

Youth recognized with national award

Rodger Jack wakes up at four in the morning, Monday through Friday. Before the sun starts to rise, he drives from his home near the Simnasho into Warm Springs.

Once he arrives and has cell phone service, he calls his fellow members at Heart of Oregon YouthBuild to wake them up. Then a school bus from the Jefferson County 509-J school district picks them up and takes them to Madras.

They still have one more bus to catch—the Cascade East Transit bus to Sisters—to complete their multiple hour daily journey.

To say that Rodger is committed to service seems an understatement: Not only is he responsible and accountable to get himself to the program each day, but he takes it upon himself to help his fellow students succeed.

Rodger has been in local construction job skills training and alternative education program, Heart of Oregon YouthBuild, since January. Despite his own challenges and barriers, which are significant by all standards, Rodger has shown his commitment to serving his community and becoming a leader among classmates.

After his cohort finished building an affordable home in Madras, Rodger approached the new homeowner to ask if there was any other way he could help out. He and a few of his program peers ended up spending the next weekend helping the family move into their new home.

This is another example of many that show what an outstanding young man this is. He goes above and beyond to serve others, supports his community, acts with integrity, lends a helping hand, and has a positive attitude that encourages and motivates others to join in.

So it is clear why Rodger was nationally recognized for his accomplishments. He was awarded the 2016 YouthBuild AmeriCorps Outstanding Member Spirit of Service Award. He was the only YouthBuild student in the country to be recognized with this honor.

Rodger flew to Rhode Island to accept his award at a national YouthBuild AmeriCorps conference. It was a trip Rodger will remember all his life. The communities of Warm Springs—including Indian Head Gaming and Casino, Janell Smith, Child Protective Service of Warm



Rodger Jack

Springs via Reggie Clements, Warm Springs Tribal Council, Mary McNeVins, Caroline Cruz, and Judge SoHappy—plus Madras and the Heart of Oregon Corps came together to raise travel funds for him.

In accordance with his tribe's traditions, he was given the special honor of a ribbon shirt made by his family, which he wore to accept his award. In his acceptance speech in front of over 100 people, Rodger shared:

"Service and commitment are the best characteristics anyone could have. Heart of Oregon YouthBuild is more than just a program, we're people who come together and form a family and give back to the community."

Heart of Oregon YouthBuild is recruiting a new group of 16-24 year old young people for their fall cohort beginning in October 2016. Learn more and apply at heartoforegon.org

Heart of Oregon Corps is a nonprofit organization invested in inspiring and empowering change in the lives of Central Oregon youth through jobs, education, and stewardship.

Every year, they provide job skills training, education, and leadership development to over 300 local young people who face major barriers to success. Their programming creates pathways out of poverty for youth.

The "work-learn-earn" model invests in local young people to prepare them for the workforce and to encourage their self-sufficiency. Heart of Oregon YouthBuild is one of the organization's six programs and is based in Sisters. YouthBuild is partially funded by a grant awarded under the Youthbuild Grant Initiative, as implemented by the U.S. Department of Labor's Employment & Training Administration.

Transportation safety plan

Whereas Tribal Council has been advised by Tribal staff that there is a need to plan for safety improvements to highway vehicle and pedestrian traffic through the Warm Springs community, especially along U.S. Highway 26; and,

Whereas pursuant to the goal of meeting this need, Tribal staff has negotiated and drafted an Inter-Governmental Agreement ("IGA") between the Tribe and the State of Oregon, Department of Transportation, entitled "Cooperative Improvement Agreement—Warm Springs Commercial Corridor Safety Plan" (attached as "Exhibit A"); and,

Whereas the Tribal Council believes that approval of the Warm Springs Commercial Corridor Safety Plan IGA will lead to the

identification and eventual construction of needed safety improvement projects for the Warm Springs Commercial Corridor, and is therefore in the best interests of the Tribe, its members and its TERO program; now, therefore,

Be it resolved by the Twenty-Seventh Tribal Council of the Confederated Tribes of the Warm Springs Reservation of Oregon, pursuant to Article V, Section 1 (a), (l) and (u), of the Tribal Constitution and By-Laws of the Confederated Tribes of the Warm Springs Reservation of Oregon, that the Tribal Council approves the Warm Springs Commercial Corridor Safety Plan IGA, attached to this Resolution as Exhibit "A"; and,

Be it further resolved by the Tribal Council that the Tribal Council Chairman, or his designee, is hereby authorized to sign the IGA, attached as Exhibit "A" to this resolution, on behalf of the Tribe.

Diabetes Prevention success story

From W.S. Diabetes Prevention

Getting diagnosed with prediabetes is a serious wake up call, but you can turn things around.

Getting at least 30 minutes of physical activity, eating foods that are low in fat, keeping track of your food intake and calorie goals are ways to prevent diabetes.

Taking these steps will also decrease your risk of heart disease, stroke and kidney disease. Commitment, support and your health are big rewards for you and your family.

Diabetes Prevention Program (DPP) participant Ronald Thomas shares his motivation for joining the program.

I had gotten my A1C checked at IHS and was diagnosed with prediabetes. I also attended a couple classes with my wife, and enjoyed them, so when the opportunity came, I decided I wanted to join the program.

Ronald states that participating in the 16-week program has given him the education and awareness.

The things I have found to be helpful from the program that I didn't know are how to read nutrition labels.

This made me realize how much fat is in one of my favorite things which is ice cream. I also learned how much sugar that soda and juice have in them. Now I don't eat that much ice cream.



Courtesy DPP

Getting ready for a walk, Ronald Thomas, Diabetes Prevention success story.

Staying motivated has helped Ronald overcome obstacles. He says:

The biggest challenge that I ran into was losing the recommended 7 percent body weight from when I first started class. But I did it and am maintaining. Another challenge I found was lowering my A1C to help prevent diabetes. I was able to lower my numbers and I'm happy with that.

Some healthy changes that Ronald has made and continues to strive for are trying to get two to three walks in a week.

I usually walk on the campus area or down by the community center. I no longer drink regular soda and have learned to watch what foods I consume.

Ronald shares his experience as being a participant of the Diabetes Prevention program.

My favorite part of being in the program is having a coach and the entire staff, as they are very encouraging. They've helped me stay motivated.

I appreciate the items such as the scale, the Calorie King book, and the Diabetes Prevention program Bucks that I'm able to spend.

Another favorite thing that I really enjoyed was being able to try new healthy foods provided during the classes.

Support from the DPP program has changed Ronald's life.

I feel my lifestyle changes, my motivation to continue exercising, attending community walking events, and healthy eating habits will keep me on a healthy path as I continue to succeed.

When asked what advice he would give people in our community Mr. Thomas states:

Let's all work to make the rez diabetes free. We all need to slow down on the pop and anything with sugar. Make healthy choices.

I would recommend that everyone educate themselves and get involved in the programs to work on staying healthy.

Community notes...

The Bend **Spay & Neuter Project** will begin offering spay and neuter surgeries in Warm Springs on the first Tuesday of each month beginning September 6. Check-ins will start at 7:30 a.m. on a first-come first-serve basis, with up to 30 appointments available.

This will be at the Housing community building in Greeley Heights.

It is free for Warm Springs residents.

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,

541-553-3148.

A fundraising raffle is going on now for the **2016 Chasan Walker Memorial Basketball Tournament**. For tickets you can contact Jake or Julie Suppah, Annette Ball or Cyndi Leclair on Facebook. The drawing will be September 24.

Resolutions of Tribal Council

Mineral resources

Whereas the Confederated Tribes of the Warm Springs Reservation of Oregon ("Tribe") has identified Issue 16 in the Tribes adopted "Integrated Resources Management Plan" IRMP 2012, about how soil and mineral resources are to be managed. One goal is to manage mineral and/or rock resources to insure responsible use and economic value; and,

Whereas it is the Tribes best interests to be in compliance with adhering to the IRMP 2012 Plan, particularly in regards to Issue 16, on Mineral Resources to be managed as to stated Goals, Objectives, Standards, and Best Management Practices in regards to Minerals and Rock production sites, quarry sites and borrow pits; and,

Whereas the Tribe believes that through The Warm Springs Ventures Enterprise Organization as the "Lead" agency, the Tribe will enter into a collaborative, non-disclosure agreement with a private business named, Soil Stabilization Products Company (SSPCO) to become partners to develop construction aggregates for use inside and outside Tribal Reservation lands for crushing rock materials for road base materials, asphalt paving, concrete and processing rock and sand materials with proprietary products such as EMC2 and Natural Pave XL, used as sustainable pavement solutions in roads, highways, parking areas, historical sites and trails; and,

Whereas the Tribe has re-

searched previous studies performed by consultants and Federal agencies, indicating that there are numerous potential sites to perform sand and gravel operations, for the future needs and benefits of the Tribes, and there is a funding opportunity by the Bureau of Indian Affairs (BIA) Office of Energy and Mineral Development Program (EMDP) grant; and,

Whereas the Tribe has determined that there are significant aggregate resource assessments by two major studies approved by the Tribe, and it was recommended in both studies that further research and rock analysis should be conducted to discover the best rock quarry sites on reservation and ceded lands in which to process and manufacture sand and gravel resources with new technology for resale to government agencies, private businesses, and other customers statewide and out of State; and,

Whereas the Tribe has chartered Warm Springs Ventures, as a Tribally owned enterprise pursuant to Section 12, of the tribe's federal corporate charter with responsibility for developing and managing the Tribe's soil and mineral resources; and,

Whereas the current fiscal situation of the Tribe will not permit the Tribe to undertake such exploratory mining activities in the foreseeable future; and,

Whereas Warm Springs Ventures ("WSVENTURES") has prepared an Energy and Mineral Development ("EMDP") grant proposal, to ascertain the best rock locations on reservation and ceded

lands for processing construction aggregates with research efforts and intent to provide for existing and future construction and maintenance of roads, parking, walkways, trails, highways, etc.; and,

Whereas the Tribe desires to further study, research and discover the best construction aggregates materials available on reservation and ceded lands, and is willing to consider development any potential mineral resource discovered through the program; desires that the program be conducted utilizing a combination of tribal staff and private contractors/ consultants; and will consider public release of information obtained from the soils and minerals study; now, therefore,

Be it resolved by the Twenty-Seventh Tribal Council of the Confederated Tribes of the Warm Springs, pursuant to Article 5, Section 1 (a),(d),(f), and (l) of the Tribal Constitution of the Confederated Tribes of the Warm Springs Reservation of Oregon and Section 4 of the Tribal Corporate Charter, that Tribal Council authorizes submission of the EMDP grant proposal; approves the EMDP project, and otherwise desires to study the natural resource commodities; is willing to consider development of any potential mineral resource discovered through the program; desires that the program be conducted utilizing a combination of tribal staff and private contractors/ consultants; and will consider the public release of information obtained from the soil and mineral development study.