

OSU's timely training offers holiday-oriented kitchen skills

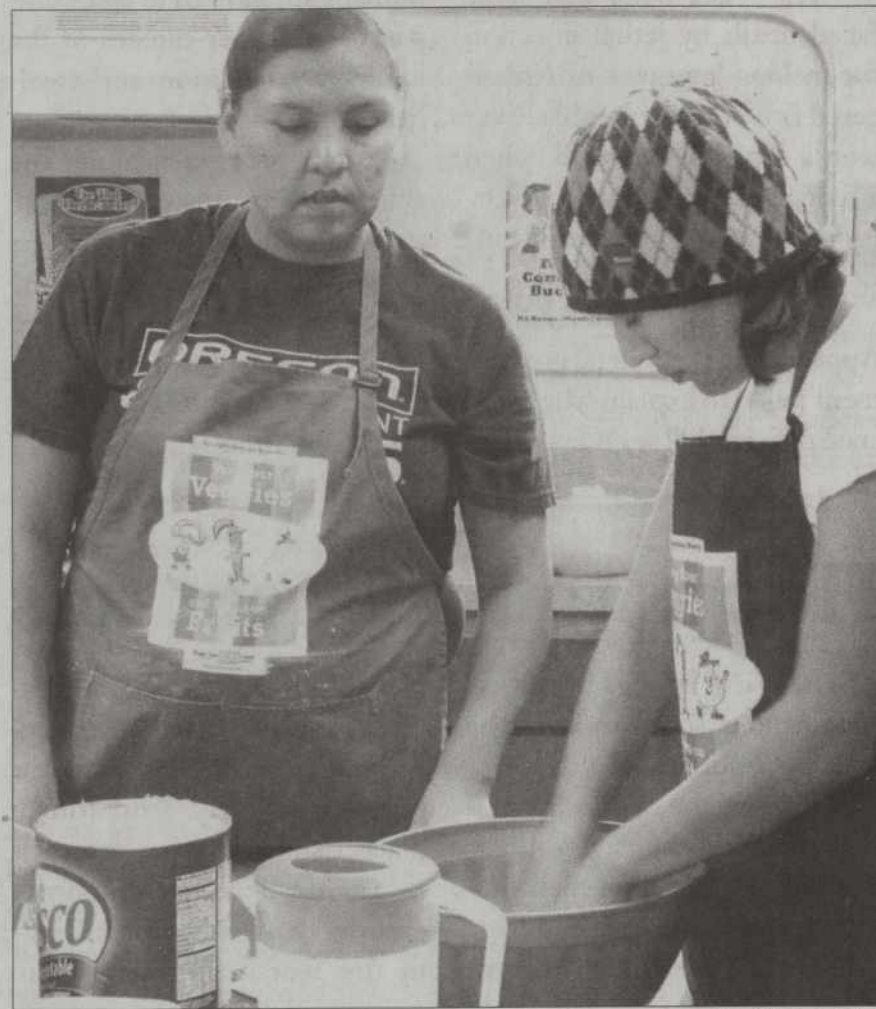
Oregon State University 4-H offered a class on the reservation that provided instruction on creating handmade holiday items.

The first part of the class was for constructing and baking a pumpkin pie completely from scratch—even the crust.

Children and adults were eagerly tying on aprons and putting on kitchen gloves before carefully measuring amounts of canned pumpkin and evaporated milk, then gleefully pounding on pie crust dough.

Once the pies were baking it was time to learn how to put together the other featured holiday items: gift jars.

The decorated jars contain dry ingredients for cookies or soup that the recipient can prepare and enjoy at their convenience. Making gift jars at home is less expensive than buying pre-made gift jars that only appear homemade.



Two boys, at left, carefully measure out ingredients for pie filling while two young women, above, prepare dough for pie crust.

Presentation on benefits of traditional healing

By Terri Harber
Spilyay Tymoo

Though the Indian Health Service has been around for decades, traditional healing methods have existed forever.

Some—or sometimes—Native Americans look to healers instead of doctors to make them feel better. Warm Springs tribal member Wilson Wewa Jr. is a traditional healer. He travels around the region to work with and treat Native Americans. He also speaks to groups on and off reservations about the subject.

Wewa gave a lecture about the philosophy of traditional healing last week to tribal members at a Lunch and Learn event hosted by the tribes' diabetes program.

"All healers have a clear understanding of the relationship of self and a connection of all life on earth in order to promote balance," he said. "Balance has

to be attained by understanding phases of life for Native people."

The healer understands the transitions people go through as they age. They also consider the symbolism behind the seasons of the year and the animals.

Traditional medicine takes into consideration not just the ailment but also the "physical, psychological, environmental and spiritual realms of the patient," Wewa told the group.

For example, "colds, pneumonia are caused because we are in an enclosed space," he said.

Getting acquainted, or reacquainted, with spending time outdoors and being active helps people of all ages stay healthy.

Wewa talked about a boy prescribed a psycho stimulant to curb hyperactive behavior. Mom or dad had forgotten to pack the boy's medicine, but people at camp hadn't seen evidence that the boy needed calm-

*IHS didn't recognize
healers but now
some locations have
them on staff.*

ing or centering. He was running, playing and generally burning off a lot of energy.

The boy simply "was functioning as a regular kid," Wewa explained.

The outdoors also serves as a pharmacy. An array of herbs and plants when used correctly are helpful, even curative.

Wewa recommends practicing self-discipline because it's a characteristic that has become seldom used in modern life. He also advised getting involved with others and working to understand one's place within their family, clan and tribe.

People can't function individually, every person "needs nurturing," he noted.

Urban Indians who have been living away from the wide open spaces to which their forebears were accustomed "have lost their connection with the land," Wewa said.

"Once we acknowledge the existence of the immenseness of the world, then we place ourselves into the same harmony as everything around us," he said.

Sometimes people seek both methods of treatment, especially for such challenging physical problems as cancer, diabetes or fibromyalgia. And some IHS offices around the country are working with these healers to treat patients these days.

This is a switch from the past, when practitioners of the traditional and modern medicines didn't cooperate. Some IHS locations now even have traditional healers on staff.

"It's changing," Wewa said. "Every once in a while I get a referral from Dr. Creelman."

OSU offers calving school

The OSU calving school will focus on problems and diseases associated with healthy beef calf parturition (the process of giving birth). This also includes management and nutritional considerations that promote proper delivery of calves.

OSU encourages attendance by producers and workers within the cattle industry, at all experience levels. Youths also are invited to attend the training.

The local Winter Calving School is being held in Warm Springs. It will be from 4-7 p.m. on Tuesday, Dec. 14, in the Education Building training room on the reservation.

Cost for the class is \$10 per person—the fee is waived for tribal members. Meal and handbook are included for the cost.

For details, contact Fara Brummer, 541-553-3238.

Offensive names still await changes

(AP) — The state of Oregon is still trying to get rid of the word "squaw" in its list of geographic names, but "Indian Maiden" will not be a substitute — at least in Jackson County.

During its recent fall

meeting, the Oregon Geographic Names Board declined to use that phrase as a replacement.

The board says it would like Native American names that make sense for each place.

The board is still waiting for

some Oregon tribes to propose them.

Several years ago, Warm Springs tribal members were the main advocates of the state law calling for the offensive names to be changed.

REUSE IT SECOND HAND

LOOK FOR SALES THROUGH THE MONTH OF DECEMBER
Located at the corner of Warm Springs St. and Hollywood Blvd.

Open Wednesday through Saturday
10 a.m. to 6 p.m. Ph. 541-553-1041

Mail **Copies & More**
IN MADRAS - 541-475-5656



FREE
HOT COCOA
AND COOKIES!

FREE

PACKING SERVICE
ON UPS SHIPMENTS
APPLIES TO LABOR ONLY



LOCAL BUSINESS!
LOCAL PURCHASES
HELP MONEY
STAY LOCAL

PROUD LOCAL SUPPORTERS OF
AIRSHOW OF THE CASCADES - CELTIC FEST - OKTOBERFEST
KIDS KLUB - LIONS CLUB - ROTARY CLUB - K WANIS
LOCAL CHURCHES - JC FOOD BANK - MADRAS HIGH
LOCAL SCHOOLS - VOLUNTEER FIREFIGHTERS & MORE!

BIGGEST SELECTION!
WWW.BIGGESTBOOK.COM
SAVE TIME WITH
1 TOTAL SOURCE