

Letters to the editor

Stop by today at Voc Rehab

It is National Vocational Rehabilitation Day this Wednesday, November 15, and the Warm Springs VocRehab office invites you to stop by. Warm Springs VocRehab will have orientations at 10 a.m. and at 3 p.m.

Some background on the program: Warm Springs Vocational Rehabilitation has been serving the community for more than 30 years, since October of 1993. We are funded by a federal grant.

The success of this program is reviewed on a regular basis to determine consumers’ success with employment outcomes of their choice. We have helped many of our community members obtain and maintain employment with disabilities.

Not sure if you qualify? Come in and see us on campus in the Culture and Heritage building. Water and a light snack will be provided.

Juanita Kalama-White Elk, Vocational Rehabilitation Counselor.

Recruitment

The Oregon Department of Human Services offers tribal recruitment and career development support.

Recruitment professionals are available to provide guidance and assistance to tribal communities for individuals who aspire to advance their careers, and are ready to take the next step into careers serving in social services positions.

The Oregon Department of Human Services Tribal Recruitment is now scheduling on-site workshops. Con-

tact the Tribal Recruitment team to discuss the resources they can provide to the community. The contacts are Greg Azure at 503-509-6443; or Michelle Ochoa at 541-952-9928. Emails are: gregory.p.azul@odhs.oregon.gov michelle.l.ochoa@odhs.oregon.gov

From Strong Hearts Helpline

November is Native American Heritage Month when all Indigenous peoples are celebrated for their contributions to building the foundation of America. As the original people on this land, we hold respect for all living things. We honor our ancestors by remembering their teachings, our culture, and traditions that have endured the test of time.

Despite the efforts to terminate or assimilate us, we hold tightly to our culture and traditions that when practiced provides healing for our relatives.

We must continue to hold each other sacred as nations of sovereign people and with respect given to all living things.

StrongHearts Native Helpline advocate training is steeped in Native American culture and traditions. Our support and advocacy are Native-centered, empowerment-based, and trauma-informed. We uplift our relatives, who are strong and resilient. During the month of November, we celebrate our ancestors, our teachers, and all of our relations today, tomorrow, and always.

StrongHearts Native Helpline serves all individuals who reach out for their

services regardless of race, ethnicity, gender, gender identity, age, religion, national origin, sexual orientation, disability, or any other factor protected by local, state, or federal law.

For support and advocacy, call or text 1-844-762-8483 or chat online at: strongheartshelpline.org

Lori Jump, chief executive, StrongHearts Native Helpline.

Medicare plan options

Just as your health care needs can change from year to year, so do Medicare plans. And not all coverage options offer the same benefits.

Open Enrollment is your chance to review your Medicare coverage options, and find the best fit for you. You may save money, find better coverage, or both!

Here are some things to consider when comparing Medicare coverage:

Check if your doctors are still in-network.

Make sure your prescriptions are on the plan’s list of covered drugs, or ‘formulary.’

Consider how the plan’s deductible and other out-of-pocket costs factor into total costs.

Some coverage options offer extra benefits, like vision, hearing, or dental coverage, that could help meet your needs in 2024.

Visit the website: Medicare.gov

Visit the site through December 7 to compare your choices. If you make any changes, your new coverage will start January 1. If you’re happy with your current Medicare coverage and it’s still being offered next year, you’re all set.

Sincerely, **Rose Alarcon**, Social Services, Warm Springs office, Aged Persons with Disabilities. Phone 541-777-2785.

For Master Gardeners

Applications for the Oregon State University Master Gardener program in Central Oregon, including the reservation, are now available. The program targets individuals interested in becoming a trained volunteer who wants to learn and share research-based gardening information.

The program will be a hybrid training with both online and in-person learning. Once you apply and have been accepted, you will be considered an OSU Master Gardener trainee. As a trainee, you will participate in weekly hybrid, both in person and online combined, training conducted by qualified OSU

Great job, Academy students!

The Warm Springs Academy announced its Honor Roll students for the first quarter of the school year.

The roll call includes Honors, High Honors and Highest Honors for the sixth-, seventh and eighth grades.

Sixth grade Honor Roll:

Sharmiah Brisbois. Ella Caldera. Millianne Hollenbeak. Quintin Ohte. LaRose Plazola.

Rayline Anderson Smith. Isley Sam. Aiyana Suppah. Klai Thompson. Juliann Graybael Senator. Skarlette Langnese.

Quintis Martinez. Roscoe Smith. Taylynn Tanewasha. Charelle Wainanwit. Alonzo Holliday. Raven Lloyd. Aiyana Mitchell.

Marie Wahchumwah. Logan Wason. Coraline White.

High Honors: Kalicia Graybael. Myleah Baza. Laki Jones. Marie



Tom. Darrell Buffalo Ball. Elijah Gentry. Adrianna Miller.

Eva Smith. Erland Suppah III. Zariah Wallulatum Medina. Blake Williams. Ayva Berry. Aidan Jones. Jamie Tohet.

Highest Honors: Janaya Adams and Leo Dimmick.

Seventh Grade

Honor Roll: Sydream Craig. Alley Heath. Charles Thomas. Nizhoni Chiquito Yallup. Pearl Heath.

Dru Picard Smith. Bethaliss Smith. Aalyssa James. Jayla Johnson.

Jaylon Holliday Jr. Marisa Hatlestad. Landon Steen.

High Honors: River

Edwards. Willie Sittinghorse Kirk Jr. Jewlian Williams. Joletta Begay.

Shasta Tailfeathers. Ivan Dimmick. Ovienda Bisland. Sahara Circle. Rosetta Berry.

Highest Honors: Meleseke Nua, Mateja Sutterlee, and Michael Wallulatum.

Eighth grade

Honor Roll: Lynnelle Danzuka. Lena Holliday. Lillie Jack. Jaycub Thomas. Joshua White.

Kevin Blueback. Pete Goodlance Jr. Daniel Arce. Sunny Hollenbeak. Jadrian Kalama. Toa Smith.

High Honors: Cherish Parra. Venus Renfro. Jada Herkshan. Jolessa Main. Sequoya Edwards. Mikaylah Dowty.

Highest Honors: Anthony Caldera Jr. Fiske Clark. April Covarrubias. Jicelle Gill. Tyree Starr. Miyala Suppah. Katlyn Victorino.

Extension faculty, specialists, and certified OSU Master Gardeners. Training days occur once a week for eight weeks. Please consider these dates when applying, keeping in mind that you are required to attend a minimum of seven classes in person. More

information is at: extension.oregonstate.edu/mg/central/how-join

Holiday bazaar

The Forty-Seventh Annual Warm Springs Christmas Bazaar will be on Sat-

urday, December 9. The bazaar will be from 10 a.m. to 4 p.m. at the Community Center.

Admission is free. For information on booth registration call contact the Recreation Department 541-553-3243.

C.W.C. PRESENTS

Turkey Trot

November 17, 2023

12pm @ Community Center

Please join The Recreation Department for the Annual Turkey Trot giveaway. All community members welcomed. It will be a walk around the Community Center walking path at 12pm. Drawings will begin at 2pm. No need to be present. A working number will be needed.



Looking forward to Thanksgiving with Warm Springs artist Travis Bobb.

Gov. Kotek on Native American Heritage Month

The state of Oregon recognizes the rich and diverse heritage of Native American communities who have called this land home since time immemorial.

Native American Heritage Month provides an opportunity to honor and celebrate the cultures of Native peoples, which are rich in tradition, language, art and knowledgeable stewardship.

Oregon is home to many

Nave peoples including members of Oregon’s nine federal recognized tribes; The Confederated Tribes of Warm Springs; the Burns Paiute Tribe; the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians; the Coquille Indian Tribe; the Cow Creek Band of Umpqua Tribe of Indians; the Confederated Tribes of Grand Ronde Community; the Klamath Tribes; the Confederated Tribes of

Siletz Indians; and the Confederated Tribes of the Umatilla Indian Reservation.

Oregon’s nine federally recognized tribes are sovereign nations whose inherent rights are not only grounded in legal obligation, but represent a moral imperative that requires acknowledging the rights of Native American tribes to self-govern and make independent decisions about their lands, laws, re-

sources, and cultural preservation.

Oregon reaffirms our commitment to support tribal sovereignty and promote respect for the people who first called our great state home.

I, Tina Kotek, Governor of the state of Oregon, hereby proclaims November 2023 to be Native American Heritage Month, and encourage all Oregonians to join in this observance.

Spilyay Tymoo
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