

Fishing on the Columbia River at one time

By Sid Miller
Publisher Emeritus

From time immemorial our tribes have lived along the Columbia River, at Cascade Locks, Hood River, The Dalles, Lone Pine, Big Eddy, Spear Fish, Celilo and on up to Willow Creek. That was their home until recent years when the white man took over and moved the tribes to the reservation.

Spilyay Speaks

Dams were built in the river and that changed the fishing conditions altogether. As the waters were backed up it flooded all the fishing grounds. The Dalles dam did the most damage to Indian fishing as it backed up water and flooded Celilo Falls, where many tribesmen lived year round.

Those dams, Bonneville and The Dalles, damaged Indian fishing to where other methods of fishing were established. The use of gillnets were put in use. The expense of obtaining fishing equipment was too great for the small fisherman that they abandoned fishing completely. Others banded together to share expenses on getting equipment, such as gillnets and boats.

Before the dams were built, fishing in the Columbia River was good from the falls at Oregon City on the Willamette River. The tribes relied on the river for their livelihood, "fishing."

Seufert Cannery at The Dalles did a lot of trade with the tribes for salmon. The cannery dealt with salmon, fruits, and vegetables. The dams put all that out of existence. The tribes did a lot of business with large companies that come in and purchase salmon, fruits and vegetables. Companies like Swift and other large food producers. When all the fishing places were flooded, especially Celilo, Big Eddy and Spear Fish, where many fished year round.

Today, there is a small scale of fishing with dip nets and set nets, and that's on the Deschutes River, at Sherars Bridge where they still set up scaffolds. At Celilo Falls it was a sight to see during the big fall runs where hundreds of men lined the banks at Celilo Falls where many fisherman made over a thousand dollars per night. Fishing at Celilo was a big tourist draw as hundreds gathered with cameras to watch the activities at the falls. You could see fish jumping and making their way up the falls during the big run.

Well those fishing days are gone and just the memories still in the mind of those who experienced those fishing days.

Still today the tribes observe the first salmon runs with a salmon feast at the Celilo Longhouse in the early spring. Ecoosh-e-wa-cha.

Letters to the Editor

Thank you all for great time

First of all Harvey and I would like to thank the following, for us being part of the enhanced fitness (Seniors) to travel to Arizona, to be part of the group that do the program. First, Wilson Wewa for getting the grant and being the administrator for the program, starting us (one year ago), traveling with us, and Captain Moody for the coffee mugs we were allowed to pass to people, to show where we come from.

Jennell Smith of Kah-Nee-Ta for the tees we wore when we showed our stuff, the bags and cups, thank you, it was a memorable trip. Paul Smith gave us a tour which I'd like to share with out tribes. They were (are) very impressive. We were treated like royalty. We always had a reserved table. Harvey and I thanked Paul and Beverly with a Pendleton, bag and mug, Paul being family and TM.

We have so much to share we could fill pages. We are only so happy to be a part of Enhanced Fitness (we're also certified as instructors). So Senior Citizens, do come join us. We're there Monday, Wednesday and Friday at 10:45 a.m. We even have lunch (thank you Geri). Call any time, we're in the phone book.

Harvey and Eliza Jim.

Oh: In the Elder Olympics, we brought back five medals. I'm very proud of our group. Wilson won the Twist Contest. You've got to see the Dancingest Senior Citizens in the World!

Many thanks

Due to the surgery I recent had, Thank you, Mrs. Kalama-Culpus room no. 8. Thank you for the gifts and the card. It made me feel special. Thank you again! Also a big thank you to all of the Warm Springs Elementary School staff and students for the very beautiful flowers and card. It really meant a lot to me. Thank you most of all, my husband Jose Flores, who was there by my side when I was in need. I love you, you are the best.

My aunt Priscilla Frank, thank you for helping with our boys, making sure they were up and out of to school. To the rest of my family, thank you for taking the time out from your everyday routine just to come visit me and to see how I was doing in the hospital. I just feel very special and loved! God bless all of you.

From Diana L. Felix.

Appreciation

I appreciate the support I received in collecting the Yoplait Yogurt lids to help in the fight against cancer. I mailed off al-

most 180 lids!

For every lid sent in, Yoplait will donate \$.10 to the American Cancer Society. My goal in 2007 was to help fight cancer in some way. We have lost many family members, friends and relatives to cancer.

I will be doing this every year and every year I hope everyone will help with this. It could affect any one of us or someone close to us! It won't cost you any more than the price of a yogurt.

Once again, thank you for your support.

Val Squiemphen.

A thank you

I just want to say a big thank you out to Richard Tohet and Maryann Meanus and Sam Starr for asking us, my family,

to cook for Medicine dancing on April 10, 11 and 12. We all enjoyed it and had fun. I want to thank you all who donated food and to L.T. for all the pies you made. To all my litter helpers Marella VanPelt, Chantel Picard, Wood Picard Jr., Dartanian Picard, Leonard VanPelt, Ty VanPelt, Kaylobe Picard, Clarence Sam, Janathian Tracy Ray-Tias and Elish Picard and to my Thomas Sam. Thank you all and I want to say a big thank you to my two sons-in-law Woody Picard Sr., and Gerald Tias Sr. For all the help you did and thank you for being there for my grandkids. You see how much they love dancing. And to Wanda and her girl for all they did for my family. And again thank you till next year. From Marella Sam.

Division champions



AND1, champions, 12-14 year old boys, B.A.A.D. Tournament, Pendleton, March 21-28, 2008: (back) Coach Gary Sampson, Justin Queahpama-Mehlberg, Steven Begay, Cody Begay, Cyrus Conner, Amelia Banuelos, assistant coach Connie Bennally; (front) Henry Lopez, Anthony Stacona, Gary Sampson III.

Our team, AND1, would like to thank everyone for your support at the 21st Annual B.A.A.D. Tournament. The BAAD tourney was held March 21-28, 2008 in

Pendleton, Oregon. Our team won the 12-14 year old boys division! We would especially like to thank our sponsor, Warm Springs Composite Products.

Myths and facts about diabetes

By Elsie Howard

Myth: The only way to prevent heart disease for patients with diabetes is to take medication for cholesterol.

Fact: Heart disease is the number one killer of people with diabetes. Many of the ways for preventing heart disease are well known (through research studies):

Stop smoking; control your blood pressure (less than 130/80).

Keep your LDL (lousy or bad) cholesterol level below 100.

Exercise regularly (steady physical activity for 10 minutes).

Eat healthy; watch portion

size; stay away from simple sugar foods and drinks (treat yourself for special occasions).

Eat lots of vegetables fresh (with low fat dips) or cooked with oil spray, steam, boil with favorite spices, grill, sauteed.

Eat some fruits fresh or add to healthy cereal, yogurt, nuts, salads.

Eat lean meat, red or white (cooked same as vegetables above).

Eat or drink low fat dairy foods.

Taking a low dose of aspirin (81 mg, baby) daily may also reduce the risk of heart disease. To avoid stomach problems, use enteric-coated aspirin.

Letters of apology

I am sorry I broke tribal law on March 14 by driving reckless and sorry for putting my passengers in danger and I have learned from it. Further I apologize to E.G. and J.R., who were directly impacted by my actions. I also want to say my poor decisions will not happen again. Daniel Gilbert.

I am sorry I broke tribal law on December 19 by picking up that bottle again and drinking. I'm supposed to write 100 words so I'll just share a letter about myself, and the drinking that has caused me nothing but pain, hurt and disrespect for myself. In the past, back in 1980, I was struggling with my drinking. Then in 1983, Nov. 4, I began my sobriety. I was sober for 20 years. I was blessed with five beautiful kids, a wonderful husband and a job I loved - a preschool teacher at ECE. Now since I started drinking again I've caused my kids nothing but worry, hurt and pain. I lost one of my sons to suicide and I blame his drinking alcohol for that. I'm now divorced and lost my job I had for 20 years. I loved working with children and parents. My kids talked to me and showed how I haven't been there for them, when they need to talk to me. I haven't been very supportive to them. The good Lord has always been there for me but I've turned my back on him. Anyways, I apologize to my kids. I'm so sorry. I haven't been there for you all. I love you all so very much and I hope you can forgive me. I want to thank the following people for always trying to support me: Charlotte Herkshan, Alice Sampson, Marie Tom, Leona Ike and Gladys Grant. You ladies have been nothing but wonderful to me and I appreciate it. Just keep me in prayer because I surely need it. Melinda Frank, Tilxs.

I am sorry I broke tribal law on March 3, 2008 by consuming alcohol on tribal lands while still under age. My actions that night were wrong and sincerely I apologize to the Confederated Tribes and anybody else my choices affected. I am working to better myself. Ryan Thomas.

I wish to send my apologies to Isabelle Flores and her family for trespassing on their property while in a very intoxicated state. It is my greatest hope to remain sober so that such a thing will not possibly even accidentally happen again. Keith V. Charley.

I am sorry I broke tribal law on April 17, 2007 by getting myself involved in theft of another's property, and I helped two co-defendants steal from the same people. C. Askins.

I am sorry I broke tribal law on March 22, 2008 by driving while under the influence, recklessly endangering and getting a liquor violation. Further I apologize to my brother Michael B., who was directly impacted by my actions. I also want to say I am truly sorry. Truman V. Merrifield.

Hi. My name is Bernadette Rose Winishut and I am here in the Warm Springs Jail thinking about what I put my friends and family through. Also myself, the consequences I am facing here in jail has helped me see the things I've been doing, hurt me and the people around. I ask everyone that my actions have affected, I was wrong and selfish and I am going to work on bettering my life. Bernadette W.

I am sorry I broke tribal law on February 18, 2008 by wasting my mom's time for bringing me to treatment at Neva. I'm also sorry to Community Counseling for wasting their time as well. I'm very and really sorry. Please forgive me. Mathew Craig.

I am sorry I broke tribal law on February 26, 2008 by putting my children and nephews in grief by this. Also, Housing that had to be brought into this. I apologize to my children and nephews. I will not do this again. Ellen Jackson-Palmer.

I am sorry I broke tribal law. I understand the seriousness of the charges I have been convicted of. There will not be a next time. I have learned. Further I apologize to D.H. and A.F., who were directly impacted by my actions. I also want to say that no good things happen when drinking is involved. Jeremy Killfirst.

Happy Birthday and other wishes...

Happy 16th birthday to our son Jimmy Flores on April 4, 2008. From your Mom and Dad and your baby brother Justin Flores, with lots of love!

Happy birthday to Duran Bobb, from Diana and family.

Happy birthday to my baby boy Adam Gabriel Rubio. I pray that you have the happiest 9th birthday ever. I love you and your brother forever. Love, Mom Charisse Rose Haskins.

Happy birthday, Toni Tail. Love you always, your lil' sister. Charisse Haskins - Keep going to school.

Happy birthday to my Auntie "Anna Polk." I would like to take this time and thank you for all your help with me and your grandchildren. Sorry I put you through so much. But I do care and love you lots. Love, Paul and Angela Martinez, thank you for helping us.

Happy birthday to lil' Adam Rubio Jr., April 23. It's cool to share this day with you. Paul and Angela Martinez.

Happy birthday lil' Adam Rubio Jr., from auntie Delores Picard.

Happy 9th birthday to my

homie Adam from your homeboy Bryon George.

Happy birthday to my cuz DBL from Alex and Ange. We love you.

This goes out to my niece and nephews in Wapato, Wash. Mike Polk kids I love you guys and miss you all. Love, Anga. PS. Cousins too.

Happy birthday Mom "Victoria Polk" on April 14. I hope this day is wonderful for you, mom, and I hope you have many more to come. And I'm glad you're feeling better, Mom. I love you lots. Love your daughter and son-in-law, Paul and Angela Martinez.

Happy birthday to my nephews "le athony." Love,

Paul and Angela Martinez. Happy birthday J.L. Love, Anga and Alex.

Happy birthday to my bro Tyrone Muldrow on May 2. Love, your sis and bro in law. PS, missing you brother.

Happy birthday to a beautiful nana, "Sena Polk" on May 18. There are so many good things I could but it might take one whole page of the newspaper. Love, Paul and Angela Martinez.

Spilyay Tymoo
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