, and while they were learning violence, they weren't learning other problem solving techniques such as communication skills and assertiveness.

In an abusive home, it is very difficult for children to grow up feeling good about themselves. Sons must watch helplessly while their mothers are beaten, risk being beaten themselves to defend her, or become like the abuser. They tend to become angry, depressed and suicidal with very low self-esteem. They learn to escape from their pain by cutting off their emotions. This keeps them from getting close to others and understanding how other people feel, so it is easier for them to abuse others as they were abused.

Drugs and alcohol are used to help numb emotions, and these contribute to 70 to 80 percent of battering incidents.

Because abusive men are so out of touch with their feelings, they become extremely dependent on their partners for emotional expression as well as physical nurturing. Their partners are often the only people these men feel close to because they are such socially isolated loners.

Batterers tend to be three-year-olds emotionally, despite their adult bodies. Their fear, hurt, shame, sadness, disappointment and confusion are all expressed through anger because anger used to be the only socially acceptable emotion for men.

The lifelong pain is buried beneath layers of anger, chemical dependency, and finally, denial. Batterers tend to say the abuse never happened, it wasn't as bad as it was, or it was okay because of something the victim did to deserve it. They must make others wrong so that they can be right. The pressure of keeping all of this buried leads to intense stress which continually threatens to get out of control and erupt. They have a hard time accepting frustrations, controlling impulses, and waiting for rewards. Rather than accepting responsibility for their own issues, they tend to see them in everyone around them, especially their

partners. In order to feel safe on the inside, batterers think they must control everyone around them on the outside. They can have power by overpowering others. Violence is a very effective tool for controlling others, making them do whatever the batterers want, and preventing the partners, who are needed so desperately, from leaving.

No amount of control on the outside can ever bring lasting security and peace on the inside. The only way out is to peel back the layers of denial, substance abuse and rage one at a time and face the childhood feelings of fear and hurt. Those who have made this journey say that the results are well worth the effort required to achieve health, wholeness, peace of mind, to keep the family together and to end the cycle of violence in this generation.

For more information, call the Community Counseling Center at 553-3205.

An ongoing four-week information series for women who have suffered physical and emotional abuse began Tuesday, September 13. The final session of the series, concerning overcoming abuse, will be held Tuesday, October 4. Session will be held from 6 to 8 p.m. at the Community Counseling Center. Babysitting is provided. For further information contact Urbana Manion at 553-3205.

Parenting series scheduled

What: "Now What Can I Do?" - Parenting Sexually Abused Children
Where: Conference room, Community Counseling Center
When: Thursdays, 6:00 - 7:30 p.m. October 6, 20, November 3, 17, December 1, 15;
Who: Dr. Loye Ryan
A group to help parents find answers to all those questions and frustration in dealing with their sexually abused children.
For further information call Community Counseling Center at 553-3205.

Health education team relocates, offers training

The Community Health Education team has relocated. The team which consists of Anita Davis, Carolyn Wewa and Corinna Sohappay have moved from the Health & Wellness Center to the Vern Jackson home.

Exciting plans for the future include publishing a Health newspaper and beginning a radio station. The move will accommodate the equipment necessary to produce such articles.

In addition to the move, the team has been presenting HIV/AIDS education to various departments in the organization. The following departments have had presentations: Tribal Court, Early Childhood Education, Public Safety, Vehicle Pool, Child Protective Service, Social Service, the Senior Program, Human Resource, Recreation, Community Health Promotion, Health & Welfare Committee, the general managers and

Tribal Council members. For the remainder of the year, more sessions will be held in the hopes that all of the organization will be educated in this area.

The presentations require an hour to cover information about this disease. These presentations are also available to the community. All that is required is a phone call. From there a date will be scheduled.

We would like to thank the General Managers and department supervisors that scheduled a presentation and also to the employees who participated.

If you are interested in having a HIV/AIDS presentation, please call to arrange one. These can be held for the family, individually or groups of any size.

The Community Health Education Team can now be reached at 553-4922.

Cook up something tasty

Beginning October 6, 1994, Healthy Cooking Classes will be taught at the Warm Springs Health and Wellness Center. These classes will be every Thursday from 5:30 p.m. to 7 p.m. in the kitchen. The Health and Wellness Center Dietitians/Nutritionist and the Extension Service Home Economist will be taking turns conducting the cooking lessons.

Each month will focus on a different theme and each week's lesson will be different. Class

members will get a chance to help out and try some new skills every week. October classes will be about potatoes, squash, apples, and other foods that are plentiful in the Fall.

In November and December, we will focus on Holiday Cooking. Of course, in all our classes will talk about low-fat, low-sugar and low-salt cooking and we will have lots of tasting. Everyone is welcome, teenagers as well as adults. Come and join us for lots of fun and good tasting!

Fall and Winter race schedule 1994

Walktoberfest, October 1, at Drake Park, Bend, Oregon. An 8 mile walk, begins at 9:00 a.m., pledges for American Diabetes Foundation.

Mary's Run, October 8, at the Athletic Club of Bend, Bend, Oregon. An 8K and 1 mile Run Walk, and a 25 yard kids Run, all beginning at 9:45 a.m., rolling along Deschutes River.

Road Warriors Biathlon, October 15, at the Kah-Nee-Ta Village Resort, Warm Springs, Oregon. 27 mile bike and 10K Run—individuals and teams, beginning at 9:00 a.m. Challenging and scenic.

Kah-Nee-Ta Fall Run, October 22, at the Kah-Nee-Ta Village Resort, Warm Springs, Oregon. A 10K Run, 2 mile Fun Run beginning at 10:00 a.m. includes prizes and discount swim passes.

Trick or Treat Run, October 29, at the Redmond High School, Redmond, Oregon. A 10K Run, 10K walk, and 2 mile Fun Run beginning at 9:30 a.m.. Flat, rolling, and scenic includes costumes and prizes.

George Wilson Memorial Run, November 26, at the Madras High School, Madras, Oregon. A 10K Run, 10K Walk, and 2 mile Fun Run starting at 10:30 a.m. A new course, flat, scenic, call 475-6818 for information.

Jingle Bell Run, December 3 at the Brandis Square, Downtown Bend, Oregon. A 5K, a 1 mile run walk, and a 200 yard kids run all beginning at 11:45 a.m. Will be taking Arthritis pledges and there will be a Christmas parade.

Finance Department apprentice shines

A Tribal Member, employed by the finance department, is continuing her education, raising a family, and excelling. Excelling is something Bridget Kalama Culpus is accustomed to. Although a Tribal member, Bridget was not raised on the reservation. Her father, Larson Kalama, Sr., was unable to find employment upon returning to Warm Springs after serving in Viet Nam. Larson had to leave the reservation to find his future. He now is close to retirement, working for the State of Washington Department of Natural Resources. Growing up in Yelm, Washington, Bridget attended an Indian School in Olympia. The school, named after a son of a Puyallup Chief, was founded by her Grandfather, Maisell Bridges, and Grandmother, Edith McCloud. Bridget became the first graduate of "Wa-He-Lute". Bridges and McCloud attended Boarding School as children, and Bridget says, "They had to live through that, and they didn't want us to go through that (Boarding School)." Upon graduating from the eighth grade at "Wa-He-Lute", Bridget attended high school in Yelm. At the end of her freshman year she transferred to the St. Labre Indian School in Ashland, Montana, where she quickly made the honor roll. Bridget enjoyed attending the school, which was near the Northern Cheyenne Reservation, but at the end of her junior year she returned to Washington state due to the death of her Great Grandmother Roseline Kaninie.

In 1986 she moved to Warm Springs and started classes at Central Oregon Community College. The young lady with the effervescent smile and sparkling eyes ran for Happy Canyon Princess at the Pendleton Round-up in 1987, and was crowned Miss Warm Springs in 1988.



Bridget Kalama Culpus

In 1991, Bridget went to work full-time in the Finance Department. Previously she worked as a member of the Warm Springs Hot Shot crew, where she met her future husband, Emerson Culpus. Bridget and Emerson have since added Emerson Jr. to the family.

Bridget started as a Finance Clerk but transferred into the Accounting Apprenticeship program when the position became vacant. As a part of the Accounting Apprenticeship program she attended Central Oregon Community College during the winter and spring terms last year, and will attend COCC through the extension program at Warm Springs this fall.

At COCC she attended a business practicum. Last spring Bridget was one of the students participating in a state competition sponsored by the Delta Epsilon Chi Sorority. The statewide competition, focusing on business marketing, was held at Mt. Hood Community College in Gresham. Bridget placed first in

Management Decision Making and 4th in Finance and credit. Winners from state traveled to Detroit, Michigan to compete in the nationwide forum. "Twelve people from COCC made the trip to Michigan," Culpus said. "We competed with over a thousand people." She didn't place, but the experience was "unbelievable," according to Bridget. The National finals lasted a week, with Delta Epsilon Chi picking up all expenses except food. Bridget said the Tribe donated \$100 for food for her and \$100 for fellow Tribal Member Gayleen Adams.

Bridget has set a goal of getting her associates degree in Science through COCC, and eventually becoming a Certified Public Accountant (CPA). "I've gotten a lot of support from so many people...especially Bonnie Langeliers! I don't think I would have made it without her," Culpus says. Bridget said she would like to thank the finance staff and also the Work Experience Development Department for being so supportive.

Bridget Kalama Culpus has done very well. Her magnetic personality is enjoyed by all. She has received support and encouragement from many people. Being the first graduate from "Wa-He-Lute" Indian school in Olympia, Washington, she is a role model for those who have come since...and of course, there is the matter of two people, Maisell Bridges and Edith McCloud, who started the "Wa-He-Lute" school so people like Bridget could excel without experiencing the same harassment they faced from non-Indians so many years ago.

Those who know Bridget would agree that the "Wa-He-Lute" school has served Indian youth well. Bridget Culpus is a fine example of what can be accomplished when the family places education number one!

"Macy's" is now Warm Springs Market

Macy's store is a landmark in Warm Springs. In the early 1900's the store was located at Mecca on the Deschutes River, not too far down stream from where Shitike Creek enters into the Deschutes. In 1917, the store was moved to Warm Springs. At that time it was known as H.E. Massey's Trading Post. There have been a series of remodels and expansions, but it's still the old Mecca store.

You've heard the old adage "If these walls could talk." Well it certainly applies to Macy's Store. The store has a rich history and has been the meeting and greeting place of Warm Springs for decades.

Dan Macy came to Warm Springs in 1933. In 1946 he bought out H.E. Massey. Macy's 51 years in Warm Springs have spanned many changes and significant events. Such as World War II, the Korean Conflict, Viet Nam, men walking on the moon, the assassinations of Martin Luther King and JFK, the Watergate burglary, and the collapse of the Soviet Union, Communism, and family values. Throughout it all Macy's store has been there, and for many years was largely responsible for some people making it through each winter. Dan Macy gave credit to people before there were collection agencies...Dan Macy traded food and gas for cord wood...or whatever trade goods people had. From Macy's store came the first cable TV system in Central Oregon. A Laundromat was located in the basement at the rear of the store. There was even a television repair shop in the basement, with Buster Weigand (The BIA Roads Department Shop Forman) doing repairs. Macy's store was the bustling center of Warm Springs. The fact that the Post Office was housed in the

store, with Dan acting as Post Master, added to the convenience of shopping at Macy's. While overseeing his thriving business, helping people through the hard times, learning history, culture and traditions from the elders, Macy still had time to raise six kids with his wife Priscilla.

One thing that never changes is change itself. And Macy's Store is no different. In the early 1980's, Dan's son Jimmy, and his wife Luana, took over operation of the store. Tragedy struck in January of 1993 when Jimmy was killed in an automobile accident. Jim's wife Luana continued to operate the store, but had other career interests and is now attending school in Salem. On June 20, 1994, Macy's Store reopened as the Warm Springs Market when Bob and Maria Macy became the new operators.

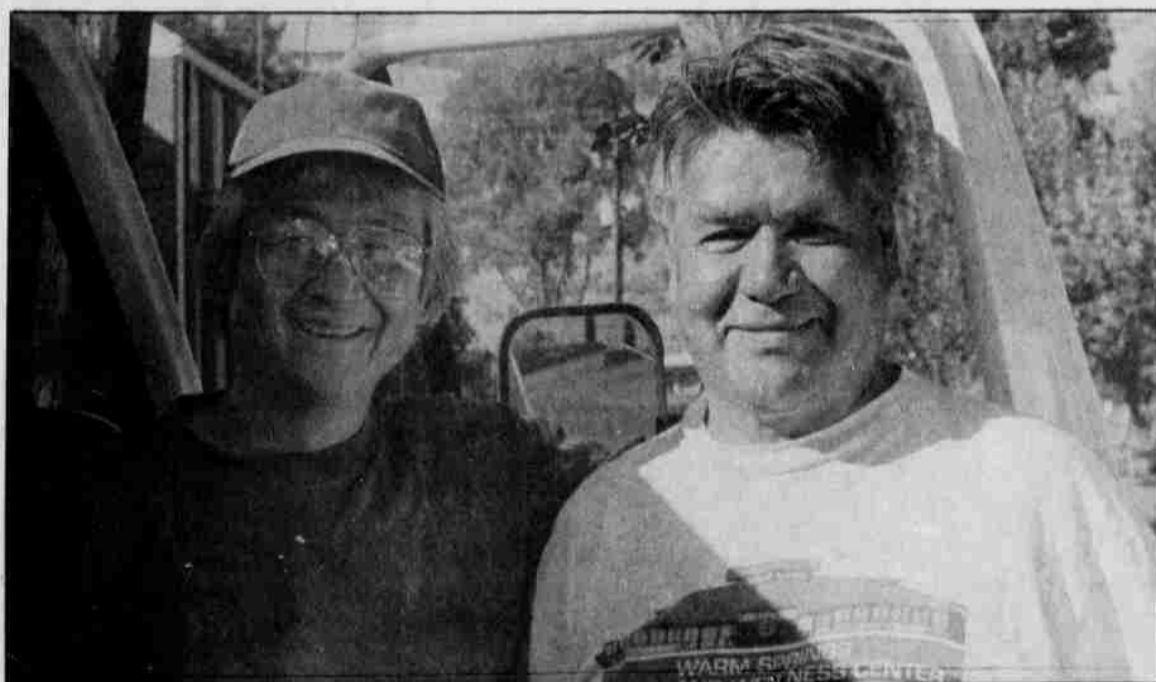
Aside from the name change, which is currently on paper only, Bob and Maria have definite plans as to the direction the store will be taking. "We need to get the building back up to where we are performing a service to the community again," Bob Macy says. "We must make some fundamental building improvements before we can address other issues that will get us back to where we want to be," Macy continued.

Maria Macy is the woman in charge of day-to-day operations, while husband Bob helps her when he can. Prior to operating the store Maria was the Personnel Director at Kah-Nee-Ta. Bob is employed by the Confederated Tribes as the Construction Manager. When asked when he first went to work at the store, Macy smiles and says, "Oh I was about five or six. I would come

over to the store every chance I got to read comic books." When pressed, Bob says that when he was thirteen years old, he would hurry to the store after school to check on wood deliveries. "I think wood was going for \$15 a cord back then and I would load a whole cord of wood just to get to drive old 'Yellow'." He worked at the store until he was 18, at which time he went to work for Fire Management, which tied in nicely with his major at Oregon State University. Bobby graduated from OSU in 1963 with a degree in forestry. Bob was hired by the Bureau of Indian Affairs, and began his career at Colville. In 1968 Bob grew disenchanted with the BIA and returned to Warm Springs, where he once again worked at the store. In 1972, Bob returned to his chosen field of forestry when he became General Manager of Warm Springs Forest Products.

Looking into what the future holds for Warm Springs Market, Bob says "At one time the store served the community with well stocked grocery shelves and a variety of items that weren't grocery related. We will serve the community again, eventually offering certain types of hardware, tools, household items, fishing tackle, and selling tribal fishing licenses." That's good news for community members who remember the old Macy's...the old Macy's that even sold color Television sets when most sets were black and white.

Store hours, for the time being, are Monday through Friday from 7 a.m. to 8 p.m., and Saturdays from 8 a.m. to 8 p.m. Currently Warm Springs Market is closed on Sundays. *****Long time Macy's Store



A familiar face? Former Presbyterian minister Cal Chinn (left) was in Warm Springs recently and stopped by for a visit with Hamilton Greeley. Chinn came north from his home in Alameda, California for a short vacation and, according to Greeley, was pleased and amazed at the changes that have taken place since his departure more than 15 years ago. (Photo courtesy of Ham Greeley)

HIV Testing at the Health and Wellness Center

In these days when HIV/AIDS (Human Immunodeficiency Virus)/(Acquired Immunodeficiency Syndrome) are in the forefront, people are faced with looking at their own personal lifestyles and practices.

FACTS

1) HIV is the virus that causes AIDS. 2) A diagnosis of AIDS may occur 1 to 10 years after infection by the virus. 3) HIV/AIDS is recognized as a sexually transmitted disease. 4) You can protect yourself from this deadly virus. 5) We emphasize safe sex practices and discuss ways to prevent blood to blood contact. 6) Some clients are simply curious and would like a test, perhaps due to having multiple sex partners in the past. 7) HIV testing is offered to anyone with a diagnosis of a sexually transmitted disease, to those entering drug or alcohol treatment programs and to pregnant women. 8) The HIV test is strictly voluntary. 9) Test is CONFIDENTIAL. 10) HIV Test results are not given over the phone. 11) Nurses or Primary Providers (Doctors, Physician Assistants or Nurse Practitioners) must counsel clients who request testing.

Counseling is an important element to assess the clients knowledge and understanding of the disease and personal risk factors. An appointment within one week for follow-up post test counseling is also necessary. At this session, the nurse or provider discusses the results, reviews risk factors and assesses whether further testing is necessary.

If you have any question or requests for specific information in future articles, please contact Christine Burnell, R.N., HIV/AIDS Coordinator at the Warm Springs Health and Wellness Center, 553-1196 Ext. 4632.