

# E COOSH EEWA: Editorial

## Fishing Regulations

The Warm Springs Indian Reservation fishing regulations as set forth by the Fish and Wildlife Committee and the Director of Natural Resources here on the reservation.

There are six (6) designated areas on the reservation in which visitors are permitted to fish providing they abide by the rules and regulations of the ordinance. These areas are (1) High Cascade Mountain Lakes, (2) Deschutes River, (3) Warm Springs River, (4) Lake Simtustus, (5) Metolius arm and the Deschutes arm of Lake Billy Chinook where it borders the reservation, and area (6) McQuinn Strip.

Areas No. 1, 2, 4, 5 and 6, will open April 24, 1976, and close Oct. 31, area No. 3 the Warm Springs River is open to fishing only to registered guests of Kah-Nee-Ta Resort, and will open Apr. 17, to Oct. 31.

The designated area is from the Indian Head Canyon Bridge and to the east end of the Kah-Nee-Ta golf course. Anglers are prohibited from using cluster salmon eggs, spinner, wobblers, or any attractor blade or device in this area.

Area No. 1, Trout Lake, Long Lake, Island Lake, Dark Lake, Boulder Lake, Harvey Lake, and Blue Lake, and except for lakes within area No. 6 the McQuinn Strip no other lakes are open to the public. The use of motor boats on these lakes is prohibited. Areas No. 2, Deschutes River is open from the mouth of Dry Creek and north of the County line, and is restricted to artifices lures or flies with a bag limit of two trout over 12 inches per day.

The use of motor boats on the Deschutes River from Pelton Dam to the North Boundry is prohibited. Area 4, Lake Simtustus, boats with or without motors are permitted but are prohibited from leanding on the reservation side except at Indian Park upon payment of a camping or daily use fee. Area 5, boats are permitted but are prohibited from landing on the Reservation side. No camp fires will be permitted on Chinook Island and use permitted only on payment of daily use fee.

Area 6, fishing is permitted in lakes and streams of the McQuinn Strip as defined in Public Law 92-472,92 congress

pursuant to cooperative agreement between the Confederated Tribes and the Oregon Department of Fish and Wildlife.

All other Reservation waters not listed above are closed to fishing by visitors.

Travel to visitor's fishing areas will be allowed only on those roads designated as open to Lakes, Streams and Campgrounds.

Permits and fees, Season Visitor's fishing permit is \$8.00 and is valid in all specified areas except for the Warm Springs River where this permit is only issued to the registered guests of Kah-Nee-Ta Resort.

Daily fishing permits are required in areas 1, 2, regardless of age at the cost of \$1.00. Areas 4-5 one permit will be required for a family and is defined as husband, wife and children 14 years and under at the cost of \$1.50.

No additional written permit required to fish in the McQuinn Strip.

Fishing permits may be purchased at the Tribal office or other outlets as assigned by the tribes.

Camping and fires will be permitted only at Indian park, Blue Lake, Trout Lake, Dry Creek and Kah-Nee-Ta Lodge. Campers must have an axe, shovel and a water pail. Fires must be confined to fire places under grates.

All persons using the Reservation for Recreational and other purposes do so at their own risk and expressly waive any rights or claims they may have against the Confederated Tribes of the Warm Springs Reservation of Oregon.

## University Ethnic Heritage

Ernest L. Stevens, Director of the American Indian Policy Review Commission will be the featured speaker of the Ethnic Heritage Center at the University of Wisconsin at Green Bay. Mr. Stevens will speak on "Indian Self-Determination" at 1:00, April 3rd.

Stevens, 43, is a member of the Onedia tribe of Wisconsin. He was formerly the president of an Indian owned and managed firm based in Washington D.C. and Arizona. Stevens was Director of Economic Development and Community Services in the U.S. Bureau of Indian Affairs, and has also held the posts of Executive Director to the Inter-tribal Council of California and Vice-president of the National Council of American Indians. Mr. Stevens served as Editorial Board Member for the book "Our Brother's Keeper".

Mr. Stevens has been a long-time advocate of various Indian causes including Indian preference in employment, local control of Indian programs, rights of Indian traditionalists, programs for Indian education, alcoholism, and drug abuse, and improvement of living conditions for both reservation and non-reservation Indians. He was appointed to head the American Indian Policy Review Commission at its inception in 1975.

## Commission To Hold Hearing:

On March 18, 1976, Senator Lee Metcalf was to have introduced the Central Arizona Indian Water Resources Act of 1976, which provides for legislature settlement of the legal water rights claims of the Central Arizona Tribes — Ak Chin, Fort McDowell, Gila River, Salt River and Papago — and which was drafted by the Tribes and their legal counsel, who seek its introduction, the "Spilyay Tymoo" learned.

It is believed this proposed bill has great merit and will go far toward correction a century of injustice, hardship and poverty endured by the Tribes as a result of deprivation of their water rights essential to their farming economy and future self-sufficiency.

Senator Metcalf, however, did not offer the bill on March 18 as planned. The delay of the bill's introduction is attributed to an Arizona Senator's contention that the Arizona Governor and the Tribes are moving toward a meaningful stelement that could be jeopardized by the proposed legislation. The Tribes contend that the Senator from Arizona is misinformed and that there are no negotiations, meaningful or otherwise, presently taking place. The Tribes wish for the immediate introduction of the Central Arizona Indian Water Resources Act of 1976.

On behalf of the Tribes' call for action, the NCAI urges you to contact Senator Metcalf by mailgram to encourage his positive efforts in this important matter. The NCAI has already contacted Senator Metcalf in this regard, as well as contacting every member of the Senate urging that Senator Metcalf be joined as a co-

sponsor of the bill. Below is the text of NCAI's mailgram to Senator Metcalf, which was sent upon learning of the delay.

"Senator Lee Metcalf, Dirksen Building, Room 1121, Wash., D.C. 20501 STRONGLY URGE AGAINST FURTHER DELAY IN INTRODUCTION OF THE CENTRAL ARIZONA INDIAN WATER RESOURCES ACT OF 1976. THE NCAI HAS LEARNED FROM THE CENTRAL ARIZONA TRIBES THAT THEY DESIRE IMMEDIATE INTRODUCTION OF THE BILL. WE HAVE ALSO LEARNED FROM THE TRIBES THAT THERE ARE NO ONGOING AND MEANINGFUL NEGOTIATIONS BETWEEN THE STATE AND THE TRIBES TO BE JEOPARDIZED BY THE BILL'S INTRODUCTION, AS CONTENDED BY YOUR COLLEAGUE FROM ARIZONA. WE BELIEVE THAT THIS IS A PLANNED DELAY, BASED UPON OUR READING OF DOCUMENTS RELATIVE TO CURRENT ACTIVITIES AND PROPOSED MEETINGS WITHIN THE INTERIOR DEPARTMENT, WHICH DOCUMENTS DATE FROM MARCH 16 & 17, 1976. YOUR SENSITIVITY TO INDIAN NEEDS AND YOUR RESPECT FOR INDIAN RIGHTS IS WELL KNOWN THROUGHOUT INDIAN COUNTRY AND WE MUST RESPECTIVELY ENCOURAGE YOU TO KEEP FAITH WITH THE TRIBES IN YOUR PROMISE TO ATTEMPT TO LEGISLATIVELY SETTLE THEIR LEGAL AND LONG-STANDING WATER RIGHTS CLAIMS. Signed, Mel Tonasket, President of National Congress of American Indians.

## Extension Notes

Easy Home Remedies and Medicine Chest Supplies.

This is a time of year when everyone is getting sick. With a few basic ingredients, you can make your own, less expensive home remedies that are equal or better than medications advertised on TV.

Advertised drugs can be harmful as well as helpful, if not taken properly. With any medication, use caution and good judgement; what may be good for one person may be harmful or useless for another.

Keep ALL drugs away from children! Many medications look like candy to children. Keep drugs in a locked medicine cabinet.

What do you really need in your medicine chest? Stock your shelf with these few supplies and clean out the clutter: a small bottle of aspirin; band-aids, bandages, and tape; thermometer; syrup of ipecac; rubbing alcohol; and petroleum jelly.

Buy a small bottle of aspirin for a large bottle can "go bad." If aspirin has a strong vinegar odor, flush them down the toilet. Ipecac causes vomiting in a person who has swallowed poison. Always call your doctor or Poison Control Center (U of O Medical Center 503-225-8311) before giving Ipecac.

Here are several effective home remedies that you can make from your medicine chest and kitchen supplies. There are less expensive and often safer than advertised medications. But remember - what may be good for one person or situation may not work for another. Use caution and judgement.

— Controlling Vomiting

Caused by-Flu:

Do not eat or drink anything for a few hours. If no more vomiting occurs, give the patient small sips of clear liquids at 20-30 minute intervals. Liquids such as diluted apple juice, flat soft drinks, broth, or water are good. Do not give milk! If the patient keeps this down for several hours, gradually add soda crackers. Go slowly! If vomiting begins again, start the procedure all over, only go more slowly.

— Controlling Diarrhea: Do not eat solid foods and milk. Offer clear liquids just as you would to control vomiting. After several hours, try cooked vegetables, especially carrots if the patient is vomiting, too, or continues to have diarrhea, call your doctor.

— Cough Syrup: Mix together 1 part lemon juice, 2 parts honey, and 1 part whiskey (optional). Don't give to persons with diabetes or hay fever.

— Nose Drops: Mix ¼ teaspoon salt in 1 cup water. Boil water ahead of time to sterilize. Spray nose four times a day and as needed. Make a fresh solution every few days. One ounce spray bottles are found at the doctor's office or pharmacy.

— Itching Rashes: Prepare a lukewarm bath with ¼ cup baking soda.

— Painful Rashes: Make a smooth paste of cornstarch or baking soda and water; apply to rash.

— Dry Skin: Vegetable shortenings and oils are more like natural skin oils than vaseline or baby oil. They can be used to cleanse and protect a baby's diaper area and for dry skin.

## Letter From The Editor:

The third edition is being devoted mostly to the activities that took place here at the Longhouse honoring our senior citizens.

I believe we owe them some attention and credit, for they have labored hard and sacrificed much to keep the Indian tradition alive here on the reservation. By these

means the younger generations are being taught, with wishes of the senior citizens, that Indian customs will remain intact and never die.

Credit is due to the wise thinking of the older generations for the protection of the reservation: there was long

range planning to protect all the natural resources; the hunting and fishing rights, on an off the reservation as stipulated in the treaties with the government. The wise counciling handed down through the generations, right up the present shows the senior citizens are thinking ahead for fear that something might happen that would harm the reservation and the Indian rights.

Today we can still hunt, fish and roam the country side as we please; fish along the Columbia and Shearers Bridge. We have a good stand of timber, moderate amount of water, range and grazing land.

In closing, I would like to say thanks to them and that the present generation continues to carry the ball.



## (COYOTE NEWS)

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