

Being a big loser benefits all who enter and keep moving

By Selena Boise
Management successor

Did you hear on KWSO that Sue Matters is one of the "Big Losers" in Warm Springs? Well, I have decided to join this motivated group of losers and be a loser myself. I did this last year but I couldn't keep myself moving, I started out good and got a program going but something always happens to stop me.

The hardest part is to actually get started, and then even harder to keep going. But this year I am going to get started and hope that I continue.

Exercise is a healthy thing to do, and for anyone who decides to give it a try, you will definitely benefit from it. I feel like I have more energy when I go walking the night before.

With Valentines Day come and gone all those with good intentions will have to work out a little extra because of all the chocolate candy we have eaten. I could not believe how much candy was on the shelves at Safeway, and I went there Monday for last minute something or other and there was hardly anything.

Being a big loser I have to control my chocolate intake during this day, and it was hard for me.

I know that I have to write an essay before my final measurements, but I wanted to share with everyone that I hope to improve my health by entering this challenge. It's not enough to say it anymore, because it doesn't improve. I hope to breath easier when I climb those stairs at COCC. I don't know if you have seen these stairs but they are hard for me.

I'm ashamed to say this but I would sometimes drive myself up the hill to my next class. Not anymore.

I prefer to walk because it is easy to do. But I would like to begin the noontime aerobics or exercise at the Community Center but there again I talk about it for a while and end up not going.

Having a full schedule keeps me from going there but I will in the near future make time for this.

I hope all the losers are moving and got their exercise routines going because I think it is a good program for us because it gets us moving and keeps us moving. I especially enjoyed the exercise tips I received last year because it was good reminder for me to keep moving.

So good luck and have a good workout.

School issues

To all my relatives near and far, here's wishing a very Happy Valentines Day. Many warm fuzzy heartfelt hugs and kisses. Visualize those little naked winged "stupid/cupid guys," with rosy red puckered lips, with a bunch of sweet scented roses, plus those cute stringed bows along with the heart-shaped arrows on the side... all that mushy stuff to all who are nearest and dearest loved ones to me - and you know who you are.

Now for those of you who really care and want to know, and also for those of you who are bored and just want to read something, here it goes:

With each new day my struggles are moment to moment, and I find myself stumbling... a lot. But I guess in reality if I took the time to look around me, I am not alone. (My sister Chicken once asked me, "Without our daily troubles in life, how do we learn to rely upon our faith and prayers?") I want to believe "that I am not given more than I can handle," but it gets tough fighting battles day to day without stopping to appreciate the lessons learned from out of all the chaos.

Alvis Smith Sr. set and example for me by starting out by telling jokes but that's only funny if you understand what the joke is about. Here's a few goot ones - I hope you laugh with me (not at me).

When will our "key people" in power (and those who think they are) help us move ahead towards goals that'll better our life situations? With all the enrolled tribal members in mind (as a whole) and just a certain few? (black/elk/speaks, ayes-bee's-c's?) If you don't get "it," read it again. Anywho.

After parent-teacher conference day, it boggles my weary head we are still "making due" with buildings that aren't serviceable for "our babies" education. Remember the days they had to use the cafeteria as a gym... or temporary modules were put in for a temporary fix - but is now set up as a permanent fix! And a teacher's house was used as a music room. It seems the "time-being solutions" are a finger in the dam - joke on our Rez. (And we just keep putting up with it, year after year.)

Warm Springs needs to build for our people a school that'll not only educate kindergarten through twelfth grades but also take our youth beyond.

Other reservations have Indian Junior Colleges going for them and here we are still working at grade school needs - Hupa even has a Job Corps center with focus on young single

parents getting on with their lives - as it is. (Gas and alcohol monies aren't a solution either. It's just another way of "jerking" the system around to get something for nothing.) If we're not part of the solution, we are part of the problem. And believe you me, this is only the "tip" of the iceberg. Well, later. **Tamera J. Kalama.**

Power outage

Hagai 1:5, Now therefore thus saith the Lord of hosts; consider your ways. Hagai 1:7, Thus saith the Lord of hosts; consider your ways. Two times the Lord tells us to consider our ways. On 1-29-06, electricity went out for over 1,000 people in the Warm Springs area. But for one couple who are in their 70s, and who are our elders, they have not had hot water for a shower or electricity to cook with, nor washer or dryer for clean clothes for nine days now and counting. What I found out is that we are in pretty sad shape within our Confederated Tribes. There are no funds to help an elderly couple such as this case. No emergency housing to put them in. No funds to them in a motel. Really no way for the tribe to help them out. Consider this women in her 70s needing electricity for her oxygen machine, and being without her oxygen machine for nine days and counting. Consider an organization can put over 50 tribal members out of work and in their places we can fly in consultants and feed them at restaurants and at Kah-Nee-Ta. Consider hiring a non-tribal member and give him two jobs while tribal members get nothing. Consider that people love their high positions and status more than the needs of their people. Consider that some live in mansions or have the finest cars and material things that money can buy. And yet the people have nothing! No hope, no jobs. There is one thing I have yet to see, and that would be the budget of all the consultants and all these board members that we fly in from Palm Springs and beyond. We can feed all these consultants and board members with the finest food in Warm Springs, yet when it comes to our elders, our homeless, no one will lift a finger. Can you go without a nice hot home cooked meal for nine days? I want to share a dream I had sometime ago. The Confederated Tribes of Warm Springs was asking for ideas from the people of Warm Springs on the plague of alcohol and drugs. I spoke and said that we needed

to close our borders to alcohol and drugs, have roadblocks and prevent drugs and alcohol from coming on the Rez. Float all those off the Rez who deal drugs for life or till they quit dealing. This man who was asking a question (a respected leader among us) said this is foolishness! This is not the kind of wisdom we want to hear! And so now I hope you see the thinking of our organization. Consider your ways. **Easton Aguilar.**

Memorial

Anna, Warren R., Shayla and little Jake want to take this opportunity to thank all the people who attended our one-year memorial for the loss of our loved one, Trudee Ann Queahpama-Clements. The many actions of true caring, compassionate people whose feelings were shared throughout the day with us were very moving and uplifting.

The warm memories that were sincerely shared filled our hearts with indescribable love and warmth. Our emotional wellness is greatly enhanced due to your sharing of love and support.

The material things that we shared at the memorial were to praise and glorify our Creator and to honor and respect with dignity and worth, the positive achievements and qualities of a beloved mother, grandmother, daughter, relative and friend. We did so in humbleness, honor, gratitude, and respect for our tribal traditional longhouse belief and responsibility. Due to her outward caring and concern for others, she took the initiative and responsibility to encourage and support a monument memorial for her deceased cousin, Rhonda Clements.

We thank the people who came together with testimony as to what type of person she was. She left good, wonderful memories with us.

(Note: the preceding letter was written by Warren R. Clements prior to his passing. The letter is shared here by Anna Clements.)

A memorial tribute and honor for our daughter was a tremendous success. Preparing for a memorial takes a lot of work, time, and financial support. There are a lot of people we are grateful to.

First of all, the following people we appreciate and thank for their help and support.

Brother Cal Queahpama and nephew Austin Greene for lay-

ing, and preparing the cement foundation for the memorial stone.

Cooks: Wanda Vanpelt, Lisa Suppah, Bobbie Suppah and Delia Wesley helped to prepare the food. Coming forward and stepping up when asked to help with fringing shawls were; Jackie and Dorothy Simtustus and Evaline Patt. Doing all the sewing was Teeny Tappo.

We want to thank all these special people, pow wow friends that came from out of town for their support. Coming from Yakama Nation were Joe Jay Pinkham. Thanks for his wonderful words, Washat singing and drumming, his wife and daughter Trudie. Also Margaret Lamere and daughters. They were good support. Jola Lotus and Janet George and their sister, shared wonderful words and memories at the pow wow trail we all traveled.

Coming from Umatilla was Chief Jesse Jones. He had wonderful words to share; Quartz Creek honored him with a Chief Song. We would like to thank Eva Montee and Reba Powell for the good words they spoke about our daughter Trudee. We also thank Lena Ike for her wonderful rendition of the Lord's Prayer in sign language. Eva Montee also took part in this wonderful tribute.

If we have left anyone out, please know it was not intentional. We truly appreciated all your good hearts, support and love. **Anna Clements and family.**

Recent loss

(Note: The following letter is from Gov. Ted Kulongoski to Anna Clements, widow of the late Warren R. Clements.)

Dear Anna, I was deeply saddened to hear of Rudy's passing. Please know that Mary and I are thinking of you and sending our prayers for your comfort and our hope that your grief will be eased by the many wonderful memories of your lives together.

I very much enjoyed the opportunity to work with Rudy. He was obviously loved by all who knew him, and his passion for his people showed in the way he tirelessly worked to help them. His deep commitment to the Confederated Tribes of Warm Springs and to the State of Oregon was always clear and his service to us all was truly commendable. All Oregonians are better for his life's work.

With kind regards and sympathy, sincerely, **Theodore R. Kulongoski.**

Apologies

Thelma Dickson, I am truly sorry for what I've done. Please forgive me. I know I need help, so please pray for me, so I can get the help I really need. Please forgive me. **Edgar Boise.**

To the people of Warm Springs, I would like to take this time to apologize for my actions on Aug. 23, 2005. I was in pretty deep to my drugs at the time. I know I have no excuses so I'll say none. What I do know is that I made a promise to myself to do better this year, become a productive tribal member again, and most of all start being a dad again. I meant no harm to my people and most of all my children. So if I hurt you in any way I apologize from the bottom of my heart. I got a pretty good deal for what I have done and thank the judge for her leniency. Thank you for your time. **Wesley Smith.**

To the people of my home town of Warm Springs, and to my lil' sis Thelma Mae and my bro-in-law Edgar. May you accept my sincere apology for my actions on Christmas morning. As it was stated by the policeman, I endangered your lives, so I'm saying, "I am very sorry and I truly mean it." Sincerely, **Lawrence Polk.**

To the people of Warm Springs, I would like to say I am very sorry. Whatever you do, don't drink and drive because it will get you into trouble and you will sit in the Warm Springs jail. Cuz I'm sitting in here for drinking and driving **Randy Yahtin Jr.**

Regarding letters

Thank you for writing to the Spilyay Tymoo. Please, when writing, keep in mind that letters should be of no more than 350 words. Letters that are too long will have to be cut. Please submit only one letter per person per edition. No defamatory or libelous statements can be published in the Spilyay. Thank you.

Happy birthday wishes...

Happy Sweet 16 to my sonny boy Nelson Wolfe on Feb. 18. With all my love, hugs and kisses. Love always, Mom.

Happy Sweet 16 to our baby bro Nelson W. Wolfe on 2-18-06. We all hope you enjoy your day! Because you deserve only the best. With all our love, hugs and kisses. With lots of love from all your Na-Na's and Ya-Ya's, Marcena, Cyril, Missy, Kanet, Agnes, Sam, Kosie, James III, Rosa, Leeann and Lucy Wolfe.

Happy 16th birthday to our uncle Nelson on 2-18-06. Love, all your nieces and nephews. Devon, Kalan, Wynema, Katrina, Fangs, Buffalo Rider, Raynelle, Blake, Kendra, Kendall, Ulysses, Valdimire, Justina, Della, Vincent, Donovan, Cassy, Kalyn, Clarissa, Joss and Jade.

Happy 26th birthday to Alonzo Colazo. Hope you have fun. Always, a caring friend, Joanna.

Happy birthday to my nieces (did I say nice!) Sacheen, Missy Muffet, Dorothy, Donna Moon, Veronica, Sherri, Dena, Jaunita, Donetta, Dot, Norma, Yolanda, Andrea, Kly, Tyme, Randi, Tashina, Olivia, Diana, Tiffany, Lula, Lori Sue, Charlene, Snuffi, JoElla, Jacoba, Ravonnie, Simone, Rosetta, Winter and any other chinese gals I forgot. Break hearts if you must, make and take 'em right but most of all, forgive and forget and live on! Much love, Auntie Emma.

Happy birthday to my loveable and precious grandson, Jake Frank. I hope your day is the best and that you have a great time today. I love you always, Ulla Mona.

My baby/nephew, I love you so much and I hope you have a great day. May you have many more great birthdays. Love, Auntie Veronica.

Hey Neph, We wish you the best birthday. You're a smart kid and we know you will go a long way. Love, Uncles Brutus, Jeff, Ben, Francis and Garrett, and Auntie Alexyz and Crystal.

Our Bro Yi-Yi, Jake Frank. We love you so much and wish you the best today and every day. We are glad to be here for your day. Love, your best sisters, Veronica and Lawrencia Greene.

My son, I wish you a very happy birthday. May your day and every day be filled with fun and lots of love. Take care and be good every day. Love you always, Dad Ramon and Plyza.

Our Grandson, Happy, happy birthday. We love you Jake Frank and hope your day goes well. Love you always, Grandpa Roscoe, Daniel, Tim and Mike Greene. Grandma Celia, Sarah, Delsie and Paullee Greene. (Also our wives and husbands too.)

To our nephew, Jake Frank, happy birthday and wish you all the best. From Irkie, Allie, Jamesina and Rhonda, Quinten, Audz, Lu and Levina, Buster, Angela and Simon.

To our cousin, Jake Frank, we all wish you a very happy birthday. Love, Angelina, Karina, Shirley, Perry and Jayce.

Happy Birthday to Brandon and Josiah
Have a good day!
The family

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