

Ski Bowl, tribes celebrate Native American Day

By Yvonne Iverson
Spilyay Tymoo

School district 509-J students were honored last Friday at Mt. Hood Adventure Park at Ski Bowl. The agenda was jam-packed with history, culture, and adrenaline pumping activities.

After unloading from the school buses, and following a welcome and introductions, students heard from Warm Springs Chief Delvis Heath about the Confederated Tribes' historical use of Tom, Dick & Harry, which is now the Ski Bowl Resort.

Elders also shared their stories about visiting the area when they were children. They hiked up the mountain and set up camp close to the huckleberry patches. Today, we ride the chair lift, fill our baskets, and drive back home, all before the sun goes down.

Breakout groups were provided for the three different languages: Numu, Kiksht, and Ichishkiin.

The Culture and Heritage Department also presented "Leave No Trace," a traditional concept about respecting our beliefs and relationship with the land.



Yvonne Iverson photos.

Blessing was provided for the meal prepared by Suzie Slockish and her family along with students identified to assist and learn how to bake salmon over an open flame.

The day would not be complete without a few trips down the alpine slide, zip lining, and bungee jumping. As students were being called back to the bus, promises were being made to return.



Delson Suppah addresses the gathering regarding National Native American Day.



The alpine slide was popular with students.



Salmon bake; and (at left) Stan Speaks of the BIA.

Notice from Credit

The tribal Credit Enterprise will not accept personal loan requests through Oct. 14. Home loans and home improvement loans will be accepted. Funeral and medical emergencies will be accepted.

Spa Wanapine offers specials

Spa Wanapine is announcing fall and winter specials:

In October, all Facials will be 20 percent off.

In November, guests can save 15 percent on pedicures.

In December, save 15 on manicures.

In January, guests will receive 20 percent off on all body treat-

ments. Please see a list of spa services available at kahneeta.com

Or by the calling the spa at 541-553-4972.

The Spa is open Thursday, Friday, Sunday and Monday from 10 a.m.-5 p.m., and Saturdays 10 a.m.-6 p.m.

Fall Cultural Classes on Mondays, Tuesdays

The evening Cultural Parole and Probation, and the Culture and Heritage Department.

The classes are held in the basement of the Education building from 5:30-7:30 p.m. on Mondays and Tuesdays.

The Wasco language is the focus of the Monday classes; and the Paiute language is the focus on Tuesdays. No Warm Springs language teachers are available for this series of classes.

The classes are open to the community, to tribal employees, and to defendants with the Tribal Court. Defendants can use the classes as an alternative to sentencing. The classes are provided by tribal

The first hour of the class is dedicated to the language lesson. The last half-hour covers tribal history, culture and traditional beliefs.

"It was tribal practice, whenever a person was in trouble or in crisis, the people would surround that person to offer support and guide the troubled person to be a positive part of our community," said Leona Ike, director of Parole and Probation.

The current series of classes is every week until Nov. 1.

Next deadline to submit items for publication in the Spilyay Tymoo is Friday, Oct. 14. Thank you!

CHET hosts beading class

The Community Health Education Team will present Basic Design and Bead Stringing from 6-8 p.m. on Oct. 11 and 18 at the Family Resource center.

The instructor is Anita Davis. Please call to reserve your space: 541-553-2211.

Space limit to 13 individuals.

A message from Community Counseling

Methamphetamine is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol and it taken orally, intranasally (snorting the powder), by needle injection, or by smoking.

Repeated methamphetamine use can lead to addiction—a chronic, relapsing disease characterized by compulsive drug-seeking and use.

This is accompanied by

chemical and molecular changes in the brain. Some of these changes persist long after methamphetamine use has stopped. Reversal of some of the changes, however, may be observed after sustained periods of abstinence (for instance, abstinence of more than one year).

For more information or for help, call Community Counseling at 541-553-3205.



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Sponsored by the CDC - funded Prevention Research Center, the Center for Healthy Communities at Oregon Health & Science University