

## Culture from Tibet



Duran Bobb photos.

The Northwest Tibetan Cultural Association amazed spectators last weekend at the Museum at Warm Springs with their dances, songs and history. NWTCA was established in 1993 to preserve and promote the rich ancient culture and traditions of Tibet.



## Head Start now enrolling

The Confederated Tribes of Warm Springs Head Start/Early Head Start programs are accepting applications for enrollment. Both programs are free to tribal member families.

Head Start is for youth ages 3-5 years. Early Head Start is for children 0-3 years of age. Women who are pregnant may also apply to

enroll their new-borns.

Services include preschool, snacks/meals, home visits, group socials, family services, health and dental information; connection to community resources, parent involvement; and transportation (where available).

For more information, please call 541-553-3242.

## August cooking class for youth

A basic cooking class for young people is scheduled for Wednesday, August 31 at the Warm Springs Health and Wellness Center kitchen conference room.

The class, taught by Linda Porter, is geared to 8-12 year-

old kids who are interested in getting into the kitchen. "We will be learning about healthy eating and kitchen safety," said Porter.

Menu items include red ants on a log, apple ladybug and chicken fruit salad. All are welcome.

## Senior Center closed Aug. 22-26

The Warm Springs Senior Center will be closed from Monday, August 22 until

Friday, August 26. The closure allows for staff training.

## Warm Springs Community Calendar

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### Wednesday, August 10

**Water aerobics class** is from 9:15 to 10:15 this morning at the Kahneeta Pool.

Today in **Carol's Room** – they're working in the pumpkin patch and art camp continues at 9 a.m. for elementary kids, 10:30 for middle school kids and 1:30 for high school ages.

The **Crook County Fair** begins today at the fairgrounds in Prineville and runs to 8/13.

**AA** meets this evening at 7 in the Family Resource conference room.

### Thursday, August 11

The Diabetes Program will offer **Community Health Screenings** today from 1:30 to 3 p.m. at the Post Office.

Today in **Carol's Room** – they'll be setting up and getting ready for the art show scheduled for 3:30 to 5:30 this afternoon.

Recreation's **field trip** today is to OMSI in Portland. Call the 541-553-3243 to sign up and find out what kids need to bring.

The **All-Warriors Veteran's Group** sessions are held Thursdays at High Lookee Lodge at 3 p.m. A therapist with the Central Oregon Veteran's Center will be present to answer questions.

A **Bereavement Group** will begin meeting today. The group will meet for 8 weeks, on Thursdays, from 3:30 to 5:30 p.m. in the Community Center Social Hall. Sign up by calling 541-460-4030.

Today is the second meeting of the **Financial Skills for Families Classes**. Class is from 5:30 to 7:00 p.m. at the Community Action Team office on campus.

The 40<sup>th</sup> Annual Meeting of the Association of **American Indian Physicians** is being held in Portland in August. There will be free activities at the Jantzen Beach Red Lion Hotel in Portland.

### Friday, August 12

Today in **Carol's Room** – they're working in the pumpkin patch; Cooking Around the World is in the morning, after lunch is craft time, then board games.

The Madras football team is having a **garage sale** today and tomorrow in the Madras High stadium parking lot.

PSU's **graduation ceremony** will be held today beginning at 5:30 p.m. at 710 SW Jackson Street in Portland. Events include a light dinner, keynote speakers, and drummers and singers. This event is free.

### Saturday, August 13

Today is the Museum at Warm Springs' **Huckleberry Harvest** – a gourmet dinner and auction. For all of the details you can call the museum 541-553-3331.

The Museum at Warm Springs' **Living Traditions Program** – live demonstrations by local people – is today and tomorrow, 1:00 to 5:00 p.m. in the museum lobby. This weekend, they will feature Cedar Bark Weaving.

### Monday, August 14

Warm Springs **Tribal Council** is in session today. On the morning agenda: Enrollments and Senate Bill 412C plan. In the afternoon: a Legislative Conference Call and Senate Bill 412C.

Today in **Carol's Room** – they're working in the Pumpkin Patch; Minute to Win It is at 9, Craft time at 10:30 this morning, and board games at 1:00. Snack time is from 3-4:00.

There is a **Glucometer** class from 2-3 this afternoon at the Health & Wellness Center kitchen conference room.

### Tuesday, August 15

**Financial Skills for Families Classes** is from 5:30 to 7:00 p.m. at the Community Action Team office on campus.

The **Little Buffs Foot-**

**ball Camp** is August 15-18 from 7-8:30 p.m. at Madras High School. For more information send an email to Rick Wells at: [rwells@509.net](mailto:rwells@509.net).

### Tuesday, August 16

Today in Carol's room – they're sewing all morning; **Mad Scientist** starts at 1 and craft time is from 2:30 to 4:30.

The **Native People's Circle of Hope** Warm Springs Support Group meeting is today at the Health & Wellness Center in the Kitchen Conference Room at 4:30. For more information call Rosanna at 541-460-2382.

There's a **HOPE diabetes class** today from 1 till 3:00 p.m. in the IHS kitchen conference room.

Today is Recreation's **Family Jamboree Day** at the community center ball fields. There are many great events and activities for your family from 2:00 to 6:00 p.m.

The **Diabetes Aware-**

**ness and Support Group** dinner will be held today from 5-7 p.m. at the Warm Springs Senior Center. This month's topic is Food Safety, presented by Linda Porter. On the menu – shrimp salad in pita pockets, honeydew, watermelon and blueberries.

### Wednesday, August 17

There's **water aerobics** class this morning from 9:15 to 10:15 at the Kahneeta pool. And, a diabetes walk will start at noon at the community center.

Today in **Carol's Room** – they're working in the Pumpkin Patch, board games are at 10, movie and popcorn time is from 1-3 p.m. and it's open room from 3 to 4:30.

There's a **food handler's class** today from 2-4:00 p.m. at the Health and Wellness Center.

### Thursday, August 18

Recreation's **Field Trip** destination today is the Zoo in Portland. Call the Rec

Office 541-553-3243 to sign up and find out what kids need to bring.

**Sports Physicals** will be done at the Warm Springs Health & Wellness Center today – they will start at 3:30 p.m.

Today's **Financial Skills for Families Classes** will be held from 5:30 to 7:00 p.m. at the Community Action Team office on campus.

### Friday, August 19

Today in **Carol's Room** – they're working in the Pumpkin Patch and it's Cookie Feast! They'll start making dough at 10 and bake all afternoon. The Feast is at 4:00 p.m.

### Saturday, August 20

The Museum at Warm Springs' **Living Traditions Program** – live demonstrations by local people – is Saturday and Sunday 1 to 5pm in the museum lobby. This weekend, they will feature Drum Making by Emerson Squiemphen.

The Warm Springs **Christian Community Prayer Gathering** will be held this evening at 6:00 p.m. at High Lookee Lodge. Dinner is at 6:00, with prayer from 7:00 to 8:00 p.m. This group gathers every third Saturday of the month.

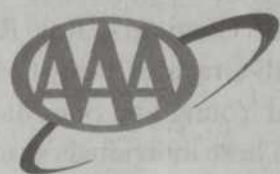
**GED Classes** at the Warm Springs Education Building are starting up. Basic Reading & Writing classes are every Tuesday starting September 20<sup>th</sup> and basic Math is every Thursday beginning September 22<sup>nd</sup>. The classes will be held 9am to noon at the education building and the cost is \$20.

### Monday, August 22

**Warm Springs Tribal Council** is in session today. On the morning agenda: Updates from the Secretary Treasurer and Chief Operations Officer and then draft resolutions. In the afternoon: a legislative conference call and draft resolutions.

## Cliff's Repair & Auto Sales

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