

Val-O-Gram orders taken

The Wellness committee is "pitching in" to help raise the reader board for the Community Center. The fundraiser is to promote healthy communication and giving from the heart through "Val-O-Grams" and "Hug Certificates" on Valentine's Day.

Cost is 50¢ each. Order forms and money must be in by February 10, 1989. Orders can be left with committee members, at the Community Center office or sent to the Wellness office. Committee members are Antoinette Pamperien, ext. 327; Pinky Beymer, ext. 298; Cheryl Patterson, ext. 424; Lucinda Green, ext. 205; Molly Marsh, ext. 238; Viola Govenor, ext. 291; Eva Montee, ext. 205 or Ruthie Tewee, ext.

291.

Delivery will be made to any employee working in the Agency area. If you would like to purchase one for a non-employee, we will deliver it to you for you to deliver. Please indicate this on the form.

Hug certificates will be delivered with a wrapped Valentine candy. Val-O-Grams will be sealed with a wrapped Valentine candy.

We appreciate your help in making this fundraising successful. What a great way to get your Valentines delivered! The reader board will benefit the entire community and we appreciate any support you can give. A heartfelt thanks from the Wellness committee.

Hurry and complete your forms before February 10, 1989.

**HUG:
AN ACTION
LOUDER THAN WORDS**

February 14, 1989

Pay to the order of _____

This certificate entitles bearer to ()

Signed

VAL-O-GRAM

February 14, 1989

To: _____

Message: _____

Signed: _____

Spilyay Tymoo – 1990 Apr 6



Bundles of Bears

The Wellness Committee, through thier 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. Ambulance crew members present a teddy bear to a child when they are transported to the hospital. The K-Mart store of Bend offered a substantial discount when the bears were purchased. Fifty bears now temporarily reside at the fire hall. Volunteer Wellness committee members are Antoinette Pamperein, Gayle Rodgers, Evaline Patt, Nancy Kirk, Viola Govenor, Ruth Tewee, Cheryl Patterson, Don Dexter, Austin Greene, Fran Moses-Ahern, Mollie Marsh, Pinky Beymer, Kate Jackson, Lucinda Green and Eva Montee. Shown with the bears are Susie Macy, Lucinda Green, Keith Baker, Pinky Beymer, Tim Demers, Antoinette Pamperien, Dean Seyler and Kate Jackson.

**Express yourself with a
HUG-O-GRAM
only 50¢**

**Call Eva, Lucinda or William at
553-3205 or
Gail at 553-3292
to order yours today!**

**Hug-O-Grams will be delivered
February 14**

**Proceeds to be donated to Fire and Safety's
Teddy Bears for Kids program.**

Valentine Hug-O-Gram

Send To: _____
Name Department

From: _____

_____ Single Hug **OR** _____ Oreo-Cookie Hug

Hugs are 50 cents each and will be delivered Wednesday, February 14 by members of the Wellness Committee. Send this order form to the Wellness Department along with your payment no later than **Noon on February 13.**

Hug days added to agenda

Valentine's Day is soon upon us, so be thinking about buying your Hug-O-Grams. Everyone likes to receive hugs, so don't leave anyone out. Send your friend or your enemy a hug.

Hug-O-Grams sale started February 6th. Buy your Hug-O-Gram (50 cents each) from a Wellness Committee person, fill it out and send it to Gail Lange (CHP) or Lucinda (Community Center). Hug-O-Grams can only be purchased until Noon on Wednesday the 13th. Hugs will be delivered only to employees.

We had so many hugs last year that we decided to add two more days of hugs. The first hug day will

be on Tuesday the 12th, the second on Wednesday 13, and the last on Thursday, which is Valentines Day. Your Hug-O-Gram will be delivered on one of these three days.

I will need some able bodied loving volunteers (male or female) to help give out hugs for these days. Please contact Gail Lange (553-3292) or Lucinda (553-1361) if you would be willing to help.

Wellness Committee members: Antionette Pamperien, Viola Governor, Ruth Tewee, Gayle Rodgers, Nancy Kirk, Molly Marsh, Cheryl Patterson, Don Dexter, Austin Greene, Evaline Patt, Eva Montee and Lucinda Green.

Spilyay Tymoo - 1991 Mar 8

ether to sponsor their

Hugs go out to hundreds on Valentine's Day

To the Editor,

Many hugs were seen given during Valentine's Day. It was very catching also, there were people watching that had not bought or

in health contest

what event will be taking place on that special day. There will be lunch served at noon before the drawing. There were about 200 wheels sold over a period of a year, some people are on their fourth or fifth wheel. This will be an ongoing challenge for the community people as well as the employees.

Lucinda Green
Wellness/Recreation
553-1361

received a hug and were wanting to buy hugs right there and now for themselves. Everybody needs a hug a day, for good medicine.

Thanks go to Gail Lange and her staff from Health and Promotion for making the lips, the Wellness Committee for selling the hugs and also for delivering the hugs. The good people were, Antionette Pamperien, John Nettleton, Nancy Kirk, Don Dexter and from Extension Service Arlene Boilicau, Eraina Palmer, Tina Aguilar and Carol Stevens.

The money last year was used to purchase teddy-bears for the children that rode the ambulance. This year the money went to the youth 4-H clubs of Warm Springs that will help purchase materials for 15 youth clubs. Total there was \$270.00 raised from the Hug-O-

Grams that the employees purchased at .50 cents each. So a big Thank You to all the people that brightened someone elses day by sending them a hug.

There were so many hugs, so if you did not receive your hugs then forgive us, we tried hard to reach everybody, and there were also hugs for people other than employees that were difficult to reach, so I just put those in the mail.

Next year we hope to make it bigger and also would need more volunteers to help. So if you have any ideas or want your name put down as a volunteer, don't hesitate to call me. Thank you.

Lucinda Green
Wellness/Recreation
553-1361

Spilyay Tymoo - 1992 Jan 24

Buy a hug

Hug-O-Grams will go on sale February 3 and last until February 12 at noon. Hugs will be delivered on February 13 or 14. Buy as many hugs as you wish they are \$.50 each. The Wellness team will be selling Hug-O-Grams, watch for names of people. For information call Lucinda at 553-1361.

Spilyay Tymoo - 1992 Feb 7

Remember your honey with a Hug-O-Gram



The Hug-O-Grams sales started February 3 and will last until February 12 at noon. Hugs will be delivered on February 13 or 14. Buy as many hugs as you wish, they are \$.50 each. The Wellness team will be selling Hug-O-Grams, or call Lucinda at 553-1361.

Spilyay Tymoo – 1992 Mar 20

Hug-O-Grams a success; Thanks!

To the editor,

Hug-O-Grams was very successful again this year. Special thanks to all the volunteers that helped create the "loveable people" I know everybody enjoyed hugs and valentines. It was very good relaxing therapy for the people that was making the grams. It was fun to see the people to come to life with Carol's great artistic talent on putting on faces on the people.

\$300.00 was made and donated towards the "Lil Miss Warm Springs" pageant to purchase gifts for all the participants.

Recognizing the Sr. Wellness Team: Margaret Buckland, Louise

Jackson, Jeannie Danzuka, Thelma Coburn. Seaside team members: Coleen Greene, Debbie Scott, Fran Ahern, Antionette Pamperien. And other willing volunteers: Joyce Surface, Priscilla Yazzie's staff, Extension staff, Jeannie Thomas, Barbara Yaw's daughter, Lyle Rhoan, Andy Leonard. Without all of these people we would not have gotten everyone that special lil person to set on your desk. Thanks to the people that delivered the hugs. And especially thanking the people that purchased the hugs. Everyone had a good hug-gable day.

Lucinda

Spilyay Tymoo – 1995 Jan 20

Be sure to remember your special someone with a Hug-O-Gram

Place your orders at the Recreation Department as soon as possible to simplify processing.

Cost:

Balloon: You deliver, \$1;
we deliver, \$2

Candy: You deliver, \$3;
we deliver, \$5

Madras deliveries are a flat rate of \$6 per item

Hug-O-Grams will be available February 13 and 14. Call 553-3243 for more information

Valentine Hug-O-Grams on sale now

Hug-O-Grams will be delivered February 13 & 14 (Thursday and Friday)

Place orders at Warm Springs Recreation Department. Stop by the office or call 553-3243/3244.

It would really be helpful if orders were placed ahead of time, in order for the Hug-O-Grams to be processed.

You can buy a balloon with a piece of candy attached with "To/From" card attached. If you deliver yourself cost is \$1.00. If Recreation delivers, cost is \$2.00.

You can buy a small foil covered chocolate heart with a "To/From" card attached. If you deliver yourself cost is \$3.00. If Recreation delivers, cost is \$5.00.

Recreation is also doing Madras deliveries (special). Cost is \$6.00 per item, flat rate.