



Warm Springs Community Counseling hosted the Recovery Powwow in September by the Counseling building. The event was part of Counseling's celebration of September as National Recovery Month. The *Recovery Never Ends* conference is coming up this Friday, September 30 at the HeHe Longhouse. Everyone is welcome to attend. The conference will be from 8 a.m. to 5 p.m. at the longhouse (see page 8 for more on the conference).

Jayson Smith photos/Spilyay



October events with W.S. 4-H Extension

National Youth Science Day will happen at the Academy on Friday, Oct. 14, from 10 a.m. til 12 noon.

This year's lessons will focus on drones, or UAVs, and remote sensing. This will be open to all Warm Springs youth in grades 4-8, whether involved in 4-H or not.

And new this year: STEM Beyond School. For this program, 4-H will be partnering with the Boys & Girls Club to bring STEM activities and programming throughout the school year and through next summer and the solar eclipse.

STEM Beyond School will focus on fourth- through eighth-grade youth, and is not limited to Boys & Girls Club membership.

Please call the OSU Extension Office in Warm Springs for information and to sign up for these and other activities and clubs at 541-553-3238.

Family and Community Health

New this fall to Warm Springs OSU Extension programming is the mindful eating, active living workshop series called *Am I Hungry?*

This healthy living series focuses on all the factors that go into the decisions we make around our food intake, with a recognition that in many cases, "it's not about the food."

Eating well to fuel your active life is the goal, and if some weight loss happens along the way—it will, more than likely—that is just icing on the cake!

The series will begin October 10 at 5:30 p.m. Each of the eight weekly workshops will include healthy snacks. Cost for the entire 8-week series is \$10, and includes all materials.

This series is a \$400 value, and will be led by Beth Ann Beamer, RN, BSN, licensed *Am I Hungry* facilitator and Extension FCH faculty. Space is limited, so please call 541-

553-3535 to pre-register.

Master food preservers

Our master food preservers Sara Rogers and Rosanna Sanders will present a workshop on Pressure Canning Salmon on October 11 from 9 a.m. until 12 noon.

Come learn best-practices for pressure canning salmon safely in a fun and supportive environment! Class is free, but space is limited. Please call 541-553-3238 to pre-register.

SNAP Education

SNAP Education provides high-quality nutrition education to communities in schools, clinics, organizations and businesses.

Our SNAP educators have programming starting at ECE, the Warm Springs k-8 Academy, Boys & Girls Club, Commodities, High Lookee Lodge and at various other community locations.

Look for OSU staff at the k-8 Academy every Wednesday promoting healthy lunch choices through the Food Hero of the Month program, and promoting healthy snacks and physical activity at *Walk It Out Wednesday* at the Boys & Girls Club.

Agriculture, livestock, horticulture

Scott Duggan will be attending a number of Ag meetings this month, including the Federally-Recognized Tribal Extension Program meeting in Flagstaff.

He will host a final Garden Lunch and Learn on October 18 with Karen McCarthy from the Madras Garden Depot as special guest speaker, on *Bulbs and Bulbs, Fall Planting Flowers and Garlic*, from noon until 1 p.m. A healthy lunch will be provided, and the class is free to the community.

Beth Ann Beamer, Warm Springs Extension

Special guest at Veterans Powwow

The Confederated Tribes and the Veterans Powwow Committee are planning a Veterans Powwow in November.

This year a special guest will be Linda Woods. Ms. Woods is a tribal member of the Grand Traverse Band of Ottawa Chippewa Indians. She comes from the Ottawa Indian village in Leelanau, Michigan.

She served in the U.S. Air Force during the Vietnam Era. Following her military experience, Ms. Woods became a substance abuse counselor, earning a Masters of Social Work in 1994 from San Jose University in California.

Even before earning her Masters, Ms. Woods was committed to helping Native Americans deal with addiction, promoting recovery and healthy lifestyles in Native commu-



Linda Woods

nities.

She partnered with the Inter-Tribal Council of Michigan to help produce *Access to Recovery Anishnaabek Healing Circle—Understanding Our Journey*. This program promotes education and understanding of Native American culture in Michigan.

She served as a cultural consultant for the Inter-Tribal Council of Michigan for many years. She was honored in 2015 when she was inducted into the Michigan Women's Hall of Fame.

Though she retired in 2008, with over 30 years of experience in social work, Ms. Woods continues to serve the Native American community. Most notably, Ms. Woods is the first female veteran in the U.S. to carry an Eagle Staff.

She carries the staff on behalf of all women, especially her fellow women veterans who have served the nation. She has been mentored by and guided by a prominent veteran.

She is the mother of two sons, proud grandmother of five, and has two great-grandchildren.

VFW Auxiliary

Essay contests, meeting coming up

Greetings to all.

For over 100 years, the Veterans of Foreign Wars Auxiliary has been fulfilling its original objectives by supporting the Veterans of Foreign Wars, serving veterans, active duty military and their families, and spreading patriotism nationwide. Our members have volunteered millions of hours, donated millions of dollars and honored hundreds of thousands of veterans over the years.

Join us at our local VFW Auxiliary Elliot Palmer Post 4217. We meet the first Tuesday of every month at 5:30 p.m. at the social hall of the Community Wellness Center, 2200 Hollywood Blvd.

Our dues are \$25 a year and your payment for membership covers donations to the Veterans Hospital, National Home for Veterans and their families, district dues, Voice of Democracy schol-

arship, and Patriots Pen scholarships.

It's that time of year for members to pay their dues. Our next meeting will be on Tuesday, October 4. You can pay at the next meeting. If dues are not received by December, your membership will be cancelled.

Youth essay contests

The **Voice of Democracy** program was established in 1947 to provide students in grades 9-12 the opportunity to express themselves in regards to democratic ideas and principles. The national first-place winner received \$30,000.

The scholarship is paid directly to the recipients' American university, college or vocational or technical school. This year's theme is *My Responsibility to America*.

This is an audio essay. You can go online, Voice of Democracy,

and follow the directions to enter the contest. Your local post will judge one winner per 15 entries, and the winner advances to the district. The district winner advances to the state; and the state winners are invited to Washington, D.C., where their audio essays compete in the finals competition.

The **Patriots Pen** is for grades 6-8. This essay contest encourages young minds to examine America's history, along with their own experiences in modern American society.

Essays are 300-400 words, expressing views based on the patriotic theme chosen by the VFW Commander in Chief. The theme for 2016-17 is *The America I Believe In*.

Entries can be submitted to the Warm Springs Elliott Palmer Post 4217.

Election: measures on cannabis; register to vote online

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One of the city measures asks whether to prohibit recreational marijuana sales, wholesale production, processing and distribution within the city jurisdiction.

Another city measure asks whether a 3-percent city tax should apply to recreational marijuana sales.

These measures could bring about an interesting result.

For instance: the county voters could prohibit recreational marijuana sales in unincorporated areas of the county. And city of Madras residents could

do the same within the city limits.

That would leave the incorporated areas of Metolius or Culver as the places in Jefferson County where recreational marijuana could be sold retail.

How to register

Registering to vote is simple and convenient in Oregon.

Online: If you have an Oregon driver license or other DMV identification, you can update your registration at OregonVotes.gov/myvote

Registration card: You can fill out a paper registration card. You

can find these at most post offices, libraries, and your county elections office. Or, download a PDF version to print and mail to your county elections office. If that's not convenient, call your county elections office and request one.

You do not have to vote for anyone that is listed on the ballot.

There will be space to write in the name of the candidate you wish to vote for if they are not listed on your ballot.

You may also choose not to vote in some races and leave those races blank.

341 SW Sixth St.
Redmond

Tuesday - Saturday
10 a.m. - 6 p.m.



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