

News from Early Childhood Education

June 1996 Calendar of Events:

* June 18th, Positive Guidance & Discipline: Series #6: "Lessons of the Cradleboard" Guest Speaker: Arlita Rhoan. Time: 5:30pm - 7:00pm. "Child Care Provided" You don't want to miss this presentation! Mark your calendar's!

* June 20th, Parent Club Meeting, Conference Room 2E, Time: 12:00 p.m. - 1:00 p.m. Parents, staff and community members, we need your support and participation. Let's start planning for next fall's school year events. See you there!!

* Early Childhood Education Center - "CLOSURE DAY" 8:00 a.m. - 5:00 p.m., Parents/Guardians you will need to find alternate care for this day. **Reminder!!!** Head Start Full Day's "PARENT ORIENTATION." 4-year-old parents scheduled time: 9:00 a.m. - 11:00 a.m., 3-year-old parents scheduled time: 1:30 p.m. - 3:30 p.m.

HEAD START FULL DAY REGISTRATION

Dear Parents/Guardian,
REMINDER!! If you haven't completed your child's registration packet, please do so because the program is nearing transition, July 1, 1996. What is needed?

1. A complete registration packet.
2. A physical form, signed by provider.
3. An up-to-date immunization record.
4. A complete dental examination

or, scheduled appointment or, scheduled follow-up.

5. June 28th "PARENT ORIENTATION DAY".
 9:00 a.m. - 11:00 a.m.: Parents of 4 year old children - A Pod
 1:30 p.m. - 3:30 p.m.: Parents of 3 year old children - A Pod.
 Parents/Guardians, you will be informed of your child's teacher at the PARENT ORIENTATION, not before.

Skill-building for the very young

Mastering daily skills makes children feel important. Help toddlers and preschoolers remember their street address by putting it to music. Think about this..... Children who feel good about themselves can use their emotional energy for learning about the world. They do not need to brood or fight or pester for attention.

They feel self confident. Your generous loving builds a child's self confidence in living and learning.

Praise
 Praise is....the process of encouraging behavior we like to see in other or ourselves.
 Praise is....verbal and non-verbal, appears in custom and ritual.

Child Care Issues

Comfort for a Crying Baby.... And the Caregiver!
 Crying is a baby's way of communicating with the world, especially for babies just a few months old. It's effective, too—studies have shown that the sound of

KITCHEN MAGIC

You can create this easy dish in minutes with your child's help.
PEEK-A-BOO CHICKEN
 1 6 oz. box long grain wild rice with seasoning
 1 can cream of celery soup
 1 can cream of mushroom soup
 6 pieces of chicken
 4 tsp. dry onion soup mix
 1 cup water
 Combine rice, celery and mushroom soup with 1 cup of water. Pour into a buttered 9 x 12-inch dish. Shake chicken pieces in season mix and place on top of rice and soup. Next, sprinkle with dry onion soup mix and cover with foil. Cook at 350 degrees for 2 and 1/2 hours. Now you can peek! Now you can eat!

a baby crying raises the blood pressure and demands some kind of response. As parents and caregivers, you may feel frustrated about not being able to calm a crying infant, and maybe a little angry because the baby won't respond to your efforts. It's important to remember that each baby is individual and what may comfort one child won't help another. After you've checked to see if the baby is hungry or needs a change of diaper, here are some ideas to try for restoring peace for the baby and for you.

- * Check for diaper rash or an uncomfortable diaper.
 - * Sing to the baby, experimenting with different tunes.
 - * Take the baby into a different space or another room.
 - * Talk to the child - even though he won't understand the words, your attention and voice may be soothing.
 - * Gently rock the baby.
 - * Wrap the baby in a blanket or in a baby carrier for a feeling of security.
 - * Check the infant's clothing to see if she is too hot or cold.
 - * Take the baby outside for fresh air.
 - * Try the hum of a fan, or the soothing motion of a car ride, but be sure the baby isn't getting too much of a breeze.
 - * If all else fails and you are concerned, trust your instinct—call a doctor if you think something is wrong.
- Taking care of your own needs is equally important. Once the crying child is calmed, it's time to restore your own sense of peace. You might want to try:

- Praise is....A prophetic statements about a child's future.
- Praise is....A special look, smile or touch.
- Praise is....Recognizing special gifts and talents.
- Praise is....Time spent with a child or person.
- Praise is....Respect!

* Setting the baby down in a safe place and taking a few minutes to sit alone quietly. Deep breathing exercises may help renew a sense of mental and physical well-being.

* Calling someone to vent your feelings of frustration and anger. Having a friend who will listen without condemning your feelings can be an amazing release. The Parent Helpline in Portland (238-8818) is available 24 hours a day. Besides offering a sympathetic ear, they can give you referral to local resources, and information on support groups

When can my child return to preschool

This year has seen a lot of flu and other viral infections in young children, and many have needed to stay home from school repeatedly because of illness. It's easy for parents to know that a child needs to stay home if she/he is vomiting, has a high fever, or is otherwise acutely ill. When it comes to return to school, however, the more difficult judgement involves young children who are either recovering from an illness but aren't quite back to normal or who are ill, but can't express how they're feeling. Parents may want to consider the following points when making these decisions.

Often young children can't put into words that they are feeling quite ill. Usually, the only way adults can assess the situation is by observing the child for symptoms such as vomiting, a high fever, or simply looking "not quite right". Children of preschool age don't have the skills necessary to say "I'm feeling dizzy"

and parenting classes.

- * Listening to your favorite music.
- * Reminding yourself that this will pass—you are a good caregiver for this baby.
- * Being open to trying different calming techniques. Other parents or your doctor may have ideas that can help.

Coping with the seemingly non-ending needs of an infant is a big job. It's vital to try different strategies and to remember that taking care of your own emotions is the final step in restoring calm.

or "my stomach is queazy". Rather, they may be cranky, sleep late, or look pale. At the same time, these children are not likely to feign illness in order to stay home with mom or dad. However, a child who appears to be okay at home may not yet have the energy to deal with the social and physical demand of the group at school.

In making their judgements, parents should try to separate their own situational needs from the needs of their child. They will also have to rely on their personal knowledge of their child. If there's a real concern that a child may be anxious about returning to school, parents should be encouraged to talk about this issue with the child's teacher.

As one who has seen parents struggle over this question, I know it can be a difficult judgement to make. However, if parents know the cognitive and emotional limitations of a child this age and go with their instincts, it is likely that the decision they make will be the right one.

Adams' essay earns him trip to DC

Salmon Corps Project Confederated Tribes of the Warm Springs Reservation of Oregon RE: Eagles on the Anacostia River

My name is Lydell C. Adams. I am 20 years old and an enrolled member of the Confederated Tribes of Warm Springs. I have been employed by the Earth Conservation Corps in Warm Springs for two years. This is my first compensating position I have accomplished since I have turned 18 years old. This position has given me a great start by assisting me in my GED courses, which I will be completing on June 14, 1996. It also is giving me an opportunity to start a career for myself.

My evaluation on my attendance, maturity and basic merit is improving while I am working my way to the 1700 hour scholarship which I will use when I find a field of occupation that I want to follow.

During my duration of the Salmon Corps Fiscal Year 1995, I was able to use my maturity skills as a mentor to high school summer youth workings in the summer months. As a mentor I was able to show them hands on experience on building fence in riparian zones. It was also explained the purpose for protecting the riparian zone for fish habitat and stabilizing the banks so the silt does not erode into the river, damaging spawning beds.

On the south end of the reservation, one of our major projects accomplished was the Heath Project. This fencing project around the field is for livestock and recreational use for a tribal member. Also, this was to re-establish vegetation on undercut banks along the Deschutes and the mouth of the Warm Springs River. We had fenced off approximately 1.05 miles, which enclosed 27.31 acres of privately owned land. After the 1996 Flood, the fences along both rivers were destroyed and they are currently in the process of getting repaired by FEMA.

In the same area of the reservation, we had two other fencing projects which were on the Moody Ranch-Project 1 was the lower Moody along the

Deschutes River. The Lower Moody project was all riparian fencing with walk throughs for the tribal fisherman to get access to the river banks and to protect the damaged banks and re-establish the native vegetation from all grazing livestock. Project 2 was the Moody Fencing Project which enclosed a wide area of rangeland along with another section of the Deschutes River. This was to protect overgrazed river banks with no vegetation. The purpose for this was to let the native plants re-root themselves in the enclosed rangeland and along the river banks.

After fencing off all of the Moody Ranch and the Heath Project we were able to take a short training on the introduction of how to use a GPS Unit (Global Positioning Satellite). This was able to show us how they utilize the satellite systems over the reservation.

Within the vicinity of the community of Warm Springs we did a clean up of the lower Shitike Creek, approximately 3 miles to the Deschutes River. Debris and garbage was picked up along the banks of the creek and taken out of the creek. We had also planted 23 oak trees that were root stocked at a local park along the Shitike Creek. This was completed after the hot summer months to keep the beautification at the park and along the creek, which is utilized for community recreational purposes.

As a basic merit for the Warm Springs Community, we had assisted a community member, Mitchell Boileau, who usually keeps up his own property. After his suffering several strokes and going through bypass heart surgery, the Salmon Corps crew performed all these duties on his land while he was recovering from his illness.

Specs for fencing is different from property fencing which encloses privately owned property from tribally owned rangeland property. Examples of this is as follows: Ken Smith property is privately owned along the Deschutes River. This land is used for livestock grazing where the fence was constructed and to keep river banks stable. The Morrison property is tribally owned and the area fences off is for recreational use to the tribal members for camping and fishing. We completed both of these projects with the approval of the landowner and the Tribal Natural Resource Department with the specs of a five strand fence with three stays in between posts.

The fence line was created as a boundary between the tribally owned and privately owned at Bottleneck in Upper Dry Creek as well as creating a buffer zone where native grass and sage brush was reseeding itself after the LeClaire fire in 1994 which had burned 33 thousand acres of the reservation. From the Warm Springs River to fence line this was to keep the livestock from entering into the buffer zone.

There is fence line along Highway 26 that goes through the reservation. This fence line was established to protect the livestock from the traveling vehicles. The fence needed repairing and maintenance. We repaired approximately two and half miles of fence up to an area named Dahl Pine, which is also tribally owned.

Tribal Liaison, Robert Brunoe had requested that Salmon Corps do a test transplant project up on the North End of the reservation in the Red Lake/Quartz Creek area. Fresh willow clippings were planted into red clay stream bed. The purpose of this test was to see if any of these would take to the soil, because the stream flow here was only seasonal. As of today, the results for this is 1,200 were planted and approximately 600 had rooted.

We are presently on a project out on the south end of the reservation at Kaskela fencing a riparian zone, because this area is used for grazing tribally owned livestock. The specs for this project were between the landowners of Kaskela and the Department of Natural Resources.

As well as completing a reservation projects, we also had projects off the reservation within the ceded land of the Warm Springs Reservation. Consisting of the Bureau of Land Management, Parks and Recreation and the Pelton Ladder/Hood River Fisheries Department.

In cooperation with Bureau of Land Management in Eastern Central Oregon along the Upper Bridge Creek and Gable Creek near Mitchell, Oregon the job consisted of planting fresh unrooted cottonwood cuttings. After planting we had constructed a fence which was four foot high by three foot circumference around each individual tree for protection from predators. The purpose for this is so they can provide shade over the stream bank to reduce temperatures of the water to benefit the fish that are residential in the area.

The Park and Recreation personnel of Camp Sherman Campgrounds requested our assistance of cleaning and preparation of all campsites there and at Wizard Falls. This project was requested due to the shortage of staff in Camp Sherman. The Salmon Corps completed this project in a two week period prior to the Memorial week-end campers arriving.

The Salmon Corps crew was recommended by the Warm Springs Department of Natural Resources and Hood River Sub Basin Salmon Restoration Project for on the job training to setup three portable acclimation ponds for volitional release of salmon and steelhead. On completion of the training it was very successful quoted by Mick Jennings, the project leader of the Hood River Program.

Based on all the projects that have been completed by the Warm Springs Salmon Corps, this has improved several stream beds and river banks from eroding and to bring more vegetation back to the reservation and I wish for this to continue where it is needed. Also, I have more knowledge and skills in all these areas, which will benefit myself in my career venture.

I appreciate being nominated by my supervisor for this opportunity and feel it would be an honor to be selected for this trip to Washington D.C.

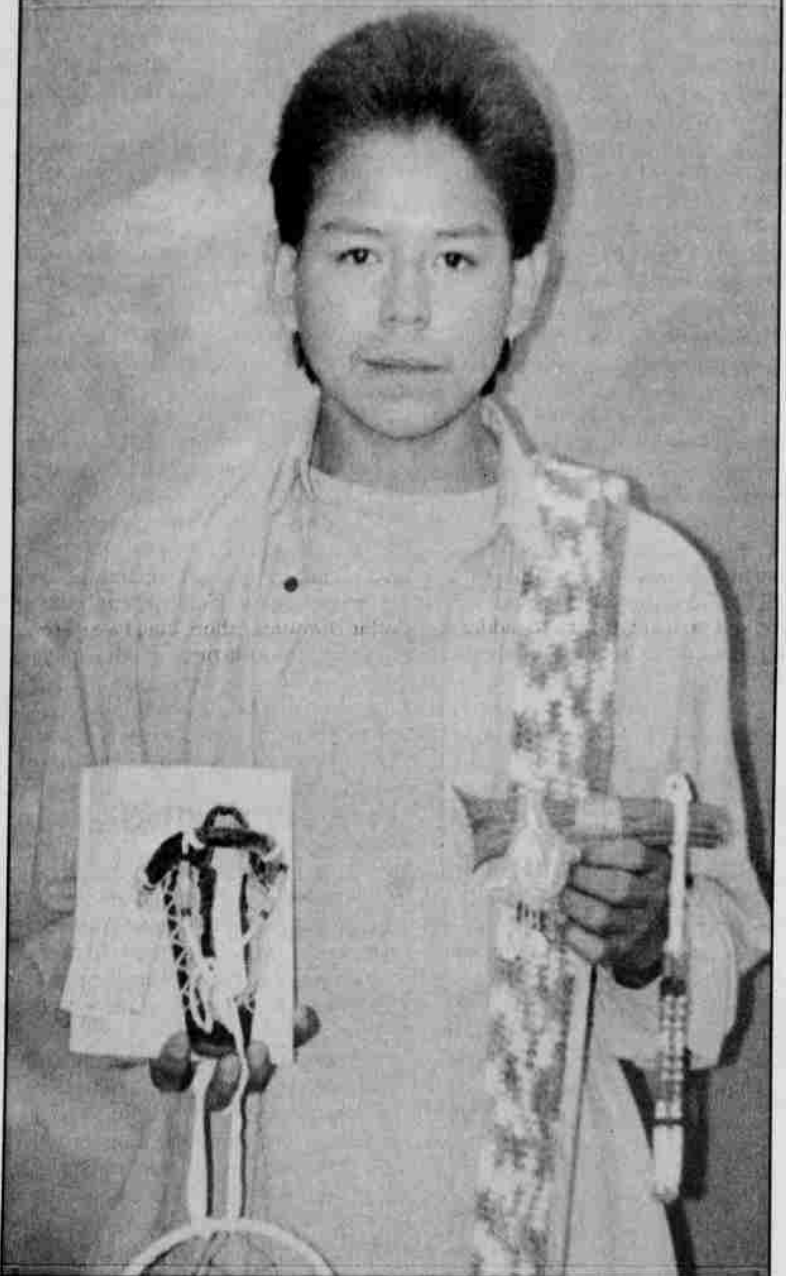
Adams tells of fund raiser

Hello, my name is Lydell Adams. I am employed with the Warm Springs Salmon Corps. I've been in this program for 2 years.

The Eagle Corps back east is sponsoring a trip to Washington D.C. to witness three Bald Eagles to be released at the Anacostia River on July 18, 1996. One person from each reservation (Salmon Corps Crew) was to be nominated to write an essay about what this program has done for the reservation as well as myself. I was nominated by my supervisor David Lucei. Out of five essays, my essay was selected.

I will be doing a raffle for a fund raiser to help me fund my trip. (I am leaving on July 16th and returning on July 21st). All donations are welcome. The drawing will be held on July 12, 1996 at noon at the Elmer Quinn Park. At this time I would like to thank all of the people that donated the items (so far) for the raffle list for my trip to Washington D.C.

Raffle tickets can be purchased at the Range & Ag department from **Louella Heath-Bagley 553-3362**; Health & Wellness Facility Management **Rebekah Hunt 553-1196 ext. 4800** and from **Nola Queahpama 553-1067**.



Lydell Adams displays raffle items. The tickets are \$1 a ticket or 6 for \$5. Raffle items include: Elkhorn handle cupun (David Lucei); Cello Tales Book (the Museum); Dream Catcher (Thunderhawk Arts/Crafts); \$10 gas (DMJ Auto); Small Baby Board (WyEast); White Horse Rafting (Bruce Brunoe, Jr.); Sand Painting (Abe & Sylvania Hunt); Yarn Belt (Janice Lucei); Key chain & necklace (WS Market) and Turquoise necklace (Daisy Ike).

Sparky's Spot



Summer is just around the corner and from the looks of things the weather is going to be hot, hot, hot! With that in mind, there are a few things I would like to tell you regarding wildland fires.

If your home is threatened by wildfire, you may be contacted by fire personnel or a police officer and advised to evacuate. If you are not contacted, or you decide to stay with your home, the following is a list of

- some things you may want to do to make your home more safe.
- ◆If you are able, evacuate your pets and all family members who are not essential to protecting the home, also consider evacuating anyone with a medical problem, but do not jeopardize your life.
- ◆Be properly dressed to survive the fire. Cotton and wool fabrics are better than synthetics. Wear long pants...not shorts! Wear boots, preferably leather, not sandals or tennis shoes. Also carry with you for protection a long-sleeved shirt or jacket, leather gloves and goggles. Outside your home, remove combustible items from around the house. This includes lawn furniture, umbrellas and tarps. If they catch fire, the added heat could ignite your home.
- ◆If possible close outside attic, eaves, and basement vents. This will eliminate the possibility of sparks blowing into hidden areas and starting a fire. If you have window shutters, close them.
- ◆Locate your garden hoses so they will reach any given on the house. Use a spray-gun type nozzle, adjusted to spray.
- ◆Place large plastic trash cans or buckets around the perimeter of your house and fill with water. Soak burlap sacks, large rags, bath towels, small rugs in water. They can be helpful in beating out small fires.
- ◆Place a ladder against the roof of your home opposite the side of the approaching fire. If you have a

- combustible roof, such as shakes, set a lawn sprinkler on it. This will be more effective than a hose.
- ◆However, don't turn on the water ahead of time, because wood shingles will dry and you will have wasted water.
- ◆If you have a portable gasoline-powered pump to take water from a water tank, hot tub, etc., make sure it is in place and ready to go.
- ◆Inside your home, close all windows and doors to prevent sparks from blowing inside, but do not lock them. When firefighters arrive to help save your home, they may need instant access.
- ◆Close all doors inside the house to block the circulation of air and movement of fire from room to room. Open the damper on your fireplace to help stabilize outside/inside pressure, but close the fireplace screen so sparks will not ignite the room.
- ◆Turn on a light in each room of the house, on the porch and in the yard. This will make the house more visible in heavy smoke.
- ◆Fill bathtubs, sinks and other containers with water. Toilet tanks and water heaters are important water reservoirs.
- ◆If you have the time, take down your drapes and curtains. If time does not permit, leave them open. Close all venetian blinds to reduce the amount of heat radiating into your home.
- ◆Move over-stuffed furniture away from windows and sliding glass doors

- and into the center of the house. Park your car in the garage, heading out and close car windows. Leave the keys in the ignition.
- ◆Close the garage door, but leave unlocked. If you have an automatic door opener, disconnect it.
- ◆Put your valuable documents, mementos, pictures, etc. inside the garage for quick getaway if need be. Any pets still with you should also be put in the car.
- ◆When the fire is at your house, enter your home with your family and close the doors but don't lock them. Keep the entire family together and remain calm or, at least try too. Remember: If it gets hot in your house, it is four or five times hotter outside.
- ◆After the fire passes, go and check the roof immediately. Extinguish any sparks or embers with your garden hose, barrels of water and your small wet rugs. Then, check inside the attic for any hidden sparks. Still keep the doors and windows closed in the house. Continue checking for at least six to ten hours after a fire is thought to be out. The key to being your own successful firefighter is preparation. Remember to be safe, not sorry and you can do this through good planning procedures and providing the necessary equipment ahead of time.
- This advance work can give you and your home a fighting chance should you ever be caught in a wildfire this season. Until next time, please enjoy the summer months ahead and remember to think safe, be safe.

Sparky The Fire Dog

Warm Springs Corps Member