

Spilyay Tymoo Sports

2000 November Fitness Challenge

Sponsored by:

Warm Springs Community Wellness Center- Recreation Department

When:

The entire month of November

Awards:

Traveling trophy to the department with the highest accumulated minutes of exercise during the month of November. Participant/ Team average also.

To Enter:

Individual time sheets logs are available at the recreation office when fees are paid. Select one person to be your team captain; this person will be the contact person for your team. **Fees are as follows:** sweatshirts \$15.00 or long-sleeve t-shirt \$10.00. **No sweatshirt or t-shirt \$5.00** to qualify minutes with your team.

Who can enter:

Any employee of the Confederated Tribes of Warm Springs, Warm Springs Bureau of Indian Affairs, Indian Health Services, Warm Springs Elementary, Kah-Nee-Ta Resort, Indian Head Gaming Center, Warm Springs Forest Products, and any other Tribal Enterprise or Organization.

Deadline to enter:

Registration will begin the 1st week in October. All paperwork and fees **must be paid by October 31, 2000**. Kickoff activities will be November 1, 2000 at 8:00a.m. All team captains' fees must be paid in full on the day team rosters are turned in. No members may be added after roster is turned in to the recreation office.

Awards Luncheon:

Awards will be given out on Tuesday, December 12, 2000 at 12:00 noon in the Community Wellness Center Social Hall. All team captains must submit a head count on the number of team members attending the Awards Luncheon to the recreation office no later than December 1, 2000.

Acceptable exercise:

Only specific activities engaged for exercise reason will be accepted. These activities including: walking, jogging/ running, bicycling, swimming, skiing, and aerobic dance. **May also include:** weightlifting, skating, handball, racquetball, conditioning exercise.

Time due by:

Team captains are to gather their team's tally of accrued minutes and turn in to the recreation office no later than: **12 noon on Monday, December 4, 2000. No minutes will be accepted after this deadline!!**

For more information:

Please call Jessie del Nero or E. Austin Greene at 553-3243.

Triple bonus:

A Diabetes Awareness Poker Fun Run/ Walk will be held on Wednesday, November 1, 2000 at 12:00 noon to kick off the challenge. Participants will receive bonus minutes plus power snacks. Sponsored by the Warm Springs Diabetes Team. So come on and enjoy the fun!

Tribes voluntarily close mainstem subsistence Fishing for Chinook

Portland, Oregon- The Columbia River treaty tribes (Nez Perce, Umatilla, Warm Springs, and Yakama) closed subsistence fishing (dip net and hook-and-line) on the mainstem Columbia River for the retention of fall Chinook. The voluntary closure went effective on October 2, 2000, at noon, and will remain closed through the end of the year. Subsistence fishing for steelhead, coho, walleye, shad, and sturgeon remains open.

Updated dam counts indicate that the fall Chinook returns are less than originally predicted. The Tribes' voluntary closure is in response to the latest tallies indicating the tribal fishery exceeded the fall Chinook harvest rate provision of the 2000 Management Agreement. The estimated harvest rate is now 24.1%

compared to the 23.04% limit in the Agreement.

"The situation we find ourselves in is unfortunate and unintentional. If we had the information earlier, we would have adjusted the commercial fishery to preserve enough impacts to keep the subsistence fishing for Chinook going," said Kathryn Brigham, member of the Umatilla Fish and Wildlife Committee.

The Indian and non-Indian harvest rate limits, entered as a court order in U.S. v. Oregon, are intended to address conservation concerns for Snake River fall Chinook. As of September 26, the fall Chinook count of 2,503 at Lower Granite Dam has already exceeded the annual escapement totals for four out of the last five years. Counting at Lower Granite continue through mid-December.

"Ceremonial and subsistence fishing has always had the highest priority for our people. It is painful for us to close any aspect of the subsistence fishery," said Olney Patt, Jr., a member of the Warm Springs Fish and Wildlife Committee.

"This closure means that some families will lose an important opportunity to bring food home. We are taking this action to live up to the intent of our agreements. This is another sacrifice made by the tribal people for the benefit of the salmon. We expect other activities to also make the appropriate sacrifices so that we can have healthy sustainable populations of salmon in the future," said Randy Settler of the Yakama Nation.

"Sweethearts of the Road-eo" gives thanks to all

I would like to take this opportunity to thank the following people and companies that helped us this year:

Warm Springs Forest Products, Indian Head Casino, Bruce Brunoe Logging, Johnnie Guerin Logging, Kah-Nee-Ta Resort (shirts), Sweetwaters of Culver (bottled water), Monica Leonard (van) and Vesta Johnson (van). Thank you to the following runners: Heddy Poncho, Robyn Ike, Susan Seelatssee, Vesta Johnson, Pasha Smith, Jone Swan, Tonya Selam, Kerri Lopez, Deborah Clark-Pigsley, Laura Cailloux, Eugenia Alire and Monica Leonard.

This year, we were a women's team in the annual Hood to Coast Relay. Our team finished in 34 hours, 41 minutes; quite a bit longer than we wanted, but the ladies did it on their own and each finished their assigned leg. They have much to be proud of. This year we had four rock-

ies on the team. They all did very well and I'm very proud of them. We appreciate the fact that Pasha Smith, Tonya Selam, and Susan Seelatssee were able to run on such short notice. Thanks a lot, ladies! I would also like to thank Kerri Lopez, Monica Leonard, Pasha Smith, Tonya Selam and Jone Swan for helping me look for runners!

Anyway, we ran into some minor problems with injuries, but the gals were able to preserve and get through those. Than in itself is quite an accomplishment! It's definitely not an easy thing to run with injuries, but they did. **THANK YOU LADIES, FOR YOUR DEDICATION TO THIS TEAM!!**

I'm sure that I speak for all the runners when I say that they appreciate the support of their families and friends. It takes a lot of time and commitment to participate in an event such as this. Thank you everyone for

your understanding and support during our time of training!

Congratulations to the other teams that participated also. The Rez Runners 2000 team, captained by Terry & Gladys Squiemphe; to Trey Leonard's men's team; to Jerry & Sandra Sampson's team; and to the "Lost in Pace" HIS walking team. Everyone did an excellent job! Trey's men's team completed the run with only 9 runners, great job guys!

We look forward to participating in next year's run, providing we make the deadline. Keep an eye out for all those runners between now and next August. Cheer them on, because it is hard work and takes a lot of commitment.

Once again, Thank you everyone for all your support.

Vai Squiemphe, Captain, "Sweethearts of the Road-eo"

NCAI 57th Annual Session set for November 12-17

Post-Election Analysis and Strategy Highlighted

The National Congress of American Indians, the country's oldest and largest organization of tribal nations, will host one of its largest gatherings of tribal leaders to date. The 57th Annual Session will take place at the Touchstone Energy Place at RiverCentre in St. Paul, Minnesota, November 12-17, 2000. This is the second Annual Session in the organization's history to be held in the Minneapolis area, the last one was held in 1951.

"The timing of this meeting will be perfect for tribal leaders to discuss the results of the November elections and make plans for engaging the new Administration and Congress," said Susan Masten, President of NCAI and Chair of the Yurok Tribe. "Indian Nations are heavily affected by federal policies, so we want to be sure that during the transition the new

elected leaders gain a clear understanding of tribal sovereignty and self-reliance."

NCAI expects a tremendous turnout of tribal leaders for the meeting who will be discussing dozens of key issues. The Minneapolis area tribes are serving as the host for this Annual Session.

Other major events will include a special session sponsored by America Online that will focus on the "Digital Divide" in Indian Country and the challenges bringing new communications technologies to Indian communities. On November 14, there will be an award ceremony for the Harvard University project "Honoring Nations" which highlights excellence and provides examples of cutting edge tribal governance programs.

There will also be a Trade Show held on site throughout the week which will include hundreds of vendors of American Indian arts, clothing and jewelry, as well as informa-

tion from dozens of companies and agencies who serve Indian Country. On November 16, one of NCAI's major sponsors, the Bank of America, will once again host the Gala Banquet.

Other special events for the week include a "Youth Track" leadership training program for Indian youth, a Welcoming Reception held on Sunday, November 12 for NCAI registrants; the Miss NCAI pageant will be held on Monday, November 13; a Youth Luncheon on Tuesday, November 14; a Women's Honoring Luncheon held on Wednesday, November 15; and a Cultural Celebration held Wednesday, November 15.

For more information on the Annual Session or any of the events, or if you would like to receive information about sponsorship and advertising opportunities, please contact the NCAI offices at 202.466.7767 or visit our web site at www.ncai.org.

IHS Health & Wellness news: Flu season

FLU SEASON

It's almost that time of year again! You know, the time when sniffles and coughs and colds are everywhere. Those pesky germs are passed through the community on hands, sneeze droplets and coughs. You can help prevent these germs from latching onto you and passing them onto others by washing your hands often using soap and water. Always sneeze into a kleenex or handkerchief. And make sure you turn your head when you cough.

One of the best ways to prevent catching the "flu" is to have a flu shot. Even if you had a flu shot last year you need another one this fall, since the types of flu germs it protects against are different each year. A flu

shot taken in the fall will protect you for the entire flu season. This year the recommendation is for everyone over age 50 to have a shot, as well as anyone with a chronic disease such as diabetes or asthma.

There are delays in distribution of flu vaccine this year due to manufacturing problems. But flu vaccine administered even after mid November will still provide protection. As soon as the vaccine arrives the Public Health Nursing Department will be scheduling flu clinics at different locations around the reservation. Watch the Spilyay for dates and locations. Call 553-2459 for more information.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS

March of Dimes having Jail & Bail fundraiser

A crime spree is expected to sweep through the Bend area as otherwise law-abiding citizens are arrested in an effort to save Northwest babies from birth defects. Be a star behind bars and contribute to this worthwhile cause by volunteering for the March of Dimes Jail & Bail. The fundraiser, which benefits the Lewis and Clark Chapter, March of Dimes, will be held on two different days. The first day is on Tuesday, October 24, 2000, at the Bend River Mall, 3188 N Hwy 97. The last day is on Wednesday, October 25, 2000, at the Redmond Armory, 822 W.

Hiland. Jail & Bail involves the mock arrest of well-known personalities and ordinary citizens for unusual and silly crimes. Temporary jail space will be set up for both places, where a "judge" will impose one-hour sentences between 9:00 am and 5:00 pm for each offender. While "imprisoned," the jailbirds will call friends, family, and co-workers to raise bail in the form of contribution to the March of Dimes.

Any adult can "issue a warrant" and request the jailing of a spouse, friend, co-worker. Volunteers are also

needed to help the day of the event. For more information, call the March of Dimes at 541-686-2170.

The March of Dimes is a national nonprofit organization whose mission is to improve the health of babies by preventing birth defects and infant mortality. Founded in 1938, the March of Dimes funds program of research, community services, education and advocacy that save babies. For more information, visit the March of Dimes Home Page at www.modimes.org.

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.



D D Ranch Pumpkin Patch



Open Weekends

October 7th thru October 28th

9a.m. - 5 p.m. Saturdays

10 a.m. - 4 p.m. Sundays



Group tours available during the week.

For more information call 541-548-1432

Snowflake Botique to be held in November

Twenty-five years ago, the Snowflake Boutique began as a hobby of two women who made and sold crafts out of their home. As the interest grew, membership also increased and the Christmas boutique was eventually moved to a larger facility. What began as a few friends is now a non-profit organization that attracts a crowd in excess of 5000.

The Snowflake Boutique is held on the first weekend of November each year. This year's show will be held Friday, November 3, 2000 from 5 p.m. to 9 p.m. and Saturday, November 4, 2000, from 9 a.m. to 4 p.m. in the High Desert Activities Center at the Deschutes County Fairgrounds.

Each year, Snowflake chooses a different theme. Our theme this year will be "Silver Bells". We will be displaying work from sixty to seventy vendors consisting of fine arts,

ceramics, handmade dolls, painted wood items, pine furniture, clothing, fine confections, music, antiques, and floral arrangements. We strive to bring new and unique items to our customers each year.

Approximately 30 items, handmade and donated by members, will be raffled off and a cookbook consisting of our member's favorite recipes will be offered for sale at this year's show. All proceeds from the raffle and cookbook sale will be donated to the Family Access Network.

The Snowflake Boutique asks that you place us in your "calendar of events." For information about participating in the Snowflake Boutique, you may contact Cheryl Hanson at 548-6280. For general information, you may contact Diana Hutchins at 923-3166.