

More Letters to the Editor

Memorial Stickgame tournament



Photo courtesy of Donna Torres.

The Bob McKay Team, 2008 Pi-Ume-Sha Stickgame Tournament champs.

The following are the results of the Stickgame Tournament during Pi-Ume-Sha weekend. The tournament was in memory of Caroline Walsey-Torres.

First place: Bob McKay Team from White Swan, Wash., winner of \$3,000 and Pendleton jackets.

Second place: Lenora Starr Team from Warm Springs, winner of \$1,500 and drum bags.

Third place: Gilbert Onepennee Team from White Swan, winner of \$1,000 and Stickgame sets.

Thank you Sam Starr for letting me take part in this year's stickgame tournament by hon-

oring my mother's memory.

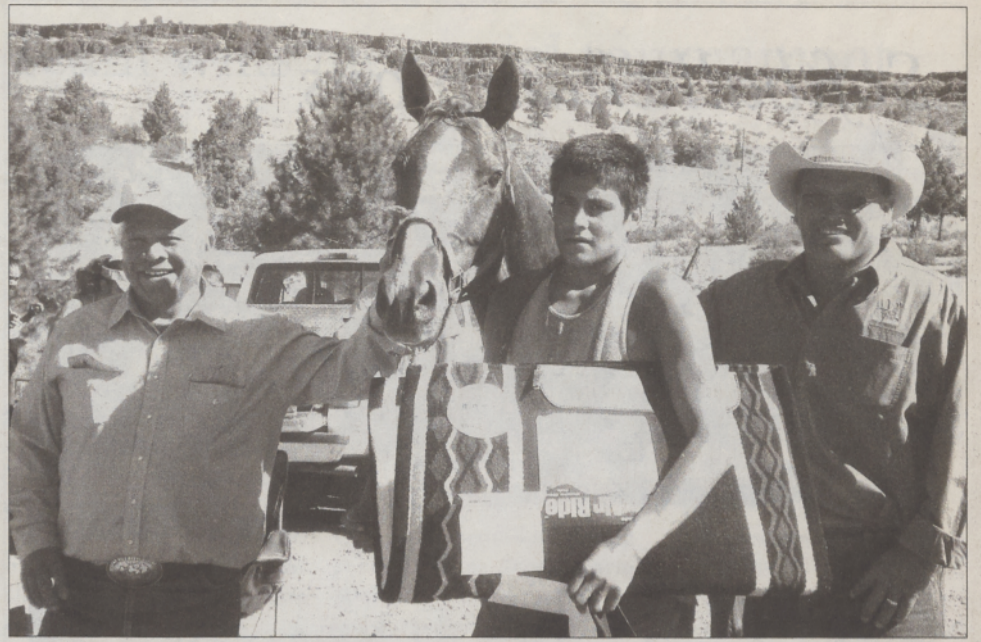
I want to send out a big Thank You to my cousins from Nevada, Heidi Barlese for donating the Pendleton drum bags and Dean Barlese for donating the Stickgame sets. I really appreciate your helping me out.

Thelma Alsup, Janis Satanus, thank you for making the beautiful Pendleton jackets for me, they were a big hit.

Kelly at Identity Zone, thank you for the beautiful embroidery you did on the jackets and for getting them done for me in a hurry.

Also, I want to thank all the teams that came and got into the stickgame tournament, I hope everyone enjoyed themselves and hope you come back next year.

Donna L. Torres.



Justine Thomas/Spilyay

David LeClaire Jr., winner of the Pi-Ume-Sha Endurance Horse Race (center) receives the race prize from horse owners Buck Smith (left) and Jason Smith.

Fire help

I would like to say thank you very much to the many, many people who came to the aid of the Mill Fire on Thursday, July 10.

I am sure my list does not include everyone, but I understand the thanks go to Jefferson County Sheriff and deputies, Madras, Culver and Warm Springs police departments, fire departments from Jefferson County, Crooked River Ranch,

Sister/Camp Sherman, Warm Springs, BIA, BLM, U.S. Forest Service, Redmond, Crook County, Cloverdale, La Pine, Bend, Sun River, including the dispatchers and other personnel who were standing by and manning the stations while others were out tackling the fire.

I cannot express how much we appreciate your efforts and your courage to handle these conditions, some of you do it for a living and some of you are volunteers, but in my book, you are the most unselfish and

generous people and for that I will always be in your debt.

Central Oregon is a wonderful place to live and yesterday proved how fortunate we are to have such a great group of people in the area keeping us safe from and through emergencies such as this.

I know I speak for my neighbors, at the Deschutes Canyon Campground/Riffle Fly Shop, and myself in saying you have our heartfelt thanks!

Sincerely,
Moira 'Scottie' Henry

More letters of apology

I am sorry I broke tribal law on May 8, 2008 by harassing, assault, supposedly CN times two, and addiction. I apologize to my family for the shame my actions have brought to our family name. I apologize to the following T. Smith family who were directly impacted by my actions. I also want to say that I'm paying for my actions, making different choices only to not make same mistake. And I will make every effort to follow our laws in the future. **Alonzo Colazo.**

I am sorry I broke tribal law on February 17, 2008 by DUI, reckless endanger, NDDHND. Carrying concealed weapon, LWWP, plus stop and yield signs, possession or open container. I apologize to my family for the shame my actions have brought to our family name. I apologize to Shad who was directly impacted by my actions. **Isreal Scott.**

I am sorry I broke tribal law on December 8, 2007 by the way of trespass at the Leclair residence. I apologize for being at the wrong place, wrong time, and for my actions that may have disturbed the community neighbors. **Daniel McGill.**

I am sorry I broke tribal law on June 12, 2008 by violation of law and order code, drug paraphernalia. I sincerely and humbly apologize to Warm Springs law enforcement. I apologize to my brother and sister in law. It shouldn't happen again. **Margaret Silva.**

I am sorry I broke tribal law on June 8, 2008 by being under the influence of alcohol under the age 21 and for having drug

paraphernalia in my possession and for not complying with bench probation. I apologize to the Tribal Court. I also want to say that I'm sorry for actions I made on June 8, 2008 for liquor violation and DP. I will not do it again, and I will make ever effort to follow our laws in the future. **Frederick Wallulatum.**

I am sorry I broke tribal law on 12-31-07 by driving while intoxicated and recklessly endangering the community and my passenger. I apologize to F.F. I will try in every way possible to change my ways. **Eldred Frank.**

I am sorry I broke tribal law in January 2008 by driving under the influence and no operators license. I made a very poor decision to drink and then to try and drive home. I know I made a very serious offense to the good people of the tribes and to the other travelers on the road this day. I am so grateful I did not hurt myself or others. I apologize to the courts, tribal police for they have much more pressing matters to deal with without having to watch out for offenders as myself. I also want to say that I am sorry and this will not ever happen again. With my family Grief Counseling and the grace of God, I'll make better choices and life change. And I will make every effort to follow our laws in the future. **Agnes Arthur.**

I am sorry I broke tribal law on or about the 31st of May on Hollywood Blvd. on the Shitke Creek Road. And for endangering D.S. and J.G.'s lives. I apologize to the public. I also want to say that I'm sorry. And I will make every effort to follow our laws in the future. **Christine Scott.**

I am sorry I broke tribal law on February 2008 by disorderly conduct at Kah-Nee-Tah. I apologize to all for my actions. I did my community service. I hope my wrong doing won't jeopardize my finding a job. I apologize to the Warm Springs Tribes. I am very sorry. Thank you for your time. And I will make every effort to follow our laws in the future. **Cheryl Heath.**

I am sorry I broke tribal law on May 31, 2008 by driving while intoxicated and not thinking of my actions, and hopefully I will not make the same mistakes again the future by endangering myself or others. I apologize to A.K. who was directly impacted by my actions. I would like to say that my thinking was unclear and I am glad that no one was hurt. I will make every effort to follow our laws in the future. Thank you for taking your time in reading my apology letter. **Jermayne Tuckta.**

I am sorry I broke tribal law on 2-22-08 by drinking beer and smoking from my bowl, possession of drug paraphernalia. I apologize to my wife and kids. Sorry for my actions. What happened was from alcohol. **Adwin Joseph Keo.**

I am sorry I broke tribal law on 6-14-08 by assaulting someone. I also would like to apologize to the Confederated Tribes of Warm Springs for my actions. I apologize to my family for any shame I caused them for my childish behavior and I'll make every effort not to disappoint you again. I'm attending an "anger resolution" every Tuesday. **Harley Andrews Sr.**

Workshop: Living Well with Chronic Conditions

Living Well with Chronic Conditions Workshop is now open for enrollment.

You may contact Katie Russell at 553-1196 ext. 4141 to sign up. Classes began this week, and are held at 5 p.m. at the clinic kitchen.

If you are interested in participating in learning how to better self-manage a chronic condition, this is an empowering workshop for you to better manage debilitating illnesses.

We are proud to announce that there are two new leaders who will be facilitating the upcoming Living Well with Chronic Conditions workshop. Katie Russell and Arlene Graham have attended the Stanford University training held in Bend to be facilitators.

Arlene also participated in the last six week workshop that was recently held by Jodi Fickett, Pinky Beymer and Maria Godines.

Arlene and Pinky live with a chronic condition and Maria is a care provider for an elder who has a chronic condition.

Through the workshop we teach problem solving, goal setting, and the ability to self-manage using action plans, mental relaxation cd's, visualization, breathing techniques, exercise,

and stress and pain management.

Participants in the last workshop were very pleased with the outcome of the workshop held last spring. We would like to share with you what one participant wrote to Dr. Creelman during week five of the workshop:

I have learned that I have some chronic medical conditions. I can let them defeat me or I can rise above them and learn to go on with my life.

Meeting with other people who also have chronic medical conditions has let me vent my frustrations and anger in a positive way. There are many ways to solve problems. Some times all you have to do is to brain storm to come up with new solutions.

Positive communication with family, friends and care givers can resolve guilty feelings when one can not always take part in activities. Using the 'I' statements can open up communication. When people communicate everyone comes out a winner.

Learning to deal with pain in a positive way can be hard to do. Relaxing and diverting the mind to other thoughts can help a lot. Letting others know, "I am sore today, I may need your help," lets family and friends know in a positive way how one feels.

One has to be informed about their medical conditions. One can read books or go online to learn about their medical conditions. He or she can question and talk to their doctors and pharmacists. Don't be afraid to ask a dumb question. Most doctors will be glad to talk with you.

Maintaining one's health with good diet, exercise and taking one's medication properly can help one to feel better both physically and mentally.

The Learning to Live with Chronic Conditions Workshop has been a learning experience for me. I can change my point of view and feel good about life. We will all have some dark days in our lives, but they make us appreciate the sunny days even more."

We look forward to new participants and we invite those who have attended the workshop before to come back again. If you are not sure if this workshop is for you, we ask that you come to the first workshop to see what we have to offer.

LWCC workshop is modeled on the Stanford University health management program. The workshop is free and is designed to teach people living with chronic conditions to self-manage their health and teach them how to talk with their doctor. Please contact Katie Russell at 553-1196 ext. 4141 to sign up.

Clinic offering certified phlebotomy class

The Warm Springs Health and Wellness Center is pleased to announce the schedule for the National Healthcareer Certified Phlebotomy class.

This class will teach participants how to draw blood. It will be held each Thursday after-

noon from 3:30-5 p.m. in the clinic kitchen conference room beginning August 7. The class will run for 10 weeks. Textbooks and study guidelines will be supplied.

The class is open to Indian Health Service and tribal employees and volunteers. A final

exam will be administered by the National Healthcareer Association. Passing the exam provides national certification as a Certified Phlebotomist.

For more information call the clinic at 553-1196, and ask for the lab (Jennie or George).

Wedding Announcement

Chester S. Tias & Harvianne I. Tobet
Son of (late) Wesley Tias & Ruth "Gooch" Tias
Daughter of Alex & Phyllis Tobet

Are pleased to announce their engagement.
The couple will be exchanging vows on September 6, 2008
at 2 p.m. At the Agency Longhouse in
Warm Springs, Oregon.

So please feel free to come and join us on this special day.

Space for Lease

The Plaza at Warm Springs Suite #5
Sandra Danzuka
(541) 553-3565
sdanzuka@wstribes.org

2008 PORTLAND TO COAST WALKING TEAM "WADING TO EXHALE" RAFFLE

Tickets are \$1 each or six for \$5. Need not be present to win. Drawing to be held July 31, 2008.

See the following people to get your tickets: Earlynne Squiemphen, Lynn Fluhr, Shari Marrazzo, Becky Hunt, Salena Sahme, Jolene Hintsala, Juanita Majel, Lauren Holliday, Bridgett Culpus, Denys White, Michele Stacona, Paula Miller.