

Powwow

We wanted to thank everyone for joining us at the Community Center for the Annual Thanksgiving Mini Powwow. We had a great turnout of youth dancers and we did our best to gift all of them.

The powwow would not have not happened with out the financial support of the Warm Springs Tribal Council. The Tribal Council has provided the bulk of the funding each year and we appreciate their continued support of this youth oriented event.

We also would like to thank these departments and enterprises for demonstrating their kindness in support of events directed to the youth of our communities:

W.S. Youth Development Dept. (tee-shirt sponsors and Midnight Lunch).

W.S. Composites and W.S. Power Enterprises (Sr. gift basket sponsors).

W.S. Meth Task Force (tiny tots toys and gloves and the Teddy Bear Dance).

Without the drums we wouldn't have a powwow. Thanks go out to WaWoKya, Eagle Thunder, Pine Grove Jrs, Quartz Creek, and Star Horse. The drums provided good music for two days and got to sing a lot.

During the powwow we took time to share with the elders small gifts to thank them for being their with us. Its with our elders support and encouragement that we continue to take part.

It is because of the children that we continue to volunteer to put this Mini powwow on.

We choose to keep it small and community oriented as we believe that by keeping it small we can spread the winnings to more children thus encouraging them to continue participating.

At this little pow wow you will see many children win that may never get the chance to hear their name called at the bigger pow wows.

It's neat too see them smiling and happy with their envelopes heading back to sit by their family.

Finally we would like to thank Roland Morning Owl for accepting the responsibility of being our floor manager for the powwow.

As it was explained we see good qualities in this young man and we would like to encourage him as he goes about his daily life.

Again to all those who showed us their support we truly thank you

Carlos Calica and Family, Captain and Family.

Miss W.S.

We would like to extend an invitation to you to participate in the 2006 Miss Warm Springs Pageant to be held on Thursday, December 21, 2006 at the Agency Longhouse beginning approximately at 6 p.m.

Eligible candidates are tribal members who are between the ages of 18-23 years old, never been married and never had children, free of drug and alcohol abuse and be able to represent the Confederated Tribes of Warm Springs throughout their reign as Miss Warm Springs.

As Miss Warm Springs you will be able to travel, participate in scholarship pageants and meet with people from other cultures. She will serve as the good will ambassador for our people throughout North America. She is also one of the first to be called upon as a volunteer to greet visitors to our local events such as Pi-Ume-Sha, activities at the Museum at Warm Springs, and youth and senior related events.

The pageant contestants are expected to possess knowledge of the history of The Confederated Tribes of Warm Springs, a modern and traditional talent, and a willingness to learn.

We encourage you to pick up an application from Minnie Yahtin at the Oregon State Extension Office or the Tribal Council administrative services center.

Good luck.

Good job

We can say the Get Out To Vote (GOTV) effort for Warm Springs this year has been great. The numbers were outstanding and all of you that voted made it happen.

The commitment of the community is sincerely appreciated - Thanks to all of you.

There are a number of people that made this happen. Louie Pitt Jr. has expressed commitment and dedication to support the 2006 Elections. Michael Mason, CTWS Lobbyist of Salem, and Greg Leo who works with the Kah-Nee-Ta Resort and Casino. These three gentlemen made an excellent team in getting information out to the people on KWSO, their availability to help answer questions at our GOTV gatherings.

Not to forget those that have been out there registering people, hosting the GOTV events: Julie Quaid took the lead in getting people registered and coordinated events at the Family Resources Center (Old Clinic), and worked with the Jefferson County Clerk in providing a ballot box at the FRC for our convenience. And, she participated in a phone-call voting measures.

Fritz Miller, Tribal Council staff, whose efforts with the registering and working behind the scenes, making calls, contacts to the Jefferson County and Wasco County offices, and of Wasco shopping for the food to take care of the people.

During this 2006 GOTV, we appreciated volunteers Urbana Ross, Tedi Tanewasha, Char Herkshan, Floyd Calica and Marj Tuckta for stepping forward to help with the voting effort; KWSO for their involvement in working with the team. There were many others who came to assist at the events and we would like to thank them for their support.

Thanks to the Tribal Council and Jody Calica, Secretary-Treasurer, who supported the GOTV and allowed us time to do get involved.

If you have not registered or have questions on any future voting, please do not hesitate to see or call upon any of us.

Doris "Teeney" Miller

Hoops tourney

In reference to the Second Annual Thanksgiving Basketball Tourney held Nov. 24-26, it is my sincere hope that the feelings I was overcome with during the youth basketball tournament never happen again to me or the several other families, friends and local athletes and those from away.

It was discovered at last minute before this tournament, by many if not for all, that participation depended not on skill, attitude or character but solely on ethnic distinction of some discriminative sort.

If this were some adult athletics activity with such extreme criteria for individual participation, my thoughts and feelings about this would not be confusing. This tournament was about our children and our community and not about the individual or individuals responsible for creating the barriers discriminating against our children.

As an athlete from the Confederated Tribes and bands of the Warm Springs Reservation, I have over the seasons overcome many negative obstacles, though since observing much positive change. The last thing our society needs is to be set back 40 years because of rules enforced during a youth basketball tourney, rules that violate the smooth fabric of unity. We as a society try our hardest to protect and preserve.

The futures of our youth depend on it. Myself and other families look forward to seeing all youth of all ages be allowed participation in future activities featuring all ethnic backgrounds and skill levels.

Sincerely, **James "Buck" Scott.**

Happy holidays

Hi to my people, my family.

I would like to wish everybody safe and happy holidays. Love each other while you can because God has blessed all who still have one another.

God bless all. I miss and love all of you. From Nisqually Rez.

Take Care, **Aaron Squally and the Squally family,** PO Box 1214, Yelm, WA 98597.

Please return

To the person who broke into our home on 11-23-06. All of you know who you are.

I am asking that you return my wallet, as I have all my personal information as well as my children's in my wallet. I am not asking for anything but the return of my wallet.

Our holiday was ruined due to the fact that you broke into our home and stole my son's birthday gift, and other personal things that meant a lot to us, that I worked for to give to my children.

I just want you to be aware that my children or myself, would never bring harm or steal anything from you or your family.

This has definitely been a lesson learned to my children. We try to instill in our children that they are to work hard and make an honest living in this life to succeed. Unfortunately you all have chosen not to.

May God bless you as he is a forgiving God.

Joy and Jose Ramirez and Family.

My mistake

Dear daughter, this is the hardest letter I've had to write. But I want you to hear the truth. Because I'm away from you doesn't mean I don't love you. When you make a mistake, you are the only one who can correct it. I know I haven't really been there for you, but you're my daughter. When I talk to you like this, it's because I love you and want to help you avoid the mistakes I've made.

A person doesn't blame oth-

ers for their own behavior. A real person doesn't think that everything in life is free. You must understand there's always a price to pay for every action. When you break a rule or law, you not only hurt others but hurt yourself. Until then I want you to know that I think of you a lot and love you and your mother very much. Because I failed is no reason for you to fail. Let my mistake be a way for you to learn as I've learned. You've got a good life ahead of you. Don't waste any part of it as I've done. Love, your **Dad, Ray.**

A thank you

I wanted to say thank you to my family and friends, thanking them for all the support they have given to me and my family while we are attending school in Kansas.

I would like to tell everyone thanks for being there for us when we needed you the most. Every one of you are a very important part of our lives.

I especially want to thank my grandmother Maxine Switzler, Lori Switzler, and Clint Switzler, for all the emotional and financial support you have given to us. Thanks for always believing in me and in the things I can accomplish.

Thank you Lori for running all of our errands back home, without you our world would be hectic.

Thanks to my mom Valerie, my dad George Aguilar Jr., and my aunts and uncles for always pushing me to become the person I am today.

Thanks to my grandma and Grandpa George and Ella Aguilar for your support and encouragement. Thanks to Watkins Johnson and his family for all your support as well, we love and miss you guys, give baby girl a hug and kiss for us!

Thanks to the Mitchell family for supporting us as well, especially to Debbie and Germaine for all your support. Thanks to Joe Mitchell for all your encouragement.

And thanks to Deanie Johnson and grandma Gladys for teaching us traditional dances and customs, Alena likes to dance and sing when she gets a chance. I just wanted to express how much everyone means to me, because without my family I would be nothing. All of you mean everything to me.

Thanks for always being

there for me, and encouraging me to better myself.

I know I didn't get to put everyone's name in here, but all the important people in my life you know who you are, thanks for everything you have done for us. We love and miss you all. Hope you get better soon uncle Alvin Schuster and hope everybody has a great Christmas this year.

Mayanne, Allen and Alena Mitchell.

Stolen vehicle

With the Holiday near we each have challenge(s) that we must face. Loved ones that have gone on are missed twice as much during this time. We may be away from family and feel lonely. Maybe our challenges are within ourselves.

December 1, 2006 proved to be a very challenging day for me, my family and friends. Our building was damaged, my office trashed, I was hurt that someone would do this to our program. I believe that our staff do the best they can to help the hurting. We still moved forward with the Family Violence/Family Wellness conference as planned. Many people pitched in and helped with this conference! This Conference, the Crystal Meth Conference and the Fatherhood is Sacred Conference were all a success at reaching the community!

After the "Mitch Factor" Comedy Show on Friday night we went outside to find that someone had stolen our van. I was very saddened and hurt. This is the van I received to help people. I try to give people rides when I can. My family was hurt by this violation and I hope that the people that broke in to the buildings and stole my car realize that their actions effect many people.

I later became angry and said words that I shouldn't have, but I called on my spiritual leaders and received prayer and correction. You see I have to forgive so I can be forgiven. I have to remember my youth and the terrible things that I did to others. Things I did because I had so much pain in my heart and shame in my soul.

Please. Get help. Don't keep hurting others because it will eventually catch up to you and we do pay the price for our wrongdoings one way or another. Many people think it's cool to commit a crime and "get away with it". You don't get away with it, you have to live with yourself and God knows everything, even the motives of your heart. I always remember my Grandpa's words at his sister's funeral "Let them be, they will learn in their own way". God please help them and help me to love them unconditionally as you do. Forgive me for my wrongs as I forgive those who have hurt me. Above all, thank you for sending your Son (Jesus born in the Bethlehem) to die on the cross (Easter - on Calvary) for our sins. God Bless You. **Sarah J. Frank.**

Myths and facts about diabetes

By *Elsie Howard*

Myth: Only people on insulin should worry about low blood sugar.

Fact: You may get hypoglycemia (low blood sugar) regardless of whether you take insulin or oral medications for your diabetes. Hypoglycemia generally is considered having a blood sugar level of less than 70, along with

symptoms such as sweating, weakness, shakiness, blurred vision, irritability, fast heart beat, headache or even coma.

Skipping meals, taking too much diabetes medication (pills or insulin), increasing exercise/activity level, or drinking alcohol without eating may cause low blood sugar.

Sometimes if the blood sugar

has been high for a long time, people may feel symptoms of low blood sugar even if the blood sugar level is more than 70.

If you have any questions, please contact me at 553-2478.

Elsie Howard, Diabetes Nurse Educator, Warm Springs Diabetes Program.

Happy birthday and other wishes....

Happy birthday to one of my pride and joys, Dartanian Wilson Picard, grandma's big boy. You know you make my day all the time. Keep up your good work in school. Grandma is proud of you. You and I will make your day a good one. Lots of love and kisses from your grandma, Marella Sam.



Happy birthday, Dartanian Picard. Hope your day is a good one. Keep up your good work in school. Love you. Grandpa Robert Sam Sr. and Uncle Thomas.

Happy birthday to our G-grandson Dartanian Picard. We love you and hope your day is a good one. From your G-grandma and G-grandpa, Eliza and Harvey Jim.



Happy birthday going out to our brother, Dartanian Wilson Picard. We all know your day in going to be a good one. Love from us, Woody Jr., Kaylobe Picard, Elisha and Chantel Picard.

Happy birthday to grandma's big brat. You know you're grandma's brat. But I love you. Have fun on your day. Love, Jeleah "oo ah" Sam.

Happy birthday Dartanian Wilson Picard. Love you kid, you have a fun day on your birth-

day. From Big G - Neda and Janathian Tracy Ray- Lee Tias.

Happy birthday Dartanian Wilson Picard. Hey bro, hope your day is a good one. I will be there to help it be. Love from Elsie and Clarence Vernon Sam.

Happy Birthday George, from Pool team, Seegray, Pearl, Christina, Bates, and Selena.

Happy Birthday Jackson, and George, I love you, Mom, Dad, Tonya and Leanna

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