

Exerciser of the Year turns 90



Dave McMechan/Spilyay

Dan Brisbois (right), Enhanced Fitness exerciser of the year, tosses an exercise ball last week at the Senior Center. Brisbois celebrated his 90th birthday last week.

Enhanced Fitness recognized Dan Brisbois on his 90th birthday as Exerciser of the Year.

"He exercises three times a week," said Eliza Jim, Enhanced Fitness program leader. "And he's been here since day one."

Mr. Brisbois also walks

regularly.

The Enhanced Fitness sessions are Monday, Wednesday and Friday at the Senior Center. The sessions start at 10:45 a.m., and are followed by a healthy lunch provided by the Senior Center.

The class usually has about 14 individual exercisers, said

Jim. On Wednesdays there may be fewer, as some regular exercisers on that day choose to go instead to Kah-Nee-Ta for water aerobics.

The program is free to anyone who wants to participate.

Call the Senior Center for more information on the program, 553-3313.

Memorial hoops tourney

The McKie A. Suppah Memorial Basketball Tournament is this Friday through Sunday, Oct. 9-11 at the Warm Springs Community

Center Gymnasium.

Entry fee for the jackpot tourney is \$300. Call Decee Suppah for information: 553-1473; or 460-0103.

Kah-Nee-Ta hosting fall run

Kah-Nee-Ta High Desert Resort and Casino will host the Fall Run on Sunday, Oct. 18 at the resort.

The scheduled race distances are going to be the 10K, 5K and the 1-Mile fun run/walk.

Registration will begin at 8 a.m. at the Kah-Nee-Ta Village front gate.

The races will begin at 10 a.m. from the front gate. Awards will be given to the top three finishers in the male and female division's in all age categories.

Every registered runner will be given a ticket for a chance to win one of the door prizes.

Runners also receive a free entry pass into the Kah-Nee-Ta Village Pool.

Pre-registration fee: \$10 with t-shirt; \$8 without t-shirt.

Day of race fee: \$15 with t-shirt; \$10 without t-shirt.

For more information contact the Community Wellness Center Recreation Department at 553-3243.

Next deadline to submit items to the Spilyay Tymoo is Friday, Oct. 16. Thank you!

Youth service workers share ideas

By Shawn Morford
OSU Extension- Warm Springs

Over 70 representatives of youth-serving organizations attended the two-day Warm Springs conference on youth services, Sept. 29-30.

The conference was organized by Oregon State University Extension Warm Springs, and funded by the Confederated Tribes.

Youth service workers were on hand from organizations ranging from Big Brothers Big Sisters to the Education Committee.

The purpose of the conference was to see the "big picture" of youth services in Warm Springs.

Participants shared information on each organization's mission and activities, and learned about the latest research on positive youth development.

The participants heard directly from youth about their perceived needs in the community, situations that youth face here, and what their visions are for the future.

The conference participants identified opportunities for increased partnering between youth serving organizations in Warm Springs, and they created a shared vision of coordinated youth services on the reservation.

Findings of study

Among the presenters at the conference was Jillene Joseph, director of the Native Wellness Institute, who reported on the study she conducted of youth services in Warm Springs earlier in 2009.

Jillene presented the findings of the study and made recommendations for improved collaborations among youth-serving organizations.

Also presenting was Roger Rennekamp, 4-H Program Leader for OSU in Corvallis, who provided the latest research on positive youth development.

Roger shared recent research literature, including from Native American researchers that out-

lined the basic elements that kids need in order to be positive adults who contribute to their community.

These include providing opportunities for youth to gain mastery of skills, a sense of independence, a sense of belonging, and opportunities to practice generosity.

Roger urged all programs to use this as a checklist to ensure that they are providing opportunities for youth to practice all four of these elements.

Youth video

A special feature of the conference was a 6-minute video prepared by a group of Warm Springs high school youth especially for the conference.

The youth who made the video spoke about their vision for the future, issues they face, and recommendations for actions to improve youth services in the community.

The youth worked together to write the script and shoot the video during the three days prior to the conference.

The video project was led by tribal member Alyssa Macy, owner of NVisions, a company that conducts youth media programs with native youth across the country, and Volunteer Jaylyn Suppah, who worked with 509-J school district to recruit the youth.

The youth included Jason Smartlowit, Lillitz Henry, Merima Made, Jillese Suppah, Tamaira Clements and Perry Kalama.

The video is now posted on the Internet at youtube.com/nvisionsit.

Alyssa Macy also provided a key note address at the conference, describing the work of NVisions and giving background on the youth-made video project in Warm Springs.

In small groups, participants discussed barriers and offered specific solutions to gain better collaboration among youth serving organizations in Warm Springs.

Participants were asked what they plan to do differently as a

result of the conference. Among the comments were:

"I plan to collaborate with other youth services with programs to keep the kids motivated. I plan to take leadership roles so youth can see it can be done."

Some participants stated the need for youth organizations to learn more about the technology that youth are using to communicate with each other, and use that technology to reach youth.

"I will rethink using technology available to communicate with youth."

The participants reached consensus at the end of the conference about several key actions they would like to work together on in the coming year.

The group would like to meet quarterly to ensure close coordination throughout the year.

They would like to hold an annual conference or meeting where they would continue learning as well as continue discussions about common issues and solutions.

A high priority is the establishment of a position to coordinate youth services in the community that would serve as a hub to avoid duplication and coordinate an annual youth activities calendar.

There is a desire to have some office space for this coordinator in the schools, if possible.

A priority also was the establishment of a youth council to gain a link to the youth, to gain input from youth, and teach leadership skills that would be led by the new youth services coordinator.

A task force of seven people was named to follow up on the action plan, to seek funding sources, and maintain the momentum started at the conference.

Electronic copies of the Warm Springs Youth Services Profile and Gap Analysis are available by emailing Shawn Morford at: shawn.morford@oregonstate.edu.

Councilman to speak as part of 2009 Archaeology celebration

Tribal Councilman Wilson Wewa will make a presentation this month at Smith Rock State Park, as part of the 2009 Oregon Archaeology Celebration.

Councilman Wewa will make his presentation on the evening of Friday, Oct. 23. His topic of discussion will be "The Coming of the White Man: The Impact on the Indian Populations." The presentation is from 7-8:30 p.m. at the Smith Rock State Park

Visitor Center, 10260 NE Crooked River Dr., Terrebonne. The park can be reached at 923-7551.

The 2009 Oregon Archaeology Celebration also has presentations at Smith rock scheduled for Oct. 9 and 16. Topics of discussion are "The Lost Meek Wagon Train of 1845" and "The Barlow Road: At the End of the Oregon Trail."

Positive Indian Parenting sessions

The Counseling Center is hosting Positive Indian Parenting sessions one day per week.

The classes, held on Thursdays from 5:30-7 p.m. at the Counseling Center, are scheduled as follows:

Oct. 8: Lessons from Mother Nature.

Oct. 15: Praise in Traditional Parenting.

Oct. 22: Choices.

Please note, to receive credit for participation, you must be on time and present for the duration of each session. For more information call Rachel Smith at 553-3205.

Tribal Member Art Exhibit opens Friday

The Sixteenth Annual Tribal Member Art Exhibit opens this Friday, Oct. 9.

The traditional and contemporary artwork, ranging from paintings, woven items, regalia and more, will be on display through Jan. 3.

The opening day reception is at 5:30 p.m. this Fri-



day. For more information, please call Natalie Moody at 553-3331, ext. 412 during regular business hours.

Item at left, Mary Ann Meanus dolls that won first place at a previous Tribal Member Art Exhibit.

ERICKSON'S Thriftway

Canned Food Sale

Western Family Apple Sauce
15 oz. cans/\$16.99 a case

Macaroni and Cheese
\$10.99 a case

Western Family Cut Beans or Corn
\$13.99 a case

Nalley Chili
\$24.99 a case

Western Family Tomato Sauce
15 oz. cans/\$12.99 a case

Thru October 13

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