

Back to baby board class offered at IHS



A young mother participates while her baby waits besides her

Funded through a grant from the Oregon Together Program. A two day baby board class was offered to young mother's and patients who are expecting a new baby. The classes were held at the Warm Springs Health and Wellness Center Friday, January 28, and Monday, January 31.

"The Oregon Together Program is basically a program to prevent drugs and alcohol," said Barbara Ivrahim, Maternal Health Nurse at the Warm Springs Clinic.

"Back to baby board classes, are being used to educate young mothers, or mothers to be, on the use of baby boards and how they are made. We hope to hold another class in March or April," said Barbara.

"Come in for Prenatal care, we want you to have a healthy baby. We want every mother to learn how risky drugs and alcohol are while pregnant, and how hard it could be on your baby," says Barbara.

We want to continue to see healthy kids in our schools and in our community. We want First Graders a year from now, ready and eager to learn," said Barbara.

Back to baby board instructors included Arlita Rhoan, of the Cultural & Heritage Language Program. Arlita, also shared with the class the culture of the baby board and the making of it. She also taught the young mother's baby lullaby's, and Native parenting skills.

Lolly Jackson, another instructor employed at the Health and Wellness Center, was also at hand to answer any questions and assisting with the class.

Instructor Myra Shawaway, from the Warm Springs Language Program, was also working closely with the class.

The two day class included 10 participants who were either expecting a baby or with baby already.

For more information about the next class, for prenatal care, contact the Warm Springs IHS, Maternal Health Nurse, Barbara Ivrahim at 553-1196 or stop by the Warm Springs Health and Wellness Center.

Jr Princess expresses gratitude

To My Family, Friends, Relatives of the Warm Springs, Wasco, Yakama, and Nez Perce Nations:

My name is Raylene Ike-Thomas, Indian name Kliss-taw-nee. I am the daughter of Lovie Ike and Ron Thomas. My grandparents are Fred and Daisy Ike; Leslie and Roberta Lucei Thomas.

I currently hold the title of Jr. Princess for the 1999 Lincoln's Birthday Celebration, Simnasho, Oregon.

This year my family and I will be sponsoring a special contest for the Golden Age Women, 65 years and older, Traditional. I will be using the prize money I have won through out the year of 1999 while representing the Lincoln's Pow-wow.

This year I have traveled to Pullman, Seattle, White Swan, Washington, Post Falls, Idaho, Gathering of Nations, Albuquerque, New Mexico, Grand Ronde, Chiloquin, Celilo, Oregon and Pi-ume-sha.

During this time I danced in the All-Around specials placing in all categories of traditional, jingle, and fancy.

I would like to thank everyone for your support by purchasing raffle tickets and letting my family stay during our travels.

Sincerely,
Raylene Ike-Thomas
Past Titles: Little Miss Warm Springs, Jr. Miss Tiinowit



Raylene Thomas' picture will be featured on the 2001 Native American Calender and is displayed at the Spirit Mountain Casino



My journey "In Search Of You"

When I walk, I've been walking alone, I feel alone. Tis' like walking in the garden of Eden, no humans around, tis' peaceful.

Silence broken, only by birds chirping and of leaves being rustled by the wind. Tis' so peaceful it feels as though I don't want to leave that place of comfort.

When I walk, I've been walking alone, I feel all alone. As I walk, I search high and I search low, looking only for you... searching for you and being able to find you. It feels as though I am looking for you in all the wrong places.

When I walk, I've been walking alone, I feel all alone. You are one step behind me, trying to get to get my attention by saying, here I am, tis' I the one who loves thee, with all of my heart, mind, body and soul. With the loneliness of missing you, your words fall on deaf ears. Then all of a sudden, I stop and listen feeling as though your love and your words have touched my heart. Your words, just a mere whisper, feels as though I'm just imaging it.

When I walk, I've been walking alone, I feel alone. My heart touching the ground, crying inside for you, crying only for you. I slowly start walking again, asking...where are you? I grow tired on my journey, in search of you, so...I stop and rest my weary bones. As I rest, you are closer to me still yet, you are out of reach. I listen with my heart and my heart skips a beat, feeling you draw nearer, my heart breaks into song.

When I walk, I've been walking

alone, I feel alone. Arising slowly, from my once prone position, I look in this direction and I look in that direction. I slowly turn 180 degrees, to look behind me, searching only for you. I don't want to be disappointed again, as I'm gazing at the ground underneath me as I turn.

When I walk, I've been walking alone, I feel alone. Slowly looking up, not giving up hope, praying that you'll be standing there in front of me, for me. My heart beating faster in anticipation because I feel as though you are standing there, in front of me, waiting for me to finally look up. Waiting for me to gaze into your eyes, your eyes so full of life and so full of "LOVE."

I've turned many times, searching...without end and many times I've been disappointed. Many times I envisioned your beautiful image. Many times I've reached for you and you just weren't there.

Is this time different from those other times? I think naught, ought not, I think. I reach for you, thinking I'm reaching only for your image and not you. Like so many times before, I heard you beckon to me, words falling on deaf ears, like so many times before, I'm just imaging that you are talking to me.

When I walk, I've been walking alone, I feel alone. With my arms extended, reaching for you, looking with a false sense of hope. I turn and start to walk again. All of a sudden, my heart skips a beat as my fingers are brushing across your beautiful face. Now I am in shock, can it really

be you standing there in all your glory talking to me. My other hand reaches out and caresses your beautiful face tears rolling down my cheeks. My legs getting weak, I start trembling and quivering all over. Still in shock, I cannot speak, so I grab and hold you not ever wanting to let go for fear of losing you.

When I walk, I've been walking alone, I feel alone. Finally I am comforted in my heart. I step back, my eyes still full of tears, I say, it really is you this time. You, looking at me puzzled, asking without asking...what? Than I tell you of my journey, of looking for you and of reaching for you and you just weren't there and how I thought this time was no different from all of those other times.

I tell you of my journey, of birds chirping, of leaves blowing in the wind, of eagles soaring high in the sky, of the elk and deer prancing, dancing and playing. And last, but not least, I tell you how lonely I was and of how lost I felt without you.

I tell you how beautiful life really is, how you light up my life and of how it is you that can make me laugh, dance, and cry. Than when all was said and done, I gaze into your eyes, peering into your heart and I say, "I love only you." Your words no longer falling on deaf ears and a lonely heart. I say unto myself, I'm not dreaming any more, you really are there comforting and loving only me.

By Soaring-Eagle

Bits and pieces from Pastor Rick...

To the editor,

Hello from Pastor Rick. This letter is what I call bits and pieces. I know this is old news but a big thank you to Principal Dawn Smith and her staff at the Warm Springs Elementary School. You have come a long way with the kids here in Warm Springs. I also know you still have much to do. Keep up the great work.

A couple of things from the Fire Department. Chief Dan wants to have a community clean-up in March. The hill to climb is that there is no budget to pay anyone or rent equipment to move things. So it has to be a volunteer effort out of pride and concern for the land that needs cleaning. Call him if you want to help. Also a few weeks ago, the Fire Department under court order burned down a house that could not be fixed at today's construction prices. Chief Dan and the department took a lot of heat from the community. Have you

ever walked through a deserted house? When you walk through the house all of the sheet rock is swollen with water. The mold in the air could choke a horse. Old furniture in the house shows signs of late night parties, and late night sex. Field mice are everywhere. Broken glass, nails, etc. are everywhere. I know there are a lot of issues about burning down a deserted house but the Department asks that you help raise those issues with your council rep. not biting off Chief Dan's ear.

The Warm Springs Presbyterian Church is having an every Sunday evening communion/renewal prayer service. Call Pastor Rick for more information. A youth meeting is happening every Tuesday night at the Warm Springs Presbyterian Church from 7 to 8 p.m. Call about that too.

Another personal note. To Mr. Anger, I saw your brother. He will

not leave Warm Springs. He comes and takes a seat up front, then moves to the back a bit. Then he jumps back to the front again. He is a tough guy. Like Jesus said "This one requires a long prayer". I believe that maybe the answer to your brother being here on the reservation. So to you Mr. Anger we throw blankets of love over you. To your brother Mr. Grief, we pray for him. So hug someone you love. Hug someone you dislike. No alcohol or tobacco for children. Buckle-up the kids and yourselves. Don't hit or beat on yourself. Pay your bills before gambling, then stay home. Read the Bible for it's effect on your heart. Pray to God to the point of you hearing Him. Honor someone. Love yourself. Like yourself. See you in Church.

Pastor Rick R. Ribeiro
WS Presbyterian Church
on the campus

Memorial set for Joel Martinez

To Family & Friends,

The Memorial Service for Joel Martinez will be held on Saturday, February 19, 2000 at the Agency Longhouse. The services will start at 9 a.m. Dinner to follow. Stone setting will be set for a later date.

Sincerely,
Urbana Ross & family

Thank you to all who supported

To the editor,

To all my elders, relatives and friends: I saw how hard everyone worked to make Little Miss Warm Springs Pageant work. I will represent Warm Springs the best I can. Thanks goes to our sponsors, The Community Health Education Team, The Robert Wood Johnson Foundation Healthy Nations and the Tribal Print Shop.

Thank you Carol Allison, Carol Wewa, Anita Davis, Marena Flores, Lovie Ike, Shirley and Kathleen Heath, Minnie RedDog, Auntie Binky, Arlita Rhoan, Ron the KWSO DJ and all the volunteers for being there to assist me before and during the pageant. A special thanks to Chief Delvis Heath for supporting us with the grand entry. Thank you Eagle Thunder for providing us with the singing and drumming. I look forward to our activities in the year 2000. Happy Valentines Day!

Lorien Stacona
Little Miss Warm Springs Queen
(10-13 years old)

Vote no on Madras site

To the editor,

To the people of Warm Springs, In regards to the new Casino. I understand there will be a vote on building a new casino in Madras. Please think about this very carefully.

Yes, I agree it would employ tribal members, but over time there would be more Hispanic and Caucasian people working there than Native Americans.

If you the people value any of the moneys and jobs the new casino would bring, keep it on the reservation.

The 5 acres in the industrial site is ugly, there is no word for it. Sawdust from Brightwood will cover everything. Who wants a beautiful casino right in the middle of oil tanks, airport, wood working plants, chip trucks, lumber trucks etc. etc.

Its hard to look at the stunning view of the cascade range with all the industrial businesses around.

So when voting time comes around Just Say No to Madras.

Thank you
Patricia A. Jackson
Warm Springs

Insurance savings a possibility

The Worker's Compensation Program Committee has been working with Bob Matson Insurance to overcome a major obstacle to local tribal member businesses. Our business owners have a difficult time competitively bidding for local work because of the high cost of insurance. As a way to help them find affordable insurance we would like to invite tribal member businesses to a meeting with Tom Albright on February 23, 2000 in the Business & Economic Development Branch conference room at 10 a.m. Matson Insurance has provided insurance to other Northwest Tribes, a local logger and can provide savings of approximately 20-40%. The turn around time for quotes is approximately 1 week.

Bob Matson Insurance
Established 1953

Bob Matson Insurance specializes in providing Worker's Compensation, Property & Casualty, and Employee Benefits for Tribal Governments, Tribal Gaming Facilities and Tribal Member owned businesses.

Currently, we are working with Tribal entities in Washington, Oregon, Alaska and Idaho.

For Property & Casualty and Employee Benefits quotes and/or information contact:

Robert L. Matson, CIC, AAI
President
For Workers' Compensation quotes and/or information contact:
Todd A. Albright
Workers' Compensation Manager
Seattle: (206) 523-7978
National: (877) 523-7978
Fax: (206) 526-8914

Thank you for clearing snow away from our driveways

To the editor,

We would like to take this time to thank Waylon Beymer and the gentleman who helped him clear the snow out of the driveways at Greeley Heights during the big snowfall. Sometimes it doesn't matter who or what you are but there are caring people in this world whom will lend a helping hand.

With much appreciation we remain,
Jack & Linda Langley

February, is National Children's Dental Health Month



Dr. Mendoza, and assistant Ava Smith, explain to students how important it is to keep their teeth clean

On February 2nd, from 10 AM until 2PM, approximately 200 Warm Springs Elementary School children, were shuttled by bus to the Warm Springs Dental Clinic.

Annually, the Warm Springs Dental Clinic hosts an Open House in Honor of February being National Children's Dental Health Month, and this year the whole Health & Wellness Center became involved in the Open House with a

Pirate Theme.

The following topics were scheduled for the children during the Dental Health Month, Open House. A Pirate show (dental theme), Dental Exams, Dental Sealants, Dental Xrays, Dental Cleanings, Dental Laboratory Demo. Five things to stay healthy (eat right, wear seat belts, wash hands...etc), Drunk driving glasses with remote ears, Physical Exam (blood pressure, otoscope,

stethoscope, reflex hammer), Xray bone structure of a turkey or fish to show bones, and Pharmacy-smoking cessation and poison control.

For more information about the Open House in Honor of February being National Children's Dental Health Month, contact Juanita Simpson, RDH at the Warm Springs Dental Clinic, telephone (541) 553-1196.



Congratulations to Matilda Wallulatum, Little Miss Warm Springs Princess 2000. My apologies for misprinting your last name.