

Much to like with Soaring Butterflies, Warrior Spirit

The Soaring Butterflies and Warrior Spirit students have many good things to say about the program.

They learned prayer songs, and how to prepare traditional foods.

They learned cultural practices, and the importance of tradition. They made hand drums, and gathered roots. They learned about why bullying is wrong, and importance of respect.

Soaring Butterflies originated as a one-day summer recreation activity. Carol Allison, Sheila Clements and Sarah (Frank) Wolfe started the project in 2003.

In October of last year, Deanie Johnson, Myra Johnson-Orange, Andy Leonard, Merle Kirk and Sarah worked together to revive and expand Soaring Butterflies and Warrior Spirit Classes.

In October they began conducting weekly classes at the Jefferson County Middle School. In January of this year they started the weekly classes at Warm Springs Community Counseling and the Madras High School.

The cultural teachers a facilitators of Soaring Butterflies/Warrior Spirit are Deanie, Myra, Merle and Keeyana Yellowman. Andy



Inez Gomez-Queahpama (above left) and Olivia Sanders cleaning roots. Group photo at right, and ground blessing before root gathering (below).



serves as the Warrior Spirit facilitator. And Sarah is the coordinator.

The team conducted 26 middle school classes, four field trips, and two other activities, a parade float and Culture Night.

At Warm Springs Community Counseling they held

12 Classes, and took one field trip. At Madras High School, Soaring Butterflies/Warrior Spirit held 11 classes.

They wish to thank the support from many in the community including Dr. Shilo Tippett, Lisa Lomas, Valerie Switzler, Caroline Cruz, Guy Wallulatam,



Courtesy of Sarah Wolfe

Gladys Grant, Simon White, Diane Dominick, Rick Wells, Ron Hagar, Deanie Smith, Johnson O'Malley and Debra Jackson.

Thank you also to guest speakers and presenters Darlene Foster, Alice Sampson, Diane Dominick, Scott Kalama, Flint Scott, Scott Moses, Mike Holyan, Jefferson Greene, Joe Law, Chief Karla Tias, Sgt. Koming, Lt. Schjoll, Officer Webb, Anita Davis, Mr. and Mrs. Tilkins, Nancy Seyler, Guy Wallulatam, Vanessa Knight, Rachel Macy, Carol Allison, Lucinda Green, Roma Cartney, Starla Green, Casey Green, Jerry Polk, Wilfred Jim, Geraldine Jim, Gene Sampson, Kanet Wolfe

Sr., Rachel Winishut, Savannah Holiday, Dave the cook, Reva Johnson, Clay Penhollow, tribal judges, Rhonda Smith, Brad Houslet, Marge Kalama, Will Robbins, and Liz Smith.

During the classes, the presenters covered many topics, including traditional foods, social dancing, bullying prevention, drum making, tribal leadership diabetes prevention, N'Chi Wanapum, digital storytelling, fire prevention, crime prevention, healthy relationships, STD/HIV, prevention, language, journaling, rights of passage, Youth Advisory Council, legends, rock painting, historical trauma, Red Ribbon Week, stick games, basket weaving,

Soaring Butterflies and Warrior Spirit classes will continue this summer with the Recreation program. The classes will be every Tuesday from 9-11 a.m., from June 24 to August 12.

feather tying, teepee making, alcohol prevention, and values.

Some of the highlights, according to the students, were the Christmas Light Parade float, the traditional food gathering—Latit digging, root digging, the children's feast participation, and the Soaring Butterflies and Warrior Spirit Camp.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, June 12
Last Day of School for 509-J students – Early Release.

The Warm Springs **Mobile Medical Unit** will be open for visits from 9 a.m. to 3 p.m. at the Seekseequa Fire Hall. Call Kat Spaulding to pre-schedule 553-2478.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Exercise Classes today – Low Impact Cardio and Strength class at 10am at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

There is an **Alcoholics Anonymous** meeting Thursday at noon at the Community Counseling Center conference room. There is a Narcotics Anonymous meeting Thursday evening at 6:00 at the Shaker Church.

The **Wellness of Warm Springs lunch** will be held at noon in the Family Resource Center. The topic will be Food Safety with guest speakers from I H S Nursing. Lunch is provided to all participants.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7 p.m. in the Community Center aerobics room.

The Warm Springs **Graduation Banquet** is at 5:30 p.m. at the Community Center pavilion.

All Denomination Prayer Services are held every Thursday at 7pm at the agency longhouse. Everyone is welcome.

Friday, June 13

Exercise Classes today – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Senior Fitness Class at 10:45 at the Senior Building and Functional Fitness at 12:10 in the Community Center Aerobics Room.

A **Turning Point Narcotics Anonymous Meeting** will be held at noon at the community counseling center conference room.

Nchi Wanapum **Canoe Practice** is today from 4:30-6:30 at Lake Simtustus. Meet at the Museum at Warm Springs, extra clothes and a towel. There is also practice on Saturday mornings at 9 and Wednesdays at 4:30. FMI: Jefferson Greene 541-553-3290.

Saturday, June 14

N'chi Wanapum **Canoe Practice** is today from 9 a.m. to noon at Lake Simtustus. Meet at the

Museum at Warm Springs, a sack lunch, extra clothes and a towel. There is also practice on Wednesdays and Fridays at 4:30 p.m. FMI: Jefferson Greene 541-553-3290.

There is an **Alcoholics Anonymous** meeting Saturday at 10 a.m. at the Community Counseling Center conference room.

Monday, June 16

The Summer Recreation Program at the Warm Springs Community Center will begin today. It will be open Monday thru Friday from 8 a.m. to 5 p.m. and closed to kids from noon till 1 for lunch.

Today at **Summer Rec**: There is a morning walk – every time you walk you get a raffle ticket in a weekly prize drawing. Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9am; Youth Fitness is at 10am; Find out what the "Game of the Day" is in the game room. And, they are working on the Fourth of July float every day until the parade.

Tribal Council Agenda: In the morning an update on Carbon Sequestration followed by a meeting with the Fish & Wildlife Committee. In the afternoon is the Education Committee. And, there is a "Coffee with the Chairman" session today at noon at the Community Center.

Exercise Classes today - Low Impact Cardio and Strength Class at 10 a.m. at the Family Resource Center; Senior Fitness 10:45 a.m. at the Senior Building; Functional Fitness at 12:10 in the Community Center Aerobics Room; and Pilates/Yoga Class 12:10 in the IHS Atrium.

Voc Rehab in Warm Springs 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.

There's an **aftercare group** that meets every Monday 5:30-7 p.m. at the Counseling Center. It's a group offering support in continuing sobriety.

Tuesday, June 17

Here's what's on the **Summer Rec** schedule today: There is a daily walk first thing in the morning; Soaring Butterflies and Warrior Spirit group meets from 9-11 this morning in Carol's Room; There is a Youth Fitness Program at 10am; And, they are working on the Fourth of July float every day until the parade.

Exercise Classes today – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center

Aerobics Room; and Functional Fitness Class 12:10 in the Social Hall.

There is an **Alcoholics Anonymous** meeting today at noon in the Community Counseling Center conference room.

A Diabetes Awareness and Support Group Dinner will be held from 5-6:30 p.m. at the Warm Springs Senior Center. Dr. Creelman will talk about "sleep apnea and other sleep problems" and beef stew is on the menu. Anyone is welcome to attend.

The Warm Springs **American Legion Post 48** meets tonight at 6 p.m. at the Warm Springs Veteran's Hall. They meet the third Tuesday of every month.

Wednesday, June 18

The **Summer Recreation** Program schedule includes: A morning walk; Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9am; There is a Youth Fitness Program at 10am; It's "Big Game" Day and other Outdoor Activities at 2:30 on the Community Center lawn; And, they are working on the 4th of July float every day until the parade.

Exercise Classes today – Water Aerobics at 10:15 at the Kahneeta Pool; Senior Fitness 10:45 at the Senior Center; Functional Fitness at 12:10 at the Community Center Aerobics Room; Pilates/Yoga at 12:10 in the IHS

Atrium and Zumba at 4 p.m. in the Family Resource Center.

There will be a **food handler's class** from 2-4 p.m. in the IHS atrium.

N'chi Wanapum **Canoe Practice** is today from 4:30-6:30 at Lake Simtustus. Meet at the Museum at Warm Springs, extra clothes and a towel. There is also practice on Friday at 4:30 and Saturday morning at 9. FMI: Jefferson Greene 541-553-3290.

There is an **Alcoholics Anonymous** meeting Wednesday evening from 7-8:30 p.m. in the Community Counseling Center conference room.

Thursday, June 19

At **Summer Rec** today – a morning walk is held daily and kids who take part get a chance to win a weekly prize, every day that you walk with the group, you get a ticket in the raffle. There is a Youth Fitness Program at 10 a.m.; There is a toy sale and swap for kids to from 2-4 p.m. on the front lawn. And, they are working on the Fourth of July float every day until the parade.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Exercise Classes today – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Turbo Kick Class 12:10 in the Community Center Aerobics Room; and Functional

Fitness Class 12:10 in the Social Hall.

There is an **Alcoholics Anonymous** meeting Thursday at noon at the Community Counseling Center conference room. There is a Narcotics Anonymous meeting Thursday evening at 6:00 at the Shaker Church.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7 p.m. in the Community Center aerobics room.

All Denomination **Prayer Services** are held every Thursday at 7pm at the agency longhouse. Everyone is welcome.

Friday, June 20

The **Summer Rec** Schedule today includes a morning walk; the Friday Fitness prize drawing is today; Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9 a.m.; There is a Youth Fitness Program at 10am; Prevention Power hour is from 1:30 to 2:30; Popcorn and movie time is from 2:30-4:30 in Carol's Room; And, they are working on the Fourth of July float every day until the parade.

Exercise Classes today – Low Impact Cardio and Strength class at 10 a.m. at the Family Resource Center; Senior Fitness 10:45 a.m. at the Senior Building and Functional Fitness at 12:10 in the Community Center Aerobics Room.

A **Turning Point Narcotics Anonymous Meeting** will be held on Friday at noon at the community counseling center conference room.

Saturday, June 21

There is an **Alcoholics Anonymous** meeting Saturday at 10am at the Community Counseling Center conference room.

A Warm Springs Christian Community **Potluck and Prayer Gathering** will be at 6 p.m. at the High Lookee Lodge Community Room.

Monday, June 23

Today at **Summer Rec**: There is a morning walk – every time you walk you get a raffle ticket in a weekly prize drawing. Carol is taking kids to tend to the Pumpkin Patch at the Community Garden at 9am; There is a Youth Fitness Program at 10am; Lunch is served from 11-11:30, free for all kids in the social hall; Find out what the "Game of the Day" is in the game room. And, they are working on the Fourth of July float every day until the parade.

Exercise Classes today - Low Impact Cardio and Strength Class at 10am at the Family Resource Center; Senior Fitness 10:45 a.m. at the Senior Building; Functional Fitness at 12:10 in the Community Center Aerobics Room; and Pilates/Yoga Class 12:10 in the I H S Atrium.

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