In a way everyone is new at school this year. All of the students’ needs of returning to school are new approach to teaching, while the students did the same with learning and reading. The high school teachers and students were a new approach they call the Big 3. The Big 3 platforms are Google Classroom, Google Meet and Google Sites. In this time of pandemic experiences, monitoring, reading, and study hall are held virtually. Teach- ers give the lessons from class- rooms, or sometimes from home, while the students mostly stay home, or travel to a nearby hotspot to connect to the class.

At Madras High School the school premises were changed. The current sports through this year are sports game like base- ball and softball. At pandemic teachers have to be flexible to monitor the class. At the high school the buses that once earned students are used to send the students to and from the supermarkets.

“Everyone is new this year, and I think they’ve done a fant-astic job,” said Tammy Schongalla, assistant principal. The high school classes continued as rou- tine as possible, under the circum- stances, and other school programs continued as well. For example, the Oregon Health Sciences Univer- sity One Track program continues with the district, with the using online format. One Track has helped students who need post-secondary training prep, so high school.

Flight vaccine

The Warm Springs Health and Wellness Center offers flu vaccine near the Confederated Tribes of Warm Springs. In order for the committee to be sworn in as proxies, it was at this time the Census Bureau notified us of the follow- ing: Tribal proxy enumeration had been approved by their headquarter for tribes without NURP— nonresponse follow-up—and those in areas impacted by the wildfire. Basically, the tribe would determine the designated person, a census official would award us it, and then we would coordinate with the Area Census Office (ACO) to provide the required sur- vey information on each of the house- holds in the NURF confused. The ACO had ap- proximately 398 cases for Warm Springs, and had compiled the list to provide the schools.

A proxy is anyone—a tribe, housing authority, or entitlement staff—who knows or has infor- mation on a housing unit or population, racial demographic, etc. It was to be very similar to how the Census Bureau conducts their group-quarter enumeration, when the school did not have census enumerators in order to encourage community mem- bers to fill.

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Jaryn Suppah this year continues her term on the board of the National Indian Education Association. Ms. Suppah is a student at Evergreen State College, and an alumna of the National Indian Education Association's Bringing Indigenous Students to College (BIGS) program.

Control of the Lionshead fire is divided among three local units: The Warm Springs Agency, the Willamette National Forest and the Mt. Hood National Forest.

On the reservation the fire burned roughly 97,000 acres, and another 107,000 acres off reservation. The fire continued burning during a lightning storm on August 16.

Crews continue work on Lionshead fire

The National Indian Education Association is the leading Native education advocacy organization. The association announced new board members last week, noting that Jaryn and four other board members will continue their terms.

Last week, during the Annual NIAA Convention and Trade show—the first ever in a virtual format—the new board members were sworn-in during the closing ceremony.

The five newly elected and seven current board members take on the challenge of governing a Native education organization during times of unprecedented educational disruption.

Ms. Suppah is a student, working toward a Master’s Degree in Public Administration-Tribal Government-Education Systems Committee.

The five newly elected and seven current board members take on the challenge of governing a Native education organization during times of unprecedented educational disruption.

Crews continue work on Lionshead fire

Currently, each of the three agencies is working to manage their portion of the fire in the most efficient means possible.

Hunting, woodcutting and gathering remain closed to members throughout the fire area. There are currently dozens and grader machinery operations ongoing around the J-100, J-200, P-500 and J-210 roads, as well as chipper operations.

Aerial resources include one helicopter to monitor hot spots and to best support the footprint of the fire. Crews continue to monitor that fire is no longer active or burning along the fire perimeter. Islands or pockets of unburnt fuels will within the fire’s boundaries do continue to be monitored and will put up slight columns of smoke in the days to come. Suppression work continues with long-term repair assessments.

All non-fire personnel should remain outside of the fire’s general vicinity of the south-west quadrant of the reservation. Safety is the number one concern of everyone working on the Lionshead fire.

Schools

(Continued from page 1)

At their meeting last week in Warm Springs, the school board thanked Mr. Parish for his work with the tribe: “We know that you live and breathe 509.1,” said board member Jamie Hurd. “And with that is a lot of personal sacrifice, and the community is grateful and indebted to you.”

Meanwhile, Evan Brown retired last October. Mr. Brown had been in education for 38 years, including 25 teaching and coaching for Madras High School.

Native Pride Month

November will be Native Pride Month and the Warm Springs Academy has some online events in celebration.

Monday, November 2 will see the “Being Indian is...” read along and read aloud. The following Mon-
day, November 9 will be a Warm Springs Academy Virtual Powwow, and Cultural show and Tell.

The month continues on November 16 with the Virtual Rock Your Mocs; and November 23 with the Virtual Powwow, and Cultural show and Tell.

nian Pride Month

The deadline to submit Art is Friday, October 30, 2020 at 5 PM

For hunting information: hunting.warmspri

The Museum At Warm Springs 27th Annual Tribal Member Art Exhibit will soon be here! The black bear image by Warm Springs artist Travis Bobb.

The Tribal Member Art Show at the Museum at Warm Springs will open on Friday, October 30. For safety this year there will be no opening reception.

The deadline to submit art is at 5 p.m., this Fri-

day, October 23. The 2020 Member Show awards will be as follows:

Traditional Category: $500. Contemporary Cat-

egory: $500. Video-Film-Short Film: $250. Honor-

able Mention Awards: Four awards at $125 per sub-

mission. Warm Springs trust is giving a special award to everyone working on the Lionshead fire.

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day, November 9 will be a Warm Springs Academy Virtual Powwow, and Cultural show and Tell.

The month continues on November 16 with the Virtual Rock Your Mocs; and November 20 with a Virtual Assembly with Supaman. Visit the Warm Springs website for more details. In order to participate in some parts of the events, like submitting photos or video, the Academy needs guardian permission. Permission forms are available on the website. Call 541-555-1128 with questions.
A recent one-day Agency area boil-water notice was a reminder of the need to conserve water. Meanwhile, a partnership in Central Oregon is collecting bottled drinking water as a contribution to the tribes.

In this effort the Bend-Redmond Habitat for Humanity is partnering with the Central Oregon Diversity Project and the Central Oregon Peacekeepers.

Regarding the Agency area brief boil water notice last week: The problem this time was not serious compared to the summer pipe break, and that of last year. This time Utilities lifted the restriction a day after the notice went out on Monday, October 12. What happened was the Dry Creek water treatment plant appeared to have experienced a turbidity event exceeding allowable standards; and the plant operators immediately began identifying any potential problems.

The boil water notice was necessary because harmful microbes in drinking water can cause cramps, nausea, headaches or other symptoms, and may pose a special health risk for infants, some elderly, and people with severely compromised immune systems.

Bottled water collection for the tribes

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Ballot box for Simnasho

The Wasco County Election board will provide an official ballot box in Simnasho on Monday, November 2. This box will be at the Simnasho Longhouse from 7 a.m. to 2:30 p.m. Wasco County election officials will oversee coverage and be responsible for the box. This is a fix for the November General Election, as discussion continues on placing a permanent ballot box for the Simnasho community.

A official Ballot Box will be available to drop off voting ballots on November 2, 2020

Monday November 2, 2020
Simnasho Longhouse
7:00 AM to 2:30 PM

This is a temporary site as the location of a Permanent Ballot Box is being discussed.

These graphs are the most recently available reservation Covid-19 case demographics. At right: Active cases by age; and right lower right: total cases since the pandemic began in March, by age.

The information is provided by Community Health, IHS, Health and Human Services, and the Confederated Tribes Covid-19 Response Team.

As of this printing, according to the Covid-19 report, there were no tribal members in in-patient hospital care due to the virus. Since March, there have been 41 members who were hospitalized and since discharged. Graph below: Likely places where people on the reservation have contracted the virus; and at bottom: Active cases among work places.

Deaths:

Total: 9

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Letters to the editor

W.S. 4-H meeting

The Warm Springs 4-H program is hosting a virtual informational meeting on
Wednesday, October 28. We will be discussing 4-H programming and opportu-
nities, and will have time for a live question and answer session.

This virtual meeting will feature a round of Livestock Evaluations for the 2021 Jefferson County Fair.

We are offering two different meeting times on October 28: At 12 noon, and at 5:30 p.m. Please attend whichever time fits your schedule.

Meeting information is on the OSU Warm Springs Extension website: ext.oregonstate.edu/warmsprings.

And the Warm Springs 4-H Extension Facebook page: facebook.com/wxextension

For the link you can email Eileen David, dillis david@wstribes.org for the link.

If you cannot make either of these times, please contact Eileen David.

Birth

Rhylee Elizabeth Young

Jessie and Evangeline Young of Madras are pleased to announce the birth of Rhylee Elizabeth Young.

Rhylee was born at 8:24 a.m. on October 10, 2020 at St. Charles Madras.

She is the third child of Jessie and Evangeline Young of Madras.

The grandparents are Shawn and Sue Young of Madras, and Leilani, 8, and Oaklynn, 1.

Home grants for veterans

Neighborhood Impact’s lending program is now offering $3,500 grants to veterans purchasing their first home on the Warm Springs Reservation, in Jefferson, Crook and Deschutes counties. In order to qualify, applicants must:

- Provide proof of eligibility with a certificate of net-lease or discharge from active duty (DD214).
- Have household income below 100 percent area median income. Comple-
tes a Buy Home Educator Educa-
tion course, available through NeighborImpact.

There are set grants currently available. To learn more or to apply for a grant, visit: neighborimpact.org/get-help/help-with-finances/lending/

YouthBuild

Heart of Oregon Corps YouthBuild in October is accepting applications from youth in the region.

Interested youth must attend the information session on YouthBuild in Sisters, Tuesday, October 27 at 5 p.m.

If that date does not work for your schedule, please call the YouthBuild number and individual ses-
tsions can be accommodated.

YouthBuild is a 12-month, full-time program designed to engage young people ages 16-24 who wish to complete their high school education and learn leadership and construction skills through building affordable housing in rural Oregon. The number is 541-526-1380.

For Miller

Are you ready to vote for a dynamic, smart, unambiguously Native American woman who has served us the Tribal Council of the Warm Springs Reservation?

Are you ready to select a candidate who has had the live and professional experience to advocate for our Or-
egonians in Salem? Then vote for Cynthia Miller for Senate District 30.

We’ve met Cynthia Miller and heard her talk several times. We’ve impressed with her knowledge of the issues and solutions.

She will stand for our environment, passing policies to address climate change now, creating more sustain-
able economy and making sure we have just transition.

She’ll advocate for our health care, making sure we are available for our commu-
nities in rural Oregon who need access to geographi-
cal, available for rural Oregonians.

Education is a priority for her to ensure we are provid-
ing more educational opportu-
nities to all communities in Oregon.

This means more kinds of learning options, like vocational and life skills training.

She’ll back social justice

Tribal Cares Act applications available until Oct. 30

Many tribal households are making good use of the Warm Springs Cares Act funding. Tribal Coun-
 cil this year made the fund-
 ing available to the mem-
 berband.

The Cares Act Emer-
 gency and Disaster Relief General Welfare Program is designed to provide non-taxable economic re-
 lief due to circum-
nstances of Covid-19 to

unmarried applicants.

Applications are now available, due by the end of the day on Friday, October 30.

Paper copies can be picked up at the tribal ad-
mnistration building, and also at the Family Re-
to the Warm Springs Cares Grant.

Who can apply

The following persons who have ex-

perienced a financial hard-
ship due to the Covid-19 pandemic may apply for as-

sistance:

Warm Springs unmarried adult tribal member who

has attained the age of 18 years may apply for the Adult Tribal Member Grant;

and a Warm Springs tribal member who is head of household or qualified

tribal member who is head of household, may apply on

behalf of a Warm Springs

unmarried minor dependent tribal member for the De-
pendent Tribal Member Grant.

Application Submis-

sion

Your eligibility will be based on the informa-
tion submitted as of your application date. No new
information will be ac-
ccepted after your applica-
tion is submitted.

Submit by mail: P.O. Box 816, Warm Springs, OR 97761 Attn: Cares Grant.

By email: cares@wstribes.org

In Person: 2215 Vis-

tum Street, the admin-
istration building (outside the building in designated dropbox).

By Fax: 541-553-2226.

For further assistance regarding this Program, the Tribal Program Admin-
istrator: Isaac George, 541-555-5741.

Happy Birthday

Happy Birthday Jo Hallam, member of the Nez Perce, Wallowa Homeland family. She is pictured with Ace, the Coyote at an earlier Tamkaliks Celebration.

Lambing school

A lambing school is coming in January, hosted by the Oregon Sheep Growers Association. The school will be all day on Saturday, Janu-
ary 16, 2021 at the Mont Alto Ranch in Glide, Oregon.

The deadline to register will be January 11. Class size is limited, so first-come first-served.

For information call John Fain at 541-675-0585, or email johnannpgf@gte.net

If you have information you would like us to share on the KWSS Community Calendar, email: news@kwss.org

Tribal alumni news:

Isaac George, 541-553-2226.

For further assistance regarding this Program, the Tribal Program Admin-
istrator: Isaac George, 541-555-5741.

Happy Halloween wishes from artist Travis Bobb.

Masking up

Dear Tribal Leaders,

I hope you and your loved ones are well. The Northwest Portland Area Indian Health Board has some exciting news to share. Our Bigfoot Mask Up cam-
paign is nearly ready.

Our Covid 19 Commu-
nications Team has been working on a campaign fea-
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thing communities safe, with mask wear-
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Each milk will receive a life-size, all-weather cutout of Bigfoot with his own spe-
cial mask made. To accom-

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cly coordinator at each tribe’s clinic. Respectfully yours, Respectfully yours,

Shelia Hasner and
Virginia Warren-Mears, the Northwest Portland Area In-
dian Health Board.

Happy Birthday

Happy Birthday Jo Hallam, member of the Nez Perce, Wallowa Homeland family. She is pictured with Ace, the Coyote at an earlier Tamkaliks Celebration.

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An education success story

Jaren Wallulatum from the Yakima Valley College graduation ceremony, 2019.

Jaren is now inter- ested in studying how his tribe and other tribes can maximize the resources on reservations for the benefit of those on them.

Our program focuses on engaging with students around their career interests and how to make the most of the career options available to them. We invest in those students and see a huge difference for me in career counseling, book loans, and financial aid and scholarship applications. We also help increase students’ awareness of their connections you can continue to build and develop your education and your career.

 thru our TRIO program, with students being served from one to three years depending on their academic field.

Mr. Shattuck says TRIO’s services of peer support.

In higher education, said Mr. Shattuck, you really see them blossom. This is a federal program providing services to students who I talk to on a daily basis and I know that I have helped them anytime for assistance and I know that they have the resources on reservations available.

The Warm Springs Casino Board agreed to increase the 2021 dividend to $1.6 million with approval of the amortization schedule carried. The equity loan which states that the tribal community will be reduced to $200,000 plus interest per month. That would be extended to $100,000 plus interest per month. This will extend the amortization schedule and an updated schedule was approved.

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In the Tribal Court of the Confederated Tribes ofWarm Springs

Jacques Paul Martimer - Fam-Wa-Tux
May 2, 1973 - August 10, 2020

Jacques Paul Martimer passed away on August 10, 2020 at Spring Valley Hospital Medical Center, Las Vegas, Nevada.

Jacques was born in Bend, Oregon to David and Dana Martinez on May 2, 1973. Jacques was a tribal member of the Warm Springs Tribe.

Jacques was a student at Warm Springs High School. He was a member of the Warm Springs Student Government and was an athlete for the school. Jacques graduated from high school in 1991 and later attended the University of Nevada, Las Vegas.

Jacques was an accomplished athlete, excelling in football, wrestling, and basketball. He was also a successful student, earning several academic awards and scholarships.

Jacques was a devoted family man, always making time for his children and family. He was a loving husband, father, and leader.

Jacques loved his family and his community. He was a proud member of the Warm Springs Tribe and was involved in many community activities.

Jacques was a beloved member of his community and will be deeply missed. He will be sorely missed by his family, friends, and community members.

In memory of Jacques Paul Martimer, we honor his contributions to our community and his legacy will live on.

Jacques Paul Martimer - Fam-Wa-Tux
Fall season is time for flu vaccine

As we rush to combat Covid-19 with effective vac-
cines, the Central Oregon Community College Nancy
Katchia and Eugene Greene Committee with Cassie
McConville, Wilson Wewa Land Use Planning Com-
mittee On-Reservation with Mukumoto.

Note to Veterans

By definition a vet-
eran is one who has served in the U.S. Army, Navy, Air Force, Marines Corps, Coast Guard, or the Space
Force.

Veteran groups have a list of local vet-
erans that is updated by word of mouth. However, a survey
has been formulated to gather such infor-
mation, which will be useful to apply for grants to improve the quality of life for local veterans. The infor-
mation is kept confi-

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director Cheryl Tom

Legal aid with Toni

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Michele Stacona.

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update.

Yahtin, Recorder.

Chief  Joseph Moses. Minnie
Jackson, Glendon Smith,
Lincoln Jay Suppah, Anita
Jr., Chairman Tsumpti,
Roll cal: Chief Alfred Smith
man Raymond Tsumpti Sr.

September 24

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Roll call Chief Alfred Smith Jr., Chairman Tsumpti,
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The healthy benefits of meditation

by Alicia Oberholzer
Physical Therapist
W.S. Holistic Health

Meditation is a practice used all over the world to positively impact physical and mental health. Research has shown various benefits of meditation including reduced anxiety, better sleep, stronger relationships, and improved pain management. When beginning your practice of meditation, it is important to find a quiet and peaceful place. Close your eyes and focus on your breath. This is your anchor. Each time your brain naturally drifts away, return your attention back to your breath. Be patient with yourself and learn to appreciate the simplicity of stillness. Meditation can be guided or unguided. A guided meditation involves a narrator who leads the meditation and gives tips on how to interpret and apply your experience. There are several videos of guided meditations on youtube as well as downloadable phone apps. An unguided meditation is self-directed and can be more challenging for beginners. One method of performing an unguided meditation is called a body scan. You can practice this mindfulness journey through the following steps:

1. Position yourself comfortably. This can be seated or lying down. Close your eyes and focus on the sound and movement of your breath.
2. Start at your head and mentally scan your body, working your way down towards your toes. Through the scan, stop to appreciate each body part and how it feels. Is it light, heavy, tense, relaxed, or restless? Take time to connect to each region before moving on.
3. Repeat the scan over and over until you have a good idea of how your body feels separately and holistically within the present moment. Let your natural form of the mind to wander. Allow thoughts to come and go without getting caught up in them. Recognize the distraction and bring yourself back to the body part where you left off. Reconnect with your meditation experience through your breath.
4. Meditation is a skill best practiced consistently. Set up a time when you can check in with yourself on a routine basis. This can be for 2 minutes, 5 minutes, 15 minutes or longer. It’s up to you. There is no right or wrong way to experience mindfulness. Just showing up to acknowledge yourself daily is a great start!

If you have further questions regarding the benefits of sleep, feel free to contact a physical therapist at W.S. Holistic Health for more information.

W.S. Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Appointments are required. Call 541-777-2663 to learn more. The center, a program of Managed Care, is located on campus next to the courthouse.