

Stay informed on issues directly affecting you

By Selena Boise
Management Successor

So, what do you think of the tribe's situation this week? Seems there is a whole lot going on with the casino hearings scheduled, and then the mill

Spilyay Speaks

closing partially. This is the time for all tribal members to become informed about the details surrounding these events. Attend a meeting and listen, you may find yourself forming an opinion and speaking about it at the meeting.

There is a meeting scheduled for March 3, 6:00 p.m., at Kah-Nee-Ta to discuss the draft Environmental Impact Statement. After reading articles that I received through e-mail, I also read at a website some comments and opinions that were posted. Comments were on both sides, either for or against the casino at the Gorge, but interesting reading.

I also read an article that was printed in the Smoke Signals, newspaper of the Confederated Tribes of the Grand Ronde. I found it interesting in a sense that I am still convinced that their interests are associated with greed. Because another article stated that their concern is that this new casino would deeply cut into their profits.

If our casino at the Gorge was up and running already, then our tribe could better provide for those families affected by the layoff at Warm Springs Forest Products.

I remember when I first moved back here, there were programs to help us become employed and develop work ethics. I was hired at the Spilyay on a program for single mothers. I became a full-time employee, and that was 26 years ago.

Programs like that could help others become self-sufficient. Programs like that could help unemployed mill workers who need to provide for their families.

Word about the mill and this possible lay off was circulating recently. When the last big lay off occurred my family was affected by it. My husband's wages were cut by one-third and we had to make some huge adjustments. Now imagine an employee taking 100 percent cut in wages.

Like I stated before, stay informed and become involved. State your opinion, and be heard. This is your tribe.

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Letters to the Editor

Thank you

I wish to thank all my friends at the Early Childhood Education Center for their kind wishes and words on Valentines Day.

I will treasure your cards all ways. I truly felt "the love" of the day. No. 197 bus driver, **Tina Towler.**

'88 reunion

The Madras High School class of 1988 reunion is approaching. We are looking for people who graduated in 1988.

Please contact Molly (Madden) Hoffman at: bmhoffy@hawaii.rr.com.

We are planning our class reunion for August 8-10, 2008. Thank you. **Molly Hoffman.**

Grieving

Martina, Lucinda, Jamie, Ambrose, Stan, Vesta and Eliza, I'm writing this letter to apologize to my nieces and nephews. For walking out on your mother's funeral. I left feeling confused and hurt.

I was the cook. I was confused in how our elders were treating each other, with such anger.

I did not want to be any part of the situation. I'm saying to myself this is my family, the elder woman of our family. I could not handle it. Again I'm truly sorry for my actions and letting words get to me, and did not pray for what was being said amongst my family.

And I want to thank whoever took over the cooking and cleaning up and finished up. May our Creator bless each one and watch over your family and homes.

I'm asking for prayer also. That I can continue my gift of cooking. It's hard when you also have laid a very special person to rest. My auntie Ellen, she was my teacher, counselor, encourager, wasn't afraid to correct me when I needed, share everything that I was doing in my life. So I'm also grieving, bear with me, pray for me.

This letter is not meant to hurt anyone. It's to help each of us to learn from the situation, mainly me. I do truly enjoy cooking in the Longhouses. Sincerely,

Teresa Suppah (L.T.)

Native Circle

Dear Warm Springs, We, the Native Circle here at Columbia River Correctional Institution in Portland, are humbly asking if Warm Springs can donate firewood and medicines to us for our sweat lodge ceremonies. We are presently having a problem acquiring any and would very much appreciate your help.

We thank you for any assistance you can give. To make a donation, please call me at (503) 280-6646, ext. 248.

Respectfully,
Chaplain Blix, Columbia River Correctional Institution Native Circle.

Memorial delay

We the family of Teresa McKinley want to apologize for the confusion in the cancellation of our announced memorial dinner on February 9, 2008. But due to the death of my sister Amelia Colwash's daughter, Ellen Davis, we agreed to wait until a later date. We will announce or put posters up when we agree on a date. Thank you. **Maxine McKinley and children.**

A thank you

I am writing this letter to praise the Lord and thank him from all our family, Stacy and Kevin Smith family, Agnes and Kendrick Arthur, Val Fuiava and children, sister Rebekah Hunt. For all the support that came to help us during the loss of our beloved daughter Dannie Alise Lawrence.

Thank you auntie Daisy, Leona and Lovie Ike. Uncle Larry Dick, auntie Ramona Schuster. Easton and Tina Aguilar, Kim and Onte Lumpmouth. We very much appreciate all your compassion and love you gave us. Thank you Reva and Deannie Johnson, uncle Rico Thompson, Grandma Gladys, and auntie Marcia Minthorn. We very much respect our elders and cousins, family.

Thank you to the Spino and Moran family for the food and deer. Thank you Rosetta Fuentes for making huckleberry pies. Thank you Alice Sampson for being a lifelong family friend. We love you and last but not less of a thank you.

To Viola Govenor, God bless you. Also a special thank you to everyone from atwai Danni's children and her siblings. Sincerely,

Kevin and Stacy Smith Sr.

Our water

To our Warm Springs Nation's People,

Ee took Tee kah daugth. Cancer, cancer, cancer seems here recently we have a lot of our people dying from this man made sickness. A few years ago nobody in our community ever heard of cancer.

I wrote about this before and in fact have personally brought this up to our so called leaders, Tribal Council, a number of times; not the present Council, though; so consider this an open cry, letter to our Council and all people that live and work in Warm Springs.

We are the only people, the *only people*, community to take our drinking water from the Deschutes River. Bend,

Redmond, Sisters, Madras, etc., dump their human, industrial, animal, farming, etc. waste into the Deschutes River and we drink and bathe in this wastewater.

Think about this, for once in your life actually make the effort to think about the health of our people instead of endlessly thinking about your personal family greed.

I remember when we took our drinking water from the Shitike Creek. Nobody got cancer... Now we take our drinking, bathing water from the cesspool Deschutes River... Every time you take a drink or bathe you are at risk of getting cancer; all our people.

All these millions Council, tribal attorneys and consultants are hustling our people out of could have gone toward a new water plant on the Shitike, new middle school, high school, teen club, community center. How much is our children's lives worth? That's what we are doing by ignoring these crucial issues... killing our children so we can have this sick gambling... greedy jerks, so called leaders, so I hope this present Council is less selfish and actually does something for our people for once... Our Warm Springs children, Elders...

We, our Warm Springs Nation's people, must protect our children and Elders, ourselves, because it is obvious that our so called leaders will not put our people's well being ahead of their personal greed... How much money is our children's lives worth? Think about this... we are killing our children for greed, money, gambling... whatever happened to thinking Seven Generations ahead.

In my 60 years of living in Springs, the last few Councils and administrations are the worst, selfish, greediest I've ever experienced.

I hope and pray this present Council will do something good for our children, Elders, us, instead of feeding their selfish personal family greed.

Bobby Eagleheart

Relatives, friends

Relatives and friends, our brother is very ill. Thomas James Benson of White Swan, Wash. Son of late Mabel Kishawalk Benson and Horsely Benson. For information you can call Diana Benson (509-930-3446) or Caroline Dick (509-854-1012).

To visit him at his home, he is Totus Park house 134. Thank you for your time too.

Place to stay

I send greetings to you from the Santiam Correctional Institution in Salem. I'm writing to ask if there is anybody with an established residence that would do the kindness of taking me into your home. I haven't been around the rez for some years and now I've been incarcerated for the past 11 months. Assault in the fourth. But I would like to return to the Warm Springs community to make a fresh start.

I plan to look for and maintain a position in the workforce there. Given yet another chance I am of a mind to quit my nomadic and alcoholic ways. I get my monthly per capita and I can also apply for food stamps and possibly general assistance to help with resident costs. The home will be checked by the

parole department for alcohol, stability and children, there cannot be children or alcohol on the premises. I will be looking to set up my own residence and self-caring program immediately, so your help would be unselfish and short as possible. With that, may the Great Spirit bless and smile on you all. Thank you and you can contact me by letter and confidentially at: Tyree Stormbringer, Santiam Correctional Institution, no. 4689955, 4500 Aumsville Hwy. SE, Salem, OR 97317. My release date is April 7. I will be going to Albany first and then on to Warm Springs. Again, thank you for your attention. **Tyree Stormbringer.**

Thank you

I just wanted to announce that I got married Sunday the 24th at 1 p.m. at the Warm Springs Shaker Church to Gy Kindness of Muckleshoot, Wash. I finally found some one who treats me right, respects me and loves me for who I am and not what I look like. We also wanted to thank those who made it and those who were there spiritually and in heart. Thank you, **Vera Kindness (used to be Thomas) and Gy Kindness.**

Myths and facts about diabetes

By Elsie Howard

Myth: I can't eat salt if I have diabetes.

Fact: Most people with diabetes do not need to completely avoid salt.

Salt is just one source of the mineral sodium. Other major sources of sodium in the typical American diet are fast foods, snack foods like chips and pretzels, and processed foods. All of these foods have too much salt.

If you choose more fresh (or fresh frozen) goods, instead of highly processed foods, then a little salt can be added to your food.

Too much sodium is not good

for any one, but can be especially hazardous for people with high blood pressure, kidney disease, heart disease, and liver disease.

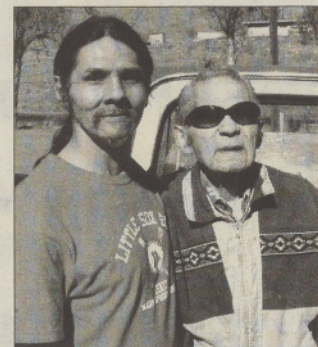
If you have any of these problems, it is important to ask your doctor or nutritionist how much sodium you should consume.

The average person with diabetes can safely consume about 2,400 mg of sodium per day. It is lower for diabetics with renal (kidney) disease.

Please contact me if you have any questions at 553-2478.

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

Happy Birthday and other wishes...



Happy 88th birthday to Alvis Smith Sr., the eldest Wasco tribal member. From Vernon Smith Sr.

Happy 18th birthday, Nana. Love, Des, Baby Charlie, Charles, Grandpa Ray, and Nisqually Valley.

Happy 18th birthday, Ruggie. Love, Mom, Dad, and Shay-Shay.

Happy 21st birthday, MoMo. Love, Mom, Richard, Tasha, Shay-Shay.

Happy 18th birthday, Auntie Amy and Hazel. Love, Bennie and Hazen.

Happy 18th birthday, Amy and Hazel. Love, Bird.

Happy birthday, Auntie Amy and Hazel. Love, Kamelia, JJ, Marrika.

Happy birthday, Amy and Hazel. Love, your Nana Danielle.

Happy birthday, Dad. Love, Bird.

Happy birthday, Grandpa. Love, Bennie and Hazen. Happy birthday Dad. Love, Amy and Hazel.

Happy birthday, Grandpa. Love, Kamelia, JJ, Marrika.

Happy belated birthday to Blanche Mitchell, from the Speakthunder-Danzuka family.

Happy anniversary to Willis and Odessa Anderson. We love you both very much. From Willie Danzuka and family.

Happy birthday to our friend and neighbor Desmond Katchia. From Keyshawn and Patty Speakthunder.

Happy birthday to Romelle Danzuka from you little trouble maker Keyshawn Speakthunder. Love you with all my heart.

Dena, Thank you for everything that you have done for me and my family. You are like a sister to me rather than a cousin. I am very happy that you accepted to be my maid of honor for my wedding. Thanks. We love you very much. Willie and Romelle Danzuka. I hope you had a wonderful birthday on Feb. 12.

Happy second birthday to Baby Bruce.

Happy 5th birthday to Alina Smith.

Happy birthday to Bridget Kalama Culpus.

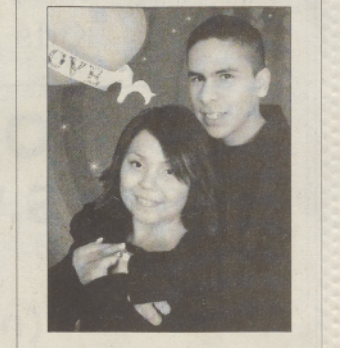
Happy birthday to Jeanine Kalama. From Lemmie.

Happy belated Valentines Day to my brother Al Kelly, from Ira.

To Nicholas and Harley, happy belated Valentines Day, from their cousins Hazen and Copen.



Happy Valentine's Day to Lil "B" Love you always, Adrienne and Kurtis



Happy Valentine's Day to Adrienne and Kurtie! Love Benita Merrifield.