

Heart Smart

The Fourteenth Annual Heart Smart Dinner was attended by almost 200 people this year.

We had a great time listening to Queen Lorene and the Skillet Lickers. A highlight of the evening was when Jake Frank got up and danced, he had the whole audience clapping their hands. Great show, Jake!

Eva Montee and her Senior Group were great. Many of the audience got up and joined them in their exercising and line dancing. What fun!

The Mini-Health Fair was well attended, good job Elsie. Our staff and volunteers were so wonderful in setting up and helping wherever they were needed. The chef, Michael Spaulding, did a stupendous job with the meal, the deer meat stew was delicious. He said he couldn't have done it without Jennie Smith, Edmund Francis and Marge Koeppling. They were quite the Prep Cooks!

Two people really went all out with their donations - Dr. Cundoff and Jodi Fickett, you two are terrific. Thank you so much. Dr. Creelman goes all out every year and makes a special Heart Smart gift that everyone wants to win. This year he made a kaleidoscope that was won by one of the seniors from Madras, Will Ashburn.

The Early Childhood Education kids made all the decorations that were on the walls, you all did a marvelous job! I want to thank all the volunteers and donors: Carolyn Harvey, Jennie Smith, Marge Koeppling, CHR's, Dr. Creelman, Winona Strwyer, Montell Elliott, Leslie Mitts (Spilyay), Michael Spaulding, Kirstie Morrison and Mikayla Collins (they donated a big box of stuffed animals), Cha Cho Cuevas, Dr. Marilyn, Mariann Smith, Celestine Brunoe, Carol Kirkland, Elsie Howard, Edmund Francis, Yvonne Iverson, Jeri Kollen, Rose Rudder, Juanita Simpson and Maty, Sue Matters (KWSO), Diane Franklin, Mark Matthews (he donates jewelry that he makes every year, he surprised me with a pretty necklace and earrings set, thank you), and our MC - Elton Greeley, he was quite the clown. Good job Elton! Thanks also to the drummers, I am so glad you were able to come: Leroy Bobb, Louie Ike, Bobby Eagleheart, Tim Kalama, and Wiggie Sooksoit.

If I forgot anyone, I'm sorry, a big thanks to you too.

Heart Smart takes a lot of hard work but it is all worth it when I see all your smiling faces. We hope to see you again next year, bring all your friends and family.

Heart Smart Coordinator
Kat Spaulding. Staff: Jennie

Smith, Marge Koeppling, Elsie Howard, Jeri Kollen, Montell Elliott, Winona Strwyer, Edmund Francis, Carolyn Harvey, Carol Kirkland, Diane Franklin, Natalie McBride, Sara Thomas.

A great cowboy

To my people,

To this day I do and always will miss my little bro Jamie Jeffrey Tohet. He was our cowboy and when I say "our" I mean the Bar DCB aka the Dry Creek Boys. Jamie prided himself in being able to ride any and everything and that is the hardest part of the warm weather coming on, knowing this year I can't rely on him or even worse I won't see him. My bros and me did not see the onset of things that bothered Jamie, and to this day it bothers me with shoulda woulda and coulda. To some that didn't know him he was not a stingy or selfish man, he cared a lot about his family and bros and especially about horses.

Sure he had his problems but who doesn't. He so wanted to be like his older bros, that's why he kept getting up, a lot like a cowboy would do. So I would like to thank the people who supported all of us. To the cooks, the drummers, the caretakers, the meat providers Wolf man and Jesse, Captain Moody, all the late night grave diggers, Billy Joe Berry and Reverend Alan Elston and all other cowboys, thank you all for being there. All I have is words for my appreciation but please accept it. I probably forgot a lot of folks but please forgive me, as it was a hard time for us all. A Cowboy Rode Away, and a Wild Horse Racer Reached the End of the Rodeo Road. We miss you so much. RIP Chilly guy. Sincerely,

The Bar DCB, Harry Hisatake, Jason Tohet Sr., Jimmy Tohet Jr., Clinton Tohet, Garrett Greene, Ramone Greene, Buster Isadore, Simon Jim, Johnny LeClaire, Eric LeClaire, David LeClaire Jr., Elery LeClaire, and Harley Andrews.

A thank you

I would like to thank Tribal Court Judge Jackson, Judge Jim, Probation Department Leona Ike, for allowing me to attend my late Uncle Merris Wallulatum Sr. Especially my sis for signing pass request back up letter. Dave O for relaying the message. In times like this families are numb with loss of someone close. A lot of messages get lost in the process. Also thanks to all Longhouse kitchen workers and drummers, all of you

make the procession what it is. Alvis Smith Sr., Austin, Bobby Besta, for condolences, brief stories of days of old. Mr. Whiz also included some stories of when him and my uncle ran together. The veterans Jody Calica, Joe Brisbois, Muff Ike, his other partner Cobby Heath ex-Marine, Army-Navy-Air Force. It's always an honorable service. Men laid their lives on the line in World Wars I and II, Vietnam, Korea, Pacific Tours of Duty. All contributions from those who loved my uncle, tribal funds for all-needed necessities.

My uncle enjoyed the company of all at community gatherings, be it Longhouse, the senior building, community center, especially family birthday parties, etc. He enjoyed his family, close to him when our time here is over on mother earth, he will greet us when we meet in the next world with a smile, this I know. Aho - all my relations, those who need a prayer on our rez. **M.S. Kalama.**

Now what?

Since the residential school days our people have been hurt by sex offenders. The result of this abuse has caused victims to become offenders; thus passing down the abuse from one generation to the next. We, as a community, must stop this by acknowledging the abuse has happened, stopping the cycle in our family and going through the healing process.

It is important that we act on the problem in a manner which is going to help all of our Tribal Members and the Community as a whole. Tribal inmates, once released from incarceration return back to Warm Springs. Although we do not condone their actions, we acknowledge that they are still a part of our community. Some have mimicked what they were taught or what they have seen as children. Correcting this behavior is needed, but healing must take place for all affected by sexual abuse. What could we do to assure they have receive treatment so they will not offend again? We know that treatment is not available in Warm Springs, so how could we, as a community, help?

On March 21st 15-20 female inmates at Coffee Creek Correctional Institute viewed "Silent Message." After the presentation I was informed that a large percentage of inmates in correctional facilities (male & female) are victims of sexual assault, ei-

ther prior to their incarceration or during incarceration. This is a serious matter that Tribal Members must acknowledge because it may affect you, your friends and/or family.

During a recent visit to Chemawa Indian School I was able to process more healing in my life. When I was a young teen my Mom trusted me in the care of a local elder. Today, I can forgive this person for his actions. Although he was not held accountable in the judicial system, I know that he will answer to the Lord. I believe it is better for a person to take responsibility for their wrongdoings now, not later. I no long hold anger toward him because I have made a choice to forgive him and to accept the fact that he is not a well person. I cannot change him, but I can pray for healing within his family...

In closing I would like to share a concern, there are people that make serious decisions for our people that are not community members or that have little to do with our community. We, as stakeholders, need to assure that all of our people are receiving adequate services and that decisions are made honestly and fairly.

Thank You! Sarah J. Frank

Historic society

The Jefferson County Historical Society will hold its 2007 Fundraising Dinner and Silent Auction on Saturday, April 14, at the Culver Christian Church.

Dinner will begin at 6:30 p.m., preceded by a social hour at 5:30. Tickets are \$40 each and should be ordered through the Jefferson County Historical Society, 34 SE D St., Madras, 97741. For further information call 475-2306 or 475-5390.

Like last year's very successful dinner, this year's event aims to raise operating funds for the ongoing work of planning a new historical/cultural facility in Jefferson County, to be called The Central Oregon Heritage Center.

Featured speaker will be Dr. Alice Parman of Eugene, an eminent museum planner and consultant, who is currently working with the Historical Society in formulating an "interpretive plan" for the new Heritage Center.

Dr. Palmer has worked with museums all over the West, including the Museum at Warm Springs, Oregon History Center, the University of Oregon Museum of Natural History, the

Columbia River Maritime Museum, and the Children's Museum of Utah.

Jarold Ramsey.

Fire safety

Fire season is fast approaching and now is the perfect time to make sure your home is fire safe. But who is responsible for hazard reduction around your home?

You are. As the homeowner, it is your responsibility to make sure the weeds are cut, trees are trimmed, wood piles and other debris are moved to a distance of 30 feet from the structure.

Fire Management does not do this type of work for you. However, if you are senior citizen or physically handicapped and have no able bodies relatives to help you, then Fire Management may be able to assist with the hazard reduction for you if time permits.

You will need to put in a written request for removal of natural fire hazardous material and turn it in to Luther Clements, operations specialist at Fire Management.

Fire Management, due to liability issues, does not remove unwanted trees; however, the staff will evaluate each request.

If you feel you need a tree removed, please contact the appropriate responsible party.

Please get your family and friends involved in making your home fire safe. It's your responsibility.

Suzi Macy, Warm Springs Fire Management.

Love

The people, places, things I felt are long away from being dealt.

I've lived a life of running away. Being someone I wasn't from day to day.

At youth the things that happened to me, killed me inside emotionally.

From this, an evil way began, hid all I felt, as much as I can.

By doing wrong, to feed my hate, I later found it was too late.

To share to someone something real, how could I, when I couldn't feel?

My heart was dead, no sympathy, the things I did were all care-free.

I played an act for many years, caused lots of pain and hurtful tears.

In mind, I knew my heart should feel, when things were strong and very real.

I prayed and prayed to make

it right, and now I know the struggle and fight.

All pain I've hid, stuffed inside, this caused my heart to run and hide.

One day, I finally felt true love, reached out for help from Him above.

Released the pain I felt for years, through lots of shameful, healing tears.

Since then I've opened up my heart, I now can feel a brand new start. Each day I pray to keep from wrong, do something good, so I'll stay strong.

One day I'll make amends to all, then nothing'll make my spirit fall. This message was sent from Him above, there's only one way, that way is love.

Powerful song

My hearts in search of something real, where acts are known through what I feel. Each day I make myself adjust, to where I'm at, control my trust.

I need protection for my heart, or else be weak and fall apart. To keep my spirit strong and free, I tell what's true "spiritually." What matters most has yet to be, through doing right they'll learn from me. Kids, that is, I'll make them strong. One day I'll sing this powerful song. By anonymous.

Correction

In a photo of war veterans in the previous Spilyay, the photo caption was inaccurate. Harvey Jim is the veteran in the photograph. The Spilyay regrets the error.

Apology

I would like to apologize to the Warm Springs community for the wrong choices I have made. The crime that I committed was receiving a DUI. Clarice Tewee.

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.

Birthday wishes...

Izraii Mendez (Mathias), You will be 7 on March 26. We want to wish you a Happy Birthday and tell you that we love you so much. Hope your special day is all it is supposed to be. Love you. Mom and Dad.



Happy birthday Randy C. Boise Jr. Love, Jodene.

Happy 20th birthday bro. Love, Dez and an d Denied and Jarren. Love, Irene and the boys Tracy and Isaac. Love, Mom and Dad. Love Chelsey, and your unborn child. Lots of love, the fam-bam.

Happy Easter everyone, from Desirae Boise. Love Checks, Melanie and kids, love Nu-Nu, Clint and boys, and Granpa Jack.

Happy third birthday, Lawrencia Merdle Emilina Greene. From Daddy, Ulla Mona, Auntie Veronica, Uncle Beezy, Luppia Kobe Rey, Grandmas Paullee, Celia, Sarah, Rhonda, Uncles Jeff, Gabe, Garrett, Buster, Simone, Erkie Joe, Q, Rico, Benj, and Francis. Grampas Roscoe, Daniel, Timmy, Mike, Jose G. Jose H. Luis B., cousins Perry I., Sherly Guerra, Elizabeth, Angelina, Korina, Aunties Lupe, Andrianna, Levina, Angela, Johanna, Alexis.

Happy fourth birthday to my Superman, Valejho Becerra. Love always, your mom Nachelle.

Happy birthday, Asten, from Valejho and Nachelle.

Happy birthday, Theyliah Suppah, from your brother Paul.

Happy 11th birthday, Theyliah. Love you lots from METSA and John.

Happy birthday, Theyliah. From Xariiya, Johnny and Adele.

Happy birthday Theyliah Suppah from Laritta.

Happy birthday Theyliah from Chasan, Ook, Aaron and Emery.

Happy 11th birthday Theyliah. Love you always from great aunt.

Happy 11th birthday sweetheart Theyliah. From your uncle Yaz and Shelly.

Peek a boo, Happy Birthday to you! From Angela, Tiffney and Adele.



Happy 11th birthday to my Princess Theyliah Vernaya Tonika Suppah. I love you always and forever, from Mommy Tiffney.



Theyliah (my sweetie) I love you now, I love you always. My heart to yours... Always and forever, Gramma Leah.



Happy 11th birthday nana Theyliah. Love you lots, from honey Praisia.



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