

## Honoring our Veterans and making your vote count

By Selena Boise  
Management Successor

First of all I would like to honor our veterans because they have contributed much of themselves to our country and for our rights and freedoms that we have.

For those who have gone to war and come home, they have scars that will be a part of their lives forever. Dealing with all that and continuing their lives can't be easy. So I commend their ability to live their lives for themselves.

Our veterans have their annual ceremony at the Courthouse next to the memorial stone that stands there. I have seen many of these throughout the years and each year it is an honor to see the veterans as they perform this ceremony on this special day.

We will be thinking of those that are overseas at this time, those who have entered eternal life and those who are still here with us today, for Veterans Day is a good day to remember all our soldiers.

Amidst this time of year we also have elections that have taken place.

Who will be our governor? I'm curious, and have considered many things as I look over my ballot. Seems our leaders can easily change from one election to another. While watching the television ads I only like to hear the positive things that have occurred during a term. When I hear those things it makes sense that this person running for office has made positive changes. But then we hear what I call mud slinging, and it makes it hard to decide. So, it is hard to make a decision, unless I hear more.

I hope that when our own tribal elections come we have a lot of voters, because just like the current elections we decide as voters who will be elected. We will hear complaints about people re-elected and "Why did they get re-elected?" When it really happened because of the people's votes.

You have to ask yourself, "Am I going to vote, or will my vote matter?" And it does matter, so be sure to vote when our own elections come around the same as the current elections this week.

Thank you for writing to the Spilyay. The next deadline to submit an item for publication is Friday, Nov. 17. Thank you.

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## Letters to the Editor

### For all veterans

First I'd like to say thanks to Jodi Calica and Tribal Council for hearing our cry, for we do need a home for all our veterans to take a break, maybe play pool and have coffee, and if and when we get them on the budget, then I will sit back.

Now for veterans, as has always been done, there will be a dinner at Agency Longhouse. Anyone wanting to recognize or honor their veterans can do this on this day. We are selling balloons for \$1 or whatever you'd like to donate. They will have names etc. on them, to be released at 1 p.m. and 3 p.m. at the Agency Longhouse. See anyone of the Auxiliary or myself and Harvey for information and more balloons.

Different this year, we'll be having breakfast from 7 to 9:30. We'll need all the help we could get, now we have all new officers, we have 38 members and help from families. See you all there.

Eliza Brown Jim, 553-9003.

### High Lookee

This is a letter of appreciation to all those who contributed money to the High Lookee Lodge Assisted Living activity funds.

On October 16 and 17 the residents made baked goodies to sell at the bake sale in the Warm Springs Market. By the way, thank you Mr. and Mrs. Macy for allowing us to "set up shop" in your store. This bake sale was done in the morning and after lunch Tuesday October 17.

The tenants at High Lookee put in a lot of hard work to bake their cookies and brownies, bag them and arrange them on the platter. Not to mention the time to sit in the store and sell them. After selling out of the baked goods in the morning, the care givers and cooks teamed up to make more goodies to sell in the afternoon. These combined labors were made very rewarding because the money accumulated went towards the tenants' "activity fund."

The cash was used right away to pay for a performance from vocalist and pianist who came from the Seattle area. Glen Cutler performed music from the roaring '20s and big bands. This concert was very nostalgic because they enjoyed the music that brought back fond memories from their past. After compensating Glen for his awesome show there was still money left in the tenants' activity fund, which can be used in the future.

So, we'd like to thank all of

you who stopped to buy some baked goods, as well as donating some money. Your support and contributions to the occupants of High Lookee Lodge were very pleasing to them. Sincerely, **Shon Hintsatake**.

### Fall Run

The Warm Springs Recreation Department would like to thank the following departments and volunteers for their help with the 2006 Kah-Nee-Ta Fall Run:

Kah-Nee-Ta High Desert Resort and Casino, Fran Ahern, Mackie Begay, Reina Estimo, Sharon Jones, Lana Leonard, Albert Adams, Patch Adams, Warm Springs Market, and Warm Springs Elementary School.

The following are the results of the 2006 Kah-Nee-Ta Fall Run:

The overall 10k male winner: Freddy Hernandez of Madras (of the 14-18 age group), time 39:38.

The overall female 10k winner: Jane Cleavenger of Bend (of the 40-49 age group), time 46:41.

The overall two-mile male winner: Titus Kalama of Warm Springs (of the 14-18 age group), time 15:21.

The overall two-mile female winner: Odessa Cleavenger of Bend (of the 9-13 age group), time 20:06.

The other 10k finishers are: Brandon Thompson, Mike Bowers, Atecity Begay, Jeff Anspach, Brett Whipple, Lonnie Henderson, Gerald Allison Jr., Jason Smartlowit, Karlen Yallup, Walt Carter, Dan Ahern, Rich Lohman, Eddie Hangen, Yolanda Yallup, Don Hilenbrand, Kristi Olney, Ina Wainanwit, Alvis Smith IV, Mallory Smith, Monica Leonard, Yvette Leacy, Cheryl Lohman.

The other finishers in the two-mile race are:

Dustin Henderson, Tim Cleavenger, Doug Cleavenger, Calvin Poncho, Brittany Craig, Amanda Yazzie, Jermaine Sampson, Mateo Smith, Alvis Smith III, Jordan Leonard, Joyce Oberly, Dion Yepa, Sylvia McCabe, Deon Culpus, Jake Frank, Aldo Antunez Jr., Devontre Thomas, Wessley Beymer, Edison Yazzie, Samuel Miller, Brianna Craig, Alyssa

Culps, Pinky Beymer, Felician Conner, Darius Miller, Austin Rauschenburg, Annalise Whipple, Bridgette Whipple, Shelby Moody, Illante Smith, Rosebud Whipple, Mercedes Smith, Delvina Heath, Lucinda Heath, Delvis Heath, Kelly Beymer, Rhonda Carter, Gavin Begay, Quindin Calica, Yancy Smith, Killian Smith, Nalani Brisbois, Taianne Muldrow-Smith, Angela Smith, Monique Moody, Tyra Thomas, Redine Kirk, Allayah Moran, Demiryz Miller, CR Begay, Destry Begay, Darien Smith, Matthew Smith, Brennon Smith, Perry Isadore, Trenton Calica, Patrina VanPelt, Zakiah Poston, Thelia Culpus, Raymond Sam Smith, Eliza Brown Jim, Chloe Smith, Shirleen Killfirst, Nylanis Spino, Marcie Stacona, Keala Rauschenburg, Cassie Rhoan, Jeremy Killfirst, Shirley Heath.

### Strength

A strong woman works out everyday to keep her body in shape... but a woman of strength builds her relationships to keep her soul in shape.

A strong woman isn't afraid of anything... but a woman of strength shows courage in the midst of her fear.

A strong woman won't let anyone get the best of her... but a woman of strength gives the best of herself to everyone.

A strong woman makes mistakes and avoids the same in the future... but a woman of strength realizes life's mistakes can also be unexpected blessings.

A strong woman wears a look of confidence on her face... but a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey... but a woman of strength has faith that it is in the journey that she will become strong.

I can handle anything life throws at me. I may not be able to handle it well, or correctly, or gracefully, or with finesse or expediently, but I will handle it.

Life may not be the party we hoped for but while we are here we might as well dance.

To my mom, Sister Clara, Arlene B, Marcy M. Delores P, Charisse H, Bernie Y, Jeanie Brisbois, Kim and Val LeClaire.

God bless, **Rose Brown Antunez**.

### In our thoughts

To the family of Wilbur Johnson Sr. Dear relatives:

On behalf of my wife, our children, and myself, I offer our deepest sympathy to the family and friends of Wilbur Johnson Sr.

As a relative and friend of Wilbur's I apologize for not making the services but circumstances did not allow my family to attend.

The passing of our family elder, as with all of our elders, has left a void not only on this land but also in my heart as he was not only a relative but a good friend. I recall him coming to visit my Mom and Dad when I was young (Joe and Mabel Palmer: uncle and aunt, as he called them). He visited us at Spearfish, Celilo on the Columbia and at our home on the Yakama Reservation. After the passing of my parents he would still come and visit my wife, kids and I from time to time. Always unannounced but always welcomed.

I remember one such visit in the early morning of the late 70's when my wife looked out the door she came back telling me that there was a car blocking our driveway with someone sleeping in it.

I went out looked in the window and to my wife's surprise I pounded on the window and asked the two gentlemen to come in and eat. They were Wilbur and Jazzie. They came in late from Omak and stopped to sleep before continuing home.

Their stories kept my wife and kids laughing all morning.

I share this with you people to let you know that this man's life touched a lot of people at home and away from home. Although he is gone I have seen him with my eyes, listened to him with my ears, and forever will carry him in my thoughts.

**Carroll, Sandi, Sonny, Stacy, Calvin, and Christopher Palmer.**

### A thank you

Friends, family and relatives,

I realize it has been a while since the loss of our brother, Douglas M. Williams, and thanks are long over due. We would like to thank our aunts Neda and Eliza for stepping in to prepare meals at the Shaker Church, also for the food you provided for on-going services.

Thank you Marella and Alberta for cooking at the Shaker Church along with your kitchen helpers. Thank you George and Debbie for shopping for all the food for the last meal. We also want to thank Bernie, Susie, Nola, Auntie Charlotte, Uncle Harvey and Auntie Flo for all the help with giveaway materials.

A special thanks to all the drummers and Shaker members for the spiritual support our family needed. Your prayers were what we gained strength

from to get us through the loss of our older brother.

Again thank you all for the prayers, songs and drumming, but a deep thanks for the support you showed to Douglas' five songs, daughter and grandchildren.

Thank you to all the speakers who shared memories, and words of encouragement. Respectfully,

**Douglas M. Williams Sr. family, brothers, sister, sister-in-law, nephews and nieces.**

### Reality check

Leadership knowledge hasn't matured for the past 15 plus years; where are the traditional/cultural, visionary and oh so wise Chiefs when we need them, where are the leaders that can make their department heads job responsible.

People like to say that the politics need to stop and I say, dirty politics need to stop.

What the past leaders have been doing for the past 15 plus years is plain old embezzlement and vacation time and I base this on the past 15 year old Tribal Council monthly agendas, no community development and no progress in our entities. Embezzlement, thesaurus meaning, steal, pocket, take, help yourself, or siphon off.

And what about our present Tribal Council leaders; at least a few of them are trying to make change and naturally they get out voted and the ones out voting them, what is their ending goal for doing so? So what is a tribal member to do?

I'll tell you what you can do. You can change your votes to other districts to make the change, or you can request Tribal Council go back to when our voting was - each district would nominate people for their district and the entire tribal membership would vote for who they wanted as leaders in each district.

Either way, we would probably get leadership change and hopefully a brighter future. It is our treaty tribal member right.

Remember the organizational chart, the tribal membership is on top, and we are over Tribal Council.

So if you want change, make it happen and quit complaining about the no jobs for tribal members, no homes for tribal members, no programs for the afflicted, small bonuses, no this and no that. Your have to make it happen.

This article is not meant to bring bad feelings or guilt feelings to any tribal member-it's just business. Peace.

**Emma M. Smith.**

Thank you for writing to the Spilyay Tymoo. Please, when writing, keep in mind that no letter may contain a statement that is libelous against a person or business.

### Diabetes myths and facts

By Royce Embanks  
Foot nurse specialist

**Myth:** Soaking my feet is good for them.

**Fact:** Soaking your feet can be dangerous for people who have diabetes. People with neuropathy (loss of feeling in their feet) can actually burn their feet if they soak in water that is too hot.

Soaking your feet is not recommended unless ordered for therapeutic reasons.

Podiatrist or doctors and

nursing staff often order salt water soaks to help heal ingrown toe nails.

If you are ordered to soak your feet or do it on your own, it should never be for more than 10 minutes at a time and (unless ordered) not every day.

Each time you do soak your feet you should always re-hydrate or moisturize your skin after each soak.

If you have further questions, please call 553-2478.

## Happy birthday wishes...

Happy birthday to my wonderful sister **Macelina Arce**. Hope you had a good one. Love always, **Rosalina Arce**.

Happy birthday to my 'lil' brother **Steven Jesus Arce**. I miss you lots and I hope when you get out you'll make it up and have

a good one. **Siempre tu hermana, Rosalina Arce.**

**Happy 21<sup>st</sup> birthday Theo Arce. Love and miss you, be good, siempre tu hermana, Rosalina Arce.**

To my loving niece, **Krisleen Veronica "Otris" Happy fourth**

birthday on Nov. 6. I love and miss you very much. Soon we'll be together again. Love always, your favorite auntie (the great one) **Emilena Suppah**.

Happy fourth birthday **Krisleen (a.k.a. Chucki)**. Love, Auntie **Laura Robinson**.

Happy birthday Tina. From **Selena and Dave at the Spilyay**.

**Happy birthday on November 6 to the very wonderful Cheryl. I hope you had a great birthday. Love, Dave.**