

Camp Sap-Si-Kwat offers full schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7	Camp-over Suzie	Camp-over Millie	Camp-over Maryann	Camp-over Charlotte	
8:15	Staff Arrival Invocation Arlita Rhoan	Staff Arrival Invocation Willie Quinn	Staff Arrival Invocation Miss W.S.	Staff Arrival Invocation Easton Aguilar	Staff Arrival Invocation William Sam
8:30	Importance of Language/M. Meanus	Self-Respect/ Millie Colwash	Dancing/ Arlita Rhoan	Indian Cowboy/ Clinton Bruisedhead	Kid Talk
9	Treaty/Pierson Mitchell	Feast/Adeline Miller	Spirituality/Marvin Meanus, Sr.	Land/Captain Moody Ed Heath, Phillip Florendo; Hunting/ Dallas Winishut, Jr.	Family/Ellen Thompson
10	Break	Break	Break	Break	Break
10:15	Indian Language Lunch/C.C.	Indian Language Lunch/C.C.	Indian Language Lunch /C.C.	Indian Language Lunch/C.C.	Indian Language Lunch/C.C.
11:30	Camp Set-up you can bring	Arts/Crafts	Arts/Crafts	Arts/Crafts	Arts/Crafts
1	Camp Set-up you can bring your own tent				
2:30	Games/Races	Games/Races	Games/Races	Games/Races	Games/Races
3	Break	Break	Break	Break	Break
3:30	Games/Races	Games/Races	Games/Races	Games/Races	Games/Races
5					Closing Ceremonies

Activities planned include: Drum Making, Bow and Arrow, Choker/Breast Plate, Shawl Making, Dream Catchers, Wapus, Loom Work, Fried Bread, Races, Games, Cedar Basket, Lazy Stitch, Archery, Medicine Ball, Campfire Bread and many others.

Life Skills course holds graduation June 30

Life Skills Course graduates were honored with an informal graduation barbecue June 30, 1995 at the Elmer Quinn Memorial Park. Graduates were presented their certificates of completion and were given words of encouragement and support from staff, post graduates and administrative staff.

Completing this course are ten people. They are: Betty Chavez-Lopez, Gilbert Yazzie, Sarah Mitchell, Francis Suppah, Pearl Culps, Raymond Jim, Clifford Arthur, II, Laura Ascencio, Alane Eyle and Sally Medina. Not all were in attendance of the graduation because they had found jobs for themselves. Past graduates were also recognized at this time, they are: Jack Quinn, Rachel Saludo, Rhonda Chocktoot, Katherine Culps, Dorothy George, John Wahsise, and Kennedy Smith.

are programs which refer individuals to the Life Skills Course. Life Skills is part of the Self Sufficiency Program developed to help those on welfare or GA to become self sufficient and independent. Participants are referred to this program from GA, Voc-Rehab, or Adult and Family Services. Throughout the course the Self-Sufficiency program is a link to the programs available to tribal members to help them become self-sufficient and less dependent on GA or welfare. Further education in personal health and nutrition, self-esteem,

confidence, work ethics, dependability, personal budgeting, managing a home and family, etc. are life skills developed in this course. They learn the policies of the organization, such as drug testing. Each participant develops an action plan that identifies barriers, job interests, when they can start, weekend, evening and holiday employment. The program then helps them to overcome barriers listed by referral to existing programs and providing necessary funding. Funding is offered only if attendance is good (100%).



Francis Suppah is one of ten who received a certificate of completion of the Life Skills course, Friday, June 30, 1995 at Elmer Quinn Memorial Park.

Beat the heat: How to stay cool, comfortable

Remember when it was raining, raining, raining earlier this month? We were all probably thinking, "Gosh, when is summer going to get here?" Well, it's here. The past few days have been warm, to say the least. Unless you stay in an air-con-

ditioned office 24-hours a day, it's hard to find a comfortably cool place in which to beat the heat. Here are a few tips on how to keep as cool and safe as possible during the current heat wave.

Drink plenty of water. Coffee and tea don't help. Nor does alcohol as it interferes with the body's struggle against heat stress. It can also put unneeded stress on the heart.

Eat less. Try not to consume heavy meals and hot foods as they tend to add heat to your body. Avoid using the stove or cook in the cooler part of the day. Microwave or barbecue your meals.

Get soaked. Cool off with a bath or shower that's about 75 degrees. Cool water helps remove extra body heat much faster than a fan.

Take it off. Wear as little as possible when you're home. Light-

weight, loose-fitting, cotton clothing is the most comfortable. Wear a hat or use an umbrella to protect your head and neck when outdoors.

Kick back. Reduce your activity, especially at the start of hot weather when your body isn't prepared for it.

Hit the cooler. For some, staying indoors may be the best way to beat the heat. But many have no air-conditioning, fans or adequate air circulation. A shady spot outside may be cooler than staying indoors. Or, go to a movie or shopping in a mall.

Watch for warning signs. If you or somebody you know suffers any of the following, seek professional medical help immediately. Dizziness, rapid heart rate, diarrhea, nausea, vomiting, throbbing headache, dry sky, chest pain, great weakness,

Source: The Oregonian

Aim high for success

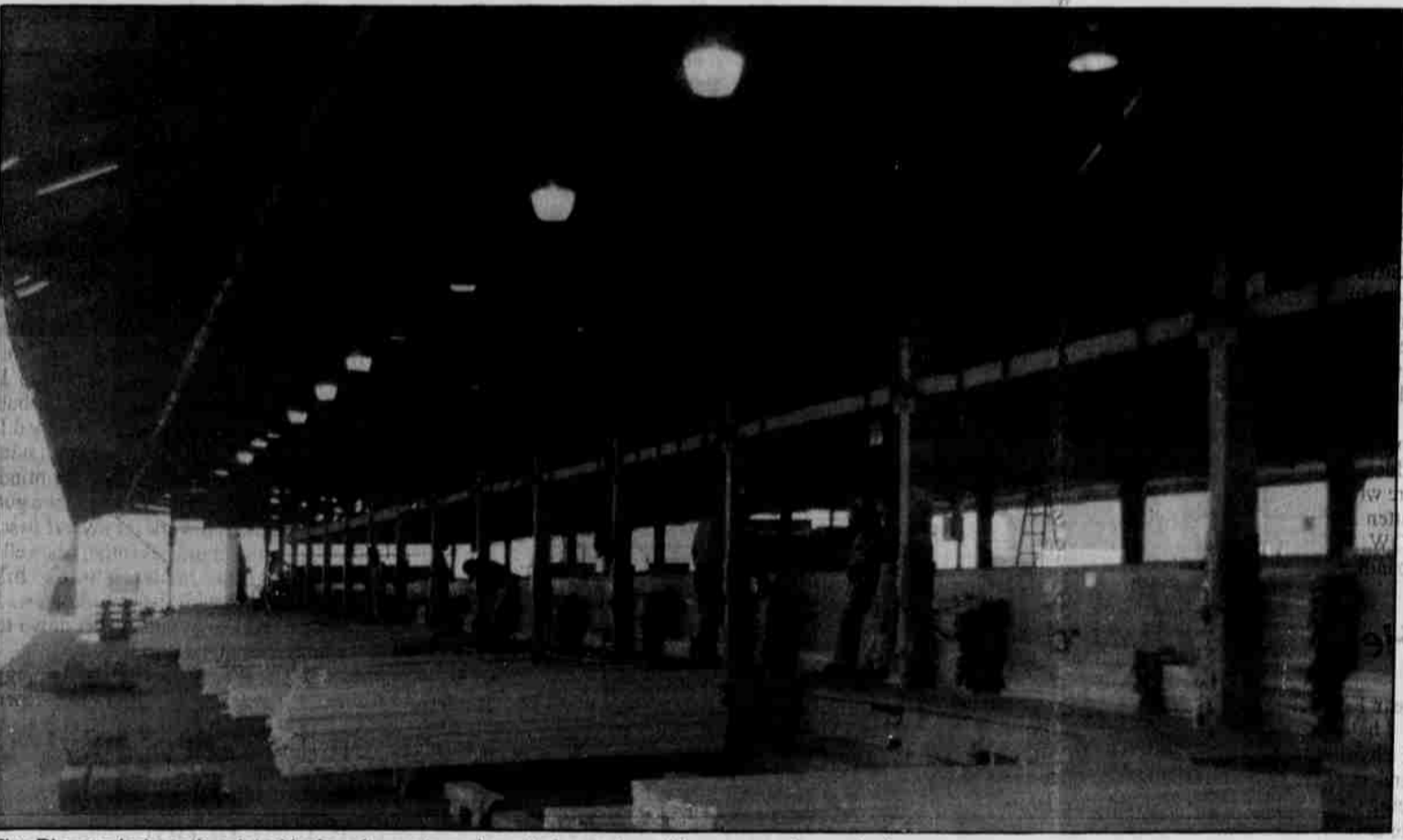
You won't succeed if you don't plan to succeed. Sports psychologist John Andersen, who has worked with many Olympic athletes, writes: "I once asked a world-class athlete to guess at the out-cme of a major competition. 'I'll come in fifth,' he said. And that's exactly where he finished, even though he could easily have placed third, or even second, since two other major contenders fared poorly."

...Contrast him with 'Flo Jo'— Florence Griffith-Joyner. Training a week before the 1988 Games, she wrote in her diary the time she expected to run and win the 100-meter dash: 10.54 seconds. When Flo Jo crossed the finish line, the clock showed 10.54. She had not only seen herself winning, but called the winning time to the split second."

Talent Show:

6:30 p.m. Thursday, July 27
Community Center Social Hall
Sponsored by Summer Rec Program

Renovation brings WSFPI planer up to speed



The Planer chain as it existed before it was torn down to be replaced by newer planer chain.



Ray Murray teaches employees about the planer.



The roof that sheltered the planer was torn down to be replaced with a new building.



A temporary planer chain was installed for use until December.

Warm Springs Forest Products Industries began their annual maintenance shutdown June 23, 1995. Maintenance repairs, upgrading and replacing machinery took place in all parts of the mill between June 26 and July 14.

The planer has been completely rebuilt and employees received two weeks' training from sales representative Ray Murray. Murray is employed by Yates America, out of Cottage Grove, Oregon. Murray was once employed by the company who built this same machine thirty years ago. He trained employees, hands-on and in the classroom, in proper procedures of planer operation. Employees tore it down, dismantled it and put it back together.

A long-term project began during this time as the planer chain is being replaced with a newer model due to be in full operation by December. In November the change-over will take place from the temporary chain to the newer model. A new building will also be built to replace the roof that sheltered the planer. Total cost of this modernization and upgrading will be \$1.3 million.

Tuesday, July 18, the foundation will be poured for the new building in which the modernized planer will be housed. The building will begin in September and will be closed in and well lit.

The planer and planer chain used up to this date was purchased in the 1960s and is being replaced to be competitive with other mills and modernize WSFPI. The planer chain will include a tray sorter, an automatic trimmer, and a grade marker. The machine will take the place of ten chain pullers, five from each shift, who will be moved to other parts of the mill.