



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 9

October 21, 1996

## Weekly Menu

*Oct. 21 to Oct. 25*

### DINNER

- Mon.-Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk  
Tue.- Baked Ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk  
Wed.-Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk  
Thu.- Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk  
Fri.- Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

*Oct. 28*

- Mon.-Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

### SUPPER

- Mon.-Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk  
Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk  
Wed.-Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk  
Thu.-Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk  
Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk  
Mon.-Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

## NEWS FLASH from the Registrar

The Intertribal Timber Council invites all Native American/Alaskan students to apply to their Truman D. Picard Scholarship Program. The program is dedicated to supporting students in pursuing a higher education in Natural Resources.

Four (4) \$1,500.00 scholarships will be awarded to: 1997 high school graduating senior seeking an education in the National Resources and students currently attending an institution of higher education and studying Natural Resources.

If you wish to apply the following info must be provided:

1. Letter of application demonstrating interest in Natural Resources, commitment to education, community/culture, academic merit and financial need.

2. Resume.

3. Three (3) letters of reference (minimum).

4. Validated enrollment in a federally recognized tribe or Native Alaska Corporation.

5. 1997 GRADUATING HIGH SCHOOL SENIOR: Please provide documented proof of application to an institution ed to study in the area of Natural Resources along with school grades.

6. COLLEGE STUDENTS: If you are currently enrolled in a higher ed program please provide documented proof of studying in the area of Natural Resources along with school grades.

**SUBMIT ALL REQUESTED INFORMATION BY CLOSE OF BUSINESS FEBRUARY 28, 1997**

TO: INTERTRIBAL TIMBER COUNCIL  
ATTENTION: EDUCATION COMMITTEE  
4370 N.E. HALSEY STREET  
PORTLAND, OR 97213

continued on next page.



## Truman D. Picard

(1946 - 1986)

To honor Truman D. Picard the Intertribal Timber Council (ITC) established a scholarship program in his name. Truman served on the ITC Board of Directors from 1982 to 1985. While working for Bureau Indian Affairs, Colville Agency (Nespelem, Washington), in presales he attended the Forest Engineering Institute at Oregon State University becoming one of the first people from the agency to complete this program. In 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisory Forest Technician in charge of woods operations. Later he was promoted to Assistant Supervisor of Forestry Operations.

Because of his drive and determination to complete his education Truman returned to Oregon State University earning a Bachelor of Science Degree in Forest Management.

Upon his return from college he was appointed Director of Colville Tribal Forestry. His work for the Tribe will always be remembered by his individual efforts to bring BIA Forestry and Colville Tribal Forestry together in a joint effort to improve the level of Forest Management on the reservation - truly a lasting legacy.

### Learning Center Evening Hours for the week of October 21-25

Tuesday, October 22 4-8 pm  
Wednesday, October 23 4-8 pm

### Nursing Students becoming more involved in their profession

As the semester hurries along, nursing students find themselves hurrying along.

Presently they are becoming increasingly familiar with the concepts pertaining to Psychiatric Mental Health nursing. These concepts become helpful even when assisting/and caring for the so-called "normal" patient.

Students, as part of their Adult-Health Nursing course, have learned the principles underlying the procedures for giving intramuscular injections and intravenous fluids and/or medications. When students are successful with these, they begin to think they are becoming REAL NURSES.

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

## WANTED:

Volunteers to be Adult Advisors for a YOUTH POWER Project and young people who would like to develop their own Youth Power Group. It is sponsored by "Just Say NO" International, which is a non-profit organization dedicated to empowering children and teenagers to lead healthy, productive, drug-free lives. Youth who could participate are about age 11 or 12-18. The organization will provide training for the Adult Advisor, Youth Leaders and Youth Members. The primary responsibilities of the Adult Advisors are to SUPPORT the work of the youth leaders in successfully completing all leadership responsibilities. (Planning, organizing and implementing of Youth Power meetings, projects and other activities).

There are 4 kinds of youth power service projects that present different skill development challenges to the Youth Leaders.

- "Just Say No" What can we do to support our peers, children and community to make healthy choices regarding alcohol, tobacco and other drug use?

- "Transition" How can we help people who have to make difficult transitions in their lives.

- "Peer Tutoring" How can we help peers or younger children improve their performance in school?

- "Community Service" What are the problems and needs in our community? What skills can we learn and how can we offer solutions?

If you are interested in applying to be an Adult Advisor to "Youth Power" or want more information, contact Sam Azure or Barb Danks at TJES. Also needed are persons to be an advisory council (Task Force) for the YOUTH POWER TEAM. The role of this advisory council is to be a resource for the Youth Team, to hear the Team's plans and offer support. (We adults know the "ropes" our community and can advise so projects are successful). Any parent or UTTC Staff member can be on the Advisory Council or a Youth Advisor.

Students, Grades 6-12 who are interested can sign up by contacting Mrs. Danks at TJES, ext. 236 or 304. Watch the newsletter for a meeting and organizing workshop.

#### GIRL SCOUTS:

Any parent or girls (Gr. 3 or 4) interested in forming a UTTC Girl Scout Club, contact Stephanie Baker or leave a message at the TJES Office.

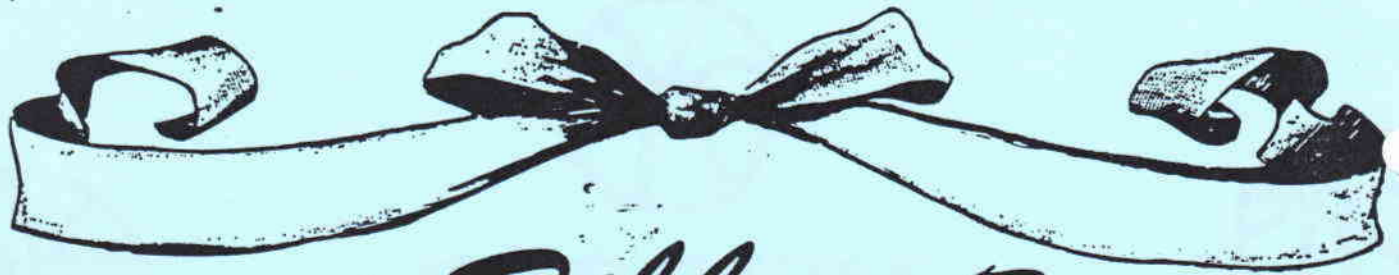
*Information for the  
Next Newsletter  
no later than October 25  
to Arrow Graphics  
Attn: Wanda Swagger*



**MEET THE  
"THUNDERBIRDS"  
INTER-SQUAD  
SCRIMMAGE/MINI-  
BASKETBALL CLINIC  
TUESDAY EVENING  
BEGINNING AT 6:30 PM  
WITH THE CLINIC AND  
THE GAME WILL  
FOLLOW AT 7:30 PM.  
CLINIC OPEN TO TJES  
STUDENTS IN GRADES**

**3-8.**





# Red Ribbon Week Activities

October 20-26, 1996

*Wear A Red Ribbon to show your commitment  
to a healthy, drug-free community*



## **SOBRIETY RUN/WALK**

Monday, October 21st  
3:00 p.m.  
UTTC Gym



## **DRUGS ARE SCARY POSTER CONTEST**

For UTTC Families & TJES Students  
Posters Due:  
Monday, October 21st-Noon



## **OPEN HOUSE**

at the  
Chemical Health Center  
Tuesday, October 22nd

*The UTTC Community Invites All  
Interested Persons to Participate  
In These Activities.*



## **INHALANT ABUSE VIDEO & DISCUSSION**

Thursday, October 24th  
7:00 p.m. UTTC Gym  
1 for Parents / 1 for Children



## **HARVEST FESTIVAL CARNIVAL**

Friday, October 25th  
7-9 p.m. UTTC Old Gym  
Sponsored by All Tribes Assembly of God  
UTTC Chapel



## **SOBRIETY DANCE**

Friday, October 25th  
8-12 p.m. UTTC Gym  
Live Music by "Calvary"  
(Pop/Country)

Sponsored by: Theodore Jamerson Elementary School, UTTC Student Senate,  
All Tribes Assembly of God, Student Health, Administration, Chemical Health, &  
Student Support Services.

## Physical Neglect

(Refer to Risk Assessment Factors 1,2,3,5,9,11,17,18,20)

### **Lack of Supervision**

The ultimate responsibility for the safety, care, well-being, and behavior of dependent children remains with the parent, whether they are present to personally supervise them or not.

The age of the child is not the only risk factor which should be considered when children are left alone. Other factors include the maturity of the child, emotional health factors, the child's physical or cognitive limitations, length of time left alone, time of day or night, other children present or to be supervised, location and environmental conditions, frequency of being left alone and the accessibility of a parent or other responsible adult.

Risk factors for lack of supervision should be considered when the standards outlined below are not met.

- \* For children 0-4 years of age:
  - Outside of the home the child should be in the direct view of the parent at all times. The parent must be able to respond to the child's immediate need for protection from harm.
  - Children should not be left alone in a vehicle for more than a brief period of time. If left alone the child should be in direct view of the caretaker at all times. The child(ren) should be in a restraint unable to put the vehicle in gear.
  - Inside the home, a caregiver should be available and able to respond to the child to provide immediate care and protection from harm.
- \* For children 0-17 (specific minimum ages outlined):
  - Children eight (8) years of age or under should be supervised at all times with a caregiver directly available. The child in this age group should not be left in charge of other children.
  - Children who are nine (9) years old should not be left unsupervised for periods greater than two (2) hours during the daytime. This age child should not be unsupervised at night and should not supervise other children.
  - Children who are 10 and 11 years old may be left alone for longer periods of time. However, caution is advised in leaving a child unsupervised during sleeping hours. Children in this age should not be responsible for younger children.
  - Children who are the age of twelve (12) years and older may be permitted to act as baby sitters. It is recommended that they successfully complete an approved child-care training course. Caution should be advised on number of children left in care, length of time for caregiving responsibility, factors regarding special needs of children left in care and resources available to child providing care.
  - Children in early adolescence, 12-14 years, should not be left unattended overnight.
  - Caution should be taken in leaving 15-17 year olds alone overnight. Extended absences of caretakers are not recommended.
  - Parents should adhere to supervision requirements of public facilities, (i.e.-Video Arcades, Drop-In Centers, Pools, Restaurants, etc.)
- \* All children left home alone must be able to demonstrate:
  - Knowledge of where their parents or other responsible adults are, how to reach them, and length of time of absence.
  - Knowledge of emergency procedures and arrangements for emergency situations.

Risk factors for lack of supervision may also exist in circumstances where the caregivers are present but physically or mentally impaired to such an extent that they are unable to provide supervision or respond to the needs of the child.



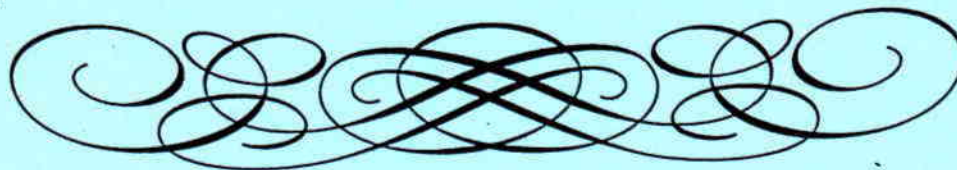
A PRAYER OF THANKS AND HOPE FOR  
NATIVE AMERICAN CHILDREN OF ALCOHOLICS



We choose to come together recognizing that the paths to healing and wholeness come from our faith in our Creator. Our hearts are grateful for the gifts of Mother Earth and our Creator: gifts such as the two-leggeds, the four-leggeds, the winged ones, the elements of air, fire, water, and stone. It is our responsibility to show respect to all of these gifts through: active nurturance and care of Mother Earth, ourselves, our children, our children to come, and our belief in our Creator.

At this time, we acknowledge the gifts of those elders who have gone on before us. Their gifts to us are their dreams, visions, ceremonies, songs, and prayers. Their prayers are being answered now in our lives. We are returning to that part of the circle where balance among all parts of the Creation is respected and achieved.

We choose to continue their vision, to learn our traditional values and apply them in new ways so that we will recapture the spiritual energy of our elders and pass it on to those who will follow us. Our coming together is a Living Memorial to our elders. The time has come to acknowledge who we are. The time has come to put away the negative influence of drugs and alcohol and to bring along our richness as a people, in memory of our elders.



This prayer was written at the founding of NANACOA and continues to be our prayer and philosophy as we continue our healing work. NANACOA, 1402 Third Avenue, Suite 1110, Seattle, WA 98101; (206) 467-7686

# BIG BROTHER BIG SISTER, INC.

PINEHURST OFFICE PARK • 1424 West Century Ave., Suite 206 • Bismarck, ND 58501 • (701) 222-0797 • Fax (701) 222-0992

## **BIG BROTHERS. BIG SISTERS. BIG IMPACT.**

Big Brothers and Big Sisters (Bigs) are adults who volunteer to spend weekly time with a child. The Bigs are positive role models, dependable, and safe friends for children. Bigs may be single, married, young, older, quiet, outgoing, parents, etc. What they all have in common is an interest in children.

Big Brother and Big Sister, Inc. has been serving the Bismarck/Mandan area since 1988 with a basic purpose to provide supportive friendships to children from single parent families on a one to one basis.

The volunteer Big Brothers and Big Sisters are at least 18 years of age and have committed to spending time for at least one year with a Little Brother or Little Sister. Our program is based on the importance of the volunteer being **AVAILABLE, CONSISTENT, AND DEPENDABLE**. All the Bigs are required to complete a thorough screening process. We match Bigs with Littles based on interests, personalities, etc. Also Big Brother and Big Sister, Inc. has professional staff to help the match relationship develop into a special friendship. The staff are available to answer all questions and do regular follow up to insure a quality match.

To be matched the youth (Littles) must meet the following eligibility guidelines.

- \* girls between ages of 6-14; boys between ages 8-14
- \* residents of Bismarck/Mandan area
- \* children in single parent homes where there is little, or no contact with the other parent
- \* wanting a Big Brother or Big Sister, with the support of their parent

If you want more information about applying for a Big Brother or Big Sister for your child please contact our office at 222-0797.

