

Gathering Of Men IV conference held in Warm Springs



Keynote speaker David Asetoyer, (center) expresses how spirituality fits into our lives.

The 1998 Gathering Of Men IV conference was held at the Warm Springs Community Center, November 16-18. This year's conference entitled "Honor The Journey Together: Healing Our Spirits," sponsored by the Warm Springs Community Health Education Team (C.H.E.T.), with the assistance of guest speakers and the Northwest Portland Area Indian Health Board.

The three day conference brought over sixty participants from Burns, Yakama and Warm Springs. The crafting of hand drums and evening sweats were part of the conference. Conference goals were targeted to bring together participants for three days of sharing and learning.

Focus was on every individual spiritual awareness, with holistic health concepts, recognizing the influences of change, trauma and acculturation. Alcohol and other abuse of substances were key elements addressed as individuals sought out changes, choices and decision-making for a healthier future.

According to a definition used

from the 1995 man's wellness conference, A Well Man is a person who understands the importance of attaining balance in his mental, spiritual, emotional and physical well being. Spiritually, he understands that he must develop and maintain a relationship with the Creator. He accepts himself as he is, recognizing both his strengths and weaknesses, allows himself to be honest, faithful, and confident. Caring for himself in this manner allows self-respect and respect for others to take place. A well man realizes that he can be loving, caring, and able to express his emotions openly, and understands how this helps him to have compassion for others.

When a man comes to this understanding, he is able to use this knowledge to change and improve his social skills and interaction with others. He becomes a strong, positive role model by displaying these characteristics within the community. Using these qualities, he can become a positive force in assuming leadership roles.

His relationship with our Creator

opens his mind to cultural values and traditional teachings that are a relevant part of his community and family life. A well man is able to make and keep commitments to these values and holds his family up in high self esteem. He realizes that some degree of education is important in order for him to attain his goals, and to make choices that help him adopt to daily life situations. He is able to laugh, using humor as a healing tool in his daily life. He leaves himself open for self growth in all areas of his life. He accepts and understands the unspoken role of a teacher, and that this role contributes to the generations that come after him.

This definition was gathered to give men a visual picture to strive for in their walk towards a healthier life. Thanks and appreciation are extended to all participants of the 1998 Gathering Of Men IV conference for making it possible. Special thanks to Shaun Jackson, David Asetoyer, Donna Standing Rock, Carolyn Wewa, Anson Begay, Anita Davis and Charles Tailfeathers.

IHS to hold Open House

by Russ Alger, IHS Service Unit Director
The Health and Wellness Center invites the community to come into our Open House which will be held on December 9th, 1998 and will involve Tribal and IHS Programs.

The Open House will be from 9 a.m. to 12 noon. At 10 a.m. a short welcoming ceremony will occur in the Administrative waiting room of the Health and Wellness Center.

The Open House celebrates 5 years of providing medical and dental services in the Health and Wellness Center, which was built by the Confederated Tribes in 1993.

The Open House will include a Health Information Fair, Health Center tours, IHS and Tribal Department displays and light refreshments.

Please come in and meet our friendly staff and learn more about the Health Services available to the Warm Springs community and all Native Americans.

Health and Wellness Center Community Forum

The Indian Health Service in conjunction with the Warm Springs Health and Welfare Committee is sponsoring a community forum on

the evening of December 9th, from 6:30 to 9 p.m.

The purpose of the forum will be to gather information from the community members we serve in three specific areas, they are:

1. What are the positive strengths and/or aspects of the Health and Wellness Center?

2. What would the community like to see improved at the Health and Wellness Center?

3. What are the community priorities for the provision of Health care in the future for the Health and Wellness Center?

Mr. Clint Jacks, OSU Extension Agent will be the facilitator. We will follow a timed agenda. There will be a light meal of stew and frybread to start off the activities. The full agenda will be coming out in the mail shortly and flyers will be posted throughout the community.

The Indian Health Service and the Warm Springs Health and Welfare Committee wish to encourage all Native American users of the facility to please come to the meeting and participate in the forum. Thank you and we look forward to your participation.

ABATE donates stuffed animals

How often does someone donate stuffed animals to Warm Springs Fire & Safety? Not that often, but on Sunday, November 15th, the Tribal Fire & Safety Department got a large donation of stuffed animals from some friendly bikers.

The Central Oregon chapter of ABATE, a motorcyclist awareness group, was on it's annual toy bike ride with hundreds of stuffed animals. The purpose of this "toy bike ride" was to give stuffed animals to some of the Central Oregon hospitals. At Mt. View Hospital, the motorcyclist found our Fire Medic Brad Rumbarger with ambulance 2273 and donated one and a half garbage bag full of stuffed animals to Fire & Safety.

For several years, Fire & Safety! has kept a small supply of stuffed animals in each ambulance and at the Agency & Simnasho fire halls. The stuffed animals are given to small children who are being seen by a Fire Medic and are frightened. Sometimes a young child is frightened because they are sick or hurt and sometimes they are with a parent or baby-sitter who has been hurt. "When a frightened child holds onto a stuffed animal, it can distract the child and

lessen the child's anxiety" says Suzi Macy, a Tribal Paramedic and the Fire & Safety Department's Emergency Medical Service Officer.

"I remember once I needed to listen to a young child's lungs and he did not want me to touch him with the stethoscope. So I gave the child a stuffed bear to hold and I told the kid that "Mr. Bear wants to listen to your lungs and then you can listen to Mr. Bear's lungs. And the child calmed down real fast", says Macy. "I very much appreciate the donation to the ABATE motorcycle club and all the other donations of stuffed animals that groups and individuals made over the years to Fire & Safety" Macy Said.

All of the Oregon ABATE motorcycle chapters will meet in Portland, December 5th for its state-wide Christmas ride and take thousands of stuffed animals to the Shriner's Hospital for Children.

Fire Chief Danny Martinez says the "Hug a Bear" program is a great idea, and thanks to ABATE for it's generous offer.

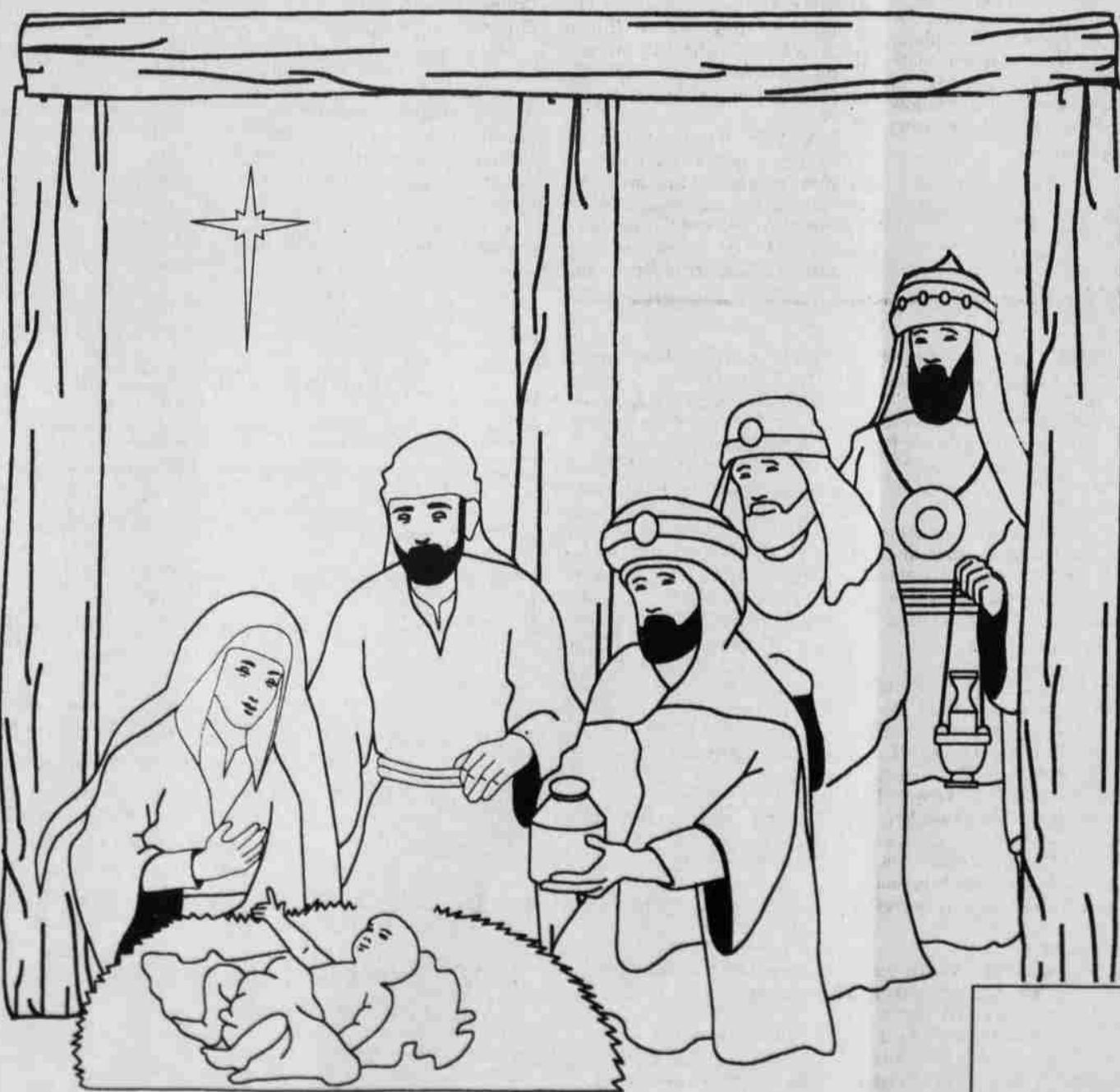
If you want to donate some stuff animals, to Fire & Safety, you can take your donation to either the Simnasho or Agency fire halls.



Electronic voting was enjoyed by those who attended the Comprehensive Plan community conference on November 9. Results from the conference will be in the next edition of the Spilyay Tymoo.



Spilyay Tymoo coloring contest



For office use only

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Name: _____
Grade: _____
School: _____

Coloring contest is open to any student grade K-6. Deadline is December 11, 1998. Prizes will be awarded by grade categories.

News from COCC....

Career and collage fair scheduled
A career and collage fair for students of color will be held from 9:00 a.m. to 2:00 p.m. on Friday, December 11, in the Grandview Student Center on the Central Oregon Community College Bend campus.
The purpose of the fair is to promote higher education and employment opportunities for students of color. Bernice Mitchell, Warm Springs elder and tribal council member, and Roberto Delgado of the U.S. Forest Service will be the keynote speakers. The program will also include an employer panel as well as information about four-year schools and careers in health, natural resources, computers/office and manufacturing. The fair, including lunch, is free.
Students should contact their high school guidance counselor for a registration form. The deadline for registration is Friday, December 4.

For information, call 383-7580.
The fair is sponsored by the Central Oregon Gender Equity Team and COCC.
COCC hires coordinator
Jack Scruggs has been hired as the Native American program coordinator for Central Oregon Community College. He will provide academic and personal counseling to Native American students and help them make a smooth transition to four-year colleges and universities. He will also be a liaison with other Native American educators as well as with the nine recognized tribes in Oregon.
Scruggs served as education coordinator with the Paiute tribal office in Burns for several years. He earned a bachelor's degree in history from the University of Oregon and a master's degree in counseling from Oregon State University.

Winter term telecourses to begin Jan. 4

Winter term telecourses via open campus at Warm Springs COCC College Center start January 4, 1999.

Registration for students that were enrolled for fall started November 16. For those just starting registration begins December 9. All tuition is due by December 17, 1998.

BA 226	Introduction to Business Law	3 credits
	Tuesday & Thursday	
	9:30 to 10:45	
BI 101	General Biology 1	4 credits
	Mon, Wed, Fri	
	8-8:50 a.m.	
Span 202	2nd Year Spanish II	4 credits
	Monday & Wednesday	
	5:15 to 6:55 p.m.	
HIS 105MW	World History-MIC/WIC	4 credits
	Monday & Wednesday	
	2-3:40 p.m.	
ENG 102	Survey British Lit.	3 credits
	Tuesday & Thursday	
	11:00 a.m.-12:15 p.m.	
MTH 111	College Algebra	4 credits
	Monday & Wednesday	
	11:00 a.m.-12:15 p.m.	
	11-11:50 Fridays	
8.325	Plants/Pests/Disease	4 credits
	Thursday	
	6-10:00 p.m.	
GS 104	Physical Science: Physics	4 credits
	Monday	
	7-9:30 p.m.	
PSY 201	Mind & Brain	4 credits
	Monday & Wednesday, 12:30-1:45 p.m.	
	Friday, 1-1:50 p.m.	

For further information call your Warm Springs COCC Center at 553-1428. Classes are held at the Education Center, 1110 Wasco, top floor training room.