

Job openings

The following job openings as of May 3, are currently being advertised by the Human Resources department...

Scottie Miller 553-1112
Cocktail server PT; KNT; Scottie Miller 553-1112
Hostpersons/Cashiers; KNT; Scottie Miller 553-1112

Interested persons should contact:
Jefferson Co. Sch. dist. 509-J; 445 SE Buff St.; Madras, OR 97741; phone (541)475-6192

The Indian Warrior - The Veterans Corner
Part IV-Challenging The Hidden Enemy



Part IV of—Challenging The Hidden Enemy:

Steps Toward Recovery for the Veteran and Family:

Recovery from PTSD involves several steps by which a veteran and family can begin to recover from the emotional wounds and take steps toward regaining a healthy, happy, and satisfying life together:

- Talk frankly and privately to a trusted healer or counselor who is sensitive to the understandable feelings of guilt or embarrassment, about emotional and physical stress.
Learn about psychological stress and trauma, for example by reading or in a class.
Books often recommended by Veterans and Families include: I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis, New Harbinger Publications, 1992
Recovering From War by Patience Mason, Viking Penguin, 1990

"The Shadow of the Warrior"
St. Louis Regional Learning Resources
Service, Department of Veterans Affairs: 1986

- Begin experimenting with small changes in your activities and lifestyle that give you a feeling of greater satisfaction, enjoyment, relaxation, and accomplishment in your self and your relationships.
Become involved with traditional teachers and healing ceremonies in your community.
Seek medical or mental health help from your nearest Department of Veterans Affairs Vet Center, Medical Center, Outpatient Clinic, or Veteran Benefits Office.

Guidelines for productive and helpful discussion of stress and

- trauma:
A. Each person has a different point of view that should be stated honestly and respectfully, not criticized or rejected.
B. Stress and trauma affect everyone in a family or close relationship, so everyone needs to both help and be helped.
C. Listen carefully to learn, provide moral support, and find solutions—rather than blaming or finding fault.
D. Tell what's most important to you, not what you think you are "supposed to say" to be polite or to attract sympathy.
E. Take each person's feedback seriously—we all see our own stress reactions less clearly than other people see them.
F. If talking seems to make things worse, or just doesn't help, find a helper such as a counselor, elder, or a spiritual advisor.

Help is available for American Indian Vietnam veterans suffering from PTSD

With the publication of the Matsunaga Study's findings in June 1997, medical and mental health clinicians at all Department of Veterans Affairs Vet Centers, Medical Centers, and Outpatient Clinics are more aware than ever that American Indian veterans who experienced trauma in Vietnam may need help with PTSD. Vet Center counselors often provide outreach services right in the community (as well as to prisons and schools) to help veterans who are reluctant or unable to come to a VA hospital.

If you have never sought or received care from a DVA hospital or clinic, here are practical steps any veteran can take today to enroll in DVA medical care:

1. Call the VA Benefits Office near you and ask for an initial appointment to discuss how to file an application for healthcare eligibility or financial benefits from VA. This toll-free number can also help you locate the other services listed below:

1-800-827-1000

2. Call the Vet Center nearest you and ask for an intake appointment to discuss with a counselor any health, stress, or mental health concerns that you suspect are due to Vietnam military service or to service in the military in any other war zone before or since Vietnam. Consult your local telephone directory under United States Government, Veterans Affairs, or call

1-202-273-8967

3. Call a VA medical center or outpatient clinic near you and ask for an intake appointment for a thorough health check.

4. If you would like more information on programs and services for veterans, consult the Department of Veterans Affairs home page on the Internet. Visit your local library if you do not have access to the Internet

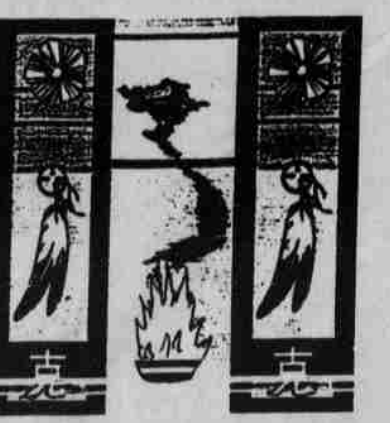
at home. The Internet address is:
http://www.va.gov

- 5. Make an appointment to speak with a Service Officer from a Veterans Service Organization—such as:
American Legion
Disabled American Veterans
Paralyzed Veterans of America
Military Order of the Purple Heart
Veterans of Foreign Wars
For assistance in establishing eligibility for VA medical care or help in receiving VA financial benefits.
Every VA hospital and clinic has a PTSD specialist who is familiar with readjustment problems that can be caused by war trauma, and who can provide you with a thorough evaluation and recommendations for treatment. PTSD treatment may involve:

- Educational Classes for veterans and for families about trauma, PTSD, and recovery.
Educational and support groups for dealing with anger, depression, anxiety, and stress.
Special supportive therapy and socialization groups for American Indian veterans.
Special therapy groups for veterans with PTSD from war or other military trauma.
One-to-one therapy and supportive guidance.
Evaluation to determine if medication would be beneficial and acceptable to the veteran.
Counseling and education to assist in coping with the stress of chronic medical problems.
Evaluation and treatment for alcohol abuse or dependence/

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"Oh Grandfather, there is one war left that is raging, worse than all the wars I have survived."
"Oh Grandfather, I need guidance, patience, understanding as this final war rages within me."
"Oh Grandfather, help me overcome this turmoil within my heart and mind, bring peace to my mind, end these feelings of hatred, of hurt, of death, of revenge, and replace them with love, compassion, and caring for my people. So I can live the rest of my life in peace."



The design of this logo was created to represent the contributions of American Indian Veterans (the eagle feathers), American of Japanese Ancestry veterans (the Japanese character meaning "to overcome"), and Native Hawaiian veterans (the hibiscus flower). Their fire burning below a representation of the map of Vietnam reflects the trauma that many of these veterans experienced and the healing they seek.

Work Experience Development Department update

WEDD, in it's efforts to be a better service, is increasing its available hours of service. Beginning May 1, 1999, we will be open for business at 7 a.m. and close our office at 7 p.m. Monday-Friday. Our phone number is 553-3324. We promise you won't get a recording on the other end!

We are putting the final touches on the summer work portion of the Youth Development Program. Verleean has had a lot of contact with youth and the result is, Students have already been coming in for a couple months now, to get ready for summer work. Don't be left out-it's first come, first served. There are 394 tribal member youth between the ages of 14-17. Yes, it is a competitive to get a summer job. There is an estimated 40 to 50 other working-age Indian youth in the community who will be considering employment in the JTPA summer youth program. JTPA funds are federal funds which by regulation, are for any eligible Native American, Alaskan or Hawaiian youth who are economically disadvantaged (household income barriers). An article specific to WEDD summer youth work is planned to come out in the next Spilyay Tymoo.

The tribal Work Development Program is busy. We advertise available training that has been jointly agreed to by our program and employers. If you are seeking work experience training, watch for our advertisements. They appear on bright orange or pink paper and are posted at the store, post office, administration building, community center, and court building. We also help employers with recruitment for jobs they want applicants for. We help customers with job search assistance (resume development, phone calls, and letter of reference). Present participants are: Yahteen Frank (foreman trainee), Roy Heath Jr. (seasonal crew member), Roland Kalama III (housing maint. trainee), Linda Meanus (Office assistant), Charlie Strom (new crew member), Jacob Spino (new crew member), Marissa Kalama (WS teacher assistant), Other new trainees are: Clarice Bagley (Small Bus. Ctr), Leona Suppah (Commodities) and Sacheen Smith (Youth Dev. Program office). Apprentices are: Jocelyn Moses (nutrition), (carpenter apprentices): Vincent Simustus, Ricky Smith and Joel Holliday. Auto mechanic apprentices: Willard Poitra and Davis Sohapp. Two youth worked through spring break.

Development Program is doing great. We have built a total of twelve homes in the past 13 months and we've started homes #13 & #14. Some of the individuals who were selected for a Demo home are interested in WEDD building their new home. So there is no confusion, these individuals will need to secure their own land lease because the WEDD lease sites are strictly for the homes built with regular WEDD Affordable home project. Our carpenter apprentices, Joel, Ricky and Vincent continue to progress in their carpenter development. Ben Anderson, our housing development trainer, is doing a very fine job for the Tribe! Thank you very, very much Ben for your dedication and constant commitment. The primary WEDD contacts for the WEDD Affordable Home Program are Marcia Soliz and Ben Anderson. Home loans eligibility and home owner selection lies with tribal Credit Enterprise (Lori). WEDD is only responsible to build homes. Corey is focusing primarily on the JTPA operation with Melinda; helps with data development and the apprenticeship area.

We have developed and implemented a Special Work Project Crew which is currently doing tree planning, thanks to Bodie Shaw, Ron Peddock, and inspectors team Victor Switzler and Tommy James. We now have a 100% Tribal Member crew. This is a real positive opportunity for WS tribal members. We sought out and recruited TMs who are at least 19 years of age. We achieved this 100% TM crew by doing personal recruitment and working with the GA Program. Thanks Marge Hyde, Ramona and Rhonda! Most WEDD staff members have been out on the project learning about it and working on the line. After this work project is complete, we have opportunity to do gopher trapping, thinning and orchard work. Last year, we attended an ODOT meeting at Bend, where a commitment was made to give WEDD a contract for HWY 26 clean up and brush clearing along the reservation portion of the highway.

We are hoping to make another beautiful difference in the community when we get out there and roll up our sleeves to clean and enhance the community. We're asking YOU, as a community member, to come join us, when you see us out there. It's a worthy cause, its fun to work side by side with each other, it's healthy, you'll make a new friend, and in the end...your community looks and feels better! Part of being a healthy commu-

nity, is having a clean community to live in and show our pride. How our community looks is a direct reflection to how we as a people feel. Our crews will be visible, so when you see us, stop by and join us, even if its a few minutes. Youth in the community have made it known over the past few years that they are concerned about the dirty community-come out and youth and help us too!

We are planning to cut rails, posts and teepee poles for resale this year, as well as fundraising by doing yard work for a fee.

We are in the planning process of a special project called "The Young Warrior" project. The intent is to focus on providing opportunity for young W.S. Tribal Member males to participate in building a strong sense of responsibility, discipline, achieve some educational learning through activities and classroom teaching, intense physical fitness, intense work/training development, cultural/traditional enhancement and teamwork. We are training Mr. Anthony Davis, a young veteran and aspiring young leader to help us plan and coordinate this project. We are in the information and resource gathering stage of planning and are making initial contacts to get the word out so we can build a "we" planning package to secure necessary resources and financial package through possible grants, partnerships and networking. This is anticipated to become an effort which will help our young men become aware of who they are and can be; be positive contributing citizens, while building self-confidence; and values that lead to staying out of trouble and becoming goal-oriented. It will take other services, individuals, and community citizens involvement, to produce a package which will gain funding and support to be a valuable resource in our community. It will have to start small and grown over time. Some dept. have already received an inquiry request for input, ideas, feedback etc. Contact Marcia, Anthony or Corey. We need and want help with this project.

Marcia was out with her mother while she was in the hospital and subsequent funeral, and is back managing the WEDD dept. Corey was a big help during this time and did a pretty good job thank you Corey. We have a new team member, Morris Holliday who is our new staff accountant. We want to welcome Morris and publicly acknowledge all the wonderful work, services and humor. Thanks for joining the WEDD team.

Seeking candidates to fill vacancies

The Tribal Council of the Confederated Tribes of the Warm Springs Reservation would like to announce the following vacancy:

Tribal Council Committee Boards
Health & Welfare Committee: 1 position-serve as an advisory body to the Tribal Council in the development of health and welfare programs, funding and legislation. Assist with the Joint Venture Program with IHS. Liaison with other tribal programs dealing with health issues. Term in office will be until replaced or reappointed 60 days after the next term of the Tribal Council.

Miss Warm Springs Committee: 1 position-assist with planning, preparation and coordination of activities for the Miss Warm Springs Representative to attend for cultural, traditional and educational representation in behalf of the Tribe. Term in office will be until replaced or reappointed 60 days after the next term of the Tribal Council.

Warm Springs Local Housing Authority: 1 position-a Commissioner may be a member or a nonmember of the Tribes, and may be a member or nonmember of the Tribal Council. Term of office shall be four years; Term ending for the position shall be 01/30/03. Each member of the Board shall hold office until his successor has been appointed and has qualified. The Board shall have authority to exercise, by majority vote of those present and voting, any and all powers delegated to the Authority by this Housing Code or any amendments thereto, except as provided in WSTC 400.025 (b) (a) for the adoption of obligation resolutions.

If you are interested, please submit a RESUME and a LETTER OF INTEREST before May 7, 1999 to: Tribal Council office; Attention: Lynn Davis; PO Box 1299; Warm Springs, OR 97761

LETTER OF INTEREST-Letter to Tribal Council stating you are interested in serving and state what committee you have an interest. Also information on background, work experience, training, etc. (Please make sure and submit with letter of interest, it is important).

Note: Letter will be forwarded requesting authorization to do a back-

Court notice

Confederated Tribes of the Warm Springs Reservation of Oregon
Petitioner
vs.
Mary Governor
Respondent
Case No. JV77-99/99-0425; JV78-99/99-0070

To: Mary Governor:
You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 3:30 p.m. on the 27th day of May, 1999.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the tribal court may enter a complaint for contempt of court and issue a warrant for your arrest.
(NOTE: the juvenile must be present with you for hearing.)
Dated at Warm Springs, on this 23rd day of April 1999.

Lola Sohapp
Chief Judge, Warm Springs Tribal Court

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All members of the Confederated Tribes of Warm Springs will receive the Spilyay Tymoo at no cost. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.

Apology given from the heart

To the people of Warm Springs,
I would like to say that I'm sorry for things that I've done to disgrace the tribes and my family. But mainly to my children and my husband, for that I may never see him again, since we were very close to getting his papers. I'd also like to say to Vanessa Walker that I'm deeply sorry for you and children for it was my fault for putting you at risk. All's I can do is ask for forgiveness. I now know that sell-

ing weed wasn't right. And making others suffer for what I thought was a good idea for money. Which was for my benefit. I'd like to thank my mother for the support in watching my children and standing by me, when I'm going through the hardest part of my life. And I'd also like to thank the others that have come to visit and bring items for me.
Thanks from the heart,
Sandra (Johnson) Perez Perez

Howlak Tichum
Patricia R. (Mitchell) Schuster

Patricia F. Schuster, 55 years sent to be with her Creator on Friday, April 2, 1999 at the Providence Toppenish Hospital.

Ms. Schuster was born to parent, Archie and Juanita (Dick) Mitchell in Portland, OR on February 13, 1944. She was a member of the Confederated Tribes of Warm Springs. She married Alvin Schuster in Granger on August 8, 1965. Patricia was a cook at the Longhouses and Shaker Church and helped out wherever she was needed. She enjoyed beadwork, digging roots, picking huckleberries and chockberries, sewing and playing bingo.

Ms. Schuster had a big heart and enjoyed taking care of chil-

dren. She raised (or helped raise) 41 children during her lifetime. She was adopted into the Yemowat family because of her deeds and working with the families.

Preceding her in death are her parents; stepfather Fred Johnson Sr., sister Margaret; brothers Jeff Mitchell, Jimmy Johnson, Pierson and Art Mitchell.

Survivors include her husband Alvin Schuster of Wapato; daughters Allison Schuster of Warm Springs, Harriet Schuster of Wapato, WA and Debra Mitchell of Philadelphia; sons Abraham Schuster and Benjamin Hintsala both of Warm Springs, Allen and Joe Mitchell of Seattle and Watkins Johnson of Wapato, WA; sisters Aletha Wolfe and Rose Barnick both of Wapato,

A Dream

by Anthony Davis Jr.
A Dream starts with a Thought.
A Thought is a Picture.
A Picture is a Plan.
A Plan is a Process.
A Process is the Building Tools.
The Building Tools is the Implementation.
Implementation is Construction.
Constructing is Applying Yourself.
Applying yourself means Getting It Done.
DOING IT MEANS YOU'RE NOT A DREAMER.

Sara Lee Mitchell and Eva Heath of Warm Springs; brothers Frank Mitchell, Fred Johnson Jr., Tommy Kalama, Patrick and Jamison Mitchell all of Warm Springs; grandchildren Jasper and Margaret Switzler of Warm Springs, Lillian, Lois and Noah Satus Schuster of Wapato, Travis George Lewis and Bertha Iness of Wapato, and Sarah Lee and Cane Hintsala both of Browning, MT.
Dressing services were held at 9 a.m. Monday, April 5, 1999 at the Merril Funeral Home. She was then moved to the family home for one seven of Washat Service. After the service she was transported to the Warm Springs Agency Longhouse. Burial was sunrise Tuesday, April 6, 1999 at the Dry Creek Cemetery.