

Restoration work completed on Rainbow Quarry Fire —



Using heavy equipment and a hand crew, restoration work is done by putting dozer lines back to bed

The rehabilitation work on the 3,027 acre Rainbow Quarry Fire has been completed. Crews have repaired damaged fences, and restored terrain altered during the fire to its natural state.

The fire started on Sunday, September 5, of the Labor Day Weekend. The origin of the fire is believed to have been human caused (camp fire), but is still under investigation.

As of September 10, crews were still working the interior of the fire under major mop up mode. There were areas inside the interior of the fire that are still burning, however there was no danger of the fire escaping.

Helitack crews using a Black Hawk helicopter were still dropping bucket loads (825 gallons each) of water on visible hot spots.

Because of the location and the size of the fire, an Inter-agency Central Oregon Incident Management Team was activated by Warm Springs Fire Management Office. The Central Oregon Team includes overhead personnel from different agencies such as the Deschutes and Ochoco National Forest, Prineville BLM, Oregon State Forestry, BIA, and the Confederated Tribes of Warm

Springs. When a Central Oregon Team is dispatched to a fire, they are a type 2 team, so it comes in and helps manage the fire suppression efforts and the resources that are on the fire. Once the fire gets to a certain stage of suppression, it is given back to their land owner.

A primary goal is to come back in and repair all of the damage that was done during the suppression. Using a dozer, and hand crew, restoration work is done by putting dozer lines back to bed. This means they are taking and rolling the soils back into place. With the hand crew, they will make the area look natural and will include water bars dips into the ground to slow down water moving across the soil surface to prevent erosion.

According to Cristy Donham, the fire Information Officer from Prineville State Forestry, rehabilitation of dozer and hand lines was started and should be complete before the team gets released.

The rest of the burned acres will wait until trees are planted for timber production.

Included on the 3,027 acres, are 300 acres of private land belonging to Richard Dodge. Since the property was under State protection, land, fence materials and grass seed, were provided to Mr. Dodge for the rehabilitation of his property.

The rehabilitation of burned acres after a fire, is meant to reduce erosion from actions taken during a fire.

News from the Nutrition Department—

Lactose intolerance

A person that does not have enough enzyme lactase in their body to digest the sugar in milk called lactose.

Common symptoms include nausea, cramps, bloating, gas, and diarrhea. If you have any of these symptoms after drinking milk or eating cheese or ice cream, talk to one of us. We can help you find ways to enjoy dairy foods without embarrassment or other problems.

Food Safety Tips

- Wash hands before and after handling food.

- Do not put cooked meat on a platter that has raw meat juices.

- Do not leave food at room temperature for more than two hours. Refrigerate leftovers as soon as possible.

- Be cautious when choosing food from salad bars, picnics, and potluck dinners.

- When in doubt, throw it out.

Did you know?

The Warm Springs Commodity Foods Program is currently offering (for a limited time), Frozen Hams as an addition to the food package. These hams are fully cooked, boneless, cured and smoked, and 95% fat free. So sign-up today and get your frozen ham while supplies last. Jon L. Brown, III, Program Supervisor, 553-3422.

Nutrition Pill Box

Chitosan: "Fat Magnet" or "Money Magnet"? Chitosan is a kind of fiber that comes from the shells of lobsters, crabs and shrimp. It was first used to filter out industrial waste (yuck!) but now it's showing up in weight loss supplements advertised as a "fat magnet."

Does it work? Chitosan does bind to fat and cholesterol and keeps some of it from being absorbed. However, well done studies show that it doesn't bind up enough to lower cholesterol or body weight.

Precautions: No serious side effects have been reported but:

- Do not use Chitosan if you are allergic to shellfish.

Problem: Chitosan also binds up medications and nutrients (Vitamins A, D, E, K, calcium, and magnesium). This decreases how much gets into your body.

Precautions: No serious side effects have been reported but:

- Do not use Chitosan if you are allergic to shellfish.

Blessing of Animals set for Oct. 3

The Warm Springs Community will celebrate the life shared by all living creatures with a Blessing of the Animals on Sunday, October 3, 1999 at 2 p.m. on the campus behind the Fire & Safety. The Blessing of the Animals is observed on the Feast Day of St. Francis, on October 4. Since October 4 is on Monday this year, the Blessing will be held on Sunday, October 3.

This is the second year that this celebration will be held in Warm Springs, and is a chance to honor the special bond we have with animals—our companion animals, our working animals, and the wild animals whose habitat we live in or near.

Francis of Assisi, who lived over 800 years ago, was known for his compassion and love for all living creatures. He was also described as someone who could communicate with animals and understand their feelings. This empathy (the ability to understand another's thoughts, feelings and intentions) is a character-

- Check with a pharmacist if you're on daily medication.
- Drink plenty of fluids.
- Take a multivitamin, but at a different time of day.

Advice: Try it if you like, but realize you may be wasting your money.

Recipe of the Month

Peanut Butter Muffins
These are an easy take-along breakfast and they freeze well.

Ingredients:

- 1/4 cup Margarine, softened
- 3/4 cup Creamy Peanut Butter
- 1 cup sugar
- 2 eggs (or 4 egg whites)
- 1 cup milk, skim or 1%
- 1 teaspoon Vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

1) Cream margarine, peanut butter and sugar together. Add eggs one at a time until smooth. Stir in milk and vanilla.

2) In a second bowl, combine and stir remaining 5 ingredients. Add to first bowl stirring just until moistened.

3) Pour into muffin tins that have been sprayed with non-stick coating.

4) Bake at 400 degrees for 15-20 minutes or until just golden brown.

Makes about 18 muffins.

September Activities

Sept 28—Diabetes Breakfast, 8:30 a.m. to 10:00 a.m. at the Health & Wellness Kitchen Conference Room. The CHET Team and the CHR's will be kicking off their new community based diabetes education program, "Strong in Body and Spirit," so please come and see what it's all about.

Tuesdays, WIC clinic (call for appt) 8:30 to 4:00 p.m. Pod A.

Wednesdays, WIC clinic (call for appt.) 1:00 p.m. to 4:00 p.m. Pod A.

Thursdays, WIC clinic (call for appt.) 8:30 a.m. to 4:00 p.m. Pod A.

October announcements

• Healthy Cooking Classes will be starting back up October 1, 12:00 to 2:00 p.m.

• The Nutrition Department will be hosting two nutrition interns from OHSU this fall: Libby Mullins and Alison Barr, both interns had especially requested to come here.

Camp Sapsikwat a success; draws many children each day

To the editor,

Camp Sapsikwat started on August 23rd and ended on August 27th. This year we had a good turnout with 138 children attending on 23rd, 120 attending on the 24th, 146 attending on the 25th, 140 attending on the 26th and 160 attending on the 27th. The 27th was a fun day at Kah-Nee-Ta for the children who attended camp all week. Children that attended were between the ages 4 and 15 years old.

The children learned various skills, sewing moccasins, making shawls, loom work, making fans with feathers, yarn applique, making bow & arrows and making key chains.

Geraldine Jim taught all the children (boys & girls) to make moccasins. Teaching the children to draw their foot pattern on paper and cut out the pattern. Then they were taught how to cut the buckskin pattern from the foot pattern. After the buckskin was cut to match the pattern, the children were taught to sew the moccasins together. They were taught to sew the various parts to the moccasins.

Wilfred Jim Sr. taught the children to work with feathers. He taught the children how to attach fluffs to the feather for fans or bustle's. The boys were shown how to make bows & arrows (girls wanted to make a bow & arrow). He also taught the kids how to make a dream catcher and the purpose of the dream catcher. He taught the children how to listen, help and get along with one another.

Melinda Tohet taught the children how to work with yarn stitching on the plastic designs.

Elfreda Mitchell taught the children how to work with the loom. The children learned to make their names on the loom. They made bracelets with their loomwork for themselves.

Tillie Moody taught the younger children 4-10 years old to make lizards and snakes from Crow beads.

Myself, taught the girls how to make shawls. I showed them how to cut out the right size for the size of

the girl. Then they were taught how to edge their shawls. Next they were taught how to cut out a pattern and applique the design to the shawl. Next they were taught to put the fringe on their shawl. Some of the boys wanted to make a shawl for their mothers or grandmothers. Most of the girls made shawls for themselves.

There were a lot of parents and helpers that came everyday to help out. Maureen Florez (Wolfe), Dempsena Polk, Sandra Johnson-Perez and her husband Orlando, Alice & Annette Jim, Delia Walsey, Neda Walsey, Alice Heath (Wyena), Lillie VanPelt, Jackson Mitchell, Monica Wahnetah, Marla Hicks, Marla's oldest daughter, Archie Caldera (I'm not good at remembering names). There were helpers or visitors all week long from parents, grandparents, or curious people wondering what we were doing. We had Tedi Tanewasha, Lauraine Hintsala and Faye Hurtado from the Education Department visit. Bernice Mitchell and Brenda Scott from Tribal Council come down to the camp, they visited and ate lunch with the children.

Charlotte Herkshan was coordinating the camp, with help from her son Captain & Winona Moody.

Camp Sapsikwat was sponsored by the Robert Wood Johnson Foundation for the past 5 years. To my understanding this was the last year for Camp Sapsikwat, because they were funded for 5 years only!

This is a good thing to do for the children. I worked with lots of children over the week. Most of whom I can not remember the names, just their faces. It makes me feel good to see children making things, seeing the smile on their faces when they complete their moccasins or other projects.

I have had children come up to me and say Hello Manny or Good Morning Manny. I know these children must have been at Camp Sapsikwat.

I would like to see these camps go

on and not stop. I remember a few years back. Wilfred & Geraldine Jim worked with the Alcohol Center here in Warm Springs. They worked with the alcoholics and their families. They did similar projects and the whole family supported each other.

I feel that we need to get the children in gangs and the parents or guardians involved with these camps. Maybe this way they would learn to respect themselves, as well as showing respect to everyone.

I hope that the community will get out and do more for the children and for themselves.

I would like to see more Tribal departments get out and see what was going on at Camp Sapsikwat. We are here to teach the children and not hide our tradition from them. Children don't need to learn to use alcohol and drugs. When we get out and learn something good and share what we learned, something good will happen for everyone.

I had a good time during that one week and it seemed so soon that it was over. If the Tribal Organization could help, maybe the camp could be held one week every month during the summer months and some kind of schedule worked out during the school year. There is a lot of children that want to learn and one week just

ONABEN classes to begin

ONABEN classes will begin September 28 with the following classes offered:

"You and Your Business Idea" is a two-week series of classes designed to "discover" tribal and local entrepreneurs and encourage the development of our business idea beyond "just an idea" beginning on Tuesday, September 28, and October 5th from 6 to 9 p.m. The cost is \$10.

"Starting A Successful Business" is a ten-week series of classes designed to guide participants through the business plan writing process. The course materials and

individual counseling sessions allow participants to work through the business planning process. The end result is a comprehensive business plan that can be taken to financial institutions for loan considerations. This class will begin Tuesday, October 12 through December 14th from 6 to 9 p.m. and will be held every Tuesday thereafter. The cost is \$100.

Both classes will be held at the Tribal Housing conference room, 1238 Veteran's Street, Warm Springs, OR. For further information or to sign up, please call Trudy at the Small Business Development Center (541) 553-3592/3593.

Research is cool

To the editor,

Research. Hello ya all who get and read the WS Spilyay Tymoo from Warm Springs every month.

I wanted to let you all know about the word research. I'm now taking a Life Skills class in the low-income program. I'm now in down this way in the Duck City, Eugene, Quack Quack.

There are many of us who attend that Life Skills. The instructor of that class has many of us who are willing and want to do a Research task will do it. We, the ones who wanted to do a research report drew names or topics out of a bucket to see who or what name or topic we should do research on.

Lucky me, I drew Henry Fords name. I don't even know who Henry Ford is, so I had to do alot of researching on him. I asked many folks down this way who he is, then was told that I should go to a library and check out a book on him.

I was really amazed when I found out who Henry Fords really is.

I'm telling you all if any of you folk would like to know more anything, ask others, or go to a library just do research. It's cool! Thank you.

You all will be amazed from what you learn in researching. Writing helps also.

Mucho gracias,
Miss Evette Patt

Happy 8th Birthday
(September 14)
Rhyan Leigh Smith
We love you lots
Uncle Chico, Auntie Binky,
Isaiah, Milton & Phillip

Happy 2nd Birthday Isaiah
Big Boy! We love you very much.
Dad & Mom

Happy Birthday Big Brother
Love Milton & Phillip

Happy Belated Birthday
Kari Spetember 3rd
Love, the Holiday's

To my son, Kana-Kana-Ho-Ho,
or "X'Not",
September 30th is your Day,
You were early, what can I say!
Is that why you were being shy?
Being a stubborn, cute little guy?
But anyway, with a kick in the shin,
You decided you couldn't win.
Ever since then, you've been a delight

Putting up with life with all your might.
Hang in there trying to make a good life.
Cause that only gives you a lot of strife.
I love you very much, and wish you a very Happy Birthday and many more!

Mom Wasumptun

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Remembering My Son....."Tsi-Kun"

On September 22, 1975 you entered my heart,
But twenty-two years later it was torn apart.

I never got to tell you good-bye before you left me,

Cause I never knew that so soon it was to be.

I'm glad I told you that I was so proud of you

To see how much you prospered and grew.

You never gave me any heartache and worries,

No sadness and definitely no furries.

Your singing and drumming meant so much to you

That your love, faith, and respect really grew.

You showed kindness and compassion for all mankind

Which made me feel so happy, that my face shined.

The day the Lord took you away was the day

Your business grant was going to pay.

You were working so hard to get your life started,

But just when it was happening, you were parted.

I can't tell you how much I still desperately miss you

And always feeling lonesome and pretty blue too.

You are constantly on my mind, bringing a tear,

Thinking what you would be doing if you were here

Wishing it's just a bad nightmare I could wake from

And open my eyes and see you sitting home.

Just know how much I love you and will always miss you.

But you are in Heaven, cause your kindness was due.

Wa-Sump-Tun



In Loving Memory of Our Mom Elvina Switzler 9/18/10-9/26/97

Don't think of her as gone away

Her journey's just begun life holds so many facets—this earth is only one.

Just think of her as resting from sorrows and the tears in a place of warmth & comfort

where there are no days or years.

Think how she must be wishing

that we could know today how nothing but our sadness can really pass away.

And think of her as living in the hearts of those she touched

for nothing loved is ever lost—And she was loved so much.

Love N' Miss you Mom,
your children,
Rueben, Buford, Syd, Lee,
Beulah & Susan