

Survivors' Journey
12-week healing journey for women
Wednesdays
beginning January 11, 1995
6 to 8 p.m.
Community Counseling Center
 For more information contact Erin Sweeden or Urbana Manion at 553-3205.

Cooking class resumes

Beginning January 5, 1995, the Healthy Cooking Classes will resume at the Warm Springs Health and Wellness Center. These classes will help make healthy eating easier and more enjoyable for you and your family. Classes are held every Thursday from 5:30 to 7 p.m. in the demonstration kitchen in Pod A.

The Health and Wellness Center Dietitians/Nutritionists 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.

January classes will be about satisfying soups and stews. February will be Heart Health month, focusing on heart healthy recipes. In March we will demonstrate healthy snacks.

The classes are now scheduled to extend until the end of May and then to resume again in September 1995.



Michael Hammond, Michelle Fisher accept a donation from Don Ptacnik, Public Relations Manager at Mountain View Hospital. Mountain View Hospital was the first corporation to become a member of The Museum at Warm Springs.

Apology and thanks extended to friends, relatives of Ada

Dear Friends, Relatives & Family,
 I am writing this letter of apology and thanks to you my Tanan (people) and Naimu (relatives).

This is so I may make it right with myself and feel a little better about everything, that went on during the New Year.

On New Year's Day, my sisters and myself gathered at the Agency Longhouse for a naming ceremony. Well, this is what I'm apologizing to you all about. For the ones who brought out the names, kinda didn't let all our family and relatives know about the happenings.

My heart was sad and angry, cause nobody was notified. Like our uncles (brothers) and our aunts (the sisters). I felt like we did it behind all your

backs, so now to face it, instead of letting it eat away at myself.

Oh! yes. The names that were brought out belong to our Dear Departed Mother Ada Sooksoit.

I feel that a person of this stature, whom made a name for herself and family. Well anyway everyone that knew her as a little girl and older person should have been notified.

So on behalf of myself and the family, I apologize. Everything turned out very well on this New Year Day.

She (Ada) use to always say "This She-Ap-Poo New Year is the time to bring out names."

I'm very thankful for my eldest sister for following the teachings and doing what needed to be done.

Short notice to me, but good feeling I got from it. I give all the Praise to our ALL MIGHTY, for it was HE who made everything fall into place, in such short notice. I would like at this time to THANK the following people: Aunt Lizzy Rhoan for her words of encouragement and love and support; Aunt Bernice Mitchell and Hilda Culpus for their support in helping guide us on the setting and speaking on our behalf; our niece-in-law Merle K. Thompson for her support and big heart, to give her all for her mother-in-law and family; and to our aunt Emily Waheneka for helping with the second name and for getting after us, just the words alone hurt.

For this is the reason why I am writing to apologize for our error in communication.

Also to give Praise and Thanks to you all who were there (Longhouse). Also forgive if we left anyone out, for we never meant to.

Did the best we could, by her (Ada) teachings. And pray that Sh-My Sh-My (Tonya Boise) and Sus-Mise (LaNeda Thompson) grow to be as old as their great grandmother and be a great food grandmother and loving person and all.

I pray that there are no hard feelings. And love to you all. Thanks for the space.

Sincerely,
 Wilford "Wiggy" Sooksoit, Jr.

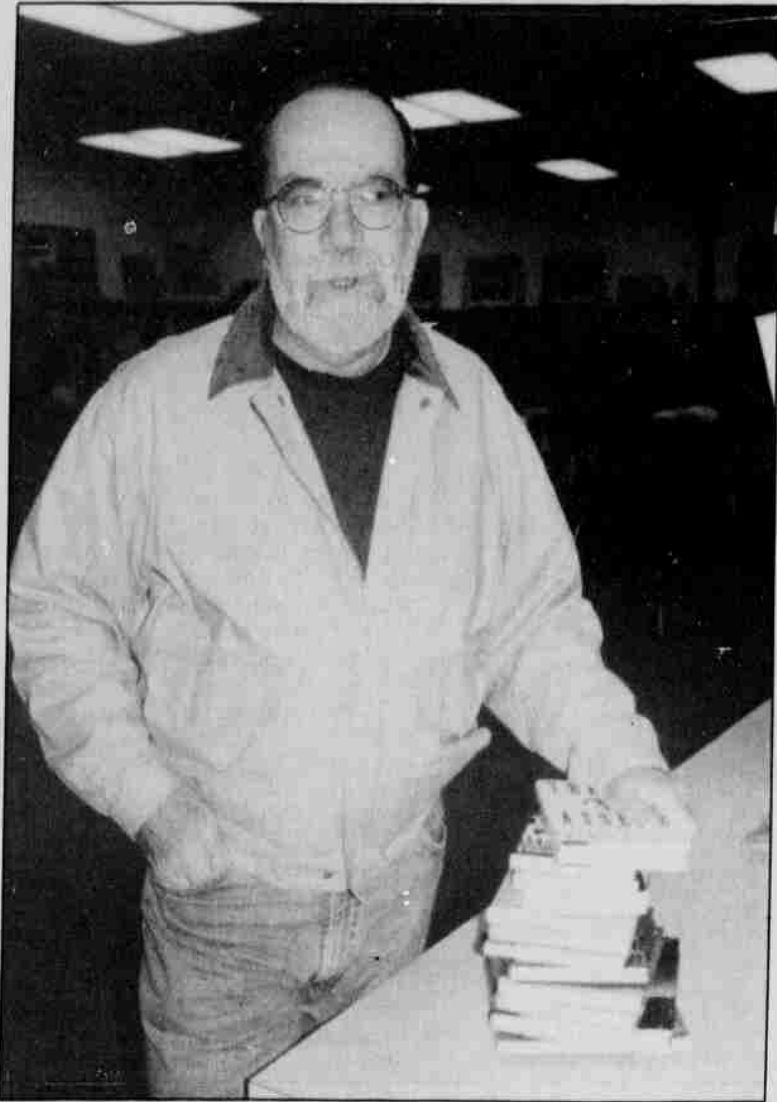
Great success—Continued from page 4

Our raffle winners are as follows:

Item:	Won by:
Beaded bowling bag	Edna David
\$159 Pelton Lanes Gift Certificate	Benny Heath
W.S. Clothing Co. Coat	Darla Brown
W.S. Clothing Co. Vest	Serina Wolfe
W.S. Clothing Co. Vest	Ray Shike Jr.
Bowling Ball Pelton Lanes	Charlotte Shike
\$100 cash	Robert Metzler
Homemade baby quilt	Van Pelt
Beaded Buckle	Benny Heath
Beaded Barrettes	Dan Brisbois
Beaded Coin purse	Libby Chase
Acrylic Blanket	Benny Heath
Key chain	

There were other miscellaneous items too numerous to list and we thank all those people that donated. Again, thank you to all you bowlers who helped to make our tournament such a great success and looking forward to our 20th Annual beginning December 29, 1995! **Thank you, WSHIBT Committee**

ECE news related; parents, staff recognized for dedication



Keane enjoys Indian literature and donated half his collection of Indian literature to the Madras High School library.

Keane donates books to MHS

On January 5, 1995, Gene Keane donated books to the Madras High School library. Keane had a collection of 100 books about Indians, written by Indians. He donated 50 of his books to the library because he feels that the library is lacking in Indian history and general literature about Indians.

It is Keane's thought that students, Indian and non-Indian, should be educated about Indians. Not too many people know about Indians, even Indians. He says "just because your an Indian doesn't mean you know all about them." He feels there is a lot to learn about the First Americans. That is why he puts a lot of credibility in the Indian authors who wrote these books he has collected.

Keane donated books about Indian history, general literature, and Northwest Indians written by Indian authors. Fourteen of these books were written by Jamaica Highwater.

Keane is an employee of the Confederated Tribes of Warm Springs in the Natural Resources Department. He has taught Forestry and he has taught the SMILE Program for a while until it ended. Keane also taught at Haskell Indian Junior College about fourteen years ago.

Keane would like everyone to know that the Madras High School has books about Indians and are available to the public for review.

ECE Parent Club met on Monday, January 9, to get spring planning underway. There will be a Valentine Making Workshop Wednesday February 8, 1995 at ECE from 5:30-8:00 p.m. The next meeting will also be held during this workshop. February is Dental Health Month so look for your child to bring home art work or speak of activities relating to this. The children are scheduled to visit the Dental office at IHS during their Open House on February 8, 1995. Check with your child's teacher to find out what time. Parents who attended the Monday meeting decided that part of the earnings from the "Made in Warm Springs" raffle this year will go toward purchasing prizes for the Easter Egg hunt and "Week of the Young Child" Carnival to be held in April. Many thanks to those parents who attended your input was very valuable!

Early Childhood Education's next mini pow-wow is scheduled for February 10, 10:00-11:00 a.m. at the Agency Longhouse. Coming March 17, the ECE children will be providing a mini pow-wow during the "Honor Senior's Day" festivities. The children will be dancing promptly at 10:30 until 11:30 a.m. The attending seniors will receive special gifts handmade by ECE children.

When there is a death in the Warm Springs community and ECE has a mini pow-wow scheduled to take place at the Agency Longhouse, we will either postpone or cancel the pow-wow out of respect. Thank you.

Wednesday, January 18, 5:30-7:00 p.m. at ECE Conference room 2E. Child care provided. Parents and community members are welcome! For more information contact: Nancy @ 553-3241

All parents are encouraged to attend video sessions at ECE every Wednesday and Friday morning from 9-10 a.m. The schedule for the rest of the month is as follows: Jan. 18- Helpful Hints: teenagers; Jan. 20- What is FAS? (Fetal Alcohol Syndrome); Jan. 25- Fetal Alcohol Syndrome & Effects: What's the Difference?; Jan. 27- FAS Assessment & The Early Years.

Each Thursday from 12-3 p.m. there are clothes being made available to everyone in Pod A activity room. The clothes are free to anyone who may need them in many sizes and for all seasons, so come on over and check it out. There are also still coats and shoes available for those in need.

Thank you so much all of you parents who come in regularly to volunteer in whatever way you can for our program. Parent involvement in children's education is very important no matter the age of the child and many of you make it a point to come in as often as you can. Ask your child's teacher if there is anything you can do to help out; maybe there are projects which can be done with your child at home and would also count as volunteer time. Your attendance at parent meetings counts as volunteer time as well. Remember, each time you volunteer or donate an item, be sure to write it on the volunteer sheet and sign your name. Your help and input are very

valuable to our program and very beneficial to your child, they love to have you here!

Doing activities together with your family brings everyone closer and makes for a nice memory when the child grows older. Here's an activity which involves the entire family and is so easy to do: Bird watching! Bird watching is fun, and your whole family can do it together! An easy to start is by feeding birds in the winter (remember, once you start, you must feed them until their natural food is available again).

Build a windowsill feeding station. Tack a large board to a window ledge outside a family room.

Feed the birds things like: cracked corn, mixed birdseed, bread crumbs, suet or peanut butter and sunflower seeds.

Make a tree feeder by spooning peanut butter on the petals of pine cones and rolling the cones in birdseed. Hang the cones in a tree near your windowsill.

Record, in a special notebook kept by the window, what kinds of birds you see, how many, and the dates you see them. Ask everyone in your family to help by recording the birds they see, too. Find a bird identification book to help you find the names of the birds in our area.

Plan a bird watching picnic or nature hike with your family when the weather gets nice. See who can see and name the most birds!

The following parents/community members were verbally recognized the ECE's "Family Night Out" on Thursday, January 12th at the pow-wow:

Baby Room, child care providers are Shawna Jackson, Darlene Bailey and Debbie McGill. Parents who always willing to lend a helping hand on their own time were Suzie Moody and Carolyn Strong.

Crawler Room, Parents who attended their Christmas party & Santa visit: Bernavene Yahtin, Fran & Dan Ahern, Saphronia & John Katchia, Jr., Rhonda Wesley-Clements, Val Fuiava and Kris Sampson. Thank you to all the parents

for bringing gifts for the gift exchange & bringing snacks for the Christmas party.

Toddler's Room, child care providers are Carolyn Orrell & Stacy Fasthorse. Parents who attend and helped during the holiday parties given in this room are Paula Brisbois, Sheila Wahneetah, Toot Pennington, Rhonda & William Clements, Becky & Chet VanPelt, Kathy Brunoe, Josie & Sharondee RedFox. Thank you for your participation! It's been great!

Head Start Full Day 3's, teachers are Lucinda Heath and Beverly Smith. Donations for the Head Start Policy raffle were from Nadine Scott, Susan Moody and Wanda VanPelt, donation of toys for our classroom were Raymond "Capt." Moody. Thank you.

Head Start Full Day 3's, teachers are Vivian Wewa and Althea Henry. For spending mornings in the classroom playing with the children, in the classroom after work, and bringing extra materials. Thank you Patsy Lenbek.

Head Start Full Day 4's, teachers are Leah Henry and Elaine Clements. Parent helpers in the classroom and for making things for the children to use in the classroom, donation of food: Barbara & Cal Poncho. Parent helper in the classroom after she gets off work plus donation of food: Patsy Lenbek.

Head Start Part Day 4's, teachers are Marcelene LeClaire and Patsy Lenbek. Donation when asked to help out in the classroom are Lillian Yahtin, Cecil Brunoe and Rick & Marcia Minthorn. Recognition for bringing their son Rhett Johnson in every day. Rhett has had perfect attendance for the months of September, October, November & December 1994. Shana Johnson and Clarence Jefferson.

Head Start Part Day 4's, teachers Nola Quehpama and Phyllis Strong. For sewing Christmas stockings for all the children in our classroom; making little books for Indian language in Sahaptin, Esther Culpus. Parent volunteer time in the

classroom, Lois Smith. Taking the time to get the Christmas tree, Austin Smith. Donating two (2) piñatas for the Christmas and birthday parties. Nacho Gurrola. Sewing Halloween bags for the children in our classroom, parent volunteer time in the classroom, donations of art material, Rosemary Charley.

Early Intervention, staff members Jane Kirkpatrick, Barbara Poncho, Carolyn Strong, Becky Brunoe and Nancy Yubeta. This parent always makes time to put his children first, David Lucei. For making all her appointments even when she has bus duty at school, Althea Scott. Two parents who have cared for so many children so well, Sandy & Al Thomas.

Food Service. For a lady who is always at work; jumps in wherever help is needed in the kitchen, Marilyn Wagner. For making ECE staff feel special on any given day; coming in to the classrooms to be with the children, helping the teaching staff, bringing in the food trays when the kids are going full speed ahead, Rosie "Rosebud" Bryant.

Parent Policy Council, Nancy Seyler Head Start Director. For these parents/community members who attend monthly meetings, Wanda VanPelt, Gwen Leonard, Nadine Scott, Loretta Danzuka, Mike Gomez, Toni Made, CR Begay, Kris Sampson, Susan Moody, Connie Blake, Barbara Poncho, Levi VanPelt, Terry Squimphen and Gerald Danzuka.

For those Head Start staff who attend Policy Council meetings, Rose Aly, Becky VanPelt, Jamey Smith, Marie Tom, Joni David, Sue Matters, Pam Jackson, Gladys Squimphen, Melinda Tohet and Winona Frank.

Parents/community members who have volunteered their time to help with Christmas fundraising, Patsy Lenbek, Beverly Smith, Joni David, Kris Sampson, Paula Brisbois, Sheila Wahneetah, Nadine Scott, Edna David, Toni Made, Toot Pennington, Shirelle Thomas, Leslie Cochran, Andrea Smith, Missy David, Lois Smith and Merle Kirk.



Children and parents enjoyed the dancing at the ECE Parents Nite Out. The last dance was the snake dance which brought many smiles to parents and children alike.

ECE to sponsor video sessions

Starting in January, videos will be shown at ECE on Wednesday and Friday mornings at 9 a.m. These videos will be on topics in which parents have shown interest when filling out registration packets. Arrangements are being made to provide childcare. The video sessions will last no longer than one hour.

Here's January's schedule:
Wednesday, January 11—Parent Talk 1; Practical tips for raising children two to five years of age
Friday, January 13—Parent Talk 2; Tips for dealing with the school age child, six to 12 years of age
Wednesday, January 18—Parent Talk 3; Tips for parents of teenagers
Friday, January 20—What is FAS?
Wednesday, January 25—FAS and Effects: What's the Difference?
Friday, January 27—FAS: Assessment and the Early Years
 Sessions are open to the public.