

First Annual Pacific Coast Invitational

Warm Springs in July will host the First Annual Pacific Coast Indigenous Youth Invitational Basketball Tournament. The tourney is set for Friday through Sunday, July 26-28 at the Warm Springs Community Center Gym.

The Pacific Coast Indigenous Youth Summer tourney is presented by Warm Springs Cougars Youth, and Inter-Tribal Sport-California. This First Annual event will be open to the first six teams in three age brackets:

Ages 10 and Under, Co-Ed.
13 and Under, Boys.
15 and Under, Boys.

Inaugural event

Austin Greene Jr., Warm Springs Recreation director and tournament organizer, was contacted by Ricardo Macius Jr. of Temecula, California.

Mr. Macius has held tournaments with Inter-Tribal Sports youth teams in the Southwest and

Hawai. He reached out to Mr. Greene, wanting to bring a tournament to Oregon. This led to the collaboration between the Warm Springs Cougars Youth, and Inter-Tribal Sports-California.

For the tournament the awards in the two older divisions will include 10 Championship pullovers; 10 Runner-Up crewnecks; Finalist t-shirts; MVP, All Tourney and Mr. Hustle.

In the 10 and Under Co-Ed division, the awards will be 10 Championship hooded; 10 Runner-Up crewnecks; Finalist t-shirts; and All Tourney for one girls and one boy from each team.

If you would like more information about this first-ever tournament, contact Mr. Greene at 541-553-3243; or Mr. Macius at 951-216-9448. Emails: austin.greene@wstribe.org rmacius416@gmail.com

Family Jamboree Day

The Family Jamboree Day—*Warm Springs Incredible Families*—is next month.

A talent show hosted by award-winning artist Blue Flamez—with great prizes for contestants—jumping houses, rock climbing, music and much more are in store.

New this year: An Outdoor Market and food vendors. The Jamboree is hosted by Warm Springs Recreation, Tananawit, and Health and Human Services.

Family Jamboree Day will be from 3 to 7 p.m. at the community center on August 15. For more information contact Carol Sahme, Recreational Coordinator, 541-553-3243.

For vendor sign-ups, contact Emily Courtney at the Community Action Team, 541-553-3148. Email: emily@wscat.org

Super Man-Wonder Woman Challenge results

Twenty-Six contestants took part in the 2019 Pi-Ume-Sha Super Man-Wonder Woman Fitness Challenge.

The challenge is in honor of Eugene 'Cougar' Greene Sr. and Mrs. Norene Greene.

This year saw last year's foot-race standard fall by a full 5 seconds. And the new bike race/ride drew added attention to the event.

Many at the challenge said they would be spreading the word for the 2020 Pi-Ume-Sha.

I would also like to acknowledge and thank the following sponsors for their contribution:

Indian Casino, Warm Springs Power and Water Enterprises, and Warm Springs Composite Products.

Macy Ellis and the Warm Springs Market, Warm Springs Construction, and the Wild Horse Resort and Casino.

DMJ Automotive, Luella Azule, Laura Kordatzky, Leona Spino-Harris, Roy Spino, and



Contestants begin the Foot Race competition

Jayson Smith/Spilyay

the Rainbow Market. Warm Springs Recreation, and the Museum at Warm Springs.

Jim Miller, Leni Miller, the Warm Springs Credit Enterprise, Margie Tucketa and Sandra Greene.

The results for this years event is as follows:

Foot Race – 16 entries.
Adult male: Rudy Peone at 32.25 minutes.

Adult female: Jane Cleavenger at 44.32.

Youth male: Jayden Thompson, 1:09.58.

Bike Race – Three entries.

Adult male: Fred Sanders, 36.43.

Foot/Bike Race –



Seven entries.
Adult male: Stephen Vaeth, 1:23.13.
Adult female: Jamie Hurd, 1:13:55.
Youth male: Robert Warner, 1:25:03.



Thank you to all participants and volunteers—Volunteers make it happen!
Azar Spino, race director.

Field trips with Recreation

Warm Springs Recreation is hosting field trips for young people this summer. Some of the destinations include:

The Clackamas Aquatic Center, Oaks Park, Multnomah Falls and the Bonneville dam. The High Desert Museum and Lava Caves. Movies at Sam Johnson Park.

Children need to be signed up with the Summer

Recreation Department in order to participate in any field trips. Other than for some field trips, there is no fee to come to the center.

Field trip applications area posted and located at the center office. Any questions please call 541-553-3243.

The Recreation lunch program is also now available Mondays, Tuesdays and Wednesdays.

Heart Healthy in W.S.

St. Charles Health Care will host the Heart Healthy Heroes Club in Warm Springs on August 13, 20 and 27 at the IHS clinic.

Cost is free to anyone with heart disease or a chronic condition that affects your heart.

Family members who would like to learn more are also welcome. **What you will gain:**

Basic knowledge about the heart—how it works, and when it doesn't. Heart medication management, nutrition and exercise information, customized for people with chronic conditions.

Tips on saving money on heart-healthy foods. And you will make new friends in a comfortable, relaxed environment where sharing stories and experiences is encouraged.

For information contact St. Charles Heart Failure Nurse Navigators: Amy Chadwick or Amy Reed, phone 541-706-2989. akchadwick@st.charleshealthcare.org

You can register at: stcharleshealthcare.org
Click on 'classes and events.' Space is limited so please register in advance.

Reintroduced Chinook in Deschutes make it to Wychus

This is shaping up as one of the best years so far for returns of re-introduced spring Chinook that originated in Deschutes River.

This was the announcement last week by the Confederated Tribes, PGE and partner Deschutes Land Trust.

Several of these tagged Chinook this year returned for the first time in decades to an area Wychus Creek, land protected by the Land Trust.

This relatively strong upper basin return is likely directly related to improvements made in juvenile downstream fish passage two years ago, according to the announcement.

The tribes and PGE are co-owners of the Pelton-Round Butte hydro project.

For several years now they've been working with partner organizations and agencies in the Deschutes Basin to reintroduce salmon and steelhead runs that were cut off when the Pelton-Round Butte dams were

built in the 1950s and '60s.

While more than a million juvenile fish have successfully passed downstream since the tribes and PGE completed a new fish passage system at the dams in 2010, adult returns have been slower to recover than initially hoped.

There's been a combined annual total ranging from 72 to 620 Chinook, sockeye and steelhead.

The strongest individual run occurred in 2016, when 536 upper basin sockeye returned to the project.

Two years ago, dam operators made changes to improve smolt survival by collecting and releasing juvenile fish at night, when the fish are most active and less vulnerable to predators.

Last year just five upper basin spring Chinook made it home, but this year a total of 46 had completed the trip already by early last week. And five of the 46 made it up to Wychus Creek.

Warm Springs Cougars Youth & Intertribal Sports (Ca.)
Presents
1st Annual Pacific Coast Indigenous Youth Invitational Basketball Tourney
July 26-28, 2019

Warm Springs Community Center Gym
2200 Hollywood Blvd
Warm Springs, Or. 97761
Entry Fee: \$150.00 per team/division
Deadline by: July 12, 2019
3 - Game Guarantee

Awards: 13&15 Under Boys Division
10 Championship Pullovers
10 Runner Up Crewnecks
Finalist T-Shirts
MVP, Mr. Hustle, All Tourney Selection

Awards: 10 & Under Co-ed
10 Championship Hooded Sweatshirts
10 Runner Up Crewnecks
Finalist T-shirts
All Tourney Selection - 1 (boy) 1 (girl)

Contact:
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951-216-9448

Contact:
Austin Greene, Tourney Director
541-553-1953 (home) or 3243 (message)
austin.greene@wstribe.org

Registration for youth soccer is open at the Madras Aquatic Center. The youth soccer Rec program is open through August 12 for kids ages 4 to 14. You can register online at macrecdistrict.com