

More Letters

Listen for Life



The Oregon Health Sciences University Center for Healthy Communities and the “Listen for Life” staff would like to thank the Confederated Tribes of Warm Springs for a great evening gathering on Oct. 4.

About 225 tribal members were on hand, many of them children who had been part of the classroom program at the Warm Springs Elementary School.

A quick survey of the guests showed that everyone enjoyed the delicious salmon dinner, as well as the science of sound demonstration by the kids.

The survey also asked about tribal member interest in continuing to teach kids, and the community, about hearing protection in future years. The response was a nearly unanimous “Yes!”

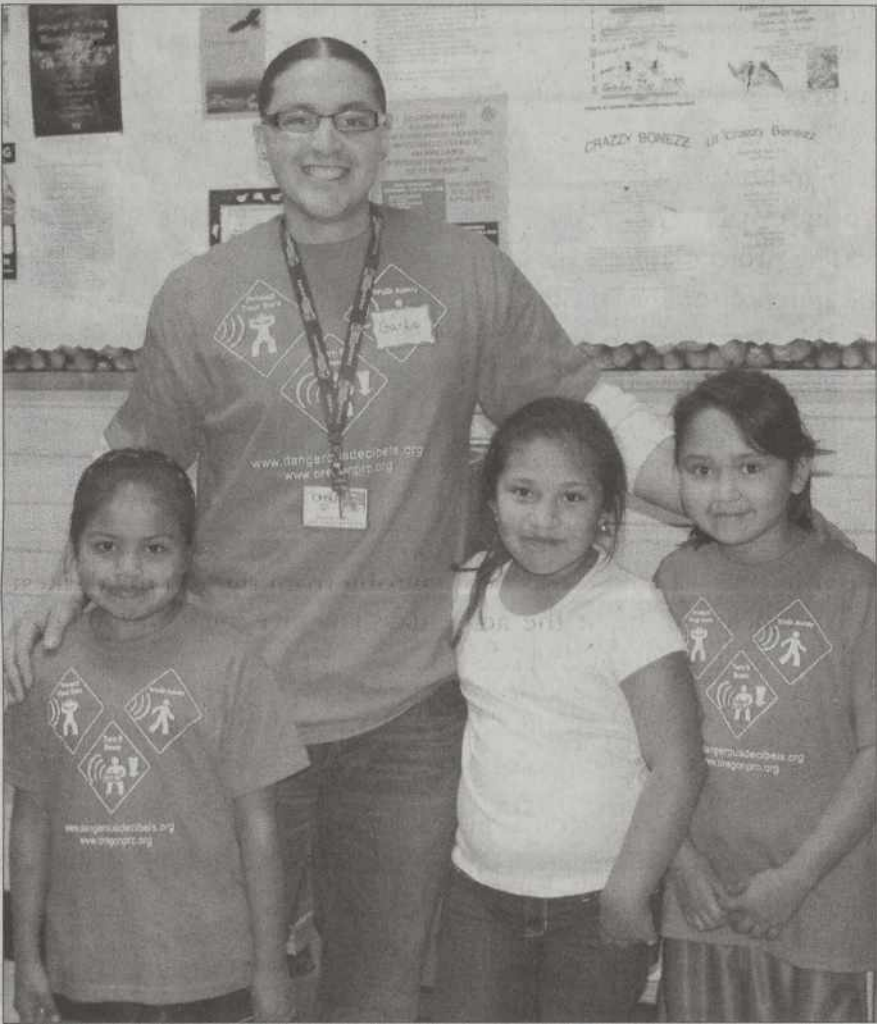
The Listen for Life program will be back in the community in the coming months to follow-up at the Warm Springs Elementary School with computer-based learning activities.

They may also invite interested parents and other community members to a small evening event to gather information and opinions for future education opportunities.

According to the Centers for Disease Control, Native Americans have more hearing loss than other groups of people. This may be due to higher rates of ear infections, but may also be caused by exposure to loud sounds from sources such as power tools, amplified music, and firearms.

Prevention of noise-induced hearing loss and tinnitus (chronic ringing in the ears) begins with the young, but is important for everyone, no matter what your age. So protect your hearing when you are around loud sounds: walk away, turn it down, or wear hearing protection.

Many tribal community members have been instrumen-



About 225 tribal members participated in the Listen for Life gathering in Warm Springs in October.

tal in helping to present the Listen for Life program.

Credit goes to Austin Greene and the Tribal Council, the Health and Welfare Committee, Wilson and the elder lunch program, Frederick Duran Bobb and Yvonne Iverson at the *Spilyay*, Sue Matters at KWSO, webmaster Todd Stum, community members who agreed to be interviewed, and, most importantly, Carol Sahme, whose energy and commitment made it all possible.

Even the Warm Springs Market management has joined the effort. They will begin carrying earplugs sized for children and those with small ear canals, such as many women.

Anyone who is interested in helping to work on the Warm Springs Listen for Life campaign, should contact Carol Sahme: c_sahme236@yahoo.com

Or Linda Howarth at OHSU: howarthl@ohsu.edu.

Or call her at 503-494-0670.

Apologies

I am sorry I broke tribal law on 9-12-10 by driving under the influence of intoxicants and recklessly endangering times two and I am sorry to P.L. and L.A.H. This won't happen again. Sorry to my reservation. I apologize to my family. **Leander Smith.**

I am sorry I broke tribal law on July 18, 2010 by getting detoxed and having my son with me while under the influence of alcohol. I am sorry for the emotional pain I caused my son during the time. I apologize to A.T. I will do better for myself and my son for his safety. **Juliene Govenor.**

I am sorry I broke tribal law by driving under the influence and reckless endangering. I apologize to my family and friends. I am trying to change my ways to make myself better. **Stanley Simtustus Jr.**

I'm sorry I broke the law on 7-20-10 by reckless driving, eluding the tribal police and messing up the car. I hope this will be the end of it, there'll be no trouble. I apologize to RS. I'm sorry, please forgive me. **David LeClaire Jr.**

I'm sorry I broke the law on 8/30/10 by inflicting injury to H.B. and harming L.B. My ac-

tions cost me my freedom and made me think twice about drinking. I ask that H. and L. forgive me for what I did. Today I stand before them with my head bowed in shame. I also apologize to my mom, grandma, grandpa, and Warm Springs. B. and M., I wish I could be there, but I can't, sorry. I love you both. **Perry Kalama III.**

I'm sorry I broke tribal law on 8-24-10 by driving under the influence of alcohol and reckless endangering. I apologize to the people of the community, and my passengers. I'm sorry for putting people at risk. **William Strong.**

Museum journey honors tribes

The courageous journey to create a museum for the Confederated Tribes of Warm Springs began over four decades ago.

Hiring its first executive director in the ice-cold winter of 1987, the museum continued its journey. The grounds began to call from areas throughout the homeland, until one day, an area was ceremonially selected.

The people traditionally blessed the grounds through prayer, song and dance, envisioning the soon-to-be home of wisdom and teachings passed on from ancient generations. When completed, construction began and the doors to the newly known Museum at Warm Springs were opened for the world on March 13, 1993.

Now, resting along a riverside in a cottonwood forest, the beautiful 25,000-square-foot Museum at Warm Springs stands magnificently, packing emotional impact all too seldom felt and seen in contemporary buildings.

Housed inside are the ancient stories and heirlooms of a living people and culture, and surviving traditions. The ancestors' knowledge and wisdom preserved within brings a consistent educational classroom to their very grandchildren.

The tribes' history and teachings preserved within is acknowledged every year through community gatherings and worship. The knowledge is brought out according to seasons and shared with the surrounding community and the interested world amongst us.

Our efforts to share with visitors and friends of our community continue in an ever so beautiful journey we continue to make.

We at the Museum at Warm Springs preserve, advance, and share the knowledge of the cultural, traditional and artistic heritage of the Confederated Tribes of Warm Springs.

Through educational exhibitions and programs that raise and inspire awareness of the Confederated Tribes of Warm Springs and other indigenous tribes, the museum is able to

continue our tradition of sharing on our everlasting journey.

Together, we are on a journey, “Our Journey”. Take a moment to consider extending your support as a tribal member for the Museum at Warm Springs and become a Museum Member for only \$25.

Your membership makes it possible to continue programs that serve and inform the community and our visitors about Oregon's Native people.

The museum is a valued focal point for the proud history and the cultural heritage activities of the tribes, actively coordinating the continuation of tribal traditions, crafts, arts, history and language. It provides a cooperative, harmonious environment for tribal members to learn from our “Living Treasures” and archives while presenting a top quality museum experience for the world.

Jefferson Greene, development officer, the Museum at Warm Springs.

Thanksgiving mini powwow at Agency

The 2010 Thanksgiving Mini Powwow is set for Thursday and Friday evenings, Nov. 25-26 at the Agency Longhouse. The powwow starts at 7 p.m. nightly. Contest dancing for youth ages 7-17; tiny tots paid daily. Categories include: Boys/Girls ages 7-11; and Boys/Girls ages 12-17. Adult categories combined. Also: Ages 17 and under team dance; and 17 and under three-man hand drum contest. Clown Dance Contest, Potato Dance, Sweep Your Teepee. Elders honoring. For information contact Captain Moody at 541-553-7014; or Carlos Calica at 541-460-0772. Sponsored by the Tribal Council.

Flu message
Advice on staying well this season

By Diane Fuller
W.S. Health and Wellness Center

Every flu season is different, and influenza can affect people differently. Even healthy children and adults can get very sick from the flu and spread it to others.

Everyone aged 6 months and older should receive an annual influenza vaccination.

Getting an annual influenza vaccination will protect you and those you care about from the flu.

A seasonal flu vaccination is especially recommended for people with chronic medical conditions, pregnant women, people living or caring for babies six months and younger or people who are unable to be vaccinated because of health reasons, and all health care workers.

It's not too early to get a flu shot—immunity will last through

the season. The reason people need annual flu shots is because the strains shift from year to year, not because immunity from vaccine wanes.

People who were vaccinated against H1N1 last year are still strongly advised to get the seasonal flu shot this fall; it protects against three strains, and we don't know which will predominate this coming season. Even if they were vaccinated last year for the 2009 H1N1 virus, it may not provide full protection for this season.

Seasonal flu vaccines consist of three likely influenza strains: H1N1, H3N2 and Influenza B (all three strains are co-circulating around the world).

The Centers for Disease Control says that even though the World Health Organization declared the H1N1 pandemic officially over in August 2010, the H1N1 virus will likely continue

to spread for years to come, like a regular seasonal influenza virus.

Seasonal flu vaccine, which is manufactured by strict federal standards and thoroughly tested before it is offered to the public, began arriving in Oregon in August and will continue through the end of the year.

Some children ages 9 and under may need two doses of seasonal flu to provide the best protection. Parents should check with their health care provider.

Prevention is a crucial part of staying healthy during flu season.

Cover your cough;
Wash your hands;
Stay home when you're sick;
Get vaccinated.

For more information, call me at (541)553-1196 ext 4420 or email: Diane.fuller@ihs.gov

Now Accepting

New Patients



Rob Nelson, PT



Trevor Groves, PT

MADRAS
PHYSICAL THERAPY
GROUP, INC.

ORTHOPEDIC / NEUROLOGIC REHABILITATION

Comprehensive, Personalized Care Including:

- Spine care and headaches
- Vertigo and balance disorders
- Surgical and neurological rehabilitation
- Sports Injuries

910 SW Hwy 97, Suite 200
541-475-2571
mptg@qwestoffice.net

Madras

↑ N

J Street

K Street

South Y Complex

3rd Street

4th Street