

Early Childhood Education news

JANUARY 1996 ECE UP COMING EVENTS:

- *Jan. 8-Parent Training on Child Abuse/Neglect: 5:30 p.m.-7:30 p.m. ECE Pod C.
- *Jan. 9-Head Start Culture Committee mtg.: 2:00 p.m.-3:00 p.m. Conference Room 1E.
- *Jan. 10-Health Advisory Mtg.: 10:00 a.m.-12:00 p.m. Conference Room 2E.
- *Jan. 10-Head Start Parent Policy Council Mtg.: 5:30 p.m.-7:00 p.m. Conference Room 2E.
- *Jan. 16-Feisty Child: 2:00 p.m.-3:00 p.m., Conference Room 2E.
- *Jan. 16-Positive Guidance and Discipline Series: 5:30 p.m.-6:30 p.m. Conference Room 2E.
- *Jan. 24-Parent Club Mtg.: 5:30 p.m.-6:30 p.m. Conference Room 2E.

- Reduce the risk of head lice
- >Kids:
- Do not** share combs and brushes.
- Do not** trade hats, scarves, coats, or sweaters.
- Do not** share or trade any other clothes.
- Do not** hang your clothes so they are touching someone else's.
- Do not** bring stuffed toys or other things to school that could be possible carriers of lice or nits.
- Do** bathe and shampoo your hair often.
- Do** wash your combs and brushes often.
- Do** avoid direct contact with people that have head lice.
- Do** avoid contact with any infested person's combs, brushes, bedding, towels, and clothing.
- >Parents:
- Do** inspect your child's head periodically—especially before and after a group activity such as a family get together, Pow-wow's, camping, and slumber party.
- Do** notify the school right away if you suspect you or a member of your family has head lice.
- Do** notify any groups, neighbors,

friends, or playmates that have been in contact with members of your family that have head lice.

For more information, contact: Indian Health Services.

FIREMAN BOB, we will miss your friendly smile. P.S. staff will miss your black jeans—"nice fit".

The week of December 4-8th found several Head Start personnel participating at the first session of Region XI's Phase III Management Institute conference at the Hyatt Dulles, in Washington D.C. Head Start personnel participating: Nancy Seyler, Versa Smith, Pam Jackson, Tryna Mullenberg, Julie Quaid, Kathleen Heath, Charlotte Shike, Michelle Stacona and Bonnie Langeliers attended 5-day sessions with 5 other American Indian Head Start grantees from throughout the United States. This core group of individuals is acknowledged that we all share goals for the Head Start children and families, at the same time carrying out different roles and responsibilities in day-to-day work. One goal of the training was to improve the understanding each group has of the work of the other as

well as to strengthen the partnership in each region and the shared capacity to support Head Start families.

The purpose of the training was to build on in-depth knowledge of management and leadership innovation and for the teams to see how their leadership can help turn challenges into opportunities. With the challenge of rapid expansion, reduced funding, and/or Federal policy changes such welfare reform or block grants, management teams need training that will build their capacity to develop their own answers. To have effective leaders that is essential for the program to survive.

The focus of the training was on four main features: 1) Improving communication by strengthening the ability to ensure accurate, sensitive, two-way communication in group meetings, supervision sessions, and written exchanges 2) Changing mental models by strengthening the ability to understand, articulate, and challenge the core beliefs that drive program operations. 3) Using systems thinking to strengthen the ability to recognize that a Head Start program is a living, dynamic interconnected system, and 4) Setting a vision for the future by strengthening the capacity to look beyond today's problems and consider possibilities for the future.

Upon returning to Warm Springs, the WS Head Start group decided to continue on their "vision" with regular monthly meetings at ECE. To be included in this core group will be Suzie Moody, Head Start Parent Involvement/Health Coordinator and Mike Gomez, Head Start Parent/HS Parent Policy Council Vice Chairperson. They were unable to attend the Washington D.C. training as planned but will be actively involved at home.

Cost of longer life can be affordable—plan

By the year 2010, the first baby boomers will reach 65—society's traditional "retirement age." But, unlike most of their parents, health-conscious boomers can look forward to longer, more productive futures. But is this life extension a positive thing? How will longer-living people support themselves in a world where costs continue to rise?

Scary statistics

According to the Social Security Administration, by the year 2025, the median price of a single-family home in the US will hit \$400,000. Also, you'll pay \$31,000 for a small economy car, and a loaf of bread will cost just over \$5.

But don't get alarmed. You'll also be earning more. The average salary of Americans, which was just \$22,000 in 1990, should rise to \$61,000 in 2010 and to \$170,000 in 2030.

stocks, mutual funds, T-bills and company stock plans.

Some tips to prepare

Start investing now and don't stop. Make sure your money is working for you and your future.

Have an investment plan and review it regularly. What are you investing in and what are the likely results? Keep close tabs on your investments to ensure that they perform as you had anticipated. If they aren't you'd better have a

back-up investment plan.

Write down your retirement goals. This will make it easier for you to see how much money you're going to want to save.

Save at least 10 percent (preferably more) of your gross income. This will give you added security both now and when it comes time to retire.

Increase monthly savings. How much of your income are you saving per month? Could you afford to save more if you cut out a luxury or two?

Help children deal with grief

One of the most difficult things parents must explain to their children is the concept of death. Be it a robin in the middle of the road, the family pet, or a beloved relative, kids usually encounter death at a very young age. If your child is dealing with a loss, there are some ways that you, as a parent, can help the child cope.

Help them understand. Children have many questions when they first experience a death. Adults need to answer their questions as honestly as they can, and they should also share their own feelings so that kids won't feel so lost and alone in their grief.

It may happen again. Once they experience death for the first time, children are often fearful that it will happen again right away. They worry unnecessarily about parents, siblings, relatives, pets, teachers and friends. Parents must do their best to calm children in these stressful times. It's generally best to be honest with children. Explain that the cat had been sick for some time before it died, but that mommy and daddy are healthy. Or remind kids of how grandma had been in the hospital on various occasions before she died. Again, it's good for parents to share their fears with kids so that the children know their feelings aren't unusual.

"Was it my fault?" Sit down with kids and help them see that they have done nothing to

cause the situation. Often, youngsters feel that if they had been "good", the dog wouldn't have been hit by a car. Parents should help kids understand that there are certain situations that are simply out of everyone's control.

"I could have done something." Parents should point out that death is natural and that, in many cases, nothing can be done to stop it.

It's okay to be sad. Kids need to know that grieving is natural and acceptable. They also must see that they aren't acting "babyish" when they cry.

Give comfort. Help children see how their lives were enriched by the person or special pet that has passed away. Encourage them to recall the happy times and memories in the face of sadness. If your family is religious, it is often helpful to let children draw strength from their faith. Tell your children that grandma or grandpa has gone to heaven or at least to a better place where he or she won't have to suffer any more.

Will counseling help? If the child seems to still be having trouble coping with a loss—especially of a loved one—after a few months, it may be time for parents to consider professional counseling to help the child. Counseling is also a good idea if the child either witnessed the death or was one of the first to encounter the dead body.

Community input needed for shelter

by Pam Keo-Oakes

In the spring of 1995, the Warm Springs Public Safety Branch was awarded a grant from the Edward Byrne Memorial Formula Grant Program. This particular grant is to provide funding for the start-up of a women's shelter here in the Warm Springs area, since beginning as shelter manager in November, I have heard over and over again the response "Does Warm Springs really have a problem with that?"

At some time each and every one of us have either experienced the effects of domestic violence directly or we know of someone close to us who has, (just the same as the effects of alcohol/drug abuse and other types of abuse). We are all aware of someone who has been in need at one time or another. Still, we do not allow ourselves to see how widespread this issue is. It is difficult for us to admit it to ourselves that it exists outside of those isolated incidences that we are personally aware of. We have difficulty naming it; maybe in hopes that it really doesn't exist. And, when it happens in our own homes, we so everything in our power to believe that it doesn't—or that it really isn't that bad. Denying and minimizing are two very effective coping skills. They are skills that have allowed us to survive. Unfortunately, these skills allow the abuse and violence to survive, continue to grow.

The program that we are developing is named Warm Springs AIYAT & MIYANSMA WAPAATS (Women and Children Services). Our objectives are: 1) to provide women and children with safe shelter when needed. 2) To provide information, education and training so that families develop the skills and knowledge to understand that there are choices for their lives and it is within

their power to provide safe and nurturing environments for themselves and their children.

We had hoped to have a facility opened and running as soon as January, but it appears as though our developmental stage will continue longer than anticipated as we are still dealing with some major issues, including location and funding for an appropriate level of staffing for a 24 hour facility.

Our services will include emergency services such as safe shelter, transportation, emotional support and assistance as well as transitional services including planning, educational support and provision of information, training and referral services, child care assistance and children services, support groups and other follow-up services needed. We will also be doing a monthly bulletin and outreach activities to improve awareness of domestic violence and the need to reduce and eliminate it from our community.

Our program is fortunate that there are a number of other programs in operation working towards the same goal of "becoming a Healthy Nation", and we look forward to the opportunity of cooperating and contributing to those efforts.

As we continue to develop and work towards opening a shelter for Warm Springs, the members of our community can help: 1) WE NEED COMMUNITY INPUT, we want to hear your ideas and concerns about what specific needs the community has that our program may be able to address and how (or if) you can see our program better contributing to the goal of WS becoming a "Healthy Nation". 2) WE NEED SUPPORT FROM THE COMMUNITY. This program is to address the needs of the community, which can only be

done successfully when the community is involved in determining what is needed, how the program can address those needs and in assessing how well the program is performing in addressing those needs. 3) WE NEED TO KNOW HOW YOU MAY BE WILLING TO HELP. When we open the doors of the shelter for service, there will be many opportunities for people to contribute to the success of the program via volunteer services or other types of donations.

To give us your ideas, to request more information, to let us know if you are interested in helping, or if you need to talk about these issues, please call the office at (514)553-3543 Monday-Friday between 8 a.m. to 5 p.m. We do appreciate your input.

If you need assistance or emergency shelter now, you can either call the Victim's Assistance Program in WS at 553-3357 after hours and weekends, call 475-1487 or 475-1488 to speak with a Victim's Assistance on-call worker or you can call the WS Police at 553-1171 and they will notify Victim's Assistance for you.

You may also get assistance and shelter by calling the COBRA (Central Oregon Battering & Rape Alliance) emergency hotline at 1-800-356-2369.

Women's Circle starting in January 1996 call 553-3543 for information.

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responsibility for their day-to-day preventive medical costs.

Since government will play a reduced role in offering aid, the public will have to shop around for the best health buys—which will lead medical providers to reassess their services and fees, bringing medical costs down.

Budgeting for longevity

When baby boomers reach 65, they will have to more self-sufficient, since government won't provide as much aid as it has in the past. And company pension plans will be significantly depleted, as well. Financial experts advise individuals and families to outline a detailed savings plan—and follow it.

The array of savings and investments tools is immense; most experts suggest sticking with the traditionally safer one:

The Museum at Warm Springs offer several classes

The Museum at Warm Springs Cultural Education Program is starting out 1996 with a full schedule including a Winter Writers Workshop, a Mask Making class, a Beginning Quilting class, a Sewing Sampling class along with a Traditional Fashions Through Time Fashion Show.

The Winters Writers Workshop will be held on Tuesday from 6 to 9 p.m. at The Museum on January 2, 9, 16, 23, 30, and February 6, 1996. The class is to create writing using imagination, expressing memories, sharing thoughts, whatever the writer chooses. The class is funded in part by a grant from the Oregon Art Commission and there are no fees involved. Instructors are Silvia Gonzalez and Carol Wewa.

Debra Fisher will instruct the Mask Making Class that will be held Monday and Wednesdays from 6 to 9 p.m. at The Museum on January 22, 24, 29, 31 and February 5 and 7, 1996.

Fisher specializes in creating masks, costumes, props and has worked for such theaters as the Oregon Shakespeare Festival and Magic Circle at Central, OR. She currently displays her work in shows and gal-

eries throughout the northwest. She also has worked with Very Special Arts and has taught crafts, mask making and self-defense for teen and special interest groups.

The class is also funded by an Oregon Arts Commission grant so there is no fee involved. For information contact Jeanne Thomas at 553-3331.

Museum Registrar, Eraina Palmer will be the instructor for a Beginning Quilt Class Saturday, January 13 and 27, 1996 from 9 a.m. to 4 p.m. at The Museum. The class cost will be \$30 and is limited to 12 participants. The first 12 people who pay their fee will be accepted and the deadline is Wednesday, January 10, 1996 at 5 p.m.

Participants will learn fabric selections, cutting, sewing, and backing of quilts. They will also learn to cut and sew straight and to see their designs take shape. Call Jeanne Thomas at The Museum (553-3331) for details and supplies that will be needed.

A Family Sewing Samplers Class will be held on January 27, February 3, March 2 and 9, 1996 from 9 a.m. to 4 p.m. in The Museum Library. Instructors will be Jeanne Thomas and

Sue Ryan and the class will include beginning hand sewing and pattern making.

Items to be made include: girls wing dresses and leggings; boys leggings and vests; yarn belts, along with three beadwork stitches. There is no fee involved however participants are asked to bring their own supplies such as cloth, ribbon, measuring tape, thread, needles, scissors, yarn and crochet hook. Beads are furnished by The Museum's Education program. Thomas said the dates are set to give people enough time to make new feast outfits.

The class is open to families but parents must attend with their children.

Traditional Fashions Through Time is scheduled Saturday, March 16, 1996 from 11 a.m. to 3 p.m. at The Museum. The fashion show will feature traditional antique outfits, contemporary fashion outfits, powwow outfits along with Indian cowboy/cowgirl outfits. Tribal member Brigitte Scott is coordinating the event with Jeanne Thomas.

For information on any of the classes or fashion show contact Jeanne Thomas at The Museum 553-3331.

Local quilts featured in Museum exhibit beginning Jan. 12

"Quilters of the Wasco, Warm Springs, Paiute", is the next show scheduled in The Museum At Warm Springs Changing Exhibit Gallery

family and friends are especially invited to attend the opening reception.

The curators are tribal members B.K. and Myrna Courtney who have coordinated all of the details, in cooperation with Museum Exhibits Coordinator Roxanne Casey.

Myrna Courtney said she is proud to be working on the quilt show along with B.K. "There will be tribal members showing their beautiful quilts at this show and you will see the love, handwork and creativity of these ladies."

B.K. and Myrna thought it would be a neat idea to come up with a panel specifically for the entrance to the Changing Exhibits Gallery so they decided to do a quilt portrait of each other.

"I agonized over this for 4 to 5 days as I am not good at drawing faces. I found 2 photos of B.K. then proceeded to draw my outline on paper," Myrna said. She then cut out the fabric face and hair then began the project by appliquéing B.K.'s face and hair onto the white background. She offset the face so there would be room to put rain drops and a circle at the bottom to represent B.K.'s son Rain Circle. She said it took her approximately two weeks to complete.

B.K. said she patterned her quilt portrait of Myrna after a colorful photo Myrna had given to Pete Courtney (Myrna's husband and B.K.'s brother) when they first became a couple. The quilt has vibrant colors, and much detail. "I wanted the piece to attract the attention of the visitors to the quilt show and the Museum," B.K. continued. "Art should cause a reaction."

"Something always happens when I am in the process of crating art," B.K. said. "The art allows me to see inside myself. I began to define my appreciation of my sister-in-law as an individual and as a woman. Then as an Indian woman and especially as a Wasco woman," she said. "In this way, I define myself through my understanding of all the women I have known."

B.K. said to honor Myrna and all the women like her, she named the quilt portrait, "In Honor of Beautiful Wasco Women."

Approximately 20 different quilters are entering their work in the show, with some entering just one quilt and others submitting up to 4 to 5 quilts. The sizes range from wall hangings, and baby quilts to king size quilts that will be displayed. A few of the quilts are family heirlooms and others are made especially for

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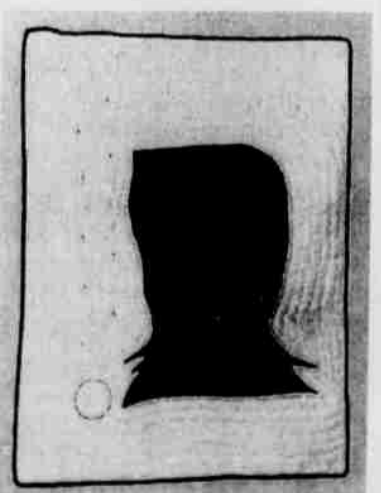
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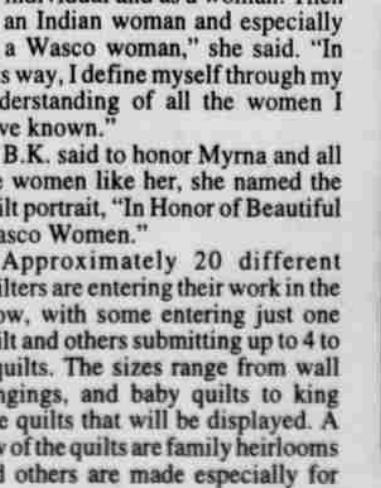
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January 12 to March 8, 1996 that will feature over 30 handmade quilts of Confederated Tribes of Warm Springs tribal members.



The quilt show.