

Gathering on Head Start

Warm Springs Head Start and Early Head Start held a self-assessment gathering at Kah-Nee-Ta this week.

The purpose of this exercise is to assess the effectiveness and progress of these programs in meeting goals and objectives, said Kirstin Hisatake, director of the Early Childhood Education Center.

The day-long assessment included team building, and discussion in small groups.

There was a Powerpoint presentation on the self-assessment, required at least one time a year by federal regulation.



Participants at the Head Start-Early Head Start Self Assessment.

Dave McMechan/Spilyay

Indoor rummage sale, bazaar

Organizers are seeking participants for an indoor rummage sale and bazaar, coming up on Saturday, Feb. 1, at the Agency Longhouse.

Anyone with something to sell is invited to participate.

Set-up will be at 8 a.m., sales from 9 a.m.-6 p.m.

To reserve a table, contact Sandra at 541-325-1839 (c);

or 541-553-3246 (w).

If you have nothing to sell, stop by and browse. You might find that something you just can't live without.

Concessions in the kitchen will be by the Lincoln's Pow-wow Committee: NDN tacos, NDN burgers, Rez Dogs, Lucamean, etc.

Fundraiser for High Lookee

High Lookee Lodge is having a fundraiser for its activity fund on Friday, Jan. 31 at 5:30 p.m.

This will be a spaghetti dinner. They are selling tickets to the dinner now. Tickets purchased will also go into a 50/50 raffle to be held after the dinner. To purchase a ticket contact Lonnie Parsons at High Lookee Lodge. The number there is 541-553-1182.

Test, screening best to detect cervical cancer

By Judith Charley
Warm Springs Community
Health Education Team

January is Cervical Cancer Awareness Month. The purpose of Cervical Cancer Awareness Month is to bring attention to issues related to cervical cancer and human papilloma virus (HPV), and to highlight the importance of early detection.

Cervical cancer is a disease in which cancer cells form in the tissue of the cervix. The cervix is the lower, narrow end of the uterus in the female body.

What are the signs and symptoms of cervical cancer?

Different people have different warning signs. Some people do not have any signs or symptoms at all. Screening is the best way to detect cervical cancer. If you have any signs that concern you, please contact your health care provider right away.

The best advice is to encourage all women over the age of 30 years to get a regular annual pap test and cervical cancer screen test, and to talk to your health care provider about the HPV vaccine. For more information call 541-553-2211.

Some key points about the FASD Coalition

Jolene Estimo Pitt Tribal
Health and Human Services
Communications and
Community Planner.

Warm Springs FASD Coalition



The Warm Springs Fetal Alcohol Spectrum Disorder Coalition was formally started in 2011, with support from the Portland Northwest Indian Health Board.

The coalition has met monthly and participated in several community events and provided trainings to educate the community about Fetal Alcohol Spectrum Disorder.

FASD is believe to be effecting members of our community. FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy.

Effects may be physical, behavioral, mental and, or learning disabilities with possible lifelong implications. FASD is not always physically noticeable and it is 100 percent preventable.

FASD has held local Awareness Days in September 2011 and 2012, featuring displays of physical environments, and presentations by tribal elders and mainstream providers sharing education about healthy development from infancy-elders.

The coalition has built a solid foundation of support, and is currently developing the 2014-2016 Strategic Plan, which will include three goals:

To extend collaboration; Increase community and service provider knowledge through training and technical assistance; and,

To work with providers to help coordinate the creation of a Diagnostic Team. This team of professionals would be able to provide diagnosis of FASD.

It is critical that this diagnosis occur to support children and adults to get needed support and live full and productive lives.

We are currently distributing a short FASD Community Assessment to help identify the needs and priority issues for Warm Springs.

Contact Evelyn Aguilar to have it sent to you, or stop

by the Community Health Education Team (CHET) office located in the Family Resource Center, or the Community Health offices to fill one out. You can contact Evelyn Aguilar at: evelyn.aguilar@wstribes.org

You can also pick up an assessment at the Early Childhood Education Center.

Do not put your names on the surveys, as they are anonymous.

All community members are invited to attend Coalition meetings the third Wednesday of the month. The next Coalition meeting is February 19, held at the Vocational Rehabilitation office in the industrial park. We are re-looking at those dates and our regular meeting times may change in starting March 2014. You can also reach Evelyn at 553-2211 for more information.

Indian Business Talk

One particular resolution tugged at my heartstrings

By Bruce Engle
Loan officer
W.S. Credit Enterprise

What do you want to accomplish this year? Next year? Where do you want to be when you are _____?

The answers are goals. They are the stuff of success—along with preparation and hard work.

Page 5 of the January 8 Spilyay Tymoo had some wonderful examples for the New Year.

Two were about exercise and fitness. They got to the teacher and coach in my rounded body.

One was about doing well on the job and another was about getting out of tribal debt. Loan Officers like that kind of thinking.

One was hoping for a new community center and another wished for world and rez peace. And one was about earning an Associate's Degree and then going on for a Bachelor's Degree. Who

couldn't support those wishes?

They are all good, but there was another that really caught my eye. It tugged at all my heart strings.

For that one, I am declaring the first annual "Pre Entrepreneurship—Doesn't Need A Buffalo To Burp Award," and I am giving it to the person whose wish I have not yet mentioned.

That would be Lindy Walker. Her award is for working and saving.

The working is chores. The saving would be for credits toward a Barbie. That's her wish and her plan.

She set her goal and she is working her plan. She is doing it the old fashioned way; she's earning it.

The end result will be a goal realized. Loan officers like that. So do teachers, coaches, and talent scouts.

Maybe I'll get a call to finance her first lemonade stand. I'd like that.

Health equity meeting in Feb.

The Central Oregon Health Equity Task Force will host an information-gathering event on Thursday, Feb. 6, at the Living Hope Church in Madras. The meeting will begin at 5 p.m.

The purpose of the meeting is to gain information on potential health care inequities in the region. Health care workers can then focus on correcting any potential inequities.

Tribal members are encouraged to attend, said Jolene Estimo Pitt, tribal Health and Human Services communications and community planner.

Author speaking to students in Bend

Native American author Sherman Alexie will be the featured speaker at Bend High School this Friday, Jan. 24. The event, beginning at 7 p.m., is presented by the Deschutes Public Library Foundation.

This will be a free event for students of Madras High School who sign up and turn in their permission slips. Ask your English teacher for details.

Sherman Alexi is the au-

thor of several books, including the 2007 National Book Award winner for Young People's Literature, *The Absolutely True Diary of a Part-Time Indian*.

A bus will leave Madras High School at 4 p.m. on Jan. 24. The first stop will be the Cascade Village Shopping Center for dinner. The bus will then leave the shopping center at 6:15, and over to the Bend High School to hear the presentation by the author.

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Council hears UAV update, addresses minutes, resolution process

Tribal Council is scheduled to meet next week with the enterprise managers. The meetings are scheduled for Tuesday and Wednesday, Jan. 28-29.

Council last week heard an update about the unmanned aerial vehicles project from Warm Springs Ventures chief executive officer Jeff Anspach.

The Federal Aviation Administration approved test-site operators for unmanned aerial vehicles (UAVs). One of the approved sites is the

Warm Springs Reservation, bringing the possibility for economic development.

Anspach clarified that the UAVs fly within line of sight of the operating person on the ground. The UAVs would not be flying randomly across the entire reservation, he said.

An important part of this project will be to attract the companies to locate business on the reservation. This will be a challenge, as there is the need for infrastructure improvement at the industrial park. In other recent Council

business:

Minutes, resolutions

The Tribal Council considered ways to improve internal matters, such as timely review of the Council minutes, and timely submission of proposed resolutions.

The Council is going to start reviewing the minutes, taken by staff, on a monthly basis. This is to correct a back-log of unreviewed minutes.

Council members also agreed that proposed resolu-

tions should be submitted to Council before the actual time when the resolution is being considered in session.

The practice has been for people to show up at Council with a proposed resolution, expecting Council to review and approve the proposal at that time.

The Council members want to have proposed resolutions before the meeting, so they have a reasonable amount of time to review the proposal.