

### WSPD cooks attend Santa Fe training



Sara Thomas, left, and Shirley Smith, were chosen to attend an IHS nutrition seminar in Santa Fe, New Mexico last month. The pair will share their cooking expertise with community members in June during a workshop designed for cooks and food service supervisors.

Shirley Smith and Sara Thomas formed a team that was chosen to go to the I.H.S. Nutrition Headquarters in Santa Fe, NM to learn how to conduct healthy nutrition workshops for local tribal cooks. Shirley Smith is the Head Cook for the Warm Springs jail. Sara Thomas is a Clinical and Community Dietitian working at the Warm Springs Health and Wellness Center.

The team enjoyed the hard work and fun of the workshop. Shirley won the prize for the "Let's Grade a Meal" game and also won praise for her fry bread that was softer and less greasy than most fry breads they had eaten. The team worked well together, especially during the menu planning part of the workshop.

The team is very excited about leading the Warm Springs workshop for "Promoting Good Nutrition in Local Tribal Programs" and think it will be very valuable and fun for participants. The first 2 1/2 day workshop is planned for the first week in June. The team will be sending out information and applications to local cooks and food service supervisors. Eventually the team plans to expand the workshop to include other areas like Yakama.

### "Tip Credit" bill proposed

Oregon's House and Senate Labor committees are holding hearings on the "Tip-Credit Bill", HB 2543 (otherwise known as the Sub-Minimum Wage Bill.) If this bill passes committee it will go to the legislative floor for a vote. Now is the time to kill it.

The Tip-Credit Bill, backed by the Oregon Restaurant Association, would allow employers to pay tipped workers as little as \$2.38 per hour. It would contribute to keeping wages down for all service workers and would effect women hardest as they make up the majority of restaurant workers. Please call the following legislators and ask that they vote against the bill:

- House Labor Committee**
  - John Watt, Chair, R-Medford 986-1450
  - Lee Byer, D-Springfield 986-1442
  - Kate Brown, D-Portland 986-1413
  - Chuck Carpenter, R-Portland 986-1407
  - Mike Fahey, D-Portland 986-1417
  - Lynn Lundquist, R-Powell Butte 986-1459
  - Lynn Snodgrass, R-Boring 986-1410
- Senate Labor and Gov. Ops. Committee**
  - Gene Derfler, Chair, R-Salem 986-1716
  - Brady Adams, R-Grants Pass 986-1725
  - Neil Bryant, R-Bend 986-1727
  - Joan Dukes, D-Svensen 986-1701
  - Bob Kintigh, R-Springfield 986-1722
  - Bill McCoy, D-Portland 986-1708

### Museum announces summer weekend schedule

The Museum At Warm Springs week-end calendar. May 27 to September 4, 1995, 11 am to 3 pm. on Saturdays & Sundays.

- Living Traditions Speakers and Crafts**
  - \*May 10-11** Science Fair on the Museum grounds in ten teepees by Jefferson Co. School District 4th graders
  - May 12** Second Tribal Members Art show. Displays in the Museum's changing Exhibit Gallery. Shown until September 22, 1995.
  - May 27, 28, 29** Dry Creek Singers & Dancer. Special Hoop Dance. Mary Ann Meanus, coordinator for this program
  - June 3** Leatherwork regalia & crafts by Lyle Rhoan, Sr.
  - June 4** Women's buckskin & cloth dress by Arlita Rhoan
  - June 10, 11** The teachings of my elders by Adeline Miller
  - June 17, 18** Tribal Foods & Ceremonies by Caroline Tohet
  - \*June 23, 24** "7 Hearts & 7 Hands" book reading and signing at 1 & 3 pm by Elizabeth Woody, about her memories and family customs
  - June 24, 25** Traditional, Grass & Fancy dance men's regalia by Tony Suppah
  - July 1, 2, 3** Spotted Eagle Dancers. See special like the pouting dance, Eagle dance and others. Tony Suppah is the coordinator
  - July 8, 9** Dry Creek Singers & dancers. Mary Ann Meanus, coordinator
  - July 15** Hairpipe bone necklaces made by Lyle Rhoan, Sr.
  - July 16** Beaded bags, how to make them by Arlita Rhoan
  - July 22, 23** Custom Drum making & demonstration. Traditional artistry by Archie Caldera
  - July 29, 30** Traditional knot typing and practical uses by Hank Palmer
  - Aug. 5, 6** Wasco Sally Bags and weaving arts by Bernyce Courtney
  - Aug. 12, 13** Cedar root baskets by Antoinette Pamperien
  - Aug. 19, 20** Heritage importance & Paiute artifact display by Wilson Wewa, Jr.
  - Aug. 26, 27** Tribal landmarks history and beliefs by Neda Wesley
  - Sept. 2, 3, 4** Tribal crafts fair. Gathering like the old days! Teepees too! Beads, baskets, quilts, shawls, weaving, fry bread & more
- Information: Jeanne Thomas, Education Tour coordinator, The Museum at Warm Springs, PO Box C, Warm Springs, OR 97761 (503)553-3331
- \* Signifies additional programs coordinated by The Museum at Warm Springs which are added to this calendar list so the public will know about these events and the Living Traditions Speakers.
- The 26th Annual Pi-Ume-Sha Treaty Days is June 23, 24, 25, 1995 For more information call (503) 553-3333. Features a major teepee encampment, dancers in regalia, craft sales and a parade. Other events include an endurance horse race, golf, softball tournament and a rodeo.

### Girl Scouts informational meeting set

The Western Rivers Girl Scout Council will be holding an open house Wednesday, March 29 at 7 p.m. at the Warm Springs Elementary Library to discuss establishing a Brownie Girl Scout troop at the Warm Springs Elementary School.

The troop will be open to all girls in the first through third grades and will meet weekly at the school.

In order to establish a troop, interested adults need to be identified who will assist with the organization

and activities of the troop. This could be weekly, bi-monthly or monthly, depending on the type of organization that is established. Interested adults are encouraged to attend the open house to learn how they can be involved.

Girl Scouts is an informal, education experience designed to help girls build the skills and confidence to develop to their fullest potential. Participation in Girls Scouts helps girls build healthy self-

esteem, deepen an awareness of self and increase their understanding of their own culture as well as others. The activities are fun, besides being opportunities to build values and participate in community service.

Parents of all interested girls are welcome, whether or not they can take an active role.

For more information, call Becca Costello at 389-8146 or Helena Jones at 553-1128.

### Providing quality, cost-effective health care

Despite the growing number of services provided at the Warm Springs Health and Wellness Center, many patients are still referred out to other providers by our doctors. There are many reasons why patients are referred out, such as to see a specialist, to have a special x-ray or to be admitted to the hospital, as well as other reasons. When that happens, you can choose from a wide variety of providers from Central Oregon to Portland. Historically, many patients have gone to Madras, but the

Managed Care Program, through the Tribe, has been able to establish good relationships with providers in Redmond and Bend.

At the Managed Care Program, it is our goal and commitment to provide the community members of Warm Springs with the best and most cost-effective health care offered. Please feel free to stop by our program located in the Warm Springs Health and Wellness Center.

Sincerely,  
Managed Health Care Program

### Narcotics Anonymous to meet

To the Editor,

I am writing to let you know we are calling a Narcotics Anonymous meeting for Tuesday, March 21.

Are you having problems with drugs? Come and check it out. 7 p.m. Tuesday, at the Community Counseling Center.

Getting busted for dope is no fun. Neither is riding a bad habit.

See you there!

LeRoy Bobb



Spilyay Tymoo photo by Saphronia Katchia  
Director of Planning & Public Relations of Mt. View Hospital District in Madras, Don Ptacnik donated a \$500 check to Warm Springs Health & Wellness Center which will benefit the Bike Safety Program which is sponsoring a Bike Rodeo April 22 in Warm Springs. Pictured back row, left to right Marcella Clements, Nancy Collins, Deborah Scott and Howard Patt. Front row Lawrence Shike, Jr. accepts the check from Don Ptacnik.

### Labor Pool offers four jobs

Warm Springs Labor Pool/Adult Corps is now recruiting four Warm Springs tribal members for Work Experience and Development training. Worksites will be the reservation area and community, headquarters are the Work Experience & Development Department Office.

To apply: Pick up a job application at Work Experience & Development Office located at the Education Services Building, and attach a personal letter explaining why you want to be on a crew. Applications will be accepted until openings are filled.

#### Selection criteria:

1. Warm Springs tribal member
2. Pass pre-employment drug test and maintain compliance
3. Reliability
4. Motivated and energetic
5. Willingness to learn
6. Increase knowledge and skills
7. Likes working outdoors
8. Able to meet physical work demands
9. Able and willing to follow instructions
10. Willing to work with others as a team

For more information contact Emerson Squiempfen, Labor Pool Supervisor, 553-3324 or Eunice Esquiro, WEDD Assistant Director, 553-3324.

## Students emphasize others to "stay in school"

### by Saphronia Katchia

Eighteen year old Jake Suppah is the son of Lillian and Gary Walker. His grandparents are Kathleen Moses and Margaret Suppah of Warm Springs.

He has two brothers; Scott Moses who is twenty-one and Chasan Walker who is eleven. His sister is Gina Walker. Suppah is of the Warm Springs, Paiute descent.

His hobbies include just hanging out or going to Bend to watch movies.

Suppah plays for the Madras High School basketball team, and has for the past four years which he has received three varsity letters. He has played football for three years and has received one varsity letter. He intends to play baseball this spring. His favorite sport is basketball he says, "it's a team sport, it seems to be popular here, and is community supported."

Weight Training with Bruce Reece and Math with Jack Gallagher are his favorite classes at MHS. Special awards he has received include honor roll as well as his varsity letters.

Suppah feels his past school years went by too fast but were fun while they lasted.

His feelings about this being his last year he says he is, "relieved that it's over now and excited about moving on to real life." When he leaves MHS he will miss the school activities, sports and his friends.

He feels he would like to pursue a career in the Business Field. His college choices include the

University of Oregon or some state college.

He would like to comment to the remaining lower classmen, "stay in school, stay out of trouble, try your hardest through school, it will make it easier in the end." In five to ten years from now Suppah sees himself starting a career, "earning a lot of money".

Dinato Ed Pittman is eighteen

years old and a senior at Madras High School. His mother is Merda Charley and his grandfather is Wesley Charley of Warm Springs. He has three sisters; eleven year old Jane, eight year old Pearl, and Julia Stwyer who is seven.

Pittman background includes Colville, Warm Springs and Yakama.

The past two years he has been involved in the Oregon Indian

Education Association, this year he is President. He also meets every two weeks for Futures for Children. Next month he will be traveling to New Mexico for a workshop. Both organizations are under the direction of Ramona "Tedi" Tanewasha.

He enjoys playing sports. He played basketball his freshman through junior year for MHS. And football his freshman, sophomore and senior years, baseball his freshman year and is playing this year. He has received varsity letters in both football and baseball. His favorite sport is basketball, "cause it's popular and a team sport."

His favorite classes in high school were sophomore English with Colleen Fletcher and Civics with Matt Henry.

Pittman says his outlook of the past school years have, "been fun, but went by too fast." He feels kind of happy that his last year in high school is almost over, "so I can get on with life." He will miss the school activities and his friends when he leaves MHS.

He plans to pursue a career in psychology at the University of Oregon or apply for the University of New Mexico, if not he will attend Mt. Hood Community College.

He would like to comment to the remaining lower classmen, "Stay in school, study hard, it will pay off in the end. Graduate." In five to ten years from now he sees himself graduating from college and starting his own business somewhere.



Jake Suppah



Dinato Pittman

## Spilyay Tymoo

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