

Hard winter difficult on all, including forest lands and streams

The winter of 1996 has really been very hard on all of us, but it has been even harder on the water resources of the Reservation. This winter brought us not only the floods in February which caused many of our forested roads to be washed away or damaged but also a number of severe windstorms which felled many valuable trees. A large number of these trees dropped into or near stream channels where they are absolutely essential to the health of our water resources.

The problem is that these downed trees are being cut up for fire wood. A large number of our roads parallel streams and these trees play in the health of the streams.

The Tribal Council approved the Warm Springs Water Management Plan "Water Code" Ordinance 45 in April 1968 to provide protection for the water resources of the Reservation. This plan states:

"Management of the Water Resource is dependent upon the preservation of reservation watershed areas. Good land use practices must be observed in the forested areas, rangeland and stream bottoms. Adequate vegetative cover must always be maintained. The development of all related resources such as roads and dams must be accomplished in a manner that will cause the least deterioration of the watersheds. Stream pollution, excessive run-off, erosion, changes in water temperature and other factors that change water characteristics must be minimized."

"Ownership of water carries the responsibility to maintain water quality so that after use it is essentially as good as before use. In ad-

dition the water resource must be preserved and quality maintained for future generations who live on and make use of the reservation and its resources."

"The primary objective in regards to water quality is to maintain excellent quality and purity of all waters that are on, cross the Reservation, or are on Reservation borders."

Therefore, it has been long recognized that all of man's activities can and do affect the quality and quantity of water in our streams. The health of any watershed area is usually indicated by the condition of the Riparian areas and the stream channel. These water oriented ecosystems are surrounded by drier upland ecosystems. Riparian areas often contain water "loving" trees such as alder, willow, and cottonwood.

Riparian areas make up only about 7 percent of the Reservation landscape but are extremely important in regard to land management and land use. Riparian areas play a major role in protecting water quality and fish populations.

Healthy riparian areas provide a number of items essential to the stability of the stream channel as well critical habitat for both aquatic and terrestrial life. The grasses, brush and trees growing on the banks hold the soil in place and filter water flowing to the stream from the uplands. Natural, undisturbed streams perpetuate the food chain on which local mammals, reptiles, insects, birds and fish depend.

Wildlife is more abundant in riparian areas than in any other part of the Reservation. For example, of the

363 terrestrial species found in the Great Basin in Southern Oregon, 288 are either directly or indirectly dependent upon riparian areas.

Riparian area vegetation provides cover and movement corridors for wildlife and for moderating water temperatures through shading. Mini-mized season and daily water temperature fluctuations are important to aquatic organism survival especially our anadromous fish.

The stream itself provides food for various mammals, birds and ultimately for fish. The vegetation growing near streams is frequently different from that found on upland areas and provides a variety of forage, cover and nesting opportunities not otherwise available. It also provides important direct and indirect nutrient flow to the aquatic food chain. The vegetation overhanging streams and lakes provide a major source of insects and organic materials essentials to enrich streams and provide food for the animals living in the water.

Snags near streams provide hunting perches for birds which feed on fish and other aquatic organisms. Snags provide habitat for insects preyed upon by excavators and also possess cavities utilized by nesting birds and arboreal mammals. Woody debris is extremely important to streams. Debris jams and associated plunge pools and trapped sediments such as gravel bars, provide a great diversity of habitat for organisms. The resulting stepped stream profiles provide greater physical and biological stability by dissipating energy otherwise used in cutting

channels and moving sediment. Debris jams also slow the routing of other downstream. Finally woody debris itself is a major source of energy and nutrients for the stream ecosystem.

Snags, down logs and logs creating pools in streams will eventually rot and become incorporated into the environment. Therefore it is important that live conifers be left to eventually die and provide future snags, down logs and logs in streams.

Logs and debris left above the water level provide many benefits for wildlife. This large woody debris provides sites for the dens and burrows of many small species. The rotten wood provides habitat for much biological activity by microbial, invertebrate and vertebrate organisms. These large logs retain large quantities of water during the wet months which is slowly released during the drier months providing a unique ecosystem for plant and animal life.

Standing dead trees (snags) provide valuable habitat for insects, birds and small animals. Snags also provide future down woody material for

wildlife habitat and future material in streams to create pools for fish habitat.

In order to protect these sensitive areas Tribal Council adopted the Streamline Management Plan in 1981. This plan required that all water resources be protected with buffer strips where only limited management actions can take place. Each stream on the Reservation is put into one of three different classifications based on the uses made of the water resources. Class 1 streams such as the Warm Springs River, Beaver Creek, Mill Creek, Coyote Creek, Quartz Creek, Shitike Creek, Deschutes River and the Metolius River are protected with a minimum buffer of 200 feet measured from the stream bank. Class 2 streams such as Badger Creek Butte Creek and Seekseequa Creek are protected with a minimum buffer of 120 feet measured from the stream bank. Class 3 streams, usually intermittent streams channels which flow water at least once a year are protected with a sixty foot buffer. All headwater areas, springs, seeps

and wetlands such as Clackamas Meadows and Warm Springs Meadows are protected with a 100 foot minimum buffer. These streamside areas are designed to be a place of snag concentrations which helps to offset snag deficits elsewhere in the drainage.

The flood of 1996 really demonstrates the value of having stable riparian areas. Take a close look at Shitike Creek as it flows through Warm Springs and compare it to Seekseequa Creek. It really is night and day.

So, as you go out to get your next load of fire wood please avoid all stream channels, wetlands, springs and seeps. To be sure that you are doing your part to protect our water resources, please leave the appropriate amount buffer. These riparian areas are essential to maintaining the excellent purity of our water resources. If you have any questions please call the Department of Natural Resources office of Water and Soil at 553-3462.

News from Early Childhood Education

- August 5—Monday, ECE Camp with 4-H at Trout Lake 9 a.m. to 4 p.m. C Pod School Age Children's Program
- August 7—Wednesday, Tribal Employee Picnic, starting at 5 p.m. behind the Warm Springs Community Center. See you there!
- August 7—Wednesday, C Pod (C6) Field Trip to the Warm Springs Museum 10 a.m. to 12 noon.
- August 8—Thursday, Parent Club Meeting, ECE Conference Room 2E. Parents, staff and community members: We need your in-put in and involvement to help promote upcoming school activities (prevention, monthly themes, Halloween, Fundraiser ideas, back to school rummage sale, dancing/singing to the oldies, etc...) So, join us for one hour of your time and let's put our minds together to help our children experience and remember special events in their lives. So the children can enjoy and look forward to this school year.
- August 9—Friday, C Pod (C3) field trip to Trout Lake, 10 a.m. to 3 p.m.
- August 12—Monday, C Pod (C5) Field Trip to Madras Fire Station, 10 a.m. to 2:30 p.m.
- August 13—Tuesday, C Pod (C2) Field Trip to Juniper Aquatic Center 12 noon to 3:30 p.m.
- August 14—Wednesday, C Pod (C1) Field Trip to the High Desert Museum, 9 a.m. to 4 p.m.
- August 20—Tuesday, Positive Guidance and Discipline, Series #8 "Potty Training". Guest speaker to be announced at a later date. ECE Conference Room 2E, 5:30 to 7 p.m.
- August 23—Friday, C Pod (C5) Field Trip to the Cove State Park, 9:30 a.m. to 3:30 p.m.
- August 26—Monday, Head Start Part Day staff to return to work 8 a.m. to 5 p.m. We look forward to seeing all of you return. Hope you had a great summer!
- August 27—Tuesday, C Pod (C2) Field Trip to Smith Rock, 9 a.m. to 3 p.m.
- August 28—Wednesday, School Age Program "Open House and Powwow, 3:30 to 4:30 p.m. Join us and support this special event!
- August 29 and 30—Thursday and Friday, ECE CLOSED IN-SERVICE TRAINING 8 a.m. to 5 p.m. both days

teeth after every feeding with a small damp soft cloth or a gauze pad. For older infants use a toothbrush with soft bristles to brush their teeth.

5. Start teaching your infant to use a cup as early as nine months. Trade your baby's bottle for a training cup by age 1.

6. Check with your doctor or dentist to make sure your child is getting enough fluoride each day.

Your child's healthy teeth and bright smile depends on you.

- No Bake Rice Pudding**
- 1-3/4 cups orange juice
- 1 Tbs., unflavored gelatin
- 1/4 cup raisins
- 1 cup low-fat vanilla yogurt
- 1 cup cooked brown rice (1/3 cup raw rice cooked in one cup water)
- Soften gelatin in 1/4 cup cold orange juice. Bring remaining 1 1/2 cups orange juice and raising to a boil. Stir in softened gelatin/orange juice mixture and remove from heat. Child in refrigerator until slightly thickened. Stir in yogurt and rice and spoon into five paper cups. Cover with plastic wrap and chill until set.

How to treat a child's cold
A "cold" is a viral infection in the nose and throat. There is no medicine which will cure, or even shorten a cold. The purpose of treatment is to help the child be more comfortable. Here are some things you can do at home.

Fluids
A child who has a fever and poor appetite should be given extra fluids. You can give a baby an extra water bottle or add extra water to child's formula.

Humidifier
Our air is very dry, especially during the winter. Anything you can do to increase the amount of moisture in the air will make the child's nasal mucous easier to clear.

Cool mist humidifiers are recommended because there is no danger from burns. One can be purchased for about \$15 from any large drug store. It is not necessary to add any medicine, just water.

If you have a wood stove try leaving an open pan of water on the stove. Watch for burns.

Go to the doctor if:
* Baby is under 3 months and it is more than just common sniffles.

* A child under 2 years has a fever higher than 102.5 or who doesn't look alert and "child's usual self."

* Earache or drainage from ear.
* Severe sore throat with fever.
* Fever lasts longer than three days.

* Discharge from the nose is thick pus or green.
* Skin cracks under the nose or sore develops.

* There is difficulty breathing which is not just from a stuffy nose. When resting quietly, the child is breathing fast and the chest sucks in below the breast bone or between the ribs.

* Any child who looks very sick and cannot be made comfortable.

On the Lighter Side
What does an elk take for an upset stomach? Elka-Seltzer

Seeking penpals

12 & 15 year old christian boys seek penpals from Warm Springs. The addresses are:

- Renox Boateng (12 year old)
- Awere M/A J.S.S
- PO Box 429
- Kumasi - Ghana
- West Africa

David Oppong Mensah
c/o Rev. S.Y. Ntosowo
PO Box B-89
Bantama - Kumasi
Ghana/West Africa

House for rent

Four bedroom house in Wolfpoint. \$600 per month with \$500 deposit. If interested please call 541-302-9881.

Landowners workshop scheduled for November

The Indian land working group, along with the Fallon Paiute Shoshone, Walker River, Pyramid Lake tribes and the Intertribal Council of Nevada will co-host the 6th annual Indian Land Consolidation Conference. The conference is scheduled for November 13-16th at the Flamingo Hilton in downtown Reno.

Special focus will be given to problems faced by tribes and Indian landowners related to allotted lands. As in the past, the conference will also provide participants with a unique opportunity to learn about tribal models and activities in the area of Indian probate, land ownership data collection, tribal inheritance codes and land acquisition opportunities.

A revised "draft legislative proposal" developed by the Indian land working group will be presented. The proposal includes provisions for estate planning services; trust lands records management; Removal of barriers to real estate transactions; a tribal and individual Indian land acquisition fund; and a federal probate code.

Policy issues impacting land ownership and resources will be addressed. These will include the impact BIA downsizing on real estate

and probate services related to Indian land as well as the class action suit which was filed by individual Indian landowners over mismanagement of their IIM (Individual Indian Money) monies which are derived from trust funds.

Tribal representatives will analyze the opportunity tribes may have to negotiate the return of federal lands in light of the disclosure earlier this year that documents verifying \$2.4 billion worth of the tribal trust funds transactions cannot be found and it appears that the government will not

provide a full monetary compensation.

ATNI sponsors economic meet

Between August 12 and 14, 1996 Tribal leaders and their communities will benefit from a gathering of business people, economic development technicians and policy makers in Spokane, Washington. The Third annual ATNI Economic Summit will emphasize growth-oriented, well balanced economies in individual Native American communities and throughout the region.

This year's agenda incorporates feedback from participants in the first two summit meetings held in Seattle and Portland. The agenda empha-

size clarity about the respective roles of tribal governments, tribal enterprises and private businesses in achieving self-sustaining economies.

These discussions are intended to create greater understanding of one another's needs, and should form the basis for productive partnerships among and between tribes and non-tribal organizations. Tribal leaders will have an opportunity to learn about successful experiences around the country and to hear directly from Indian owners of private businesses.

Changing a longstanding deficit, Indian-owned small businesses are beginning to flourish around the region. The benefits of this change are expected to be far-reaching and will be thoroughly explored.

Don't miss what will be a watershed event for many businesses and communities. If you want to participate and contribute to some important decisions about the economy of Indian Country, contact ONABEN at 1-800-854-8289 or Affiliated Tribes of Northwest Indians at (503) 241-0070

or in your home gives social skills a workout and offers your child valuable experiences in learning to get along with others.

Give your children toys and games to share. Learning to take turns with a toy or game at home is good preparation for taking turns with toys and other materials at school. Play with your child to model how to take turns, share and cooperate. As you enjoy the fun of building a block tower together, sharing art supplies, or taking turns pouring tea at an imaginary tea party, you model the social skills your child will need in school and life!

Baby Bottle Tooth Decay
What causes baby bottle/nursing bottle tooth decay?

+ Letting your baby fall asleep with a bottle. When your baby is asleep, the liquids that contain sugar stay around the teeth and can cause decay. Even breastmilk and formula contain sugar.

+ Prolonged nursing with mother or allowing your baby to fall asleep while nursing.

+ Allowing your infant to walk around with a bottle.

What are the effects of baby bottle tooth decay?

Severe pain, poor self-image, cavities, tooth loss, ear and speech problems and crooked permanent teeth.

Six ways you can prevent baby bottle tooth decay

1. Get into the habit of putting your baby to bed without a bottle.
2. Never put your baby to bed with a bottle filled with formula, milk, juice, sugar water or soda pop. If your baby must have a bottle to go to sleep, fill it with water.
3. Do not let your infant walk around with a bottle.
4. Clean your infant's gums and

Play to Learn

Developing Social Skills through Play

At Nick Jr., we recognize that while young children play, they are not only having fun, they are developing valuable skills. In fact, it's our belief in the value to play that drives our television programming. We've teamed up with Scholastic Inc. to share insights into how young children learn through play. Here, you'll find tips on how cooperative activities such as cooking at home or in school can enhance your child's social skills.

Playing and Cooperating at Home
Many activities, such as cooking, are naturally more fun and easier when there is more than one person to share the work. Here are some general tips for helping your child learn to cooperate with siblings or young friends:

* Give everyone a job to do. Talk about what it means to cooperate on a project; each person has something important to do, and each has to do his or her job for the project to be a success. For example, one child might grease the muffin tins while another measure the flour or water.

* Take turns. Help children learn to share activities and wait their turn by giving each child a turn at certain jobs, such as stirring batter or dough. Point out that when everyone helps, hard jobs are easier to do.

* Share chores. Discuss how work—especially chores such as cleaning up after cooking—gets done faster when it's shared by all. Talk about various cleanup jobs ahead of time and make a game out of choosing the jobs each child will do.

Enhancing Social Skills
Offer your child opportunities to play with other children in group settings. Playing with other children in the park, in a child-care program,

without to much incident. Of course, there was all the festivities. The picnic, games and fire works. But with the fireworks comes fires from those people that use fireworks improperly. Fire Management and Fire & Safety were fairly busy that night. That was the lull before the storm so to speak. On July 9, there was a rather large fire that is still under investigation. The fire started on Kuckup St. and quickly spread due to the winds that night. For awhile, many homes in that area were in danger. I believe about 1300 acres were burned. The fire crews worked all night and into the next two days to get it out. I think what is the most disturbing thing is that this fire didn't just happen. Someone started it. Please if you see anyone that is acting suspicious, please notify the police department.

Now on a happier note, this year we have six summer youth workers with our department, and they are doing a doggone good job!! We also have a young lady who is on the internship program with us as well. Her name is Lynn Chavez-Graybael. Lynn has been with us for a couple of seasons as a summer worker. This year she will possibly be looking into the apprenticeship program. She is a very capable young person and we are very excited that Lynn has picked the Fire Service as a career choice. Our other summer help include Jessie Esquiro, Sheena Stevens, Jenny Langnese, John Courtney, Levi Dowty and Paul Martinez. All of our "Fire Pups" are doing an outstanding job. They are full of curiosity and

have a burning desire to learn. All of these fine young people will be an asset to the Fire Service in future years.

And last but far from least, I have to tell ya about their leader, Tray Leonard. Tray put together a program especially for the "pups" (cadets), which includes physical training every day for one hour. Without some sort of physical training you may become a detriment instead of an asset to the department.

Physical fitness is very important in the Fire Service and Tray certainly has made sure that these young folks get their share of exercise!! He also made sure that they not only exercise their bodies but their minds as well. They have gone to Fire and Medical related classes put on by himself and other staff members of the Department. I can safety say that all of us at Fire and Safety are very proud to have these young folks with us this summer. We will miss them very much when they return to school!!!

Before I leave you, just a friendly reminder, kids please, please don't jump off the bridge by the community center. I know it looks like fun but the water is not deep enough there and the next thing you know, someone is going to be hurt very seriously, maybe paralyzed for the rest of your life. So parents, please make sure your kids don't go jumping off that bridge!

Until next time, be happy and stay safe!!!
Sparkey

Royalty candidates wanted

The Mid-Columbia River Powwow will be held October 25-27, 1996. The powwow is seeking royalty candidates.

The annual powwow, held at Celilo, Oregon, has the following categories: Sr. Queen—13 yrs. & up Jr. Queen—12 yrs. & under, & Li'l brave—no age limit. Winner is determined by highest number of big raffle ticket sold.

Sparkey's corner



Lots has been happening at the Fire Department lately. If any of you saw the Pi-Ume-Sha Parade, you undoubtedly saw me and my ole friend Smokey Bear. I had a great time. I think this year's parade was the best ever. There was lots of participation from the community. Thanks to all who made the parade possible, to all the people in the parade but most of all, to all the great folks who came out to watch the parade. You are the ones that make a parade fun!!!
The Fourth of July came and went