

BIA introduces General Assistance program staff

Bureau of Indian Affairs General Assistance (GA) program would like to introduce their staff. Rhonda Atencio worked with the WS BIA Social Services department for three years prior to moving to GA. Within the last year, she transferred, filling the Case Worker position. She likes to work with people because doing so fills the void of wanting to help people. Atencio is Navajo and grew up in Cuba, NM. Rhonda makes her home on the campus area in Warm Springs.

Melissa Wainanwit also works with GA. Most people know her as Leesa. She is the assistant to Rhonda. Wainanwit is also a tribal member. She lived in Longview, WA up until the age of nine. At that time, she and her family relocated back to Warm Springs. Her main hobby is to read and to spend quiet, relaxing evenings and weekends at home.

Self-Sufficiency Program Staff

Bender Gibson is employed as Jobs Placement Specialist. He is a tribal member. His father is Floyd Gibson and his mother is Katherine Culps. He was raised by Marvin Martinez, Sr. and Cybil Queahpama in White Swan, WA where he graduated from High School. Bender attended the Heritage College in Toppenish, WA studying business management and accounting. His job experience includes painting, maintenance, dishwasher, custodian,

wood cutting, teacher's aide (K-6), and gardener. He likes playing football, baseball, softball, volleyball and basketball. He also likes to hunt, fish, and watch sports on TV. For some time, Bender earned money from playing billiards. He's enjoying his bachelor hood and also likes spending time with his family in Warm Springs and Washington.

William Moses is also employed as Jobs Placement Specialist. Previous positions held included fire prevention technician for Fire Management, archaeological field technician monitor in Oregon and Hawaii, alcohol and drug specialist with Community Counseling, radio announcer with KWSO and sanitation technician with Utilities. A tribal member, William has lived in Warm Springs most of his life. His interests are people's success to employment or running their business. William is a people-person and therefore enjoys public relations and travel. Moses is a bachelor and is looking for that special lady.

Priscilla Frank is employed as Life Skills Instructor. She's also a tribal member and has spent most of her life in Warm Springs. Her background surrounds alcohol and drug counseling, where she was employed at the Community Counseling Center. She also worked in Juvenile Justice with the Children's Protective Service department. Frank earned her

AA degree in mental health counseling from Mt. Hood Community College. Her interests are people-oriented. She likes to visit and never shies away from helping others. In her spare time, she makes yarn bags.

The Program Coordinator is Tricia Sahme, a Tribal Member. Tricia's held jobs as gymnastics instructor, key-punch operator, accountant, computer operator and secretary. With thirteen years of work history, she brought a strong administrative background to the program. In her spare time, she likes to play the piano, bead, make pine-needle baskets, sew, read and garden. On occasion she likes to fish and hunt with her father, Pete Courtney. When the family's around she challenges them to a game of Pictionary. She's a fan of the late Captain James T. Kirk. Tricia is married to Sal Sahme and together they raise their thirteen-year-old son, Foster.

Both programs operate out of the Food Commodities Warehouse in the Industrial Park.

Silersmith carries on family tradition

Lee Silversmith was featured at Reddog Fine Arts during the months of August and September showing his silversmith art. He had been here in Warm Springs since Pi-Ume-Sha and plans to stay until December at



Lee Silversmith

Reddog Fine Arts. During his stay he will work with anyone who wishes to custom order his work.

Silersmith is from Window Rock, Arizona and has traveled to Warm Springs regularly for Pi-Ume-Sha. Working with silver was a hobby but now is a full-time job for him. He is doing what he likes. "It is the first full-time job I ever liked," Silversmith says.

While he is here he is taking community education classes at the Education Center. He is learning more about business and computers.

He is the seventh-generation silversmith in his family. His family has been working in silver and turquoise since the Spaniards came to America. His grandparents were renowned silversmiths who traded with the Zuni for their stones. He learned the craft from his parents throughout his life, before he went to school.

Silersmith's great-great-great-great grandfather was kidnapped as a

young boy by the Spanish conquistadors. He worked for them in the fields and with horses. He later became friends with them and married one of the conquistadors daughters in the early 1600s.

In the late 1600s he went back to Arizona where his family lived. There he had learned to silversmith and has passed it on for seven generations. It is a family tradition. His personal motto is "Seven generations of tradition with a contemporary approach."

Silersmith uses tools that were used by his grandfather. He says he is very careful not to damage them. Some of these tools and stamps were created in 1850, and 1901. He makes his jewelry with turquoise, coral, spiny oyster, lapis, malachite, black and purple onyx. He cuts them down and polishes them himself. He will work with different stones and basically make what customers want. Many one of a kind items are made by Lee Silversmith.

New nutrition program to begin

The Warm Springs Health and Wellness Center's Nutrition Department is excited and pleased to be working closely with the Nutrition Assistant Program from Northwest Indian College. The program and workbook, "Honor the Gift of Food", was designed by Northwest Indian College (N.W.I.C.) in Washington for Native American Communities. The Nutrition Assistant Program also has sites in Yakama, Sonoma, Hoopa, Nez Perce, Fort Hall, Colville, Lummi, Taholah, Lower Elwha, LaPush, Owyhee, Central Valley Indian Health and more sites are being added in the Southwest. The program in Warm Springs is run by Nutrition Assistant Martha Heath (a WS Tribal Member) together with Sara Thomas, I.H.S. Nutritionist.

If you sign-up for the program you will meet weekly for 8-12 weeks with the Nutrition Assistant Martha Heath for one-on-one training in your own home on Nutrition, Cooking and shopping basics using the "Honor the Gift of Food" workbook. The Nutrition Assistant will help you prepare recipes from the workbook each week with items you already have, as well as commodity foods. You'll learn how to cook easy, healthy delicious and money-saving recipes. You'll also get college credit (3 hours) if you complete the course, but a high school diploma is not required in order to participate.

For more information or to sign up call 553-1196 ext. 4194 for Martha Heath, Nutrition Assistant or ext. 4152 for Sara Thomas, Nutritionist.

Bayberries and Holly scheduled for Nov. 10 & 11

"Bayberries and Holly" You are invited to attend a unique experience in holiday shopping. Browse through a variety of handcrafted items from folk art to fine art. Please join us for this is our 20th anniversary. Will take place at the Bend River Mall at center court on Friday, November 10, 10:00 a.m. to 9:00 p.m., Saturday, November 11, 10:00 a.m. to 7:00 p.m., and Sunday, November 12, 11:00 a.m. to 6:00 p.m.

Any questions you may have can be directed to Terri Waddell at (503) 389-4408.

Tour the supermarket

The WS Health & Wellness Center is proud to announce that Supermarket Tours will now be conducted monthly by the Nutrition Department. The tours are held on the 1st Monday of the month from 9 a.m. to 12 p.m. The next tour is November 6th.

The tour starts with an introduction and video in the Wellness Center's Community Health Conference Room before going to Madras to tour Erickson's SENTRY. Transportation is available.

The tour will help you learn to read food labels and know how to

find healthier foods: lower fat, lower salt/sodium, lower sugar, higher in fiber and more. The tour also gives you the chance to get answers for your nutrition questions; for example, "Which is the best kind of butter or margarine to use?" (Answer: A tub or squeeze margarine, margarine spray, non-fat margarine or butter flavored granules).

For more information call the Nutrition Department at 553-2458 and speak to Sara Thomas, Lillian January, Lara Simpson, or Stella Janssen.

Powwow calendar available

The many colorful Indian Powwows, rodeos, and celebrations held throughout the U.S.A. and Canada each year are fun for all, but sometimes very hard to know about.

The North American Native American Indian Information and Trade Center in Arizona will send you a quarterly calendar schedule in return for a priority mail \$3.00 self addressed stamped envelope (9"x12"). (Send four envelopes for the entire year with postage). Overseas should send \$9.00 U.S. funds for postage.

Note: Post office will not accept

dated postal meter strips; leave date empty. No envelope, no reply!

Send to: Indian Calendar, NA IITC, P.O. Box 27626, Tucson, AZ 85726-7626, USA

Remember to turn your clocks back one hour on Saturday night before bed Sunday!

Recreation schedules Autumn activities

The Warm Springs Recreation Department is offering Autumn Crafts to the community every Tuesday and Thursday from 6-8 p.m. at the Community Center Conference Room.

Schedule:

TBA - Halloween decorating
November 2, - Earrings and keychains

November 7, 9, - Pillow making
November 14, 16, - Hat beading
November 21, 23, - Apple doll making

November 28, 30, - God's Eyes (wall hangings)

For more information, please call Merle Kirk at 553-3243.

Other activities scheduled are:

October 31 - Halloween Carnival, 6:30 to 9:00 p.m.

November 27-30 - Family holiday crafts, 6:30 to 8:00 p.m.

December 4 - Christmas Tree

Lighting, 6:00 p.m.

December 9 - Annual Christmas Bazaar, 8:00 a.m. to 4:00 p.m.

December 20 - Last Minute Bazaar, 10:00 a.m. to 7:00 p.m.

For more information, please call Carol Allison at 553-3243.

Halloween activities scheduled

Halloween is quickly approaching, and the Recreation Department will be having the annual Halloween Carnival in the gymnasium on Tuesday, October 31, at 6:30 p.m.

Committees, organizations, and various groups wishing to raise funds for their group are asked to

participate. Interested groups are asked to register with the Recreation Office. Plan now for your fundraising activity.

For more information on the carnival, or Halloween activities, contact Carol Allison or Austin Greene at the Recreation Office at 553-3243.

Veteran's Day Powwow November 10, 11, & 12 at the Agency Longhouse



The dental clinic staff performed a skit for the head start children at ECE October 20. One child from head start assisted with the demonstration of flossing.

NATIONAL DENTAL HYGIENE MONTH OCTOBER

Come Sample Various Dental Products

October 27
10:00 a.m. - 4:00 p.m.
Warm Springs Health Center

Refreshments will be provided and Door Prizes may be

WON!!

Learn about the Dental Products You Buy

You Could Win an Electric Toothbrush

For More Information call Dental at 553-2462

Howl with the Pack!



At Kah-Nee-Ta Resort in Warm Springs, Oregon

**Play FREE!
Win \$500!**

SIZZLING SLOT TOURNAMENTS!

**Great White game in October
Ring 'em Up game in November**

MAIL-IN REGISTRATION FORM

Only **one player** per form Spilyay Tymoo

Circle date(s) you wish to play:

October 16, 17, 18, 23, 24, 25, 30, 31

November 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29

First Name (please print) Middle Initial Last

Address

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Phone

Mail completed forms to:
PO Box 720

Warm Springs, OR 97761

City State Zip

Confirmation of request(s) will be mailed. Limited space available in each tournament. Indian Head Gaming reserves the right to alter rules or cancel tournament.

Spooktacular social scheduled

Jefferson County Republicans present a "Spooktacular" October 30, 1995. A good old fashioned ice cream and pie social is on tap at the Mud Springs Grange Hall in Madras on Monday, October 30 at 7:30 p.m. for all those citizens interested in "goblin pie and coffee" and doing some first class "goblin".

There'll be lots of lively conversation, entertainment, door prizes and just good old fun for each person in

attendance. Of course, there's the possibility of having one or more of the candidates for the U.S. Senate position, or their representative, there to roll the political pumpkin around the cornstalks.

Costumes are welcome but not required. A \$2 charge per person (or \$4 per couple) will help fund future, local candidates in Jefferson County. Further information can be obtained by calling 475-6537 or 475-6379.

Medications need proper storage

Humidity in the bathroom can decompose medications and alter their effect say the pharmacists of Mountain View Hospital District. The bathroom "medicine cabinet", the place that many people keep their medicines, is actually one of the worst medication storage areas. Pharmacists advise that medications be stored at room temperature, unless otherwise directed and away from heat, moisture and direct light. You should keep your medicines tightly closed in the original container and out of the reach of children. Because accidents can happen, keep the telephone number of the poison control center handy. It is 1-800-452-7165.

Pharmacists also warn consumers to be mindful of expiration dates. Do

not save outdated over-the-counter medications or left-over prescription medicines, because they can change as they get older and cause harm. For example, if water in the medication has evaporated, the medication may be more concentrated. It's always best to ask your pharmacist if you are unsure about a medication's safety and effectiveness.

National Pharmacy Week is October 22-28, and pharmacists want you to know that they are always available to advise you about your medications.

Mountain View Hospital District pharmacists include Cathy Adams, RPh, Diane Braun Griffin, RPh and Bobbi Meritt, RPh and pharmacy technician Betty Lengele.