

Robert Wood Johnson Foundation Healthy Nations project promotes positive activities

The Health Nation's Project has made possible many beneficial projects on the reservation for tribal members. Just what is Healthy Nations and where did it get its beginnings?

The Warm Springs tribe was awarded a grant project by the Robert Wood Johnson Foundation in — Robert Wood Johnson is interested in helping the Tribe reduce substance abuse among community members.

The Healthy Nations Project awarded to 14 tribe throughout the United States, aims to reduce substance abuse among Native Americans. This goal is address through a site-independent systematic process which involves substance use and abuse prevention, intervention and treatment issues.

In the Warm Springs area, the initial phase of the \$300,000 project featured a two-year, community-wide, public awareness/community development process. After this two-year phase, the Warm Springs Council on Alcohol and Drugs, by secret ballot, selected 15 groups (out of 22) which they believed met those criteria which the Warm Springs community said we needed to reduce alcohol and drug abuse. The programs focus on youth, bringing families and people of all ages together to support

one another, and reinforce cultural and traditional values and customs. These programs take place throughout the year.

The vision statement, developed in 1994, for the project reads: "Enhancing the quality of life in our community by empowering individuals/family through awareness, involvement and commitment."

Each of the 15 projects and programs represents committed community members making a difference in warm Springs. Community members are encouraged to join together with a project, get involved in healthy activities and help reduce alcohol and drug abuse in warm Springs. Together, we can make a difference in the community.

The idea behind Healthy Nations is to build a value system and a positive self-image that doesn't support a life of substance abuse. The goal is for grant recipients to garner community-wide support in confronting the issues and healing the wounds that substance abuse had caused.

The 15 groups are:
Culture Camp, Youth Rodeo, After-School Gymnastics (inactive at this time), Annual Substance Free activities, Fast Pitch Softball Clinic, Summer Substance Free activities, Salmon Camp, Veteran's Gathering, Honor Elder's Day and Walk, Com-

munity Garden, Student Leadership Program, Men's Wellness, Blackwolf prevention, Midnight Basketball and KWSO Youth Leadership.

Culture Camp: Culture Camp started the year with the "Winter Nights Culture Club", meeting every Monday night at the Simnasho Longhouse. The Winter Nights Culture Club held meetings from the beginning of January to the end of March. The Club is very active, and, on March 26, they took a trip to the Washington Park Zoo and the Forestry Center. The participants in the club have come a long way since they started, their positive behavior and attitudes allowed for this trip, which was the final club activity. The Club disbanded for the winter and spring, and will reconvene in July for Culture Camp (AKA Camp Sap Si Kwat). Contact Charlotte Herkshan about Culture Camp. 553-3205.

Student Leadership
Student Leadership had a very successful "Future for Youth Leadership" conference at Kah-Nee-Ta January 23-25. Participants were in the sixth through eighth grades. The students touched on issues of curfew, gangs, Rainbow Market and child abuse and neglect. For more information on group meetings or



Sheilah Wahnetah, Healthy Nations director, left, and Dorothy Kalama, program coordinator, organize alcohol-free events sponsored by the Robert Wood Johnson Foundation.

the program, contact Tedi Tanewasha at 553-3311.

Youth Rodeo
The second annual Warm Springs Junior Rodeo is the next Healthy

Nations activity to take place. However, a date has not yet been set for this year's event. For more information, contact Sammy Bruised Head or call Healthy Nations.

Annual Activities

The annual Substance Free activities consist of seven different activities that occur throughout the year. For more information contact Austin Greene, Andy Leonard or Carol Allison at 553-3243 or Sheilah Wahnetah at 553-4914.

Honor Elders Activities
Honor Seniors Day will be held at the Agency Longhouse May 8. And, the Honor Elders Walk is scheduled for May 27. Contact Lucille Schuster at the Senior Building at 553-3313.

Midnight Basketball
The basketball fundamentals program or Midnight Basketball, is an ongoing activity that's held at the Community Center five days a week after school. The age categories are six to nine; 10 to 13 and 14 to 17. For more information, contact Andy Leonard at 553-3243.

Community Garden
The Community Garden was started last year with planning meeting and soon was able to utilize the lot in front of the Housing Office. They used the tractor to plow the ground for planting. The garden is looking for more volunteers to help make it grow. Contact Austin Smith or Healthy Nations.

For more information about Healthy Nations, contact Sheilah Wahnetah, program director or Dorothy Kalama, program coordinator.

Indian Education Summit set for May 12-14

The Confederated Tribes of the Warm Springs Reservation and the Confederated Tribes of the Umatilla Reservation will host the 1998 Northwest Indian Education Summit on May 12-14, 1998 at Kah-Nee-Ta Resort at Warm Springs, Oregon.

This year's Summit will focus on the need for Northwest Tribes, Indian communities and parents to unite on education issues. The agenda, which addresses items from early childhood

through higher education, will include topics such as the Indian Education Policy, Welfare Reform, Native American Language Preservation, legislation, budgets, regulations, and legal issues. An array of Tribal leaders, educators, and federal/state officials are scheduled to speak at the summit.

Conference registration is \$100.00 which includes a continental breakfast, lunch, and a traditional

dinner, plus conference materials. Deadline for pre-registration is May 1, 1998. On-Site registration \$105.00 and daily registration is \$35.00. Elders and students: Early registration is \$50.00 and on-site is \$65.00. Daily registration is \$35.00. For registration information and packet contact: Minnie Yahtin, PO Box C, Warm Springs, OR 97761; (541) 553-3257 (work).



Third and Fourth grade students wait and see if their egg will survive the egg drop. Dawn Smith drops the eggs from the rooftop of the school.

Youth share their testimonies with the community

Second Annual Youth Revival in Warm Springs, OR set for June 7-13, 1998 and a few words from "The Native Gospel Posse."

Before I came to the Lord, I used to drink and smoke weed to hide the pain inside and put a smile on like a clown to hide it all. I was not really happy with my life. But, I don't think anyone's life is, so I turned to alcohol and weed to just add more pain to be locked away inside, with no one to tell, thinking that they don't care. So, I kept it all inside, not knowing it was too much to carry through school away from home with more to come when I got back. Then I was introduced to Jesus and he helped with all the things I went through and everything I go through. He showed me that there are people that care and will listen if you ask for the time, but, most of all Jesus cares, and now I encourage you to trust in God and let him show you the way. Cause he is real and waiting for you to see and believe... hope to see you in church.

Wayne L. Gilbert
Hi, my name is Delilah Heath.

First, I would like to thank my friends and the Lord for being there when I needed you most. The Lord gave me the strength to go on with my life. He let me know that I'm not alone and that he'll be there when I need him most. I used to sit in my room and cry wondering what's going to happen to my life tomorrow. But now that the Lord is standing next to me I don't think of the worst any more of my life. I used to think that no one cared for me until the Lord came down and touched my broken heart to heal my life to make it a little better for me. I just thank my dear friends and the Lord for letting me know that you care and that you'll always be there when I need you most. I just encourage you to come and meet the Lord, he did it for me and he can do it for you that need help in life. Don't give up the Lord will help when you need him.

Later, Delilah Heath
My name is Gerald E. Tufti, and

first of all I got to thank my Lord and Savior, Jesus Christ for saving me out of this world. What he did for me is a miracle, I mean amazing, for what people know I was a wannabe gangster and junkie and an alcoholic. People looked at me funny like they didn't want me to belong. The feeling that gave me, started me thinking like I had no reason to live. June 30, 1996 first day of sobriety started me on the right track, almost a year later in May of 1997 I received Jesus Christ into my heart.

The first week of June came and it was time for Revival. The All Young Nations In Unity Revival, souls were getting saved, supporters from near and far, from Madras, OR, Portland, OR, Montana, New Mexico, but most of all Warm Springs. It seems like time went by so fast, I done seen a lot of people come and a lot of people go and now I hope to see a change in our community. I encourage youth to come to our youth nights at the Full Gospel Church. And our annual Youth Revival, "All Young Nations In Unity," in June. I pray for you all.

Gerald E. Tufti
This is a short story about me. In my childhood, I grew up hating my mom for leaving me with my other family members. I grew up also hating my dad for leaving me. I was jealous of people who had parents because I didn't have real parents while growing up. I grew up with a smile, but hatred upon my heart.

At the age of eleven the beginning of my drinking didn't help at all. I was mad because my friend was accidentally killed by a shot to the head. When I started drinking, I didn't stop. Late nights, hangovers, fights, wrecked and much, much more that goes along with that life style.

At the age of twelve, I decided to get beat into a gang. My life was my alcohol and my gang. Drinking and my crew were more important than family. I lived that lifestyle day after day, month after month. At first it was fun, but after a few years I found myself lost with nowhere to go and

nothing to do.

So, I tried to take my life by swallowing a bunch of pills. I sat there in my house waiting to die but nothing was happening. So, I just forgot about it. I was fifteen then.

At that time I went to treatment. I came back, stayed sober for a little while and started drinking again. I went back to treatment on April 22, 1996. I came back and quit drinking but my lifestyle was still the same. The only thing that changed was that I wasn't drunk anymore. I still gang banged and acted the same. Till one day I got invited to go to see some entertainers. (As I was told). That was in Corvallis.

I just wanted to get out of town to see some rappers with a bunch of other young people when we got there it was at a church. The people sang for us and talked about how their lives were changed. They talked about God. I saw something different about them people. I wanted it bad. When we got back to Springs, I started going to church. Not much changed after that. I still smoked and gang banged. The only thing different was I was going to church.

Then came the best and most important day of my life. June 8, 1997 at a Youth Revival. I decided to give my heart to Jesus. I can't even begin to explain the feeling I felt that night. It was a peace in my heart and unspeakable joy. Ever since that night my life has not been the same. Not saying my life is perfect or I don't have any problems. Just saying that my life is changed. Church didn't change me, treatment didn't change me, no Pastor or church member changed me. It took a man by the name of Jesus to do it. He gets all the credit for my life. What he did for me, he'll do for you also, you just got to accept him. Not church, or church members, only Jesus can do it. I just hope that someone is encouraged by this letter. And ask that the people of the community consider helping out the youth at our upcoming activities such as the Youth Revival, financially

and spiritually. Thank you very much.

Brian Renfro
"I once was lost, but now I am found"

Hello there, my name is Billy Joe Berry, I would like to share a brief testimony about my life: first of all, most people know me from who I used to be, and I admit I really was disrespectful not only to others but to myself also.

I was a drug addict and alcoholic at a very young age. I had a very filthy mouth, and perverted mind. I am more than glad to say that Jesus Christ had delivered me from all of these wicked ways of the world which held me captive for so long.

For most of my teenage years, I wandered alone trying to fill an empty space in my heart, looking for love in all the wrong places, finding nothing. Seeking that missing piece in my heart through different religions, and traditions of man, finding nothing. One day, like a lost child in a big city, my father had found me, I am so happy that I am not lost anymore. I found the true love that my spirit was crying for. I am so thankful that I allowed Jesus Christ to take control over my life. I was blind, but now I see. I also would like to thank my wife Wanda for her long hours of praying, and crying out to God for my salvation.

We would like to thank the Lord for leading us into the youth ministry here in Warm Springs. Our hearts cry out to God for those that are bound by alcohol & drugs, and also colors.

Please support us with your prayers for our young people in need. Come check out Tuesday night youth at the Full Gospel Church 6:00 to 8:30 p.m. every Tuesday night.

Donations will gladly be accepted.
Billy Joe & Wanda Berry
(541) 553-5938
P.O. Box 1442
Warm Springs, OR 97761
and the rest of the Posse.

Being a SMART reader is enjoyable for Smith

SMART reader, Leminnie Smith began reading the start of this year. She reads Tuesdays and Thursdays from 12-12:30 to two different children, sometimes three.

Smith was looking to fill her lunch hour doing something productive. She enjoys reading whether it be to herself or children she is babysitting. She said her boys are teenagers now and don't let her read to them anymore. She does enjoy sitting and talking with them.

Smith is Secretary for Business & Economic Development located near the school.

She read about the SMART Program and called to sign up and told program coordinator Mrs. Buslach she was interested in the lunch hour for reading. She does her reading and then takes a walk to the store or post office and is back to work by 1:00 p.m.

"My boys used to like to read all the time, even if it was just pictures, we read a story into it. They used to like to just look at pictures and

remember where this was, what they were doing there, who was there with them. These pictures all told stories about them and their family. I thought it was better than the TV, videos or Nintendo," says Smith.

Sometimes her boys would say, "Mom just tell us a story, something that happened when you were little."

"Students selected to participate in the SMART Program are selected for a reason, they're having difficulties in certain areas of reading. Now, they are reading back to me," says Smith. She says the children would like a certain book, they would take it home and read it every chance they got and would come back to school and read it to her.

"I recommend the SMART Program to others. Some people know about it, some don't. Even my boys, I forgot my name tag on and wore it home. My boys say, 'You read to kids?' I say, you guys don't let me read to you anymore. I sometimes just sit and talk with my boys, since they don't want me reading to them.

They like that too," Smith says.

"I see the kids that I read to at powwows or at the store and they say they know me," Smith says. "That makes me feel good."



Leminnie Smith

Satus plans powwow Mother's Day weekend

The community of Satus, Washington wishes to announce the 26th annual Satus Longhouse Powwow to be held Mother's Day weekend, May 8, 9 and 10. The public is invited to attend.

The head staff for the powwow consists of Jerry Meninick from Satus, with cohost to be announced. The host drum is Sage Point from Fort Hall, Idaho. The arena director is Dmitri Seth from Lapwai.

Outgoing royalty are: Senior queen Tanya Wapsheli, princess Lora Morrison and Jr. Queen Tiffany Walker with princesses VJ Azure,

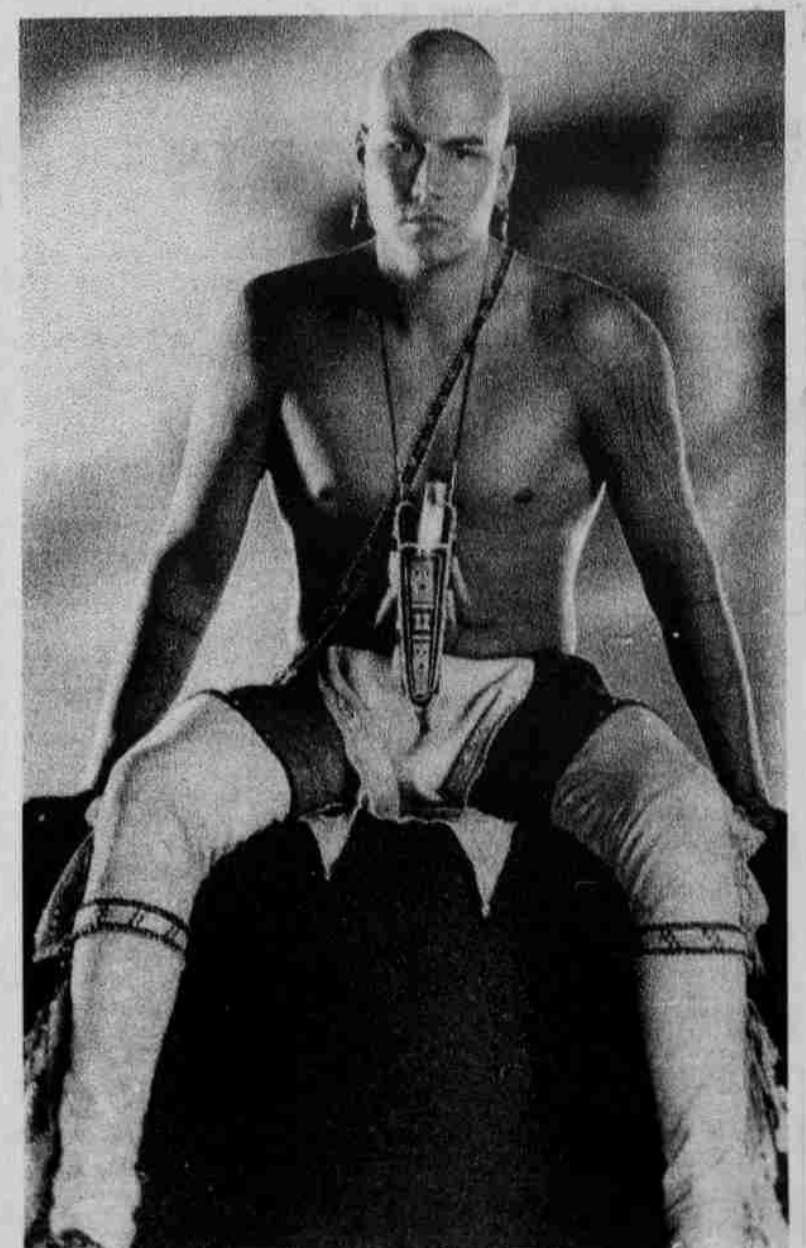
Tiera Paskemin and Prairie Rose Jack.

Anyone wishing to run to SLHP should contact any of the committee members. There will be competition for all our mothers honoring Mother's Day on Sunday. drum groups are

urged to bring their own chairs and will be paid each session.

For more information, contact Roy Dick at (509) 854-1012. No collect calls will be accepted. Other contact persons are Wendy Dick or Paul Belly.

Lite Foot concert rescheduled



Litefoot in his role of "Little Bear," in his first movie "Indian in a Cupboard."



Lite Foot Concert
is rescheduled for
May 20, 1998

The "Native American Boys" of Warm Springs, OR will do opening number at 6:30 April 27—Recreation will give an additional 100 tickets.