

November challenge promotes fitness

By Leslie Mitts
Spilyay Tymo

It's time to hit the gym as the November Fitness Challenge begins at the Community Wellness Center.

Austin Greene, the recreation director, said the challenge originally began as an inter-department challenge around 1980.

The month-long event allows teams of employees to log in hours of exercise—and the team with the highest amount at the end of the month wins.

However, Greene said, while the team who exercises the most gets to take the trophy for the year, they also recognize individuals who exercise frequently.

Other recognition goes to the team with the highest averages—a team whose members all exercise frequently, even though they may not have won the overall challenge.

The event began with a Kick-Off Poker Walk on Nov. 1.

Throughout the month, the recreation department will sponsor events at the community center that are worth bonus points for those involved in the challenge—including everything from aerobics and dodgeball to water aerobics at Kah-Nee-Ta.

Though the recreation de-



William Rhoan and Sammy Bruised Head join the Fitness Challenge.

partment sponsors the event, Greene said they work closely with the Diabetes Program and L.H.S. to create healthy opportunities for challenge participants.

Greene said, "Everyone

helps out with this cause and it makes it a positive opportunity for everyone that participates."

Originally, Greene said, the challenge began in November as a way to combat the typical holiday weight gain.

"It's kind of helping them out during that time," he explained.

The teams are still typically made up of employees from separate departments, he said, but because some departments are smaller they combine with others to create a full team.

Teams can have anywhere from four to 15 participants.

In the past, Greene said, the challenge has yielded high turnouts—something that he thinks is a great thing.

"It's getting them out and doing something in a healthy manner," he said.

During one of the best years, Greene said as many as 40 departments entered teams into the challenge.

The overall winners receive sweatshirts and a "traveling trophy."

According to Greene, "I think winning it all is what these guys all turn out for."

Bowling tournament will include memorials

The 30th Annual Warm Springs Indian Holiday Bowling Tournament will be Thursday through Saturday, Nov. 23-25 at Lava Lanes in Bend.

This year there will be a men's single special event in memory of Warren "Rudy" Clements. Squad time for this memorial event is 11:30 a.m. or 2 p.m. on Friday, Nov. 24.

This year there will also be a women's doubles special event in memory of Trudee Clements and Becky Quinn. Squad time for this memorial event is 11:30 a.m. or 2 p.m. on Friday, Nov. 24.

The men's and women's holiday roll-off is Saturday, Nov. 25 at 2 p.m. Participants must sign up for first team event and qualify.

Mixed team is on Thursday, Nov. 23 from 3 to 8

p.m. and Friday at 9 a.m. Jack-ets will be awarded. USBC Youth is scheduled for Saturday, Nov. 25 at 10 a.m. Four divisions and trophies.

Big Dog Bowlers Challenge is Friday, Nov. 24 at 5:30 p.m. Jackets awarded, with \$200 to top qualifier.

Mixed doubles roll on Saturday from 12 to 4 p.m. Jack-ets awarded. Doubles/Singles are Friday from 11:30 a.m. to 2:30 p.m. Jackets awarded.

Men's and women's senior masters 50 years and over, 5:30 p.m. Jackets awarded.

For information contact Austin Greene at the Community Wellness Center, 553-3243; or email him at eagreene@wstribe.org. Sandra Greene-Sampson is at 553-6619; e-mail at pubutil@wstribe.org. No collect calls please.

25th anniversary of the Warm Springs flag

It was 25 years ago this month that the tribes adopted the flag of the Confederated Tribes of the Warm Springs Reservation.

It was in early November of 1981, after much deliberation, that the Tribal Council selected the flag designed by Hamilton Greeley as first choice in the tribal flag contest.

With 30 entries it was a difficult decision.

Acting Tribal Council Chairman Olney Patt Sr. opened the day's Council meeting with, "Today, we have a responsibility different from any of our other duties."

The historic decision of selecting a flag to represent the Confederated Tribes of the

Warm Springs Reservation was the responsibility he was speaking of.

"A treaty-oriented flag is what I would look for," he added. According to the November 18, 1981 edition of the Spilyay:

"The idea of having a tribal flag came from citizens who thought there should be a flag to represent the reservation. Orthelia Miller and Maxine Clements began organizing the contest with approval from Tribal Council.

"Winona Strong was recruited as a neutral party, taking the entries and tallying the votes."

Hamilton Greeley explained some of the symbolism contained in his winning flag design:

The three stars above Mt. Jefferson represent the three tribes of the confederation.

The round war shield represents the sacred circle of life, the gift of life, and the rebirth of life.

The seven eagle feathers represent tribal religion, praising the great spirit, praying for peace and forgiveness, and cleansing of our souls.

The peace pipes represent brotherhood and peace to all people.

The salmon represent one of the main food sources of the people.

The teepees represent the old Indian way of life, rejoicing, singing, dancing and happy Indian celebrations.

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Saturday:
8 a.m. to 3 p.m.

Warm Springs support groups/AA/NA meetings are at the following times on these days of the week:

Monday from 5:30 to 7 p.m.: Aftercare support group meeting at the Community Counseling Center.

Wednesday from noon to 1:30 p.m.: AA meeting at the Community Counseling Center.

Wednesday from 5:30 to 7 p.m.: AA/NA meeting at the Community Counseling Center.

Thursday from 6 to 7 p.m.: Talking Circle at the Community Counseling Center.

Saturday from 5:30 to 7 p.m.: AA/NA meeting at the Community Counseling Center.



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