

News from the Early Head Start Program

What is Policy Council
 Policy Council is a group of Early Head Start and Head Start parents that meet every second Thursday of each month. Policy Council is an opportunity for EHS and Head Start parents to get involved in the decision making process for each program. This is called Shared Governance. The group, (which currently has nine people) meets to discuss Agenda items. Agenda items usually consist of: what's going on in the EHS and HS programs, staff issues or concerns, looking at the budget and discussing ways to improve the Early Head Start and Head Start program. Childcare and dinner are always provided and transportation is provided to anyone who needs it.

Why Head Start Too?
 Early Head Start and Head Start are similar programs. Some of the differences are that EHS is a home-based program, providing services in the home while Head Start provides center-based services in an Early Childhood classroom. Another difference is that EHS serves children prenatal to age three and Head Start serves children from ages 3 to 5 years old. The two programs work close together to make sure that families in the community are getting their needs met through our services. Because we have similar goals in serving the community and because we want to provide comprehensive services, Head Start and Early Head Start share the same Policy Council.

What Can You Do to Get Involved?
 The only requirements to getting involved in Policy Council is that you are an existing EHS parent and can dedicate time to this wonderful process. Right now, the Policy Council consists of Head Start parents and community representatives only. It is now time for Early Head Start parents to get involved. We are looking for four EHS parents to represent the EHS program. All enrolled families will soon be getting a letter in the mail or through their home visitor with Policy Council information and an opportunity to express your interest in this activity. If you are interested and would like information sooner, please call the EHS phone number and ask for Shilo. How Can You Help In the EHS Program?

Early Head Start has been providing services to the community for about six months now. Because we are becoming more settled as a program, it is time for us to build EHS representation on the existing Policy Council. We need EHS parents to get involved with this process.

Group Socializations are fun!!!
 Are you enrolled in the Early Head Start Program but have never attended a group Socialization activity? Well, then this is for you! Group Socialization are offered every week with Early Head Start and if you are enrolled in the program, you are required to attend at least two of these a month!

But...that isn't a BAD requirement! Group Socializations are FUN!!

They last two hours, and while this sounds like a VERY long time, it goes by fast. In the beginning of each group, there is a short time of free play where you and your child come into the classroom (room F-6 at the ECE building) and play together. Then the group, (of about 8 children and their parent(s)), gather for a song time, story and play activity. The home visitors plan the activities with YOUR family in mind! We want to be sure ALL children and parents have fun doing the group time. After the short play time, everyone gathers at the table for lunch, (dinner if you attend an evening group). Then you help your child to brush their teeth and wash-up from lunch, (we have toothbrushes here for the kids).

So, there's the first hours. THEN WHAT? The next hour is spent in two ways. First, the children stay in the classroom for a specific playtime with the EHS Home Visitors. They do things like paint pictures, water play, outdoor play and lot of other FUN stuff. During this time, the group of PARENTS take a break from parenting (kind of), to attend the parent group. This is a time (about an hour) with one of the Home Visitors where parents can share their concerns, interests and discuss issues that are important to them and their family.

You can attend any group you want in ADDITION to your scheduled group; you're not limited to just two a month. If you would like to change to another group time, that is NO PROBLEM either, just let your

home visitor know! And if you don't know what your schedule group number is, ask your home visitor or call the EHS program and ask for Shilo.

Did you know TRANSPORTATION is provided by EHS for all group socializations? You will need to sign a bus transportation paper with your home visitor and you'll be set to go. On the paper, you can let us know if you want to be picked up at your regularly scheduled group time. You should already be getting phone calls from the EHS secretary, Denys, to remind you of your group time. You can let her know if you need a ride.

If you have any questions about group, don't hesitate to ask! We look forward to seeing you at the Next group socialization.

Activities/Toys for the home that does not cost a lot. Ideas collected from: Fun In The Making. A publication from the U.S. Department of Health, Education and Welfare: 1973

Fun For Everyone
Paste
 Here is an easy way to make paste at home from flour and water. Mix 1/2 cup of flour; 1 cup boiling water. Add flour to the boiling water and stir until thick and shiny. Let it cool and paste can be kept to reuse again in a covered container.

Playdough Clay
 Create anything with easy-to-make and non-toxic playdough.
 Mix 1 1/2 cup of flour; 1/2 cup of salt; 1/2 cup water and 1/4 cup vegetable oil.
 Mix dry ingredients, then slowly add oil and kneed the dough well. Creations you wish to dry can be left out to dry. Keep the left over playdough in a covered jar in the refrigerator to be used again.

Egg Carton Matching Game
 What you'll need: 1 egg carton; paper, crayons and scissors.
 Color each of the egg sections different colors. Then color the same colors on the paper. Cut out circles to fit into the egg sections. From there, play a matching game or just identify the colors for a young toddler.

Put Those Empty Plastic Bottles to Use!!
 Colored, empty plastic bottles can be used in the bath tub for water play or used as characters to visualize a

story at story time.

What you'll need: Empty plastic bottles (from empty shampoo bottles, to empty dish soap bottles) and crayons.

Using the crayons, create faces on the bottle using the shape as a guide. Then let the imagination do the rest.

Why Is Breast-Feeding So Important?
 Human breast milk is created specifically for human babies! So, it is easy for babies to digest, contains the vitamin & minerals that baby's need and gives babies important antibodies to protect them from illness. Babies who are breast fed have fewer allergies later in life than formula-fed babies have, and studies have shown that breast-fed babies are less likely to be obese (very overweight) as they grow older. Breastfeeding is also an opportunity for more moms & babies to bond emotionally.

On the practical side for mothers, breast-feeding requires no preparation, because the milk is always ready, there are no bottles to clean, and breast milk goes with mom everywhere. Also, breastfeeding helps mom return to their normal body weight and helps the uterus shrink after birth.

There are many helpful people ready to answer questions, give advice, problem solve and talk with moms & pregnant women about breastfeeding. For more information about breast-feeding, ask your Early Head Start home visitor, call the Nutrition Department or Public Health Nursing at the Warm Springs Health & Wellness Center at 553-1196.

How to Take Care of Yourself
 Good Hygiene; Stress Management (know your limits); Be happy; Eat well balanced meals & drink at least 8 glasses of water. Healthy meals include the five food groups and take multi-vitamins; Exercise in regular basis; plan goals, and strive to succeed them; keep a scheduled routine.

March 2000 EHS Group Schedule
 1st-Group #5 11 a.m. to 1 p.m.
 6th-Group #3 11 a.m. to 1 p.m.
 7th-Group #1 4:30 to 6:30 p.m.
 8th-Group #2 11 a.m. to 1 p.m.
 14th-Group #4 11 a.m. to 1 p.m.
 15th-Group #5 11 a.m. to 1 p.m.
 20th-Group #3 11 a.m. to 1 p.m.
 21st-Group #1 4:30 to 6:30 p.m.
 22nd-Group #2 11 a.m. to 1 p.m.
 28th-Group #4 11 a.m. to 1 p.m.
 29th-Group #5 11 a.m. to 1 p.m.

Coeur d'Alene tribe presents first major tribal gift to IAIA

Santa Fe, NM-Jeanne Givens, a Coeur d'Alene Tribal member and a member of the Institute of American Indian Arts' Board of trustees, presented a \$40,000 check on behalf of the Coeur d'Alene Tribe, to IAIA President Della Warrior at the opening reception of the Triennial 2000 exhibition at the IAIA Museum on January 28, 2000. The donation is being made in memory of Lawrence Aripa Sr., a Coeur d'Alene tribal member and an IAIA alumnus and former IAIA drawing instructor. "The donation, made through IAIA Circle of Honor program, will be used to help build the IAIA's new campus, where a classroom will be dedicated to one of the great Coeur d'Alene Tribal members and artists, Lawrence Aripa," stated Givens.

Aripa, who passed away in the fall of 1998, is best known for his authentic depictions of traditional Coeur d'Alene tribal life. "His artistic renderings were critical to the Coeur d'Alene's claim case for ownership of Lake Coeur d'Alene," said Givens.

Tribal Chairman, Ernie Stenger stated, "Many of our young people have gone through the institute of American Indian Arts. It is important to promote our Indian arts and preserve culture. Our young people have found themselves through art. We are happy to include the IAIA...among the groups we have donated to."

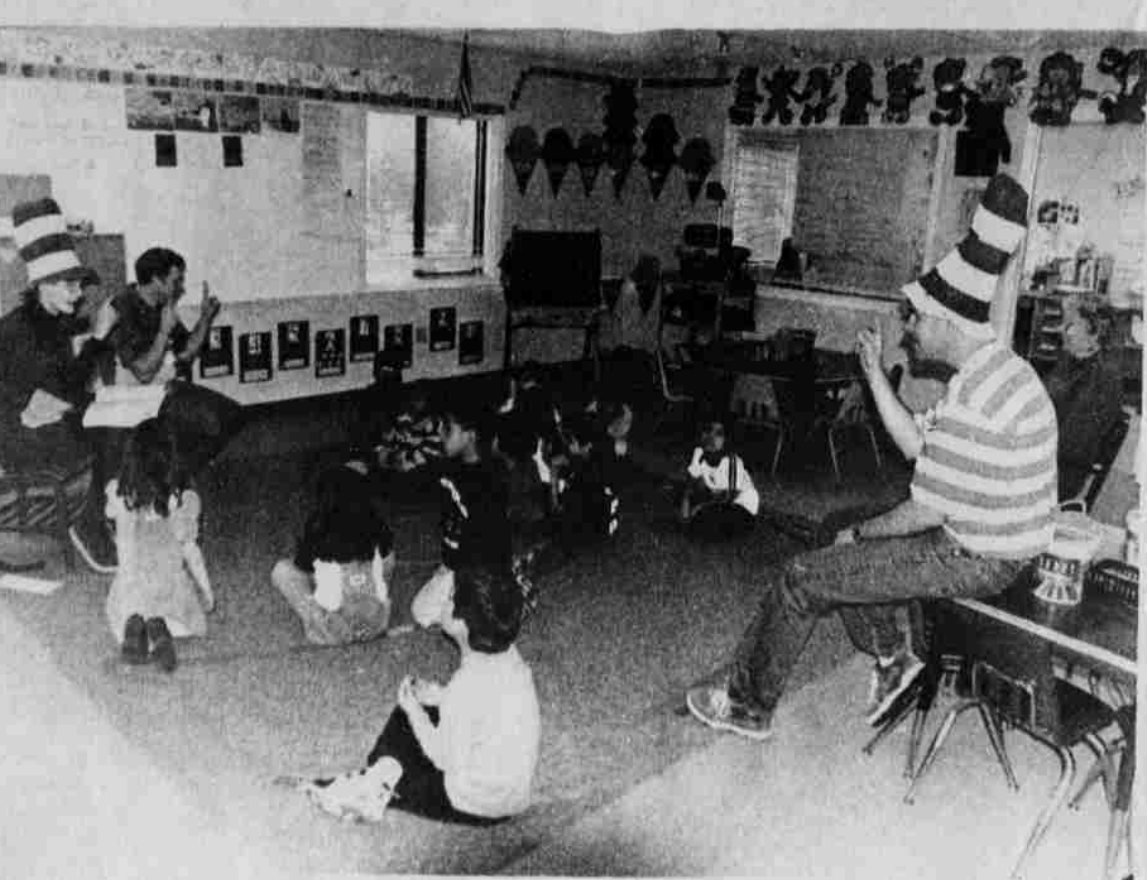
Nearly all of the federally-recognized tribes have had tribal members attend the IAIA. With dwindling federal funds and the possibility of zero federal funding in the future, the IAIA is turning to the nation's tribes and Alaska Native village for support. "The IAIA is a national treasure and belongs to all tribal entities," states IAIA President Della Warrior. "We have the support of numerous Alaska native villages and Indian tribes and organizations in the form of resolutions and letters of support to Congress. However, we must take this support a step further and ask our Indian people to make monetary contributions to keep the IAIA open for future native artisans. As we prepare to move to our new campus, we would like to have the names of all tribes engraved in the Circle of Honor indicating their support of the IAIA."

For further information on the Circle of Honor or to make a donation to the IAIA, contact Glenda Kodaset at 1-800-804-6423.

Traditional Treasure Workshop 2000

- Beadwork-Esther Culpus in March
- Ribbon Shirts-Pebbles George in April
- Fancy Dance Outfits-Julie Johnson in May
- Corn Husk Bags-Rosalind Sampson in June
- Pine Needle Baskets-Debbie Berman in July
- To be Announced in August
- Cedar Root Baskets-Antoinette Pamperien in September
- Star Quilt- Eraina Palmer in October
- Drum/Stick Making- Tyrone Cole in November

Dr. Seuss & Read Across America Celebrated



"You're never too old, never too wacky, too wild, to pick up a book and read to a child. In churches and chambers, Let's gather around. Let's pick up a book, Let's pass it around. So join us March 2nd., in your own special way, and make this America's read to kids day." That message came from the National Education Association's Read Across America Promotion.

Over 20 million children and adults joined in celebrating the joy of reading and Dr. Seuss' 96th birthday including students at the Warm Springs Elementary. According to Helena Jones, Liaison for the 509-J School District for the Warm Springs Elementary, "We really stress reading here all the time." The event began two years ago by the National Education

Association and has grown to over 20 million participants. One of their favorite stories is when a retiree, Lorna Hellbronger of Eugene, Oregon, in 1998, gathered local head start children together with her fellow seniors to share stories and cake. All 45 children went home carrying a book and wearing a big smile and a Cat in the Hat, hat.

Free class offered

A free class for unemployed, under employed and career changing adults will be offered by COCC's Skill Center in Madras beginning Tuesday, March 7. The class will meet at the COCC's Madras facility for five weeks, Tuesday through Friday, from 9:30 a.m. to 4 p.m. through April 7.

The class includes career planning, resume preparation, computer literacy and math/reading skills review. Students exit the class with an action plan, an error free application, a goal directed resume, basic computer literacy and confidence in their work place survival skills.

Prospective students are invited to an information and orientation session at 10 a.m. or 1 p.m. on Tuesday, February 29, at Central Oregon Community College's Madras facility located at 281 SW 3rd. No pre-registration is required. For more information call the Skill Center at 475-2136.

COCC training set

What: How to Deal with the Media (in this Age of Tabloid Journalism)
 Who: Offered by COCC Training Center
 When: Friday, May 5, 2000-9 am-4 pm
 Where: Riverhouse Resort-Bend
 Cost: \$175.00
 Deadline to Register: April 4, 2000
 Space is limited. The Center is offering "How to Deal with the Media (in this Age of Tabloid Journalism)" in Friday, May 5 from 9 am - 4 pm. Presenter Carl Benschmidt, former producer of CBS Evening News, has successfully guided clients through programs such as "60 Minutes", "Prime Time Live", and "CNN Investigative Reports". This is a Public Safety training event, but applies to all business and industry. Pre-registration is required by April 4. For more information call 541-617-4600.

On line Grant writing class offered at COCC

Lower your GPA (Grant Proposal Anxiety) with this eight-session format that guides you through the complete grant proposal writing process. This Internet-based course provides you with grant writing essentials including the need statement, objectives, management plan, timeline, evaluation and budget. Learn "inside secrets" from instructor Carole Bennett, Ed. D., who is recognized for her ability to obtain successful grants.

Cost for Online Grant Writing is \$49. Students must have Internet capability and a current e-mail address to register for this class. Individuals will work through this course at their own pace. Registrations are being accepted between March 20 and May 22, 2000. For more information or to register, contact COCC in Madras or call 475-2136.

MHS announce new procedure

A new forecasting procedure is in place at Madras High School. This will involve present Freshman, Sophomores and Juniors. Students will forecast the required and elective classes they want to take for the year 2000-01 school year. Students will do this during class meetings to be held during the school day at MHS. Students will receive a copy of the Madras High School Course Description Guide that outlines courses offered at MHS. Students will then be asked to list their choices for next year during the class meetings. The student will receive a duplicate form and will be asked to obtain a parent or guardian's signature before their forecast information can be turned in. Parental involvement is encouraged in this process.

Once the students forecast forms have been turned in the scheduling process will begin. The goal is that all students will not be able to change courses in the Fall of 2000.

Tutor offers help

FREE reading and writing help! Meet with a tutor three hours per week to improve your literacy skills. This is a wonderful opportunity, aimed at accomplishing your literacy goals. If you can read, you can do anything! For more information and to be set up with someone in the Warm Springs area, call Oregon Literacy, Inc. at (800) 322-8715.

Graduates of 2000 please call in

Attention Warm Springs Parents & Guardians
 Do you know of a student scheduled to graduate from GED, Boarding School, High School, College or University this Spring 2000?
 If so please contact: Minnie Yahtin, Education Committee secretary at the Warm Springs Tribal Council Office at (541) 553-3257.

Eat, drink, and be merry, for tomorrow ye die.
 —Lewis Henry

Life is half spent before one knows what life is.
 —French Proverb

Spilyay's Moccasin Tracks

- 8-9th: ISU Spring 2000 Powwow; Pocatello, ID; FMI: (208)236-4429.
- 14-16th: California Choctaw Gathering; Bakersfield, CA; FMI: (661) 836-8270.
- 14-16th: Birmingham International Salute to Native Americans Street Festival; FMI: (205)252-7652.
- 15th: Mills College Powwow; Oakland, CA; FMI: (510) 430-2341 ext. 1.
- 21-22nd: NW Coastal Gathering; Seattle, WA; FMI: (206) 285-4425.
- 21-23rd: I-Wa-Sil Celebration Powwow; Seattle, WA; Seattle Center Arena; FMI: (206)-343-3111.
- 21-23rd: 14th Annual Arizona State University Spring Competition Powwow; Tempe, AZ; FMI: (480) 965-5224.
- 29th: South Umpqua Powwow; Myrtle Creek, OR; FMI: (541) 863-6274.
- May
- 12-14th: Native American Cultural Awareness Week, Mother's Day Competition Powwow; Portland State University; Portland, OR; FMI: (503) 725-5671.
- 19-21st: Timoca-Biloxi Powwow; Marksville, Louisiana; FMI: 1-800-946-1946.

Census day is April 1, 2000

The next Census Day takes place on April 1 of 2000, and efforts are underway to make sure it gives a better accounting of Native Americans than the last one is 1990.

That would be the one that undercounted American Indians overall by 4.5 percent, and American Indians living on reservations by 12.2 percent. An undercount of that magnitude is bound to have budgetary repercussions, as federal program guidelines often reference census numbers. Funding for job training, roads, homes, senior centers, bilingual education, Headstart, Low-Income Home Energy Assistance, Community Development Block Grants, and a multitude of other projects derives from census population figures. Yet Native Americans were the most undercounted group in the nation last time around.

The Census Bureau hopes to reduce the undercount and achieve the most accurate census ever of Native Americans in 2000. Among other corrective measures, the Census Bureau is actively seeking to hire tribal members as enumerators. Tribal members already know the area, people, language and culture of reservations and urban neighborhoods. Without this basic familiarity, enumerators can miss individuals within unconventional households, for instance when another person, or fam-

ily occupies a particular dwelling in addition to the head of household. Whole households can be missed due to addressing discrepancies between census records and local practices in rural areas. And entire housing clusters can be overlooked if an enumerator doesn't know the residential geography an so doesn't take a certain fork in the road, or scout around behind a certain hill. Linguistic and cultural considerations also contribute to undercounting.

The Census Bureau is also going all-out to earn the public's trust that it can maintain confidentiality in the computer age. By law, census answers are not shared with a single government agency. No count of law can find out individual answers, and the Census Bureau cannot divulge addresses to mainline houses or fundraisers or anyone else. As more and more data is digitized, Census Bureau information has come to be protected by multiple high-tech security measures; and published statistical summaries cannot be connected to individual answers. Census Bureau employees cannot work as tax collectors, assessors or law enforcement officials. They take an oath when they are hired as to the privacy of information they may collect, and they are subject to fines and imprisonment if they break...