



Spilyay Tymoo photo by Bob Medina
The tribal Employee Assistance Program has a new home these days. Once located in the back of the 4-H house. They are now located at 1100 Wasco Street. Larry Adams, left, Barbara Yaw, center, and Floyd Gibson right, comprise the EAP staff.

How to help your sexually abused child

"It is important to take action to protect your child from any further harm."



by Erin G. Sweeden

If your child tells you that she or he has been sexually abused, what can you do to be helpful? The most important thing is to listen carefully and believe the child. Children can't make up stories about something they've never experienced. I talk to so many women who tried to tell an adult that they were being sexually abused as children and, instead of being protected, they were blamed or even punished for causing the molestation. These women still carry the pain of that

betrayal for the rest of their lives, and it is almost as damaging as the abuse itself. No matter what the circumstances are or what the child does, the adult is responsible for any sexualized contact with a child, and that is a crime.

If your child talks about being sexually abused, it's important to take action to protect her or him from any further harm. An examination needs to be done as soon as possible to determine the physical and/or emotional damage done. The exam can be scheduled by contacting the Police, CPS, or the Warm Springs Health & Wellness Center. If the suspected abuse happened within the last 48 hours, the exam can be done on an urgent need basis. When sexual abuse is confirmed by examination, an investigation is done to attempt to determine who the abuser was. This person cannot be trusted alone with the child or other children. Your child is telling you about the abuse because she or he feels a need to talk about it and get it stopped. The counselors at the Community Counseling Center are trained to help children talk about what happened to them and release the feelings so that the injury can

heal before it become a lifelong wound.

By taking appropriate action, you send your child the message that you care and are willing to protect her or him. You also place the responsibility squarely where it belongs—on the adult. Under normal circumstances, children are only hurt when they are being punished for doing something bad. When they experience something as uncomfortable, painful, or scary as sexual abuse, they interpret it as punishment and believe it happened because they were bad kids. Children tend to see themselves as the center of their world and blame themselves for anything that goes wrong. The wounded child within understand that she or he was not bad. The abuser was. Children who see their abusers punished for their bad actions are relieved of carrying the burden of their shame for many years to come.

If you were sexually abused as a child and never got the caring and protection which you deserved at the time, it is still possible to begin the healing process now. You don't have to endure that secret pain alone anymore. Please call Erin at the Community Counseling Center 553-3205.

By Presidential declaration.... November is Indian Heritage Month

President Bill Clinton officially declared November as National American Indian Heritage Month. Following is the declaration signed by the president November 5.

There is a yearning among American people for a sense of community, a sense of belonging, a sense of shared beliefs and common goals. Today, across the country, we are searching for ways to come together in friendship and mutual respect. As we look toward the promise of the 21st century, it is important that we reflect on our shared heritage and on the valuable lessons history teaches.

At this momentous time, we pay tribute to this country's first peoples—the American Indians. We celebrate the innumerable contributions that generations of American Indians and Alaska Natives have made to our country and to our world. Before there were colonists on these shores, long before our Nation's founders drafted the U.S. Constitution, American Indians had established powerful civilizations and rich and thriving cultures. Government, art, music, spirituality, and a deep and abiding respect for the natural environment—all of these are enduring traditions of the American Indians.

Native peoples were the first

environmentalists, understanding that air, water, plants, and animals must be treated with respect if they are to remain available for generations to come. American Indians taught the first European settlers how to survive in new surroundings and helped them to explore uncharted wilderness. Native peoples have represented this country in every war, from the American Revolution to the Persian Gulf, and are proud members of every branch of the U.S. Armed Forces. Artists such as R.C. Gorman and Fritz Scholder and writers such as Louise Erdrich and N. Scott Momaday have made remarkable contributions to art and literature.

The relationship between the U.S. Government and the American Indians has not been without controversy. As we look back on our history, we must acknowledge often profound mistakes. But we also must look to and plan for a future of cooperation and respect. With the recent passage of the Indian self-governance and self-determination amendments of 1994, we celebrate the government-to-government relationship that exists between the Indian tribes and the United States. This legislation reaffirms and strengthens the political ties between all of the nations of this land.

To acknowledge the varied and inestimable contributions of the native peoples and to celebrate this proud legacy, the congress by House Joint Resolution 271, has designated November 1944 as "National American Indian Heritage Month" and has authorized and requested the President to issue a proclamation in observance of this month.

Now, Therefore, I, William J. Clinton, President of the United States of America, do hereby proclaim November 1994 as National American Indian Heritage Month. I urge all Americans, as well as their elected representatives at the Federal, State, and local levels, to observe this month with appropriate programs, ceremonies, and activities.

Donations

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tournament. Thanks to my tournament help, Rhonda Atencio, Patches Marchand, Loreta Danzuka, Animal Tohet, Roland & Verleen Kalama, (Referees) Charlie Gonzales, Don Bagley, Wassa Starr, Mr. Bartholomew, Carlos Northrup, Robert and Footer Smith.

Another big thank you to my wife Marjorie and also to Falena and Francis. I love you very much.

Blackhawks/Ladyhawks are looking forward to participating in the other upcoming youth tournaments and hoping to do well. Thanks to all the teams and basketball fans for attending the tournament.

Samuel J. Kentura
Coach, Blackhawks/
Ladyhawks

Happy 6th birthday
Katie Lucinda Smith
on November 9
from Grandpa and
Grandma, aunties
Susan and Plum and
cousins ET and Daniel

House for sale: Three bedroom, two bath home on seven acres 10 miles out of Warm Springs in Miller Flat area on Trout Lake Road. Call Priscilla at 553-3232 8 a.m. to 5 p.m. Monday through Friday for more information.

Catholic Native
American Mass and
Potluck
Thanksgiving:
November 20, 1994
Christmas: December
18, 1994 at 2:00 p.m.
St. Francis Church
S.E. 11th and Pine
Portland, OR
For more information
call 503-257-9714

**ECE Picture Retake
Day**
is Monday November
14th
from 9 to 11 a.m.
in "C" building

Sweat Woman

by H'Klumiat
Are you a sweat woman? He asked.

I replied with my medicine face, I like to bathe in the rose bush water, I like to pray in darkness for the light.

I like to feel the cold river splash against my nakedness

I'm just a humble woman.... who likes to feel the presence of her ancestors and the grandmother spirit within her.

I sit on the fir boughs and smell the mountains.

I hear the rocks as they sing their own songs that belong to no one else.

It's a blessing.... My grandmas used to pray in the same manner.

Beautiful women with beautiful songs.

I sit in prayer, singing and enjoying my surroundings, smelling the sweet medicines.

I cleanse my thoughts and become reborn.

I hear the mountains call my name....

I'll be going to them soon. I'll be looking for the medicines, Patutoy and munam munam.

When I come home I'll be looking for my sweat sisters. Yes, I like to purify myself for the life I live.

ECE reports news and events

National Children's Book Week

November 14-18 is National Children's Book Week, which has been celebrated since 1919 to help provide children the opportunity and joy of reading. Read aloud this week, and let children read to you. Offer a different selection of books for recreational and informational reading this week. To help more children learn to enjoy reading, volunteer some time at Head Start or Warm Springs Elementary reading to children in the classroom.

Cleaning Up Ideas

Children at play can often result in quite a cluttered mess. How do you get children to clean up after themselves without creating an adult-child conflict? How do you get them excited about cleaning up? How, without constant nagging? Try these ideas: 1) put a clean-up list on the wall and have kids agree to at least one task each week. 2) have kids choose a major cleaning job once a week, make this voluntary. Some kids really enjoy doing this kind of real work and are more likely to enjoy doing it if given a choice. 3) appoint an area that the child is in charge of supervising and keeping cleaned up. 4) use time warnings (10 minutes until time to put everything away...) reminders

("Put me back where I belong when finished with me") rewards (small prizes, a stick of sugar free gum, stickers, time at a playground). 5) Have appropriate storage for toys/materials. Large containers for big toys, medium sized for medium toys, etc. 6) employ a rule that one piece of equipment or one kind of play material must be put back before another can be taken out.

And don't forget...clutter if a sign that successful play is happening. It is in the taking apart and putting together of creative messes that children test and perfect their development skills. So the next time you look at a mess, say to yourself "I must be doing a good job!"

ECE Parent Club Elections Results

The week of October 21, parents/guardians at the Early Childhood Education Center voted for new officers for the ECE Parent Club. More than 200 votes were cast and the new officers are: Sheilah Wahneta-President; Patsy Lenbek-Vice President; Shirelle Thomas-Secretary; Darlene Bailey-Treasurer. Congratulations to the winners and thanks to all the parents who threw their name in the hat and ran for office!

Parent Club functions include fund

raising, planning and coordinating social and cultural activities and creating and setting up recreational projects for ECE families. Monies raised are used to fund these activities.

Head Start Policy Council Raffle

Policy Council will be having a raffle to raise money for ECE parents/guardians to attend various conferences and training's through out the upcoming school year. Raffle tickets go on sale Monday November 7th. The cost for tickets is \$1 each or 6 for \$5. Items donated include: woven bag, woven coin purse, beaded coin purse, king size log cabin quilt, baby quilt, \$10 lottery tickets, jingle dress, beaded earrings and much, much more. For raffle information contact Nancy Kirk or Becky VanPelt at the ECE Center, 553-3241. The drawing will be December 22, in the ECE lobby at 4 p.m.

ECE Halloween a Success!

Trick or Treating at the ECE Center this year was a big success thanks to the donations and volunteer time of many! The children followed a route around the building and "trick or treated" at various stations manned by ECE staff, parents and volunteers. Big THANKS to the following for donating treats and time: Tribal Court; IHS, Tribal Council; Senior Program; Spilyay; Parents/Guardians and Staff!



Spilyay Tymoo photo by Bob Medina
An appreciation lunch was held at the Agency Longhouse October 31, to honor responding medical personnel during a family crisis. Pictured above, left to right are: Neda Wesley, Eliza Greene, and Jimmy Wesley.