

Looking to the future with Recovery conference

by Sarah Frank

The Warm Springs Behavioral Health Guiding Butterflies and Mighty Warrior adult group met with NARA—the Native American Rehabilitation Association—this summer and decided to plan the first *Recovery Never Ends* conference.

On September 30 the conference happened at the HeHe Longhouse.

September was National Recovery Month. But we wanted to send the message that the month may come to an end but recovery never ends.

We originally thought there would be 20 to 30 people attending the conference. We are pleased to say that over 100 people were in attendance by the afternoon.

NARA fulfilled Tribal Councilman Raymond Tsumpti Sr.'s request to



Courtesy Sarah Frank

Great Outdoors Mini Hike participants at HeHe.

come to Warm Springs: This was their third trip to Warm Springs to stay in contact with previous NARA treatment clients.

Breakfast, lunch and dinner were prepared and served by volunteers: Natural Resources donated fish, and NARA Outreach brought the food for dinner.

Master of ceremonies Aldo Garcia entertained the audience throughout the day with his humor and inspiration, often using his own personal recovery story.

Thank you, Jason Smith, for your continued support in the recovery movement.

Deanie Johnson and Guy Wallulatum gave the opening prayer. Michael Martinez and Scott Kalama were up bright and early preparing for the men and women's sweatshops.

Suzy Moody led the women's sweat on Friday, and Birda Kirk led the women's sweathouse Thursday evening. Guy Wallulatum shared the Warrior Song, and the history of the song.

Patty Katz shared her testimony as a "person in long-term recovery." At one time she spent time getting high under the I-5 bridge: she also talked about her lengthy criminal history. Fifteen years ago she and a friend read an article about National Recovery Month, and realized people all over the U.S. were celebrating their recovery from drugs and alcohol addiction.

They decided they would stand on top of the bridge at daybreak to celebrate. That decision marked the beginning of *Hands Across the Bridge*.

In 2001 there were 200 participants. In 2015 there were almost 3000 people.

Warm Springs Guiding Butterflies and Mighty Warriors attended the 2016 *Hands Across the Bridge* event.

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Pumpkin Patch Fun Trip

Warm Springs Recreation will make the Pumpkin Patch Fun Trip on Monday, October 17.

The pumpkin patch is at Liepold Farms at Boring.

The day will feature the Corn Maze, Hay Ride, Hay Maze, and pumpkin gathering.

Young people, stop by the Recreation office at the Community Wellness to fill out a permission slip. Call Carol for more information, 541-553-3243.

The bus will leave at 9 a.m. and return at 4:45

p.m. Bring a sack lunch, good walking shoes and a jacket.

The cost is \$8 per person, and includes:

Two pumpkin pulls, the Corn and Hay mazes and Hay Ride. Plus a bag of apples. There will be pumpkins of all sizes and colors, and other squash at the farm.

Great Pumpkin Party

Recreation will host the Great Pumpkin Party on Thursday, October 20 at the Community Center social hall (for details see page 4).

Tribal Member Art Show

The Museum at Warm Springs will host the Tribal Member Art Show this fall.

The show opens October 27 with a reception starting

at 5:30 p.m. This is the Twenty-Third Annual member art show, a favorite exhibit celebrating the artistic talents of the tribes.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, Oct. 13

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.

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.

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.

There is Social Dance class today from 4:30-6pm at the Community Center Aerobics Room.

A basketball clinic for boys and girls age 6 to 17 is being held every Tuesday and Thursday through October. It's held in the Youth Center at the old elementary school from 5:30-6:15 for ages six to eleven and from 6:15 to 7:00 for the older kids. All skill levels are welcome.

Friday, Oct. 14

Today is a 509-J teacher in-service day. No school.

The 2016 4-H National Youth Science Day event in Warm Springs will be from 9 a.m. to noon at the Academy. The project this year is called Drone Discovery, and has three activities exploring the science behind or drones. Lunch will be served.

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.

The Community Health program at the Health and Wellness Center has a Behavior Health clinic today, walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

The Community Counseling Center will have a walk-in group for intakes today at 1:30. It is open to any-

one needing to start counseling services.

The Jefferson County Library Community film center will show the 1962 *Western Lonely Are the Brave* at 7:30 p.m. Films are free and shown in the Rodriguez Annex, next to the library in Madras.

Saturday, Oct. 15

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 Lookee Lodge community room. Potluck dinner is at 6 p.m. and prayer from 7 to 8.

Sunday, Oct. 16

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, Oct. 17

On the Tribal Council agenda: Morning – secretary-treasurer update, November agenda/travel delegations/review minutes, draft resolutions. Afternoon – Legislative update call/enrollments.

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. At the Health & Wellness Center, Pilates-Yoga Class is at noon. And there is Turbo Kick class at 4:15 in the Aerobics room.

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

The Community Health Program at the Health & Wellness Center has a Behavior Health clinic every Monday and Friday. Walk-in appointments are available between 1 and 5 p.m. Services include screening, assessment, crisis intervention, referrals to mental health, medical, substance treatment, or other community resources. Children, adolescents and adults are welcome.

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.

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

Soaring Butterflies Warrior Spirit group for high school age youth meets today from 5-6:30 p.m. at the Warm Springs Community Counseling Center's Prevention Room.

There's an Aftercare relapse support group today at 5 at Community Counseling. They also have a Walk-in Group for intakes every Monday, Wednesday and Friday at 1:30.

Tuesday, Oct. 18

The Mobile Medical Unit will be parked in Simnasho today. Call 553-1196 to schedule an appointment.

On the Tribal Council agenda: 9 a.m.-noon, Finance update. Discussion on CTWS new bank, IHS contract support settlement.

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

Choir and song class in

preparation for the community Christmas plays are held every Tuesday from 5-6:30 at the Counseling Center in the Prevention Room downstairs. It is open to people of all ages.

The Warm Springs Numu Cultural and Language Evening is tonight from 5:30-7 at the Culture and Heritage building front office. All are welcome to share, learn and participate in Numu language and culture.

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

Wednesday, Oct. 19

The Oregon Food Bank's Harvest Share program is giving out free fruits and vegetables at the Celilo Community Center will be from 10 a.m. to 3 p.m. There are no income verification or ID requirements. They would like you to bring reusable shopping bags if you have them.

Central Oregon Veterans Outreach does a giveaway of clothing and other needs on the third Wednesday of each month. They are in Warm Springs on Campus from 1-2 p.m.

Madras Campus UPCOMING

for the month ahead

Have you been thinking of going to college?

Start Planning Winter Term Now!

Placement Testing: October 20 at 2 p.m.

November 1 at 5:30 p.m.

Register Today!

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 at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

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