

The story of Rock Bear

Rock Bear

Once upon a time there was a Rock Bear, who lived on the hillside. Rock Bear could not move, except for his eyes, but he is always happy because from his corner up on the hillside he can see everybody that goes by and he knows they are happy if they see him.

On a very stormy evening there was thunder and lightning, when a lightning bolt struck Rock Bear, it was like a miracle because Rock Bear started moving, he could walk and roll.

Rock Bear's stomach was growling, he was hungry. So, down the hill went Rock Bear to the river at White Horse Rapids where he swam and caught his fill of delicious rainbow trout.

Rock Bear then went up into the high country to eat some tasty huckleberries at High Rock and across the Big River (The Columbia) on up to Surprise Lakes in Washington he ate berries. As he went up a steep slope, Rock Bear came upon Bigfoot who was also eating huckleberries.

They became friends, they talked and even played. They played "King of the Hill." While wrestling, they both tumbled together all the way to

the bottom. It was fun to them, well it was a tie, so, they finally went their own ways.

Rock Bear was happy but he was homesick. He went back to his hillside on the grade. It happened to be stormy once again. So, Rock Bear stood in his spot, just then another lightning

bolt struck Rock Bear, once again turning him into a real Rock Bear.

Now he is real happy again, to be making people happy by seeing the Rock Bear. His eyes still move as he watches traffic go by.

The end.

-Anthony Kirk



Rock Bear happily watches as you go by.

Reigning queen offers encouragement

Hello, my friends & family,

It's almost time for our annual Treaty Days Pi-Ume-Sha Powwow.

The year went by so fast, I went to a lot of powwows throughout the United States. I met a lot of other Royalties, all kinds of beautiful crowns. Most of them representing their tribes and powwow.

I look forward to competing for other titles in the future.

I wish to encourage the new candidates and good luck.

Kaleja Mae Castilleja
1997-98 Pi-Ume-Sha Queen



Kaleja Mae Castilleja, 1997-98 Pi-Ume-Sha Queen

Museum at Warm Springs receives grant

The Institute of Museum and Library Services (IMLS) and the Heritage Preservation are pleased to announce The Museum At Warm Springs has been awarded a 1998 Conservation Assessment Program (CAP) grant. Through on-site consultation with a professional conservator, the grant will enable The Museum At Warm Springs to evaluate its current collections care policies, procedures and environmental conditions.

CAP assists museums in making collections care and conversation a fundamental priority of their institutions. Diane Frankel, director of IMLS, states, "I am very proud of all that this program has accomplished. It is a model public-private partnership that increases access to museums' collections across the country." Larry Reger, president of Heritage Preservation, said, "The Museum At Warm Springs

is joining a growing number of museums throughout the U.S. that are learning to better care for their collections so they will be available for the future generations."

The Museum At Warm Springs is located at 2189 Hwy. 26, Warm Springs, OR, and specializes in Native American Artifacts. It is open from 10:00 a.m. to 5:00 p.m. seven days a week. The Museum At Warm Springs is currently showing an exhibition of "The 5th Tribal Member Art Show."

CAP provides funds for a general conservation survey of the museums' collections and sites. Conservation priorities are identified by professional conservators who spend two days surveying the site and three days writing a comprehensive report. Reports produced by conservators help museums develop long-term plans for improved collections care. CAP is a one-time award funded

by IMLS and administered by Heritage Preservation. IMLS provides Federal support for museums and libraries. IMLS is comprised of the Offices of Museum Services (OMS) and Library Services (OLS). Congress established IMLS in 1996 through the Museum and Library Services Act which consolidates museum support formerly administered by the Institute of Museum Services and library programs formerly administered by the Department of Education. Heritage Preservation, based in Washington, DC, is the national organization representing conservation and preservation activities in the United States. CAP was originated in 1900 and has funded over 1,200 museums. For more information about CAP, contact Heritage Preservation at 1730 K St., NW, Suite 566, Washington DC 20006 or 202-625-1495.

Dental-Healthy Smiles!

Posters are being placed around this community to promote Healthy Smiles! If you would like your child to become a possible "poster child," ask us in dental for more details. Most of the children who are on the various posters had no cavities at their last appointment! Thank you, Jo Ann Smith for giving us the idea of promoting the positive in this community by taking pictures of children with Healthy Smiles.

This month our Healthy Smile Poster of the Month was made from the following picture of Donesha Winishut.



Donesha Winishut

Karaoke contest

From now until August, amateur singers from local counties will be strutting their best efforts as contestants in the National Singing Championship. The NSC begins in the grassroots of local clubs, progresses through State finals across the country and finishes in the National Singing Championship set for Labor Day Weekend. The ultimate winner leaves with \$10,000 and a recording contract.

Kah-Nee-Ta Resort, a leading Karaoke sponsor based in the Warm Springs area, is producing three semi-finalists every Tuesday from June 16 until June 30 and will host the finals set for July 7 where one finalist will go to the State Competition the end of July with the date and time yet to be determined.

Each night's top three singers will receive imprinted T-shirts. There is no entry fee for contestants.

For more information contact Bobby Brown, cellular phone number (503) 358-5100.

Chief Frank Queahpama chosen for leadership skills

To the editor,

I want to speak to our young people. I want to tell you the truth as I experienced it. I speak of my Father, Frank Queahpama, Chief of the Warm Springs Tribe. Many of you have been told he was a religious leader in our Longhouse. This is true. But he was much more. His leadership had many faces and our people grew and gained many things that we still enjoy today because of him.

Father was chosen by our family elders and seated as a hereditary Chief for his lifetime. His Grandfather signed the Treaty of 1855. Father was chosen for many leadership skills, personal qualities and his family support base. He was able to read the ways of people. He chose to be a responsible Chief by providing traditional food and material goods to all our people. He opened our home to host weekly meetings. He followed the example of his Brother Henry who preceded him as Chief.

I remember as a child my Mother Millie and all of us children following an annual cycle of food gathering, preserving and preparing for meals, Feasts, Sunday services and the ceremonies of our people. During the weekly meetings in our home we always served three meals a day. At the larger meetings held in the Longhouse, Father always used five interpreters to consider the far reaching questions in front of our people. His ability to ponder the motives, honesty and truth of the interpretations helped him make sound decisions. The checks and balances he used was to assure the decisions he made were for the benefit for all our people. Under his leadership our people adopted the Indian Reorganization Act recommended form of Tribal

Government; our Constitution and By-Laws; and our Federal Corporation chartered under the IRA Act of June 18, 1934. Our roads, schools and health care were started with the help of his leadership.

Today the Chief doesn't have the same strong support my Father had. The leader(s) have become dependent on the Tribal Government to provide for the people. Our people have followed these leaders' example and are now dependent on the Tribal Government. Our Chief must have the will and want to give of himself and have his Extended family's help to carry out this responsibility.

I see our young people who don't know how to gather and provide food to support the Chief. My sisters and I have always tried to carry on our family legacy. I'm not a leader, but I honor my family's station by providing food and material goods to the people of our Longhouse.

I stand by my extended family line of succession for the Chief of the Warm Springs Tribe decided in 1984. On Monday, May 18, 1998 our extended family met and decided on a new line of succession behind our Sub Chief Calvin "Bumstead" Queahpama. This is Sylvester "Sal" Sahme, Sr., Rafeal Queahpama and Vincent "Guy" Wallulatum. We also decided on our next generation line of succession. We choose the sons of our Sub Chief and existing line of succession. These are Oscar Queahpama, W. Foster Sahme and Kyle Queahpama.

The values and character of our Chief must have many faces. Our Queahpama family legacy taught us that our Chiefs had these leadership skills and qualities. Our religious teaching provides the foundation and strength. Our Chief must be a

diplomat, Visionary and Community Leaders who understands the World around us. Our Chief cannot be expected to do these things alone. We, the immediate family, the extended family and our people must

follow this example, and together we preserve and protect our way of life for our unborn.

Nettie "Queahpama" Showaway
Sinnasho
PO Box 1043
Warm Springs, OR 97761



Frank Queahpama

Congratulations to a very special person

To a very special person. Our daughter, granddaughter, sister, niece and auntie.

Congratulations Jolena Jean Warner.

We are very proud of you for the accomplishments you have achieved so early in life.

Graduating this year 1998 more than a year ahead of your class.

Working more than a year and a half for the Confederated Tribes in Management. Now you are starting a new job for Housing.

Keep on doing your best in life every day. Even with the ups & downs in this world you are doing good and we are very proud of you.

Good luck, may God Bless You in many ways & be with you. You're loved so much. Jolena. From all your family.



Jolena Jean Warner

Menopause: Put Yourself in Control

Bend—"Menopause: Put yourself in Control" is the title of the second in a series of four brunches sponsored by the Oregon Commission for Women and honorary co-chair Sharon Kitzhaber. It is a complimentary event for people in Central Oregon who are interested in hearing the latest information on menopause and the accompanying health risks.

The brunch will be held at the Riverhouse on Saturday, June 20, from 10:00 a.m. to approximately 1:00 p.m. Attendance for all participants will be complimentary thanks to a generous unrestricted educational grant from Eli Lilly and Company.

Speakers will give an overview of menopause, discuss some of the particular risks, and address the psychological impact of menopause. Menopause on the average occurs at age 50. Therefore, a woman can expect to live at least one-third of her life after menopause. During this time there is an increased threat of cardiovascular disease, breast cancer, osteoporosis, and possibly Alzheimer's disease due to the loss of estrogen.

Jan Hildreth will speak about menopause and her experience with women in the Bend area. She is a family nurse practitioner at High Lakes Health Care in Bend, Oregon.

Happy Birthday June 30 to our BIG Brother Tracy Ray Sam
Love you, Your brothers and sisters Sadie, Elsie, Robert, Jr., Neda, JeLeah and Thomas Sam

Happy Birthday Uncle Tracy June 30
Thank you for being there for me

Love you, Your Nephew, Woody Picard, Jr.

Happy Birthday June 30 to our #1 Son Tracy Ray Sam
Love you, Son From Mom and Dad

She received her BSN in Science from OHSU in 1967. In 1982 Ms. Hildreth earned an MS in Health Education from the University of Oregon in Eugene. More recently, in 1995, she attained her MSN from Gonzaga University in Spokane, Washington.

Dr. Beverley Phillipson, from Providence Hospital, will speak about the risk of heart disease to women after menopause. She attended medical school at OHSU in Portland, Oregon and completed her Internal Medicine residency at Emanuel Hospital in 1979. She has been a volunteer for the American Heart Association for over 10 years and served as the President of the Board of Directors in 1995-96.

If you would like to attend this free brunch, please call the Oregon Commission for Women toll free at 888-315-5452 to make your reservation.

The first forum was held May 16 in Ashland, and over 100 women came to learn more about menopause and osteoporosis. The third in the series will be held at the Eugene Hilton on August 15. The final event will be in Portland at the Lloyd Center Doubletree Inn on November 7. Speakers at the last two seminars will cover the areas of menopause, osteoporosis and heart disease.

Happy Belated Britday Brother Dear
I sure hope you had a wonderful day June 10. Please pick up yourself ad look to the future for it is real important
Love forever, your Na-Na, Jolene

Happy Birthday Anthony Holliday, Jr.
Lve Jolene, Lauren and Alexis

Happy Birthday Grandma Beatrice
Love Lauren and Alexis

Elders Day Dinner
July 10, 1998
10 a.m. to 3 p.m.
at the Lummi
Community Center
All Senior welcomed!!
Honoring our veterans

Happy Birthday to my nieces, nephews, brother, and to any other relative celebrating in June:
9th Selena Tonya
10th Susie Charley
11th Sophie Williams
15th Delbert, Jr.
Dondi
27th Miguel
Love you all, wishing you many more to come, and pray you have a great day as I will be thinking of you... Carol Parra

Happy Birthday Kirtsen Holliday
Love Jolene, Lauren and Alexis

Happy Belated Birthday Auntie Jana
Love Jolene, Lauren and Alexis

Happy Anniversary to Mom Debbie & Dad Perry, June 17
We love you lots.
Shardae, Doriann, Colleen, Shanell and Sonny (Perry), The Kalama Klan

Belated to Bun (Danni)
Happy Birthday
Love, The Kalama Klan

Happy 20 days to Snack Bar from PK & DK