

Suicide Prevention Conference a Success

The Suicide prevention and survivors of suicide conference was held at Kah-Nee-Ta Resort December 16-17. The Conference Committee would like to thank all the sponsors that made this conference possible. Sponsors include the Warm Springs Community Counseling Center, Men's Wellness Conference, Healthy Nations, Warm Springs Council on Alcohol and Drug, Warm Springs Housing Department, Black Wolf Suicide Prevention Team and C.H.E.T.

Over 200 participants from Oregon and Washington attended the conference including 50 youths. The Conference Committee would also like to extend their gratitude to Keynote speakers "Beyond Trauma" Mr. Al Siebert, Ph.D. Portland, Ore. "Self-Violence Prevention" Ms. LeMyra DeBruyn, Ph.D. Center for Disease Control Atlanta, Georgia, Ron Bloodsworth, director of Or. Human Resources, Jodi Stewart, Parent Survivor, Madras, Ore. and "Clinic for Survivors and Developing Support Groups" Ms. Rosemarie White, Ph.D., Portland, Ore.

People attending the conference were asked to complete a survey regarding the effectiveness of the conference. One of the questions was, "Did you find this conference helpful?" Ninety-seven percent felt the conference was very helpful to them. One of the participants said, "I have had three brother's who have committed suicide," said one participant. "All three shot themselves." The information that was shared by the other speakers was very helpful. Team effort was the key, the presenter, the committee, and the spon-



Raymond (Captain) Moody of Warm Springs, speaks to participants during the conference.

sors allowed flexibility through funding to make the reality of grassroots project possible in the Warm Springs community.

Another question asked in the survey was, "Would you attend mini-conferences of this nature?" Ninety percent of the survey response said they would attend if it was available. "I have children of my own and would like to get a little more education and learn to help myself and my

children," was the comment of one participant. "We are all survivors, my children were in the home when there was a suicide so was I and my mother."

Funding problems were recognized by the group, but they felt tribal gatherings such as this are essential in the healing and recovery of underlying pain of our Native community and nearby non-Indian community.

Another question posed near the

end of the conference was, "Do you feel the conference presentation met your needs?" "This conference went a little deeper than prior workshops, and probably helped survivors of suicide. No one wants to talk about how alcohol had contributed to disruption of teachings both Christian and traditional" said one participant. "So people today forget they were carrying on using alcohol during the important 'formative' years of their

Guidelines to Managing Suicidal Behavior

1. Eliminate all drinking of alcohol or the use of drugs in the house. If the person is intoxicated do not hesitate to get assistance from the Tribal Police to arrange for detoxification.

2. Remove or disable all firearms, prescriptions drugs which are not being used or other items the person could use to hurt themselves. In disabling firearms it is important to also put the ammunition in another location.

3. Engage the person in activities and conversation. Have family members interact with them. Do not allow them to withdraw, stay alone or go somewhere by themselves.

4. Allow the person to express their thoughts and feelings. Do not argue or disagree with them at this time.

5. Encourage the person to find someone to talk with outside of the family such as an elder, community leader, counselor, etc.

6. Keep a list of emergency phone numbers available for Police or medical help.

7. If you are uncertain as to how the person is going to behave do not hesitate to request assistance from community services such as the police, crisis workers, IHS, and others.

COCC offers Yoga and performing arts classes

Wake up and stretch your muscles with three Saturday Yoga Workshops offered by COCC of Madras this winter. Workshops are scheduled for January 23, February 20 and March 13 from 9 am to noon at the New Energy Fitness Center. The cost for the workshop series will be \$27. Instructor Mariah Crawford will teach students this gentle art of stretching to feel more alive, energetic and peaceful. Students learn postures, breathing and stress reduction tools to aide in leading a calmer, more centered existence. Crawford has practiced, studied and taught Yoga for twenty years. She was selected as COCC Redmond's Instructor of the year in 1997 and continues to offer sell-out classes in Redmond and Madras.

Let your drama dreams come true in this Community Ed class for those interested in performing arts such as

drama, dance or music. Classes meet on Thursday nights, January 14, through March 11, from 7-9 pm at the Metolius Elementary School. Learn and practice basic acting and presentation techniques. Cooperation between all performing arts disciplines will be encouraged.

Instructor Walt Ponsford was instrumental in founding a successful Community Theatre group in Jefferson County in the 1980's. With much interest expressed recently by community members, Ponce and the Jefferson County Arts Association have attempted to revive the performing arts in the area. This class may serve as the start up for future Community Theatre efforts. The cost for this 9 week class is \$31.50 (\$23.62 for seniors). Pre-registration is required for both classes. Contact Nancy Jumper, director Madras COCC Center at (541) 475-2136.

National photo contest seeks participants

Attention Indian Country Photographers The National Indian Gaming Association, Coca Cola and SODAK Gaming is sponsoring a national contest, "Indian Gaming-Pathway to the Future" Grand Prize is \$2,500.

Best in Category awards:
\$1,000 (\$500 - Runner Up)
Our Treaty Rights Fulfilled—Indian Gaming provides revenue for community infrastructure such as schools, health clinics, elder care facilities, roads, water treatment plants and most importantly proper homes for our people.

\$1,000 (\$500 - Runner Up)
Our Traditions are Strong—We are proud of our Nation and keep sacred the ways of our elders.

\$1,000 (\$500 - Runner Up)
Our Children are Proud—Category sponsored by Coca Cola. Our sovereign rights are hard won; we do this for the next seven generations.

\$1,000 (\$500 Runner Up)
Our Nation is Whole—Sponsored by SODAK Gaming Inc. Indian Gaming brings our people home to support our economic success.

The National Indian Gaming Association and its member nations invite photographers to submit work under the categories outlines above. Photographers must submit work

along with a bio by March 1, 1999 in order to be considered for awards. Photographers must assign the reproduction rights to the National Indian Gaming Association. All submitted works will be displayed at the National Indian Gaming Association Annual Meeting and Trade Show Convention in Tucson, AZ from April 26-28, 1999.

Contest rules

1) Only one entry per category per person will be accepted. The contest is for prints only, and must be 8x10 inch or larger unmated and be accompanied by a negative. Color and black and white will compete together in each category.

2) Photographs will be judged on treatment of subject matter and visual effectiveness.

3) A model release form must be provided for each identifiable person in the photo. Each photo must include the entry form bearing the photographers name, address and category. Entries must be received by March 1, 1999.

4) All photographs become the property of the National Indian Gaming Association and may be published in Association publications and exhibits.

Call NIGA at 202-546-7711 for an entry kit or go to their web site www.indiangaming.org for contest information.

The loss of Indian people: A families tragedy

By Michael Price-Cosgrove, Sho-Ban News

There is a tribe not far away who are suffering through the loss of a family.

This, I know, because I was there. My job at that time was to provide transportation of bodies for the medical examiner's office.

It started with a young man who was not feeling good about himself. He did not talk with his family, friends, spiritual persons or seek help in dealing with his troubles. Hands reached out but he did not know how to take them, and this destroyed his whole family and damaged the entire community. The actions of one does affect all around them.

He disappeared one day and three days later his mother learned of where he was. She went out in the morning to feed the animals and smelled him in the wind. He had hung himself from a tree 300 feet from their house. The area was overgrown, so his hanging spot was not easily located. Three days in 110 degree weather. When I arrived the brush and ground was cleared by the family so we could

carry him out to my van, several rangers and officers assisted because he was a large person. Most of them were family and friends. It hurt to see the tears of loved ones who could not change this thing. A day or so later, I traveled back to the reservation's hospital morgue to pick up the body of a young man who shot himself. He was depressed over the hanging. He was a cousin of the man who hung himself.

Within a week I picked up the body of another boy who hung himself in his home. This was a brother to the first person. Three lost from the family.

Two weeks later I went to a motor vehicle accident on this reservation involving a drunk driver. I placed the two men and a tiny girl into body bags. The girl had no identification so we tagged her as Jane Doe. Later she was identified as the first boy's sister and the men were also family.

Three other people were lifeflighted to an area emergency hospital. Within four days I placed each of them into a body bag.

I attended the funerals of all these

people, and a day after I went to the home of the family and carried away the body of the grandmother. She died of a broken heart. The mother was the last of the family, she is residing in the state hospital, in a way she too is lost.

I have the greatest respect for the men and women who serve as rangers and police on the reservation. They helped me identify, and place the people in the body bags. They helped carry them to the van place them inside and close the doors to life. These same people carried the remains of people who they knew and loved. They carried the bodies of the future.

Life is a gift given by the creator. It is not something we can take lightly. Every day we are in the Church of God, our Creator. One life changed an entire community forever. One life changes us, even here, hundreds of miles away. Because we are American Indians. We are all family.

To die in the service of the Creator is one thing, but to die needlessly is destructive to the entire Indian community. One cannot go with the winds to the ancestors. One cannot

walk the land. One cannot ever be with the Creator. One is lost forever. Alone.

I know what it is to hold broken, bloody bodies in my arms. I wished I could breath life back into them. I wished I could give them back to the family and see them run, play and share special things with the future generations. I wish I could take away the pain and fears.

We are each held responsible to the Creator. We are each judged by the things we do here. We are each watched over at all times by God. I hope never to carry another dead child or Elder, but if the need arises I will do so, because it may be the last time that person will be held with honor.

If you have troubles, never be afraid to ask for help. Help is just a phone call away. Help is across the fence. Helps is all around you. Got a special friend? Ask for a minute of their time. Someday they may need you, a friend is forever. Never forget, you are the past, the present and the future, face the challenges of life, live large and long.

Art class offered

COCC Madras has added an art class to their winter community education schedule. Oil and Acrylic Painting, scheduled to meet on Wednesday evenings, February 10, through March 17 from 6:30 to 9:00 p.m.

Instructor Jane Kauzlarich teaches students preparation, underpainting, color and paint application in either oil or acrylic paints. Students have the choice whether they would like to paint with oil or acrylic paints in this class, and will explore still life, photo-based imagery and the human form. Tuition is \$28.25 (seniors \$21.69) and materials will cost students approximately \$20. No previous painting experience is needed.

Pre-registration is required. Call COCC Madras at 475-2136 for more information.

Tribal member sends address and picture



Pyramid Lake Cultural Center in Nixon, Nevada

Hello Spilyay Tymoo, and all the people of Warm Springs,

Enclosed are a couple of pictures of the Pyramid Lake Cultural Center. As you are probably aware, I am now working as the director of this museum. Many of my friends, relatives and the elders have inquired as to my whereabouts, and in response to their request I would appreciate it if this letter be put in the Spilyay Tymoo Newspaper. It costs less than sending individual pictures to everyone, Aye!!!

Please feel free to write to Pyramid Lake Cultural Center, P.O. Box 256, Nixon, Nevada 89424 or contact me by phone at (775) 574-1088 Or 574-1089. Thank you,

Your friend
Wilson Wewa Jr., Director.

Elementary school raises \$3,370.25

The staff at Warm Springs Elementary and student body would like to thank all of you who attended and assisted in making the 1998 Christmas Carnival a huge success. The total net proceeds were \$3,370.25.

This revenue came from the purchase of tickets to participate in events ranging from cake walk to a picture with Santa. In addition,

Central Oregon and local Warm Springs businesses donated merchandise, services and cash ranging from bottles of pop to a cash donation of \$1,000.

Proceeds from the carnival will be used for various projects that directly aid in the education of Warm Springs children and, as in the case of the track project, assist the Warm Springs community in general.

Birthday wishes will be 50 cents per wish. Birthday wishes with a picture will cost \$1.00. Limited to 30 words or less. Please bring the picture(s) in early. No polaroids-they don't copy well.

USDA lowers crop insurance premiums

Agriculture Secretary Dan Glickman today announced an estimated 30 percent premium reduction for farmers on their crop insurance policies. To ensure that all farmers have the opportunity to benefit from this one time premium reduction this year, crop insurance companies will accept insurance applicants on crops having sales closing dates that have already passed.

For example, an insured winter wheat farmer in Texas having a sales closing date of September 30, 1998, for crop year 1999 coverage, now has until March 15, 1999, to evaluate the benefits of increased protection at a lower cost.

Producers choosing not to insure last September will have the same opportunity to use the discount to obtain "buy up" protection. "Buy up" protection is an amount of coverage that is at least 50 percent of a farm's yield and 100 percent of an established market price. "Given low crop prices, we want to ensure that as many family farmers as possible take advantage this year of the opportunity

to increase their crop insurance coverage or benefit from reduced cost," said Glickman. "The plans we announce today will help provide farmers greater security."

The funds for this one-time incentive are part of the \$2.375 billion that Congress appropriated to assist farmers suffering from crop and economic losses. This initiative is the first element of USDA's plan to strengthen the farm safety net. The application period will provide eligible farmers time to take advantage of the discount by either applying for insurance or increasing their protection. The final percentage of premium discount will depend on how many farmers choose to insure or increase their protection and will be announced after sales have closed. Due to the unique nature of citrus production, the premium discount will be applied to coverage on crop year 2000 production. Farmers growing crops with sales closing dates between July 31, 1998 and February 15, 1999, are eligible to increase their protection or obtain crop insurance by the following dates:

Arizona, Florida, Georgia, Hawaii, Louisiana, Mississippi and South Carolina by February 28, 1999. All other states by March 15, 1999. Farmers should contact a crop

insurance agent to obtain more information and discuss their options. A listing of crop insurance agents is available at local Farm Service Agency offices.

More protection for minimal cost

EXAMPLE: A corn producer with 200 acres, 150 bu. average yield, and a \$2.10 price election.

	65% Coverage	70% Coverage
Protection	\$40,950 (\$204.75/acre)	\$44,100 (\$220.50/acre)
Expected producer cost	\$764 (\$3.82/acre)	\$1,171 (\$5.86/acre)
30% premium discount	\$229-\$351	
Actual producer cost	\$535 (\$2.68/acre)	\$820 (\$4.10/acre)

In this example, the actual producer cost for 70% coverage (\$820) is only \$56 more than the expected producer cost of 65% coverage (\$764). This means that the producer can obtain a \$15.75 per acre increase in protection for only \$0.28 more per acre.

NOTE: This example is for illustration only. Actual costs and protection will vary. See a crop insurance agent for information specific to your operation.