

Letters to the editor

At the races

The family of George Danzuka Jr. would like for you to come and join them on Friday night, July 16, for the feature race at the Prineville Races.

The feature race is being dedicated to George from the family members, and the Prineville Race directors with a blanket and a buckle for the jockey.

Those of you who can remember, the family traveled all over the Northwest, racing horses, along with the Suppahs, Franks, Spinosa and the Wells families. It didn't matter whether it was horse racing or Pony Express—George was always there.

We would also like to thank the Prineville Races and so many others for putting this race on.

Thank you and see you there!

The Danzuka Family,
541-325-1866.

we are open from 8 a.m. to 5 p.m., and at lunch at 12-1.

Please call for an appointment and wear a mask. Only the client is allowed into the building unless previous arrangements are made ahead of time. If you are sick please stay home and get better.

Victims of Crime Services, 541-553-2293.

Summer Jam

A Summer 3-on-3 Jam for youth is coming up Saturday and Sunday, July 10-11.

The games start at 8 a.m. at the former elementary school court.

There are three co-ed divisions: 7 and under, 10 and under, and 13 and under.

This will be a four-player roster. Covid precautions will be in place.

For more information, vendor info or to sign up contact Jaycelene at 541-668-2599. Or send her a message on Facebook.

Trainees

The Confederated Tribes Work Experience and Development Department is advertising for several trainee positions.

Positions include cooks, cashiers, fuel attendants and a Community Health Representative Senior Specialist.

The CHR Senior Specialist main responsibility is to ensure senior citizens receive necessary health care. Other duties include the following:

Visiting senior citizens in nursing homes and hospitals on a regular basis. Assisting senior citizens to deal with social services and welfare agencies; and home visits to seniors.

Support terminally ill seniors and their families. Assist the healthcare team to provide outreach services to seniors.

To learn more call WEDD at 541-553-3324 or -3328.

Summer hours at Victims of Crime

Our hours will vary during the summer months, on very hot days, until further notice. Staff may come in as early as 6 a.m. to beat the heat in the late afternoon.

We will have a sign on the door if we are closed for the day in the afternoon. If we are closed we can be reached by telephone through the Warm Springs Police Department Dispatch at 541-553-1171: Ask for the VOCS on-call advocate. During regular business

At Academy

The Warm Springs Academy is still taking applications for the Summer Program.

The office will be open on July 7 and July 21 from 9 a.m. to noon. Parents can pick up the paperwork.

The office will open regular hours on August 2.

Reopening

Heart of Oregon Corps Thrift Store is preparing to re-open after being closed to the public since March 2020 due to Covid-19 restrictions.

The store brought students back to the program in March and in June welcomed a new Thrift Store program manager, Cathy Mandeville. At long last, the Thrift Store will be re-opening its doors to the public on July 9. The store asks that donors please hold onto items they wish to donate until July 13. The Thrift Store is holding a Grand Reopening Celebration on Saturday, July 10 all day, from 10:30 a.m. to 5:30 p.m.

The Thrift Store will be thanking the community for its ongoing support during this event; light refreshments will be provided throughout the day.

Summer meals

The Jefferson County School District is now offering its Summer Food Service Meal program.

At the Warm Springs Academy the meals are

Kicking off membership drive, Museum honors Ken Smith

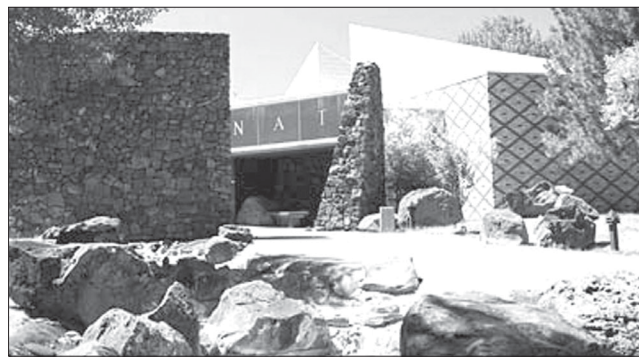
The Museum at Warm Springs in June kicked off its annual membership drive.

This year's drive honors Warm Springs long-time museum board of directors member and ancestor Kenneth Smith.

"Ancestor Kenneth Smith was a great believer in our museum, and was especially devoted to helping build the membership program," said Elizabeth A. Woody, museum director.

"It is in his memory that we conduct this year's membership drive," she said.

Ken Smith was a wonderful friend, mentor and supporter to the Museum at Warm Springs. As board member for the very beginning, Ken saw the museum grow from the ground up.



His passion about the membership program was immense. In board meetings he would always ask, "How can we build up our membership program?"

Even as a tribal member of the Confederated Tribes of Warm Springs, he would come into the museum administration office to pay his annual membership.

"He truly believed in the reasons we built the museum," Ms. Woody said.

This year the Roundhouse Foundation is generously matching proceeds from

new museum memberships.

The Roundhouse Foundation is dedicated to supporting programs that inspire creativity, connect people with each other and their sense of place, and ensure sustainability for the long-term economic success of Oregon's rural communities.

There are several levels of annual membership at the Museum at Warm Springs, beginning at \$25 for elders and students. All members receive these benefits:

Free admission for one

year. A 10 percent discount in the museum Gift Shop, and special invitations to exhibits and programs.

There are three ways to join. Visit:

museumatwarmsprings.org

Click 'Join' to see membership levels and payment information.

Or call Debbie Stacona at 541-553-3331 or email: dstacona@museumatwarmsprings.org

Save the date: On Friday, August 27 and Saturday, August 28 the Museum at Warm Springs will host its Annual Honor Dinner and Celebration in Portland.

This year's honorees are U.S. Poet Laureate Joy Harjo (Mvskoke) and author and Warm Springs elder George W. Aguilar Sr. (Wasco).

served at the curb next to the bus drop-off area, 9 to 10 a.m.

At Wolfe Point Drive meals are served at the first paved road on left, 8:30 to 8:45 a.m.

At Kah-Nee-Ta meals are served at the Hamlets, 9 to 9:15 a.m.

At Simnasho meals are served in the Longhouse parking lot, 9:45 to 10 a.m.

At Sidwalter meals are served at the Firehall parking lot, 10:30 to 10:45 a.m.

At Upper Dry Creek, the meals are served at Tommie Street at the North End, 7:45 to 8 a.m.

Sunnyside meals are served at Crestview Drive and Sunnyside Drive, 8:15 to 8:30 a.m.

At the Warm Springs West Hills, meals are served at Poosh and West Hills Drive, 8:45 to 9:15 a.m.

At Seekseequa the meals

are served in the Firehall parking lot, 9:45 to 10 a.m.

At Madras High School the meals are served from 9 to 10 a.m. And at Bridges High School, 7:45 to 8:15 a.m.

At Jefferson Street and Highway 97, meals are served alongside of the store, 8:30 to 8:45 a.m.

There will be no service on Monday, July 5.

The child should be present when picking up the meals. If the child is not present, the parent or guardian may pick up meals with a signed document that is provided. For more information call 541-475-0339.

To fishers

Warm Springs tribal subsistence fishers who have been negatively affected by Covid-19 can apply for fi-

financial assistance.

The Fish and Wildlife Committee will oversee the application and financial awards process. Funds are limited.

The amount of funding a subsistence fisher might receive is unknown until all applications are submitted and evaluated by the Committee.

Application forms are available at the tribal administration office, and you can also download a copy online at kwso.org

Completed forms must be returned to the drop box at the administration no later than 4:30 p.m. on Friday, July 2.

Scholarships

The deadline is coming up this Thursday, July 1 for the 2021-2022 Tribal Scholarship. You can apply Higher

Education. Get all the details and forms you need by contacting Carroll Dick at Higher Ed, 541-553-3311.

WIC vouchers

Warm Springs Women Infants and Children—WIC—program is offering farmers market checks that can be used to purchase fruit and vegetables at farmer stands in Oregon.

In July stop by the food cart area across from Warm Springs Market on Wednesdays between 11 a.m. and 1 p.m., or the Early Childhood Education parking lot on Thursday afternoons from 4 to 5 to pick up your WIC Farmer Market check.

The Warm Springs Holistic Health Center provides physical therapy and acupuncture care. You can contact them at 54-777-2663.

Healthy practice while raising Native babies

Willow Merchant, Maternal Child Health Nurse with the Confederated Tribes, would like to share this article, helping to recognize the upcoming Breastfeeding Awareness Month.

For generations Native women have incorporated breastfeeding as a natural practice to protect the health of both mothers and their babies. Breastfeeding honors Native values and traditions.

Supporting breastfeeding families in our community is a wonderful way to establish healthy, lifelong eating habits.

Education and support about breastfeeding is vital to the health of native people. The investment into breastfeeding in our community is urgent and necessary to remove obstacles faced by new mothers.

Food Sovereignty is a food system in which the people who produce, distribute, and consume food also control the mechanisms and policies of food production and distribution.

Breastfeeding promotes food sovereignty and tradi-

tional foods.

Breastfeeding is part of the reproductive process that is integral for both mother and infant health. A community that supports breast-feeding is a healthier community.

Humans are the only species on earth who drink the milk of another species. Human babies should drink human milk, just like calves drink cow's milk.

Breastfeeding promotes sensory and cognitive development in the baby while decreasing postpartum depression in mother. Human milk is bioavailable making it the easiest thing in the world for the baby to digest.

Human milk is dynamic, with constantly changing composition to meet baby's growing needs. Making breastmilk burns 500 calories per day which helps mother return to pre-pregnant weight sooner.

Breastfeeding is baby's first immunization.

Breastfeeding provides passive immunity. This means mother creates antibodies to the germs in the environment mother and baby share and passes them through the breastmilk to

provide immunological protection to baby.

This is extremely important for baby's protection until infant's immune system is fully developed around 2 years of age.

The World Health Organization and American Academy of Pediatrics fully support breastfeeding as a crucial health initiative. Here are their recommendations:

The World Health Organization: "Exclusive breast-feeding for the first six months of life is the recommended way of feeding infants, followed by continued breastfeeding with appropriate complementary foods for up to two years or beyond."

The American Academy of Pediatrics: "The AAP reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant. Medical contraindications to

breastfeeding are rare."

For the health of our community support a breastfeeding mother today by:

Normalize breast-feeding—After all, it is what nature intended!

Offer to help a breastfeeding mother with her bags, bringing her a meal, a supportive glance, etc.

If you are a breastfeeding mother, reach out for help and support.

If you are a family member, partner or friend of a new mother encourage breastfeeding.

Provide clean, private areas to nurse and pump in public spaces.

Support local and federal leaders to protect and promote breastfeeding.

Give new mothers in your family the opportunity to be with their babies and establish breastfeeding before descending on them to meet the baby and socialize.

For more information call Willow Merchant MSN, RN, IBCLC, Maternal Child Health Nurse, Confederated Tribes of Warm Springs. Office 541-553-2347. Cell 541-675-5277.

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