

Setting goals, taking small steps and following through

By Selena Boise
Management Successor

As we reflect on the past year and move into the New Year, we remember any resolutions we may have made.

Did we reach our goals?

It is one thing to reach your final

goal, but if you were still moving toward your goal, it would still be considered a success. Where as, if you were still in the same place when you made the resolution, it would be failure.

Many people have similar goals like becoming organized, finishing those unfinished tasks or projects, and the most popular one, losing weight. Get down to that certain size.

If weight loss is your goal, you might want to consider the annual Biggest Loser Challenge that begins January 26. That would be an excellent starting place.

Small steps toward the ultimate goal are what seems work, because some people think they are getting nowhere and they give up. They think this because they are not getting instant results, or they can't see results.

Those unfinished tasks or whatever resolution you may have can work this way with small steps. Just about any resolution can work this way because after all you have a whole year to work toward your goal.

Practice some follow through, and before you know it you are closer to finishing that unfinished task or project, or losing weight. What ever your resolution may be.

So what kind of resolution is in store for the New Year? Think about what can be changed to improve your lifestyle and take those small steps and make it happen.

Because we are half way through January, already, you may have resolved to do something already. So good luck with your goals and remember, small steps. It works out for the best.

Same time next year find out how things went. Did your lifestyle improve for this year, or is your goal going to be continuous? We will see.

Toe Ness

There was this not-so-bright guy who wanted to be an elephant hunter, but he gave up the profession because he got too tired lugging around those huge decoys!

Letters to the Editor

VFW, Auxiliary

This is long time coming, but the VFW Post members and Ladies Auxiliary would like to say thank you to everyone that made the Veterans Day event so successful.

Thank you especially to the Cooks, Suzie Slockish and Nola Queaphama and the helpers. You did a fantastic job.

There was plenty of food for everyone and it was delicious. Thank you to the ones that donated decorations and helped decorate.

The parade was nice with a lot of dedicated Veteran families and supporters. We'd like to invite more community members and visitors to participate in the parade this year and make it even bigger.

During the meal, families are most welcome to make special presentations to their Veteran or just to let them know how thankful you are. Again, thank you to everyone that attended and especially to those that had positive, encouraging words. Happy New Year! **Kirby Heath, Sr., VFW Post Commander and Leminnie Smith, Ladies Auxiliary President.**

Dear patients

To our patients with diabetes:

The Warm Springs Model Diabetes Program would like to take this opportunity to say thank you.

We know that having diabetes asks a lot of you... and some days are not easy.

Your continued commitment to managing your health and life with diabetes is both awe inspiring and enlightening.

As health care providers we strive to bring the best of our knowledge and skills to help you stay healthy and well. We also realize that it is you, the patient, who actually does the day to day work of managing your health.

We diagnose, treat, prescribe, and provide education and support, but you are the ones who remember to take your medications, check a finger stick, or adjust your insulin every day.

You are the ones who get up every morning and decide to exercise. You are the ones who decide what to eat and when and how much. You are the ones who decide when you can self manage and when you need our help.

We want you to know that we appreciate the balance you achieve in your life with diabetes. It inspires us. It inspires others with diabetes. It teaches us how to be better health care providers and better patients ourselves. We learn from you

about motivation, commitment, balance, and strength.

We thank you for sharing your successes and struggles with us.

The Warm Springs Model Diabetes Program.

Appreciated

I would like to thank all of my family and friends who supported my grandmothers' fundraiser in December.

I was invited to speak at the Intertribal Agriculture Council in December 2008 in Las Vegas, Nev.

The IAC asked me to speak about being a successful youth with my cow herd. I learned a lot and met a lot of people in this business, so once again thank you for all of your support.

Tysen Green

Fundraiser

Congratulations to the following winners:

Christmas stockings: Eddie Jones, Tim Smith, Angelo Smith and Jeremiah Blackwofe. Pendleton blanket: Pamela Cardenas.

We would like to thank the following people for helping with the fundraiser (enchilada feed, Pendleton blanket raffle and indoor yard sale) held for Valerie Squiemphen on December 30, 2008 at the Warm Springs Presbyterian Church.

Dana Smith, Heather Martinez, Teri and Amanda Yazzie, Destry and Blaine Begay, John Williams, Lynn Fluhr, Ina Schuster, Earlynne Squiemphen, Toni Made, Marcia Soliz, Cindy Bobb, Noree Guerin and the most important person, Rita Squiemphen.

We would like to give a special thank-you to Pastor Rick for letting us use the church. And to Alan Hume the medic who took care of Val on the ambulance, we can't say enough than you's and also praise your efforts in taking care of her on the ambulance. Thank you so much.

All the heartfelt prayers that went nation wide has helped Val in her healing process and also with the family. Thank you to everyone!

Again, thank you for your support and well wishes. If we forgot to mention anyone, please accept our apologies. We plan on having future fundraisers for Val, so stay tuned... Much appreciation!

From the family of Valerie Squiemphen, Monica Leonard and family, Gary Sampson Jr. and family, Earl and Rita

Squiemphen, Earlynne Squiemphen and family, Sammi O'Reilly and family, Terry Squiemphen and family, CR Begay and family.

Sacagawea

From the great Shoshone Nation came a youth Indian maiden.

She was skillful in her speaking and her name Sacagawea.

There was planned an expedition from the middle of the country through the land of many Indians to the great Pacific Ocean.

They did need Sacagawea as a guide and to interpret, and convince the Indian people that this party came in peace.

How her heart was filled with gladness for the role would bring great honor.

Proud of her would be her people, speaking to the many chieftains.

The message she was told to speak was so welcomed by the chieftains. White father would be generous, better life for Indian Nations.

The words she spoke to all the chiefs of the white man and his leader she did believe with all her heart, compassion was her reason.

Sacagawea lead the way. They faced hardship and starvation. She had the skills to stay alive, much more than any men did.

She dug the Native roots for food when there was nothing left to eat.

Vast knowledge of the natural world, she spared the party from defeat.

Now Lewis and Clark did come to fame.

They succeeded with their venture. They would go down in history. The young girl was also mentioned.

Sacagawea made it safe. She was trusted by the Indians. Except for her they'd all be dead, and the expedition knew it.

Today her spirit does regret the words that she was told to

say.

She found she lied to all the chiefs. She only hopes they will forgive.

The Army drove them from their land. Imprisoned Indians they would be, confined to reservation land, no precious freedom would they see.

Sacagawea felt the shame, her willing part in that great lie. It was a great conspiracy and many Indian people died.

I think it would be good to pray. Her spirit needing to be free from all the guilt of yesterday. Be free for all eternity.

By Eino

Here again

This letter is to inform my children and the Natives of Warm Springs of my whereabouts. Yes, I'm in prison again. Nothing to be proud of I assure you.

I'm very embarrassed and ashamed of my actions and circumstances. But know you must, for the sake of the future, your name, your very livelihood. Look at my life, my actions, my circumstances as a bad example. Something—in your whole life—that you never, ever decide to replicate.

To you and all of Warm Springs, please accept my sincere apologies for putting you on front street like this. But know you must, my children, that I am your father and I am still here. I'm only a shadow to the people and mayhap to you also, but I believe that I can still be of help to you, if you can bring yourself to trust me again.

This place that I'm at offers me time to contemplate on bad decisions and irresponsibility in my life up to now, and it also offers answers and guidance for positive and constructive changes.

I've been wishy-washy enough, but, just so you know, I miss you all and love you all. And with your help and support while I'm incarcerated (letters, phone

calls, visits) I'll be able to get on my feet again. My relationship with D. has come to an end. So I find myself at the threshold of making a brand new start on a brand new day.

Here's my address for correspondence and please make sure my sid number is in plain sight and legible.

This is for one and all and all for one: CCCF, Tyree Stormbringer, sid no. 4689955, 24499 SW Grahams Ferry Road, PO Box 9000, Wilsonville, OR 97070.

May the Great Spirit bless and smile upon you this beautiful and special day. **Tyree Stormbringer.**

Please write

I am sending this letter so everyone will write to me and tell me how they are doing, so my family will know where I am.

And for you people out there saying lies about me (you know who you are), don't you think I wouldn't have to sit a whole year in jail, then sent away to do more time.

Well a lot of people got what they wanted because I'm here.

I never told on anybody, they all told on me and I don't plan on doing so. Saying those things about me can get me hurt really bad or worse where I am. So it would help if you didn't repeat rumors.

I don't know where these lies come from, I know what I am and what I'm not, moved away and come back to hear these, in my absence, it just got better and bigger.

All I can do is sit my time. There are still people out there who still have faith in me and I say thank you, I miss all of you and please write soon.

Faron L. Kalama, no. 733529, dorm 1 module 29, 11540 NE Inverness Dr., Portland, OR 97220.

Myths and facts about diabetes

By Elsie Howard
Diabetes Nurse Educator
Warm Springs Diabetes Program

If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Starchy foods are part of a healthy meal plan. What is important is the portion size.

Whole grain breads (one slice), cereals (one-half to three-quarter cup), pasta (half-cup cooked), rice (one-third cup cooked) and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks.

The key is serving size. For fresh vegetables, the serving size is one cup.

For cooked vegetables, the serving size is one-half cup.

For most people with diabetes, having three to four servings of carbohydrate-containing foods is about right.

Whole grain starchy foods are also a good source of fiber, which helps keep the gut healthy.

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

Happy birthday, holiday and other wishes...

Happy Birthday to Gramma, we love you always and forever. xoxoxo. Your sweetheart Theyliab, your sunshine Praisia, your prince TeShaun and Devyn.

Happy Birthday to my Mother. Love you lots. Tiffiney and Emery.

Happy Birthday to Auntie Leah. Love, Paul.

Happy Birthday to my Mom. Love you. Trevern and Shelly.

Happy Birthday Shash. Love you. Leah, Tiffiney, Emery, Trevern, Shelly, Paul, Theyliab, Praisia, TeShaun, Devyn, Scooby, Midnight, Twinkle, and the fish.

Happy Birthday to Emery Yallup. Love you. Tiffiney and Theyliab.

Happy Birthday to my uncle-dad Emery. Love you lots from Praisia.

Happy Birthday to Emery

Yallup. Have a good one. Love from Leah, Trevern, Shelly, Paul, Devyn, Scooby, Midnight, Twinkle and the fish.

Happy Birthday uncle Emery from the prince TeShaun.

Happy 2nd Birthday to Trecee Graybael from Tiffiney, Theyliab, Praisia and Emery.

Happy Birthday to Johnny JR from Theyliab, Praisia, Tiffiney and Emery.

Happy Birthday Charles Scott. Love, Leah, Tiffiney, Emery, Trevern, Shelly, Paul, Theyliab, Praisia, TeShaun, Devyn, Scooby, Midnight, Twinkle, and the fish.

Happy Birthday Lucinda, hope you have a good one. Always your friend and sister, Selena.

Spilyay Tymoo
(Coyote News, Est. 1976)
Publisher Emeritus: Sid Miller
Editor: Dave McMechan
Management Successor: Selena T. Boise
Reporter: Leslie Mitts
Advertising Manager: Sam Howard
Media Advisor: Bill Rhoades

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.

Our offices are located in the white house at 1100 Wasco Street.

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Annual Subscription rates: Within U.S.: \$15.00.