

## Diabetes support group schedules 2014 meetings

The Diabetes Awareness and Support Group is presented by the IHS Warm Springs Model Diabetes Program, and the Warm Spring Senior Program.

The group meets from 5-6:30 p.m. at the Senior Center. A healthy dinner is served at each of the meetings.

Here is the schedule of

discussions and presentations at upcoming meetings:

**March 18:** Heart Attacks and strokes, presented by Dr. Creelman.

**April 15:** Food choices, presented by certified Nutritionist.

**May 13:** How to keep kidneys healthy, with Dr. Tilley.

**June 17:** Sleep apnea/sleep problems.

**July 15:** Diet drinks taste-test.

**August 19:** I feel good, Why to do I need medicine? (diabetes and hypertension) with Diana Wambaugh FNP.

**September 16:** Medication refills and how to remem-

ber to take your medication, with the Pharmacy Resident.

**October 8:** Diabetes conference from 8 a.m. to 4 p.m. at the Community Center.

**November 18:** Caring for and preventing Diabetes foot injuries, with Dee Gordon, RN Podiatry Nurse.

No meeting in December.

## Gathering of Flutes this spring at HeHe

Warm Springs will host Flutes by the River 2014 this spring at the HeHe Longhouse.

There will be free camping at the longhouse, with additional lodging available at Kah-Nee-Ta Resort. All are welcome; this is a drug- and alcohol-free event, set for the end of May.

For more information, contact Jeremy Baer at 425-750-1028 or:

Jeremy@littleravenflutes.com

Or call Foster Kalama at 541-325-3797.



The Gathering of Flutes participants from last year.

## Energy assistance

The Low Income Home Energy Assistance Program (LIHEAP) helps low income households with home energy bills.

For more information about assistance in Warm Springs, contact Cheryl Tom at the Social Services/Voc Rehab office in the Industrial Park.

Her phone number is 541-553-4952.

## Culture & Heritage offers youth education programs

Does your child need help with math? Math is made fun and easy at the Education building.

Ititamasha (counting) is from 4-5 on Monday and Tuesdays, and Thursdays and Fridays. The program is brought to you by the Warm Springs Culture and Heritage Department.

There will be Native American games and projects, and tutoring lead by certified teacher Esther Kalama, assisted by James Sam. Ititamasha features beading, weaving, artistry, and assistance with school work. For information call 541-553-3290.

### Kiksht

There are Kiksht language classes at the Education building Tuesday evenings from 5-6:30, lead by Pam Cardenas, assisted by Valerie Switzler.

**Warm Springs Vocational Rehabilitation** has orientations every Monday at 3 p.m. at their office in the industrial park. Orientations are also held on Tuesdays at 3 p.m. at the Community Counseling Center.

## More letters

### Our tribes

We the members of the Confederated Tribes of Warm Springs better wake up. It does not amaze me anymore of the direction our tribe is going.

How many other tribes or enterprises would continue to support a business that was continuing to lose money since it began? We can't keep supporting Kah-Nee-Ta and getting nothing back. Did the KNT board of directors really set their own hourly wages? Is it necessary to travel as much as they do? Is it true that the casino funds are being transferred to KNT to keep it going? We cannot afford to sit back and do nothing.

Our young families are suffering the consequences of our Tribal Council. Did they understand when we were told during the district meetings that we were giving up all our per capita? \$75 to the general fund, \$25 to be deposited at U.S. Bank in trust for tribal member minors? Leaving 0 for our children. Can we as tribal members enforce the employee tribal member preference ruling set in place by previous Tribal Councils, and how can we do it?

Whatever we must do, we cannot afford to put it off any longer. We, the people, do not understand why the Tribal Council sees fit to support powwows and feed the powwows and visitors, while our own people are suffering. Doesn't the Tribal Council have a clue that many of the dance contests and drumming contests are family sponsored?

There are three Tribal Council members on the Fish and Wildlife Committee? I challenge them to identify each species of fish and what season they move into zone six. And which are edible. When the committees were originated, there were three districts (not four). This was to me by the grandfather of my children who

was on the Tribal Council when the committees were appointed to oversee and to make recommendations to the Tribal Council. And too—Fish and Wildlife Committee members be from the Treaty tribes!

Remembering the origin of the Lincoln's Powwow, it was fund-raised for. Auctions of valuables, concessions and donations were among the different ways to raise funds. H. Stwyer was the treasurer and made weekly reports. Louise Hellon and Geraldine B. were the cooks for the Simnasho Lodge and one day they asked me to request one beef from grandpa. I did. "For what?" he said. His sister told him that they would feed all the people. Each year H. Stwyer killed one steer every year for the powwow. Popeye furnished coffee and potatoes. Nothing at that time was furnished by the tribes (for years).

As for Pi-Ume-Sha the originators were the late Nathan "Eight Ball" Jim and the late Sammy Colwash. Every year they fed the people at noon each day. Tribal members supported the two fun guys by providing items for the raffle and the Queen and Junior Queen. It was all about fund raising and it could be done again.

For both of the powwows the girls were willing because in Simnasho, Sylvia gave a buckskin dress, mocs with leggings, a pot-la-pa and the other sisters gave the Queen the rest of her outfit. Pi-Ume-Sha wives of the originators did much the same and thus the powwows began. Sadly, those are in our distant past. Can we look at the budget with the Tribal Council (Who were in attendance when these items were decided? If not, why?)

I will continue to support the homeless, young parents and the veterans. Because I care.

**Neda Wesley.**

### Awakening

First of all, I would like to thank everyone who contributed to the success and production of *Awakening*, as I expressed at the theater that I am forever humbled. Thank you to the Madras Cinema 5 for putting up with our huge crowd at the theater, and all our family and friends. I've ever seen it.

Thank you to everyone who showed up to the Meet and Greet prior to the screening, as you all had very interesting questions to ask the panel. Thank you Indian Head Casino for the sponsorship and contribution to make this event happen. Thank you faithful moviegoers and fans, and all our family and friends.

We'd like to especially acknowledge:

Indian Head Casino, The Museum at Warm Springs, Austin Greene, the Jefferson County Film Center, The Katchia family, KWSO 91.9 FM, The Source Weekly, The Madras Pioneer, Bigg B, N8, and Sacred Ground Entertainment, Madras Cinema 5, Cascade A&E.

We also appreciate the extra donations provided the night of by:

Kahseuss Jackson, Emerson Culps, Cassie Katchia, Louis Katchia and Berni Jackson.

With the help of our performers and staff, the *Awakening* showing was a sold out event and one of the most beautiful events that I've ever been a part of.

Thank You.

**LaRonn Katchia & Jefferson Greene**

## From FASD Coalition

The Warm Springs Fetal Alcohol Spectrum Disorder Coalition invites you to a Stakeholder meeting on

## Reawakening classes

The Warm Springs Community Wellness Center and Recreation Department are hosting Reawakening classes through the spring.

The classes on March 5, 12 and 19, are on beading medallions, supplies provided, with instructor Margie Kalama.

The class on April 30 will be on pattern making—learn how to make patterns for regalia, with instructor Lovey Colwash.

Classes on May 7 and 14, and on May 21 and 28, are on wing dress/un-

der dress making with Lovey Colwash.

Starting this month are quilt classes with Sheila Clements in Carol's Room. Browse quilt magazines and work on a project, or start a new one. The instructors for these classes are volunteers who are graciously donating their time to the community. If you would like to teach a class, please contact Carol Sahme at 541-460-0939.

You can reach the community center at 541-553-3243.

## Vets - If you can think of it, We can get it done! ~ Handyman services

Contact Anthony Davis Jr.  
541-460-2537



"No job too big or too small."

The next deadline to submit items for publication in the Spilyay Tymoo is Friday, March 14. Thank you!

Wednesday, March 19 from 9 a.m. – 12 noon.

As a coalition of service providers to the community members seeking to address the impact and consequence of Fetal Alcohol Spectrum Disorder (FASD) within the Warm Springs community, we have accomplished the following:

Drafted a three-year strategic plan; established work groups; and provided community awareness events. Through our partnership with the Northwest Area Indian Health Board, we have provided training and technical assistance.

We are now looking forward to establishing more formal partnerships with community and county providers.

Understanding that the expression of FASD can produce lifelong consequences across all settings, including physical and behavioral health, education, housing, employment and legal issues, we are requesting the privilege of your participation in reviewing our Strategic Plan and providing input from your personal and provider perspectives.

Your engagement is critical to our mission and to sustainable successful outcomes for children, adults and families impacted by fetal alcohol. Best Practice models for FASD prevention and intervention have long demonstrated that integrated programming in which system and community collaboration inform case coordination and service delivery have the greatest potential for supporting the complex behavioral needs expressed through:

School failure, truancy, unemployment, mental health issues, and rates of recidivism within justice and treatment settings.

Perhaps most importantly, however, this collaborative approach is essential to diminishing the incidence of prenatally exposed births, which current estimates suggest ac-

crue a conservative cost of \$2.5 million per person with an FASD throughout their lifetime. To design effective individualized strategies from a strength based, cultural and multi-generational approach with appropriate frequency and duration, it is important to ensure inclusive participation of community elders and natural helpers, as well as service providers, creating a non-stigmatic collaborative circle of care in which clinical Best Practice and Traditional Knowledge operate in concert.

We are aware that program administrators and providers are already stretched in terms of responsibilities, but we believe that understanding and effectively addressing fetal alcohol within the context of those responsibilities is both cost and conceptually effective to program delivery. We welcome whomever you might designate from your program.

For additional information regarding FASD training and technical assistance please link to the Northwest Portland Area Indian Health Board website:

Npaihd.org

We look forward to the privilege of your participation in this review and your presence on March 19. We are very grateful for your time, consideration and engagement in this collaborative process. If you have any questions, please contact Coalition members **Jolene Estimo**, 541-553-4952;

Jolene.estimo@wstribes.org

Or Evelyn Aguilar, 541-553-2211:

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The next Spilyay Tymoo will be published on March 19. The deadline to submit items for publication will Friday, March 14. Thank you!