

Letters to the editor

Remembering Hug-O-Grams

Thirty years ago, Valentine's Day in Warm Springs included the Hug-O-Gram fundraiser. The Hug-O-Gram featured a card created by volunteers that was delivered with a hug.

The card was handmade and featured a Native person with arms out-stretched to give a hug. Lucinda Green recruited volunteers, and Carol Allison helped to create the Hug-O-Gram cards.

The Spilyay Tymoo online archive found several articles about the effort. Some of the items from earlier years:

In 1989 the Wellness Committee helped to coordinate the 'Val-O-Gram' effort to raise funds for the Community Center Reader Board.

The order form described the fundraiser as "promoting healthy communication and giving from the heart through 'Val-O Grams' and 'Hug Certificates' on Valentine's Day."

The cost was 50 cents per Hug-O-Gram.

In 1990, the Valentine's Hug-O-Gram project raised \$238 that was used to buy stuffed animals for the Fire and Safety Teddy Bears for Kids project. 1991's fundraiser donated \$270 to Youth 4-H Clubs in Warm Springs.

Hug-O-Grams in 1992 yielded \$300 that was donated to the 'Lil Miss Warm Springs Pageant to purchase gifts for all the participants.

In 1995, the Recreation Department added balloon and candy heart options to the fundraiser. The cost for a balloon was \$1, if you deliver yourself; and \$2 for Recre-

ation to deliver.

The chocolate heart cost was \$5 to be delivered. They also added a Madras delivery for an additional \$6.

At the present time, while covid is still an issue, it's probably best to not have volunteers hugging people. But KWSO and the Spilyay would like to give a shout out to autwai Lucinda Green for her loving work that benefited community programs and put smiles on folks faces.

This year, the Recreation Department is sponsoring a Valentine's Decorating contest for Warm Springs of fices with a theme of *Show the Love NDN Style*.

KWSO is all about trying to win the contest and we are including a tribute to Hug-O-Grams as part of our display. Using a template from the Northwest Regional Lab Indian Reading Series book *Being Indian Is*, we've created a couple graphics that you can use to make your own Hug-O-Gram. The illustrator is Debbie Smith.

You can print our Hug-O-Gram 2023 out and color it—Hug O Gram Girl and Hug O Gram Boy—or use a computer program like Paint to color the digital file of the images.



A great day for the dogs

Fences for Fido and their partner Companion Animal Medical Project visited Warm Springs one weekend day earlier this month. The team of veterinarians and vet techs were on hand for a free parvo shot clinic for pets of the tribal community.

By the end of the three-hour clinic, the team had given shots to 83 dogs, a great turnout event. Fences for Fido and partners will host another shot clinic in February, scheduled for Saturday morning, February 11 at the fire station.

Photos by Ali Peterson, Fences for Fido Vet Care Coordinator



Births

Ryan Keven Thomas II

Ryan Keven Thomas and Shaylene Nicole Craig of Warm Springs are pleased to announce the birth of their son Ryan Keven Thomas II, born on December 23, 2022.

Ryan joins sister Riyan, age 13.

Grandparents on the father's side are Everette Windy Boy of Warm Springs, and the late Sharold Thomas.

Grandparents on the mother's side are Kathy Smith of Madras; and Joel Queahpama-Craig of Klamath Falls.

Aldo Antunez III

Aldo Antunez Jr. and Ivory Kalama of Warm Springs are pleased to announce the birth of their son Aldo Antunez III, born on January 18, 2023.

Also joins sister Deliza, age 6.

Grandparents on the father's side are Lanelle Warner and Aldo Antunez

Sr.

Grandparents on the mother's side are Sirena Medina and James Kalama Sr.

Non-Native gillnetting

The days of non-tribal gillnetting on lower Columbia River may be numbered. Now equipped with Washington Gov. Jay Inslee's support, long-awaited legislation to remove nontribal gillnets from the lower Columbia River are a step closer to reality.

Senate Bill 5297, introduced to the Senate Agriculture, Water, Natural Resources and Parks committee, would remove nontribal mainstem gillnet use in the Columbia River downstream of Bonneville Dam to off-channel locations beginning in 2025.

Tribal gillnetting in the Bonneville, The Dalles and John Day reservoirs would be unaffected by the bill.

MHS principal

Madras High School Principal Tony Summers will be in Warm Springs for his next 'Coffee with the Principal' event this Thursday morning, January 26.

You can stop by at 9 a.m. at the Community Center for an informal meeting with Principal Summers to ask questions, learn more about the high school happenings, and share ideas or concerns. Meanwhile:

Cheer conditioning

Are you currently a cheerleader, or thinking about trying out for cheer? If the answer is Yes, this conditioning class—Advanced Cheer Conditioning—is for you.

The class is Tuesdays and Thursdays, 5:20-6:30 p.m. at the Prevention Youth Center (the former elementary school gymnasium). For more information call 541-699-9111.

Riding the wave of grief

by Dr. Shilo Shaw Tippett for KWSO

This is the second article in a four-part series on coping with grief and loss.

You might find that your grief comes to you like waves in the ocean. Initially, like a shipwreck, the emotional waves can seem to be overtaking you and you may feel like you will never come out of it. You can feel as if you are drowning in grief.

There will be moments when things are calm and you can feel almost normal and happy, just for a little while. However, before long, another wave of grief comes, sometimes bigger and more consuming than the one before.

This unpredictable and intense emotional process may make you feel you are losing your mind or going crazy. However, it is a very normal process.

As time goes on, the waves are still there, but they change. Maybe they aren't as big and scary, but if they are, that is normal too. It may be that you will have more times between waves when you are able to smile or laugh, or maybe even get some sleep.

However, for a long time, the waves of grief can be very chaotic, challenging, and consuming. You will be very tired, it may be hard to engage in self-care, and you will feel lost at times.

Gather a strong and dependable support group around you. Make sure your closest people are ones you can be honest, raw, and vulnerable with.

If you are a friend of someone who is grieving, make sure to stay with them for the long haul, for all the waves, not just the initial ones. You are not alone, if you need support, dial 988 for the national crisis hotline.

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RIDING THE WAVES OF GRIEF

DR. SHILO.PSYCHOLOGIST