

Tribal update from Council Chairman

Dear Tribal Members:

Itukdi wigwa ku nix pachwai. Over the past few weeks, the Tribal Council has been discussing the 2016 proposed budget.

This year, pre-budget meetings were held to provide Tribal Members with additional opportunities to provide input and ask questions.

This was the first time we've done this, and appreciate the feedback that we received through the process. As outlined in the Tribal Appropriation Ordinance, the proposed budget must be posted by October 1.

Earlier in the week, the Tribal Council has adopted a proposed 2016 budget that will be posted this week for Tribal Members to review.

The Districts will hold meetings to provide further opportunity for Tribal Members to review and comment on the proposed budget.

I highly encourage Tribal Members to review the budget before attending your district meeting.

District meetings are scheduled as follows: Agency District, October 26; Seekseequa District, October 27; Simnasho District meeting date still pending. Dinner will start at 6 p.m. followed by the meeting at 7. As per Ordinance 67, Tribal Council must adopt a final budget no later than December 1.

Hunting season

Another important decision that Tribal Council made recently was the adoption of the 2015 Reservation Hunting Season Regulations.

Deer season runs from October 3-25 and elk season is open November 7-29. Additional hunting seasons have been opened for bear, cougar, big horn sheep and birds. There are specific bag limits for each tribal member.

I encourage you to contact Natural Resources for information on the hunting regulations, and to obtain your hunting tags. As always, hunters should practice safe firearm handling.

Oregon Tribes

I continue to participate in the Oregon Tribes meetings held several times annually.

One of the items that discussed in June was Measure 91, legalizing marijuana for recreational use in Oregon.

The discussion provided opportunity for Tribes to share how they are approaching the legalization and potential impacts to the sovereignty for respective Nations.

Additional discussions held since have been on coal and fossil fuel rail transport through the Columbia River basin and along the Deschutes River.

Tribes have been reaching out to Governor Kate Brown

to share concerns and opposition to fossil fuels transportation along these critical waterways.

Native Youth issues were also discussed and this will be a topic at the next meeting.

In closing, I'd like to welcome two individuals who have recently joined the Tribe in key positions.

The first is Glendon Smith, who Council appointed to the position of Secretary-Treasurer/CEO; and Alyssa Macy, hired as the Executive Deputy Director. Welcome to you both and we look forward to working with you.

Thank you,
Austin Greene Jr., Tribal Chairman

Flu shots are available

Flu shots are now available in Warm Springs. Stop by the clinic, or look for the Community Health nurses giving shots around the community.

If your kids are in school, remember to sign their permission slips that will come home in their school folder. The kids can receive their flu immunization at school with your consent.

Be wise and immunize: Your flu shot protects you and your community. How to get a flu shot at the Warm Springs Health and Wellness Center:

Make an appointment, or come in and see a nurse. You can call the Community Health Department in Pod A at 553-2460; or Medical Nursing in Pod C at 553-2610.

If you are 18 or over, you can get your flu shot from a pharmacist in clinic pharmacy. You can ask your provider for a flu shot at any appointment in the clinic.

Remember the phrase, "My flu shot protects you, and your flu shot protects me." Please get your flu shot early to protect yourself and our community.

Everyone six months of age and older should get vaccinated against the flu.

Rock Your Mocs in Nov.

The Culture and Heritage Department and Community Counseling invite youth and parents to evenings of fun and creativity, as they prepare

for November and the Rock Your Mocs Week.

They will meet this Thursday, Oct. 1, from 4-6 p.m. at Community Counseling.

A note from Sanitation

Warm Springs Sanitation reminds residents that the Landfill is open weekdays from 8 a.m. until 5 p.m., and the Transfer Stations are open 24/7.

Please, if you have debris or large items, make sure they are disposed of properly.

If you need assistance call the landfill at 553-3163.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, Oct. 1

Warm Springs **k-8 Cross Country** has a meet today at 4 p.m. at Obsidian.

Snapshots **School Picture Day** for Warm Springs K-8 Academy is today.

There is **White Buffalo soccer action** today. The Boys host Gladstone at 4, as the girls travel to Gladstone.

Madras **volleyball** plays Gladstone today at 4.

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

The High Desert Food & Farm Alliance and Oregon State University in Warm Springs has their **Cooking Matters class** today from 5:30 p.m.-7:30 p.m. in the OSU Demonstration Kitchen.

There is an **Alcoholics Anonymous** meeting today at noon at Community Counseling.

Alcohol Education Class is today 2pm at the counseling center.

There is a **Narcotics Anonymous** meeting at 6 p.m. at the Shaker Church.

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

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.

Friday, Oct. 2

Today at the Warm Springs K-8 Academy's **Rise & Shine** before school program, Culture & Heritage will teach Ichishkiin language students. Rise and Shine is from 7:40-8:50 each school day and includes activities in the library and gym for students.

Madras High School foot-

ball hosts Gladstone tonight. Kick off is at 7.

Fitness Opportunities today include: Senior Fitness Class at the Senior Center at 10:45; 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 **Recreation** is open afterschool for kids. There are Carol's Arts & Crafts, the game room, gym activities, and Snack Attack, open to youth from 3:30 to 5.

Saturday, Oct. 3

BendFilm presents *Coming to Light: Edward S. Curtis and the North American Indians September* at 4 p.m. at the Madras Performing Arts Center.

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

The Madras High School football team today is having a 4-person scramble golf tournament fundraiser at Kah-Nee-Ta Resort.

Sunday, Oct. 4

White Buffalo **Cross Country** travels to South Albany High School today.

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 take donations of non-perishable food or cash.

Monday, Oct. 5

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.

Fitness Opportunities today include: Senior Fitness class at the Senior Center at 10:45; 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.

Tuesday, Oct. 6

The Warm Springs K-8 Academy's **Rise and Shine** program is open to kids at the school from 7:40-8:50 a.m. There are activities for students before school starts, including songs taught the Culture and Heritage Department on Tuesdays.

Powwow, hoop dance and drum practice for beginners and anyone who would like to practice is today from 5:30 to 7 at the Community Center aerobics room.

Warm Springs **K-8 Cross Country** has a meet today at 4 p.m. at Sisters. The eighth grade **football** team also has a game at Sisters today at 4:15. Sixth-seventh grade football will play at home vs. Three Rivers. Game time is 4:15 at the K-8 Academy. Warm Springs Volleyball will travel to Three Rivers for 3:30 and 4:30 matches.

The Warm Springs **Vocational Rehabilitation** Program has orientation today at

3 p.m. at Community Counseling.

The **Mobile Medical Unit** will be in Simansho today. Call IHS for more information.

Managing Diabetes 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.

Madras Soccer plays today girls host Crook County this afternoon at 4 and the boys travel over to Prineville.

Madras **Volleyball** plays in Prineville today.

Today is an **early release** day for South Wasco schools. Students will be released at 2:15.

There is **Positive Indian Parenting Class** today from 10 til noon in the Prevention Conference Room at Community Counseling. There is also a class on Wednesday from 5:30-7 p.m. in the main conference room. This week's topic is Choices in Parenting.

Madras Campus UPCOMING

for the month ahead

Start planning now for winter term!

Are you interested in taking classes at COCC?

Attend the next Getting Started Session on **October 20**.

For more information, visit cocc.edu/getting-started

For More Information
541.550.4100
cocc.edu/madras



In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola: 541.553.7775. For accommodation because of other disability such as hearing impairment, contact Annie Jenkins: 541.553.7743.

Cardio challenge starts Oct. 5

The *50 Days of Fitness* Community Cardio Challenge will be October 5 through November 23.

It is open to anyone 18 and older who lives or works in Warm Springs or Jefferson County.

Categories are individual male or female, and a team of four. Entry fees will include free use of the Madras Aquatic Center lap swim

times and numerous classes.

Kick-off registration events are on October 5 at the Diabetes Prevention Program office in Warm Springs from 11:30 to 1:30. A walk will follow. And there will be a registration event at the MAC from 3:30 to 5, also Oct. 5. And you can register online for a small fee at letstalkdiversity.com.

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