

Oxbow Restoration in final phase

Tribal natural resource workers this week are at the Oxbow Conservation Area on the Middle Fork of the John Day River.

They will be moving fish from a channel that will then be filled in, creating a more natural river course. This is part of the fifth and final phase of the Oxbow Dredge Mining Restoration Project.

Other aspects of the work involve planting thousands of trees for shade, and grading and excavation to create a new floodplain.

The Confederated Tribes acquired the 1,022-acre Oxbow Conservation Area in 2001, through the BPA mitigation program.

The tribes began researching the restoration project about ten years ago. Phase 1 began in 2011, Phase 4 was completed last year, and phase 5 will be completed this year, bring-



Creating in-stream features, during phase 4 of the project.

Courtesy BNR

ing the over \$6 million project to a conclusion.

This part of the river was mined for gold from 1939 to 1942, impacting about 200 acres of river. The process involved a gold dredge, similar to the one in Sumpter, Oregon.

This type of dredge worked by pulling up the river bed in buckets. The soil was

processed, and the tailings were discarded. The damage to the river was extensive. Confluences of the Beaver, Ruby, Granite Boulder and Butte creeks were affected.

The restoration work has also been significant, requiring the five-phase, multi-year approach. The work so far has been a success, and the final phase will continue the effort.

Tribal Fisheries explains some key aspects of the restoration work:

Creation of 5,800 feet of new river channel, and 1,100 feet of new creek channels.

Enhancement of 5,700 feet of existing river channel habitat.

Utilization of 2,600 whole trees, comprising at least 260 in-stream structures. Plant-

ing more than 40,000 plants.

The Oxbow project benefits the habitat of spring Chinook salmon, summer steelhead and lamprey.

Partners include the BPA, the Bureau of Reclamation, the U.S. Fish and Wildlife Service, the Oregon Watershed Enhancement Board, the Oregon Department of Fish and Wildlife, the U.S. Forest Service, the National Oceanic and Atmospheric Administration, and others.

Market on Friday

The Warm Springs Outdoor Market is every Friday from 10 a.m. to 2 p.m. next to the Re-Use It Thrift Store by Warm Springs Market.

Contact the Warm Springs Community Action Team to find out about setting up as a vendor.

Healthy Cooking Class

When: This Thursday, July 7 from 11 a.m. to 3 p.m.

Where: IHS Clinic Kitchen

What: Learn to make healthy, delicious salad dressing plus a Strawberry Spinach Salad!

Who: The first 30 people to attend.

Call 541-553-2460 if you have any questions

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, July 7

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.

Guiding Butterflies & Mighty Warriors classes meet today from 1 to 3 in the Prevention room at Community Counseling. The class is for adults to participate in cultural-based teachings, crafts and activities.

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

There is an **Alcoholics Anonymous** meeting today at noon at Community Counseling and a **Narcotics Anonymous** meeting this evening at 6 at the Shaker Church.

Friday, July 8

Today at Summer Rec they are playing Lacrosse at 10:30. There's a Morning Walk Raffle and it's Free Play Friday

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 class in the Aerobics room. And at the Health & Wellness Center, Pilates Yoga class is at noon.

Saturday, July 9

There is an **Alcoholics Anonymous** meeting this morning at 10 at Community Counseling.

Sunday, July 10

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, July 11

A **Women's Prayer Group** meets Mondays from 12:05 to 12:35 at the Warm Springs Presbyterian Church.

The **Soaring Butterflies - Warrior Spirit** class meets today at 3:40 at the Warm Springs K-8 Community Room. This is for 3rd to 8th grade youth and includes culturally based teachings, hands on activities as well as drug and alcohol prevention education.

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 know has or may have a disability that is a barrier to employment or

employment advancement, they can learn about their options at an orientation or by calling 553-4952.

Today at **Summer Rec** kids can go on the morning walk and water the children's garden, it is Mario Monday in the game room, Manicure Monday and Kickball League

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.

There's an **Aftercare Relapse Support Group** today at 5:30 at Community Counseling.

Victims of Crime Services has a **Women's Support Group** this evening at the VOCS office, 1108 Wasco Street, behind the Old Boys' Dorm. It's from 3-5 p.m.

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

Tuesday, July 12

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.

Today at **Community Counseling:** There is an Alcoholics Anonymous meeting at noon, Adult Alcohol Education Class is at 1:15 and the Veteran's Group meets from 1:30-2:30.

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.

The Warm Springs **Vocational Rehabilitation** Program has orientation today at 3 p.m. at Community Counseling. If you or someone you know has or may have a disability that is a barrier to employment or advancement, they can learn about their options at an orientation or by calling 553-4952.

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.

Today at **Summer Rec** they will take a morning walk and water the children's garden, it is Tournament Tuesday in the game room and Active Afternoon activities start at 1:15. From 2-4 p.m. they will do Pretty Toes Pedicures!

AGLOW weekly bible study is this evening from 6-7:30 at High Looksee Lodge. It is open to all and a light snack is provided.

Wednesday, July 13

Little Miss Warm Springs meetings are held Wednesdays from 6-7:30 at the Community Center. All interested girls and parents are welcome.

Today at Community Counseling: Women's Group meets at 1:30 and there is an Alcoholics Anonymous meeting at 7 p.m.

Fitness Opportunities today include: Water Aerobics 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.

The **Soaring Butterflies - Warrior Spirit** class meets today from 4-6 p.m. at the Community Counseling Center. This is for 3rd to 8th grade youth and includes culturally based teachings, hands on activities as well as drug and alcohol prevention education.

Today at **Summer Rec** they will take kids on a walk this morning and water the children's garden. It is Wii Wednesday in the game room. Active Afternoon activities start at 1:15, and Water Play is from 3-4:30

Thursday, July 14

On today's **fitness schedule:** at noon there is Func-

ional Fitness class in the Community Center social hall, Turbo Kick class in the Aerobics room and volleyball in the Community Center gym.

Guiding Butterflies & Mighty Warriors classes meet today from 1 to 3 in the Prevention room at Community Counseling. The class is for adults to participate in cultural-based teachings, crafts and activities.

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

There is an **Alcoholics Anonymous** meeting today at noon at Community Counsel-

ing and a **Narcotics Anonymous** meeting this evening at 6 at the Shaker Church.

Friday, July 15

Today at **Summer Rec** they are playing Lacrosse at 10:30. There's a Morning Walk Raffle and it's Free Play Friday

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 class in the Aerobics room. And at the Health & Wellness Center, Pilates Yoga Class is at noon.

Saturday, July 16

There is an **Alcoholics Anonymous** meeting this morning at 10 at Community Counseling.

The Warm Springs Christian Community Potluck and Prayer Gathering meets the third Saturday of every month (except in December) at the High Looksee Lodge community room. Potluck dinner is at 6 p.m. and prayer from 7 to 8.

Sunday, July 17

The **Warm Springs Food Bank** is located at the Presbyterian Church. They are open today from 11:30-1:30.

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In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola: 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Annie Jenkins: 541.383.7743.

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