

Our children can learn three languages

Greetings! Bonjour! Ola! We could use a greeting in one or more of another language. Here in Warm Springs though, our priority is OUR three languages, Wasco, Paiute or Sahaptin.

We have heard from elders, that many years ago our great grandparents either spoke or understood all three of our languages. One story that I remember being told is of an elder lady, K'allis, speaking with my great grandfather Mark Johnson at the commissary where many families gathered to receive food. They shared laughter and conversation in each of their languages and feelings of animosity was not an issue. People of that era seemed to have gotten along well, despite the history of how we were all brought together, and how we seem to be today. It is these stories that lead the Language Program to believe that our children in Warm

Springs can learn one or all of our three languages. Research also shows that students that learn more than one language have achieved at higher levels of accomplishment with their academics.

WE are happy to announce that on the Week of September 18, 2000, our language program began at the Warm Springs Elementary School. Wasco, Paiute and Sahaptin will be at the Kindergarten and First Grades. Sahaptin will continue with the Second and move into the Third grades. We understand that families desire to have their children learn a specific language; so the language program will be scheduling time for after school classes for children and their parents to attend. We would like to see all people in their desire to learn their family language. WE also want to encourage families to be open to learning more than just their family

language. This would be a wonderful way to support our children to maintain and encourage what the CONFEDERATED Tribes of the Warm Springs Indian Reservation stands for.

Following are the class schedules for each language:

Begin week of September 25
WASCO: Monday nights, 6-7 PM
PAIUTE: Wednesday after school 3:30-4:30 PM
SAHAPTIN: Tuesdays and Thursdays after school 3:30-4:30 PM
 Simnasho classes: Tuesdays and Thursdays (at Simnasho longhouse) 6-7 PM

All classes will be held at the trailer behind the Education Building (old boys' dorm).

Tutors needed for Oregon Literacy program

Change a life! Teach an adult how to read by becoming a tutor! Tutors will participate in a training session and will then spend three hours per week with a student. This is a valuable experience for both the student and the tutor! Seventeen percent of adult Oregonians are at the lowest level of literacy. Contact Oregon Literacy, Inc. at (800) 322-8715 to get involved in your community.

For more information, call (800) 322-8715.

Exhibit opens November 3

"Starlight Holiday Exhibit," opening November 3rd at The Museum at Warm Springs celebrates creative abilities and holiday images shared by the community.

The Museum staff invites community members and employees of the Warm Springs Reservation to create items related to the Holiday Season for the exhibit. All items submitted must remain throughout the exhibit period from the submission deadline of October 23rd through January 5, 2001. Items may be for sale. The Museum receives 10 percent commission on all items sold.

If you have holiday items you

have made and would like to share with everyone through the exhibit, please submit them during regular business hours to the Curator, Natalie Kirk. Examples are beaded stockings, wreaths, tree ornaments, decorated mini-Christmas trees and any other holiday related items.

The deadline for submitting items for consideration is October 23rd, 5 p.m., with no exceptions and no late entries. A maximum of two items per person applies.

The Museum At Warm Springs, 2189 Highway 26, is open 362 days a year, 9 a.m. until 6 p.m. in the summer and until 5 in the winter.

F.A.S. Workshop

Fetal Alcohol Syndrome

For parents, grandparents, and everyone interested. Open your awareness of how children with FAS develop.

Learn how to meet the needs of children with FAS.

9:00 a.m. to 4:00 p.m.

Saturday, October 28th

Warm Springs Senior Center

Childcare and food provided

Sponsor: Self-directed Program of Jefferson County
For more information call: 475-4457 Madras (ask for Holly) or 553-3313 Warm Springs (ask for Lucille).

Your child may be eligible

Attention Commodity Food Program Participants

Did you know, by being an "ACTIVE" client of the Commodities Food Program, your household may be eligible to receive "Reduced and/or Free meal" assistance through the 509-J school district!

That's right, if you have family members list on your Commodities application who are attending school, K-12 grades, they're eligible to receive "Reduced and/or Free meals" throughout the school year by being an "ACTIVE" participant of the

Commodities Food Program.

Want to know more, please contact your 509-J representative at your child's school office at one of the following locations:

Warm Springs Elementary-553-1128; West Side Elementary-475-4820; Madras Elementary-475-3520; Jefferson Co. Middle School-475-7523; Madras High School-475-72-65.

Or, "Sign-up" today at the Commodities Food Program, 4217 Holiday Street, (Industrial Park area), Warm Springs, OR or call us at 553-3422 for more information.

Lecture set for October 8

As part of Oregon Archaeology Month activities, The Museum at Warm Springs hosts a public lecture on an extensive project, which documents petroglyphs and pictographs. The presentation by James W. Henderson provides a rare glimpse into symbols and images seldom seen so clearly. Pictograph and petroglyphs paintings come alive through combined polarized light photography and cutting edge digital enhancement. The Henderson Cross Polarized Enhancement Procedure reveals multiple layers of pigment on porous surfaces providing unparalleled detail of ancient pigments. The process and Mr. Henderson's two years of documentation reveal much of the Confederated Tribes of Warm Spring pictorial legacy on their ceded

lands. These are hybrid images revealed through the photographic and scientific processes and provide rich detail. The program shows a substantial assemblage of color images and Henderson's joys and trials in documenting them.

The research project and lecture have been made possible by a generous grant from the Meyer Memorial Trust. The presentation is Sunday, October 8, 1:00 p.m. at The Museum at Warm Springs, 2189 Highway 26, Warm Springs. Attendees from the Portland area are invited to enjoy Kah-Nee-Ta Resort on Saturday evening and a round of golf Sunday morning (541-553-1112). The Museum is open 362 days a year 9-6 in summer, 9-5 in winter. For information call 541-553-3331.

Salmon Corps to begin January 2001

The Earth Conservation Corps' (ECC) award-winning Salmon Corps will begin the 2001 program year in January. The program year will conclude in mid-November 2001.

Salmon Corps program years had previously begun in October and ended in August. This change is in response to our partners request for services during planting periods in September. Because of this change, Salmon Corps will not be available for service between the months of September- December 2000.

"We, as an organization, have an opportunity to evaluate how we've served the community during the past six years," said Charles F. Sams III, Northwest Director. "We will be focusing on building a stronger program that continues to meet the needs of the environment and communities we serve."

Salmon Corps began in 1994 with a goal of energizing Native American young adults (18-25 years old) to repair the disappearing salmon habitats of the Columbia River Basin. This approach fulfills ECC's mission of reclaiming two of the country's most threatened resources: the environment and our disadvantaged young people.

Salmon Corps is a dynamic partnership between the Nez Perce Tribe, Shoshone-Bannock Tribes, Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of Warm Springs, Confederated Tribes and Bands of the Yakama Nation, City of Portland, AmeriCorps, U.S. Department of Energy/ Bonneville Power Administration, Columbia River Inter-Tribal Fish Commission, and various corporations.

Since its inception, Salmon Corps members have successfully built over 410 miles of riparian fencing, outplanted tens of thousands of native trees and vegetation, released over 8.5 million salmon and resident fish within the Columbia River Basin (160,000 square miles), assisted over 25,000 people within five flood zones during flash flood and other high water events, and worked with over 7,000 students in environmental education, reading, and math.

We look forward to continuing Salmon Corps service to the communities and environment of the Pacific Northwest in January 2001. Please contact the ECCNW office at 503-249-0820 for information about scheduling service projects for the 2001 program.

Conference set for Oct.

On October 11, 12 and 13, the "Vanishing the Anger III, Healing the Generations" conference will take place! The conference vision is to give participants the power to heal personal wounds and the tools necessary to teach and encourage future generations to live without violence. The tuition is \$150 and some scholarships are available.

Each day includes a keynote speaker to start the day, a workshop, lunch, more workshops and a closing ceremony. There will be a track for adults, young adults and professionals. Hours will be daily from 8:30 to 4:30. Keynote speakers are Jane Middleton-Moz, Detective Ray Tay-

lor and Professor Randy Blasak. Workshops include Animal Abuse, Effects of Violence on Children, Dating Violence for Young Adults, Domestic Violence, Elder Abuse, Homosexuality and much, much more!

This conference is organized by the Victim's of Crime Services in cooperation with Warm Springs Health and Wellness Center. This is the second year that IHS has been assisting in planning this conference and last year it turned out to be a very successful conference. Please come to this conference to get the tools to end violence in our community. For more information please call 553-2482 (IHS) or 553-2293 (VOCS).

Ike arrested State VFW run set

On October 2, 2000, Warm Springs Police Department arrested George Ike on an outstanding warrant for possession and sales of marijuana. Ike is alleged to have sold marijuana on two occasions from his place of employment. He was found in possession of approximately 1/4 ounce of marijuana upon his arrest. Ike was held in the Warm Springs Correctional Facility awaiting arraignment on October 3, 2000.

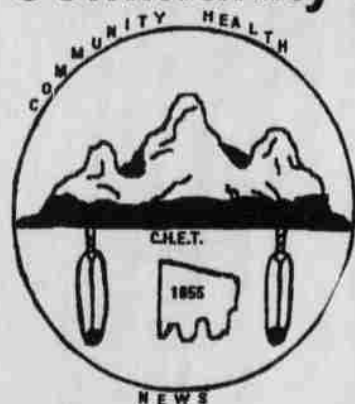
To All interested parties

RE: State VFW "run"

Representatives will be traveling through Sunday, October 8, 2000 approximately 12:30 p.m. and are willing to meet with local veterans on any issue(s); they will be at the Museum at Warm Springs parking lot. This includes the women's auxiliary as well. Any questions prior to Sunday's arrival may be directed to 503-255-5808 and ask for Claude Key.

From: Larson Kalama Sr,
 Quarter Master for Local VFW
 Post 4217

Community Health Education News: cancer



Have you ever thought this, heard it or said it? I feel fine, I don't need to see a doctor.

I don't feel comfortable with someone touching my breasts. I'm too busy to see the doctor. I just don't have time.

These are common reasons that women give for not seeing their health care provider (doctor). Talking about these thoughts and feelings with your doctor and family may be helpful.

Being aware of your body and its changes, seeing your doctor for your annual women's health exam, reporting any changes as well as doing a monthly breast self exam. Can all help to detect cancer in the early stages. This gives you the best chance of that cancer being treated which could very well save your life.

What is a women's personal health exam and who should have one?

If you are a woman 18 years of age or older it is important to have a pap test done annually or every two years. Do a monthly breast self exam, an annual clinical breast exam.

If you are forty years of age or older woman it is very important for you to do monthly breast self exam, have following done annually pap

test, clinical breast exam, and a mammogram every two years. After fifty years and older it is important to schedule a mammogram every year.

What is a mammogram? A mammogram is a low dose breast x-ray that can find cancers in the breasts too small to be felt.

What is a pap test? The pap test is used to examine tiny samples of your cervix and vagina to check for signs of cancer and infection.

TYPES OF CANCERS:

For purposes of this article we will cover four types of cancer.

Breast Cancer: Breasts are a very special part of your body. They need special care and attention. Learn how to check your breast monthly. Report any changes to your health care provider schedule a clinical breast exam every year. This will detect early breast cancer.

Your doctor may order a mammogram (breast x-ray), which detects cancer before you can feel it. This x-ray becomes more important with age.

Colon and Rectal Cancer: Changes in your normal bowel pattern, constipation, diarrhea or seeing blood in your stool may be signs of rectal or colon cancer.

If you have any of these signs or symptoms they should be reported to your health care provider (doctor) or clinic. Even if you don't have these symptoms, you need to see your doctor yearly, so he/she can note any changes and check for hidden signs of colorectal cancer.

Cervix and Uteral Cancer: Having regular exams to check the cervix and uterus will find early signs of cancer. Your doctor will use a cotton swab to collect a sample to send to the laboratory. This is called a pap smear.

Your doctor will also need to examine the uterus and ovaries in a pelvic exam to find changes.

Lung Cancer: Smoking is the number one cause of lung cancer. The early signs of lung cancer are a cough that won't go away or small amounts of blood when you cough. The best prevention is to not smoke. Even second hand smoke has proven to be harmful.

KNOW THE SEVEN WARNING SIGNS OF CANCER:

·Change in bowel or bladder habits.

·A sore that does not heal.

·Unusual bleeding or discharge.

·Thickening or lump in breast or elsewhere.

·Indigestion or difficulty in swallowing.

·Nagging cough or hoarseness.

If you have any of these signs see your doctor or clinic as soon as possible.

If you have any specific questions please call your health care provider/doctor.

Healthy Indian women equals healthy families means healthy communities: taking care of your health is a way of taking care of your family!

Mark your calendar October 25th is Women's Health Day! Please join Lolly Champion, Community Education Outreach Promoter for the Susan B. Komen Foundation in Bend, Oregon. Lolly will be presenting a Community In-Service for Commu-

nity Women on Breast Self-Exam. This will be in the Atrium at the Health and Wellness Center, on Wednesday, October 24th from 11:00 A.M. to 1:00 P.M. This In-Service is free as there are no registration costs, there will be a luncheon provided to all participants. This event is in observance of October being National Breast Cancer Awareness Month.

Sponsors include the Women of Warm Springs; a Women's Health Promotion group formed by Indian Health Service, O.S.U.-Extension, and C.H.E.T. to better coordinate outreach efforts to promote women's health and wellness. Members of this group include: L.H.S. staff members Diane Howell, Lillian January, Anne McKenzie, Joy Harvey, Montel Elliott, Rachel Locker, MD; Tribal staff members are Bernadette Handley-Horley, O.S.U.- Extension; Ruth Tewee, WIC; Viola Govenor, Sr. Rep.; and Judith Charley, CHET.

Judith Charley, CHET staff is a member of the Women's Health Promotion Coalition with the Northwest Portland Area Indian Health Board, whose charge is to provide Breast and Cervical Cancer awareness, information, and skills building opportunities to our nine respective Indian Reservations in Oregon. Members of this coalition also serve as their respective community delegate to the Oregon Breast and Cervical Cancer Coalition. Judith served for many years on the planning committee for the National Women & Wellness Conferences with Billy Rogers, former Director of the University of Oklahoma Health Promotions Programs. Billy Rogers is currently with the Native Wellness and Healing Institute.

Spilyay Tymoo

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