

Courtney-Gold, Artist in Resident of The millennium Artist and Community Project

Millennium Artist and Community Project
Pat Courtney Gold

Pat Courtney Gold, Scappoose, Oregon, was a recipient of a prestigious Artist in Resident, The Millennium Artist and Community Project. She was one of the 56 artists selected from throughout the U.S., and the only artist representing Oregon.

The Millennium Project, Artists & Communities: American Creates for the Millennium, was a 3-month project, August 1 to October 28, 2000, funded in part, by the National Endowment for the Arts and Culpeper Foundation, through the MidAtlantic Arts Foundation, Baltimore, MD. One of the goals was "to communicate the value and importance of the arts and artists to the maintenance of culture."

Pat Courtney Gold, Wasco Tribe, Confederated Tribes of Warm Springs, OR, worked with the Plateau communities. Pat has given lectures and workshops throughout the U.S. to Museums and to Native Basketry Organizations. You can see her baskets with their unique geometric designs in many Museums, such as the Burke Museum, Seattle, WA; Portland Art Museum, Portland, OR; the High Desert Museum, Bend, OR; and she was recently commissioned by the Peabody Museum, Harvard University, Cambridge, MA. She has exhibited her work nationally and internationally.

Pat worked through the Crow's Shadow Institute, Confederated Tribes of the Umatilla Indian Reservation, Pendleton, OR. Crow's Shadow Institute mission statement

is "...to provide educational, economic, and social opportunities for Native Americans through artistic development." This art institute was the perfect venue for the Project, offering workspace, art resources, and state of the art computers.

Background: The Millennium Project focused on the broad community of the Plateau Nations in eastern Oregon, Washington, and Idaho. The communities are geographically and economically isolated and lack access to many services. These communities are bonded by Native heritage, traditions, language, and geography. Historically, cultural genocide was practiced on the Plateau Nations and it has taken three generations to recover from this experience. To strengthen the community and restore self esteem, Pat developed a curriculum to research cultural history and develop traditions that will enrich the individuals and the community. The participants represent the Confederated Tribes of Umatilla, Confederated Tribes of Yakama, Nez Perce Nation, and Wasco Nation.

Twining is an important part of Plateau culture as seen in their many styles of baskets, hats, clothing, and tule mat lodges.

The first step of the Millennium Project was to visit museums to re-discover our heritage, to appreciate our culture, then to invest this knowledge back into the community through an art project.

Journal. Each participant was provided with an art journal to keep notes and sketches of all the events. This journal was the foundation of

the art project. At the end of the Millennium Project, the journals are for the participants to continue recording ideas, family history and stories, to pass on to their families.

Museum Studies. The participants learned the procedures in researching collections, storage, and photo archives. In addition to exhibits, the participants learned about the storage areas and the corresponding catalogs that identified items and gave more descriptive details.

It was very important that the students know that the collections are their heritage; not just items as possessions of the museums. They are visiting their heritage, culture, and ancestors.

The visits to Museums included more than learning. We are ambassadors from our Tribes to educate the museum staff on the Culture that the items represent.

Harvesting Plant Fibers and Basketry. The class learned about traditional plants used for cultural activities. We went on field trips to learn about plant habitats, season to harvest, how to harvest and store fibers, how to process, and the traditional twining techniques.

Elders, our living Museums. Elders were invited to participate and share their knowledge with us. We learned about harvesting and processing dogbane, a plant used throughout the Plateau region. Few people have this knowledge. We learned about the "stories" that teepees tell us. They are a part of the family and have their own histories.

Mixed Media Mural. The participants decided to do a mixed media mural, based on their Heritage and Culture, titled "Past, Present, Future". The collective notes recorded in their journals were a source for their ideas and topics. This mural is a symbol of the revival and preservation of their Culture. The mural is designed in three panels as the participants foresaw the problems of storing and delivering a large mural. Each of the panels represents the Past, the Present, and the Future. Images on each panel are arranged in a mountain design from a basket image. The tule and cattail prints on all three panels suggest a continuity. The panels are connected by a

replica of a Time Ball, a Plateau calendar, now rare. The participants each made dogbane cordage and included knots and beads to represent the passage of time. Also, a large 2-dimensional weaving was done with local cattail and tule fibers. These will be housed at Crow's Shadow Institute and will be available to the Plateau Communities, and for exhibits at other institutions.

Preserve Millennium Project on CD. The visits to museums, our research activities, the special items that we studied, our hands-on activities, and the creation of the mixed media mural were visually recorded using a digital camera. These images were then transferred

to Computer (Adobe PhotoShop). At the end of the project, these images, along with a detailed description of the Millennium Project, were transferred to a CD. This will be shared with other Native communities. We anticipate this to be a prototype for future projects.

Our Heritage, our Culture, our Traditions will continue to the next millennium.

Pat's next project is a year long Residency at The Interstate Firehouse Cultural Center, Portland, OR. Mark your calendars for her Art Exhibit, September and October, 2001.



At the Art Reception hosted by Crow's Shadow Institute, Pendleton, OR, Pat Courtney Gold stands near the contemporary 2-dimensional weaving done by the Millennium Project Participants. It is made with locally harvested fibers, tule and cattail. Photo by Roberta Lavadour, Mission Creek Press.

News from IHS Health & Wellness center: I don't like being sick



I DON'T LIKE BEING SICK!

Few problems we experience are worse than being sick or just not feeling well. I have had many patients complain "I don't want (or like) to be sick" or "I don't have time to be sick." For those of us who tend to have prolonged or frequent illnesses, we just get plain tired of being sick. Is there anything we can do?

On occasion, I have had a patient come in with a concern and say "Just fix me doc." Well, this may not be as easy as it sounds.

The healthier we are when we get sick, the easier it is to "fix" the problem. If we stay healthy, we are less likely to get sick in the first place. Then, when we do fall ill, our bodies are much more able to recover. This means there is less that needs "fixing" and "fixing" comes with it's own potential problems. So, our best bet is to stay healthy to begin with.

During my medical training, one

teacher always reminded us that "it takes a lot of work to stay healthy; it is very easy to get sick." Many of us take our health for granted until we become ill. Unfortunately, by the time we feel sick, it may be too late to do anything to stop the process. So what must we do to ward off illness?

Most of us are granted a healthy childhood. We can do just about whatever we want to our bodies and get by with few, if any, problems. As we grow older, however, our bodies are less forgiving. We also develop patterns of living or habits that will usually stay with us for the rest of our lives. In other words, habits "die hard". And since most of us don't like change, the sooner we decide on good health, the easier it will be to reach our goal. This means that staying healthy must start as early as possible.

When we are young, the adults pretty much decide what we will and will not do. Once we reach age 12 or 13 or so and older, we start making more and more of the decisions. Some of our choices will be good and others not so good or even bad. Now, there are some parts of our health we don't choose, but for the most part, good health is a choice. For example:

1. We have no say in whether or not we get a brain tumor, but we do decide whether or not we get certain

types of lung cancer, oral (mouth) cancer or emphysema (sounds like "Im fi zima").

2. We can't decide when we will get a cold or stomach flu, but we can choose whether or not we get STD's, HIV, AIDS, hepatitis or an unwanted pregnancy.

3. We don't choose to develop arthritis, but we do make the choice whether or not we kill or injure ourselves (or others) while driving under the influence or speeding.

4. We don't get to pick our parents, brothers, sisters or other family members, but we can decide not to drink alcohol, do drugs or smoke.

The list could go on and on. Making bad choices usually catches up with us sooner or later. Although, making good choices are no guarantee of absolute good health, good choices improve our chances significantly. The sooner we choose health, the better our odds.

Being healthy starts with making good choices early. We can choose to exercise and eat right. We can choose to limit our alcohol intake or not drink at all. We can choose not to overeat, smoke or practice risky behaviors. If we have already made some mistakes or bad choices, we can choose to get up, brush ourselves off, stand and commit to make a change to improve our lives. Good health is a choice. The choice is ours.

Early Head Start news

Announcements:

Early Head Start home visitors will be at Buff Learning Center for group with the parent program on January 16.

ECE will be closed January 26 for in-service

EHS groups are every Wednesday, 11:00 a.m. to 1:00 p.m. and every other Wednesday evening 4:30 to 6:30 p.m.

Early Head Start is accepting applications

Are you pregnant? Or do you have a child under age 3? If so, you may be eligible to participate in the EHS program. EHS is a "free" in-home program helping families set goals for their young children and themselves and pointing families toward the variety of resources available in the Warm Springs community and beyond. If you are interested in applying or would like more information about the Early Head Start Program call June at 553-3241.

What can I do if my child is angry?

Everyone feels angry sometimes, even babies and young children. Anger and other feelings like fear and frustration can be expressed through aggressive behavior. Young infants typically show these feelings by crying frantically and flailing their arms and legs. As they grow and move into toddler-hood, they may begin expressing anger, fear and frustration by

hitting, pushing and biting.

So, what can parents do to help their children deal with these feelings? An infant's anger can be soothed by responding to his or her needs. For example, if a baby is upset and crying because she's hungry, feeding her and comforting her will calm her. Toddler's aggression can be especially stressful for parents, but it is important to respond calmly and consistently. They may not understand fully that hitting and other physical aggression hurts people; parents often need to explain this to their young children. Teaching toddlers to redirect their anger is a very important step in their healthy development. So, a child who hits when angry or scared can be taught to hit a pillow instead of a person. Parents can also begin teaching children to verbalize (say) what they are feeling. For example, parents can describe what they think their children are feeling and teach them a word or phrase to use to express the feeling. As children learn to express feelings with words, they are less likely to be aggressive.

If you are having a difficult time dealing with your child's anger, don't hesitate to ask for help. Head Start Mental Health Consultant Jane Kirkpatrick, Well-Child Clinic PHN's and other Indian Health Service healthcare providers, and variety of other community resources can be good sources of information for parents.

Group things planned for the month

First Hour

1. Free play with toys and materials: cars, stackers, crayons and paper, lace boards, scissors and paper, nuts and bolts, playdough, blocks and duplos, puzzles and balls.

2. Song/story time: 5 little monkeys, Itsy Bitsy Spider, Twinkle Twinkle, Friends 1,2,3, Pat-a-cake, glad you're here, head, shoulders, knee's and toes, polar bear polar bear.

3. Carpet activity: Parent and child one-on-one reading, ring around the rosey.

Second Hour

Art projects with children: cutting and gluing, texture books, hide and seek, folded paper painting, sensory tubs, paper collages, "snow" scenes, and goo.

Parent-ed: The parents and a home visitor will go to a separate room and meet on special topics or areas of interest indicated by the parents.

Birthdays

Ellen Marie Sampson
January 4, 2000
Lyndreth LeClaire
January 7, 1998
Vivian Yazzie
January 17, 1998
Barbara J. Halliday
January 20, 1998

Gover reaffirms federal trust relationship of tribes

Assistant Secretary - Indian Affairs Kevin Gover has reaffirmed the federal trust relationship between the United States and the King Salmon Tribe and the Shoonaq Tribe in Alaska and the Lower Lake Rancheria in California after finding that their government-to-government relationship with the U.S. has never been severed.

"The King Salmon Tribe, the Shoonaq Tribe of Kodiak, and the Lower Lake Rancheria have been officially overlooked for many years by the Bureau of Indian Affairs even though their government-to-government relationship with the United States was never terminated," Gover stated in his finding dated December 29, 2000. "I am pleased to correct this egregious oversight."

Due to administrative error, the BIA had for several years failed to place the three tribes on the list of federally recognized tribes it is required to publish annually in the Federal Register under the Federally Recognized Indian Tribes List Act (Pub. L. 103-454, 108 Stat. 4791, 4792). The list, entitled "Indian Entities Recognized and Eligible to Receive Services from the United States Bureau of Indian Affairs," was last published on March 13, 2000.

The Assistant Secretary found that the King Salmon Tribe of Alaska has existed and maintained a continuous Indian community from historic times, and that present-day tribal members are descendants of a group

that had been forced to leave an earlier homesite destroyed during an eruption of Mount Katmai.

The Assistant Secretary also found that the Shoonaq Tribe of Kodiak, Alaska, has maintained a continuous political organization since European contact, that the Council of the Shoonaq Tribe of Alaska has governed the historical Native community in and around the contemporary community of Kodiak, and that no other tribe has claimed the territory or the tribe's membership. Congress acknowledged Kodiak as an historic Native village possessing claims to aboriginal title in the Alaska Native Claims Settlement Act (ANCSA). In 1987, the Kodiak Tribal Council learned it had not been included on a list of federally recognized tribes published by the BIA in the Federal Register and requested the Secretary of the Interior to correct the list.

In the case of the Lower Lake Rancheria of California, the Assistant Secretary found that the tribe had not been made subject to the Rancheria Act (Pub. L. 85-671, 72 Stat. 619, as amended by Pub. L. 88-419, 78 Stat. 390), by which Congress terminated the federal government's trust responsibility for dozens of California tribes during the 1950s, and that its tribal status has been continuously maintained by tribal members to the present day.

With the Assistant Secretary's

action the number of federally recognized tribes now stands at 561, which also includes two tribes recognized under H.R. 5528, the Omnibus Indian Advancement Act (Pub. L. 106-568, 114 Stat. 2868) signed by President Clinton on December 28, 2000. The Loyal Shawnee Tribe of Oklahoma, which since 1869 has been a culturally and linguistically separate entity within the Cherokee Nation of Oklahoma, was accorded federal recognition as an independent tribe. The Graton Rancheria of California, which had been terminated by the Rancheria Act, was restored to federal recognition status.

Contact information for the three reaffirmed tribes: The King Salmon Village Council, P.O. Box 68, King Salmon, Alaska 99613-0068, the Honorable Ralph Angasan, Sr., President; The Shoonaq Tribe of Kodiak, 713 East Rezanof Drive "B", Kodiak, Alaska 99615, the Honorable Kenneth Parker, Chairman; and The Lower Lake Rancheria, 131 Lincoln Street, Healdsburg, California 95448, the Honorable Daniel D. Beltran, Chairman.

For more information, contact Marilyn Heiman, Special Assistant to the Secretary for Alaska, U.S. Department of the Interior, at (907) 271-5485, fax: (907) 271-4102, or Nedra Durling, Director, Office of Public Affairs, Bureau of Indian Affairs, at (202) 208-3710, fax: (202) 501-1516.

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What does it take financially to own your own home?

February 8, 2001

Making choices and tracking your spending

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February 15, 2001

Basics of banking @ US Bank, Madras

February 22, 2001

Making ends meet

Stretching and spending your dollars

Small Business Center

1134 Paiute Street, Warm Springs

6:00 - 8:00 PM

Light snacks will be provided

For further information contact:

Trudy Thompson, WS Small Business Center @ 541-553-3592

Bernadette Hoyer, OSU Extension @ 541- 553-3535

United Indian Students in Higher Education Is having an Art Contest!

We are looking for some good art work for our logo. We also need a piece to use for our annual spring Powwow poster. If we like your work we'll pay you \$\$\$.

1st Place \$200, 2nd Place \$100 F.Y.I. This year our powwow theme is "Ending the Myth"

Put your work on an 8 x 10 piece of paper and ship it to us by January 15, 2001

Don't forget to give us your name, address and phone number so we can send you the cash if you win. Questions? 503-725-5671

Send your work to: UISHE @ Portland State University P.O. Box 751-SD Portland, OR 97207

(All entries that are not winners will be returned)