

Never surrender your voice

By Sarah Frank
Victims of Crime Services

More than 4,000 people live on the Warm Springs Indian Reservation and many are not only affected by the meth epidemic, they are also affected by a victimization of a "silent" matter.

Many are shamed into silence while others are silent by fear. Fear that if they tell the truth they will face retaliation, especially in gang rape incidents. Whatever the reason, they remain silent... and the result of that silence is likely one of the keys to the continuous addiction problem in Warm Springs, including meth addiction.

By remaining silent to sexual assault (rape) we allow the poisonous memory to decrease our self-worth and increase our self-medication (addiction) tactics. We must confront the pain, tell ourselves the truth and this will lay the groundwork for healing.

1) Acknowledge that the assault happened, 2) talk to someone you trust (as many times as needed) and 3) release the pain (as many times as needed). In doing this we become stronger. We uproot the bitterness, unforgiveness and resentment that may have taken root since the assault. We begin the healing process and we must remember that it is a process and will take time. Don't expect yourself or another person to heal overnight, everyone heals in their own timing and not everyone heals the same.

People find it easy to hurt others, especially if they do not see others as equal to themselves. Teach your children that all people are equal (equality) then it won't be so easy for them to harm others. Degradation occurs where there is hostility. Decrease violence in your home by assessing 1) what causes violence, 2) who is violent and 3) what can be done to remove violence. We must take a stand to remove the violence from the home, rather than remov-

ing the children from the violence.

Ruby White Star of National Council of Juvenile and Family Court Judges was a keynote speaker at the "Strength thru Identity" conference in Pendleton.

Ruby shared her story of her childhood and the effect domestic violence and sexual assault had on her family. One of the results was the untimely death of her 19-year-old brother. Ruby insisted her mother was not beaten because she lacked self-esteem; it was because her father wanted to control her mother. When the batterer loses this control and the woman has left, her life can be at high risk. She spoke of a Supreme Court decision that prohibits removal of children from an abused woman.

They found that the intervention that was used to protect children was actually causing more harm to the children.

"We live in a paradigm that condones violence." (Paradigm = map inlaid in the mind which determines the way we see the world). Programs have found that it is too hard to stop him from beating her, so let's question that may have taken root since the assault. We begin the healing process and we must remember that it is a process and will take time. Don't expect yourself or another person to heal overnight, everyone heals in their own timing and not everyone heals the same.

Social norms supporting violence need to be eliminated, redefine how society views domestic violence and facilitate batterer accountability. Don't just make it someone else's problem by simply allowing him to move to his next victim.

In closing Ruby told us about her father's alcohol treatment and the completion of his ninth step in the program. Her father wanted to "make amends" without taking responsibility for sexually abusing her. Ruby said, "I had the courage to speak and he had to listen, for six hours

he had to hear every detail he had forgotten, but I remembered."

Never surrender your voice, you must get the bad things out or it will poison the you....

For those who have caused the pain to others, you must stop. Face what you have done, seek help and understand that it is in acknowledging your wrong doing that you can overcome and change. Seek healing and most importantly stop the victimization. If you believe that you are not hurting anyone, you are wrong.

Other speakers included Veraunda Jackson and DJ Vanas. DJ is a national motivational speaker who encouraged his crowd to: Focus on one thing at a time, learn to bend in the storm - so you won't break, celebrate your success stories, think of activities that boost your spirit and act, have a good attitude in everything and look in the mirror and give yourself a goofy smile (especially after someone just cussed you out on the phone)!

On March 22, I had the opportunity to go in to the Coffee Creek Correctional Institute in Wilsonville to share my testimony. This was another "baby step" to my healing. Each of us has a part in helping others and I would like to thank all of you who have helped me, you know who you are... Thank you!

In closing, the Victim's of Crime Services would like to invite you to the Prayer Walk on April 3 beginning at 12 noon. All denominations are welcome to participate. We will also have two "Darkness to Light" presentations on April 11 (12-4 p.m.) at the Community Center and April 21 (6-9 p.m.) at the Family Resource Center.

Let's stand for what we believe in, not just what we are against. We believe that everyone deserves to have a safe and peaceful home! Silence Increases Violence....

Bottle drive to benefit graduation party

Project Graduation for Madras High School's 2006 graduation, has scheduled a can and bottle drive Sat., April 8 from 9 a.m. to 2 p.m. at Erickson's Sentry parking lot.

Proceeds help fund the class of 2006's all-night drug and alcohol free party graduation night. To have bottles and cans picked up, call Monroes, 475-3555, or Kirks, 475-9209.

KWSO looking for local talent

KWSO, 91.9 FM, in Warm Springs is looking for talented musicians and performance artists from Central Oregon for its "Home Fire" show, its showcase of local music.

Cassette tapes and compact


discs can be sent to KWSO, P.O. Box 489, Warm Springs, OR 97761.

For more information, contact Jennifer Miller at 553-1968 or at jmiller@wstribes.org.

Senator visiting area

Sen. Gordon Smith will meet with residents during a town hall meeting on Wednesday, April 12, at the Madras Aviation Building at the airport. The meeting will be from 3:30 to 4:30 p.m.

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Events to raise awareness of abuse

April is Child Abuse Prevention Month, and the Warm Springs Child Protective Services (CPS) staff has several events planned to help raise the community's awareness.

The CPS staff invites the community to participate in any and all events scheduled through the month of April.

The staff is at various locations through the month to distribute information on Child Abuse and Neglect Information. A sheet for children to color was distributed last Friday, and the colored sheets will be on display throughout the community beginning April 7.

CPS staff and volunteers will flag trees with royal blue ribbons and distribute information on child abuse prevention to the community. Royal blue is the universal color for Child Abuse and Neglect Prevention.

A basketball jamboree and skate contest for kids 12-17 is set for April 7, a Friday kids are not in school, from 11 a.m. to 4 p.m. at Elmer Quinn Park. On the basketball court is a 3-on-3 basketball tournament, along with free throw shooting and half-court shooting contests. Prizes are awarded that day. Contact Liz Nava at 553-3209 for more details.

A community parade and barbecue from 10 a.m. to 2 p.m. April 15. Members of the community are encouraged to decorate their vehicles and participate in the parade.

Vehicles set up in front of the

Child Protective Services offices from 8:30 to 10 a.m., and the parade follows at 10 a.m., moving from the CPS offices to the community center.

Easter is April 16, and an Easter egg hunt begins at 10:30 a.m. at the Community Center, and a craft table is set up to start at 10:30. Presentations are at 11:30 a.m., followed by lunch at noon. Activities, including an obstacle race and arts and crafts, is from 1 to 2 p.m. Door prizes are given throughout the day.

A Prevention Walk is scheduled for 11 a.m. April 26. Balloons and T-shirts are distributed to participants at the start of the walk. Prayer and a balloon release is in front of the Community Center, and lunch follows in the Community Center Social Hall at noon.

Last week, Warm Springs Tribal Council chairman Ron Suppah signed a proclamation declaring April as Child Abuse Prevention Month in Warm Springs, calling for "youth-serving prevention programs to offer positive alternatives for young people and encourage youth to develop strong ties to their tribal community," and that "all citizens should become more aware of child abuse and its prevention within the community, and become involved in supporting parents to raise their children in a safe, nurturing environment."

For more information on any of the CPS-sponsored events in April, contact CPS at 553-3209.



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