

Youth Council adopts constitution, bylaws

The Warm Springs Youth Council has been working on the development of their Constitution and Bylaws since early May, and adopted these documents this past week in a formal meeting at the Tribal Courthouse.

The Youth Council started as part of a project for Generation Indigenous (Gen-I) Youth Challenge. The White House kicked off this national initiative in April with a "challenge to youth, organizations, businesses, school and tribal leaders to engage with youth and do something positive for their communities."

The development of the Constitution and Bylaws included a working session with Jeri Brunoe, national youth trainer, to develop the vision and mission of the Youth Council.

The vision of the council is to "establish and maintain a positive voice for the community by keeping the youth involved in our culture, spirituality and heritage through the generations."

The next steps for the de-



Warm Springs Youth Council work session.

Alyssa Macy/Spilyay

velopment of the Youth Council includes becoming an affiliate with the United National Indian Tribal Youth (UNITY) organization and seeking support by resolution from the Warm Springs Tribal Council.

The Youth Council revives a previous effort that was active in the early 1990s. Atwai Marie Calica was the advisor for that group, and the current Youth Council was the second council in the

country to become affiliated with UNITY.

The adoption of the Constitution triggers the election process for several positions including co-presidents (one female, one male), vice-president, secretary, treasurer and communications officer. Elections will be held at the end of August.

Youth ages 14-24 who are interested in running need to complete a membership application, attend one meeting

prior to the election, and submit a leadership application. All candidates are expected to do a short speech as to why they are running.

The Warm Springs Youth Council is also hosting a leadership training August 26-27 that is open to Native youth ages 14-24. The two-day training will focus on developing teamwork and leadership skills for young people in the community.

— Alyssa Macy

ECE health round-up

The Early Childhood Education Head Start program and Indian Health Service will be holding a 'round-up' for all Head Start children ages 3 and 4.

This round-up includes dental checks and eye exams as well as physicals and immunizations. These

physical exams are required each year for children enrolled in Head Start.

Parents of Head Start children will need to sign up at ECE for time slots. The round-up day is Monday, August 10. You can reach ECE at 541-553-3240.

School sports physicals

Sports physicals are set for August 18 at IHS.

Dental and optometry departments will be having walk-in clinics 8 a.m.-12 p.m. All students are encouraged to get these exams completed as well.

The sports physicals will start at 1 p.m. on a first-come, first-seen basis.

The physical form needs

to be filled out before the appointment, and a parent or guardian must come with the student.

Sports physicals are due every other year for the 509-J school district, and are required before the student can play sports. For more information call 541-553-2610 ext. 4632.

For more information, and to connect with the Warm Springs Youth Council, see Facebook at: CTWSOYouthCouncil.

Warm Springs Community Calendar

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Thursday, August 6

The Boys & Girls Club of Warm Springs has activities planned in the gym today. Outside time is in the morning and afternoon. The club is open weekdays 8 a.m.-5 p.m., and is now located in the Old Elementary gym building.

On today's fitness schedule: at noon there is Functional Fitness class in the community center social hall, Turbo Kick class in the aerobics room, and Volleyball in the community center gym. The weight rooms at the center are open 8 a.m.-5 p.m. today.

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

Culture & Heritage is offering Adult Cultural Classes this summer on Tuesdays and Thursdays from 10 a.m.-4 p.m. Today they will finish up projects.

There's a free cooking class today at the Health and Wellness Center. Folks can go by between 11 and 3 to make fruit and yogurt parfaits.

Community Counseling has an Alcoholics Anonymous meeting today at noon.

An Alcohol Education Support Group meets this afternoon from 3-4 at Community Counseling.

Financial Skills for Families Class is this evening from 5:30-7:30 at the Community Action Team office on campus. Tonight's session is on

Developing a Spending Plan.

Art Adventure Gallery will hold an Artist's Reception this evening from 5:30 to 7 p.m. at 185 SE 5th Street in Madras. Everyone is Welcome!

There will be a public hunter's meeting at the community center social hall. The meeting is at 6 p.m. and tribal members are encouraged to attend.

There is a Narcotics Anonymous meeting this evening at 6 at the Warm Springs Shaker Church.

The Warm Springs Elliot Palmer VFW Post meets tonight at 6 p.m. at the Warm Springs Veteran's Hall. They meet the first Thursday of every month.

Friday, August 7

At the Warm Springs Boys & Girls Club there is a choice of indoor and outdoor play today along with time in the gym, the game room and making artwork. TRAIL (Together Raising Awareness of Indian Life) will do healthy snack making at 2 this afternoon.

The Warm Springs Outdoor Market is today from 11 til 2 at the Community Action Team building on campus.

Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10 there is Senior Fitness class at the Senior Center. At noon there is basketball in the community center gym and

Function Fitness in the aerobics room. And at the Health & Wellness Center: Pilates Yoga Class is at noon.

Saturday, August 8

There is an Alcoholics Anonymous meeting Saturday mornings at 10 a.m. at Warm Springs Community Counseling.

The Madras Saturday Market is open 9 a.m. until 2 p.m. today at Sahalee Park.

The Deer Ridge Correctional Institute is having their Fifth Annual Powwow today. Folks do need to have done some paperwork in order to attend.

Sunday, August 9

The Warm Springs Food Bank is located at the Presbyterian Church. They are open today from 11:30-1:30. All food banks and pantries do take donations of non-perishable food or cash

Monday, August 10

Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10 there is Senior Fitness class at the Senior Center. At noon there is basketball in the community center gym and Functional Fitness in the aerobics room. And at the Health & Wellness Center: Pilates Yoga Class is at noon.

On today's Tribal Council

agenda: In the morning, a review of minutes and resolutions; and a visit with Senator Ferrioli. In the afternoon, an update on Warm Springs Ventures.

Adult Soaring Butterflies and Warrior Spirit is held Mondays from 2-4 at the Warm Springs Community Counseling Prevention room. Class includes culturally based teachings, crafts and learning activities. To learn more call 553-3205.

The Warm Springs Vocational Rehabilitation program has orientation today at 3 p.m. at their office in the industrial park. if you or someone you knows may have a disability that is a barrier to employment or employment advancement, you can learn more at an orientation or call 553-4952.

Community Counseling has their Aftercare Relapse Support Group today at 5:30.

Tuesday, August 11

On today's fitness schedule: at noon there is Functional Fitness class in the community center social hall, Turbo Kick class in the aerobics room, and volleyball in the community center gym.

Healthy Eating class is today from 10-11 a.m. at the Warm Springs Health & Wellness Center kitchen conference room. Everyone is welcome and no sign up is required.

Community Counseling has an Alcoholics Anonymous meeting at noon today.

Warm Springs OSU Extension is hosting a Garden Lunch N Learn today from noon until 1 p.m. Gardening and nutrition lessons, a light lunch, and a quick food demonstration are included. Call 541-553-3238 to register.

The Jefferson County Food Bank is located at 556 SE Seventh Street. They are open for distribution this afternoon. All food banks and pantries do take donations of non-perishable food or cash.

Soaring Butterflies and Warrior Spirit class is every Tuesday from 4-6 p.m. at Community Counseling in their prevention room. This is for all youth third grade and up.

Community Counseling has their Relapse-Anger Resolution Group for adults today from 5:30-7:30.

Wednesday, August 12

The Boys and Girls Club is open 8-5 weekdays for school age youth. Morning activity choices are gym activities, board games or game room play. Afternoons there is art, small group activities or time in the gym.

Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m.

Water aerobics is at 9:15 at the Kah-nee-Ta Village Pool. At 10 there is Senior Fitness class at the Senior Center. At noon there is basketball in the community center gym and Functional Fitness in the aerobics room. And at the Health & Wellness Center: Pilates Yoga Class is at noon.

Warm Springs Community Counseling has an Aftercare Morning Class this morning at 8:30 in their conference room. You deserve peace & happiness, to be healthy and to be heard.

The Women's Group at Community Counseling meets today at 1 p.m. will meet every Wednesday for ten sessions

Warm Springs Recreation's Family Jambo-ree Day is today from 2-6 p.m. behind the community center.

Powwow and Hoop Dance practice will be held today and every Wednesday after school from 5 until 7 in the Community Center Aerobics room.

A Positive Indian Parenting Class series begins today, from 5:30 to 7 p.m. in the Community Counseling main conference room. This will be an orientation session.

Community Counseling has an Alcoholics Anonymous meeting this evening at 7.

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