

Words of Wisdom

Staying on schedule helps manage diabetes

By Cecil Tulee Sr.

I have been a diabetic for going on 26 years. I have type 2 diabetes.

I finally managed to get my blood sugar under control the last seven years. My blood sugar is 100 to 160, it varies every day.

To take care of my diabetes I stay on a schedule. What I do is check my blood sugar every day when I wake up and record my blood sugars in a journal. I have my journals since 1994.

Whatever my blood sugar is in the morning determines my insulin dose. I eat toast and



Cecil Tulee Sr.

drink coffee for breakfast, eat ramen noodles for lunch and a nice meal for dinner. I eat a lot of chicken. If I go to McDonalds now I order a

chicken sandwich. I like salads. It was hard to give up pizza.

Dr. Creelman has been my doctor for the last 25 years. He knows my history and health, I do not have to explain myself over and over.

Dr Creelman works with me, tells me what amounts of regular insulin and NPH insulin to take. He tells me what my quarterly progress is. Seeing him quarterly, that is what really works to know how your diabetes is doing.

I see Dr. Marilyn for my feet. Feet are number one. You need your feet to walk. Always

have on footwear. If you step on something you will not feel it. Injuries to feet and ankles take a lot longer to heal. Now I watch where I step.

Being unemployed and on disability is a burden. I buy just what I need and not more than I need. When I worked, my blood sugars were higher because I had more money and I bought more food. I can't splurge now.

(Article submitted by Jeri Kollen, RN, Certified Diabetes Educator, Warm Springs Model Diabetes Program.)

Economic stewardship initiative moves forward

By Clint Jacks and Teresa Hogue

The Tribal Council's economic stewardship initiative is moving forward on a number of fronts.

The initiative was approved by Tribal Council in July of 2010 with the goals of increasing tribal revenue, creating jobs and a skilled workforce, and to foster development of the private business sector.

There have been significant endeavors to date.

The Business Revolving Investment Fund, or BIRF, created a team of all tribal enterprise managers along with three Tribal Council members, a representative from Jefferson County's economic development focus and one tribal member at-large.

The mission of the team is to evaluate potential expansion of existing enterprises or to create new enterprises.

Three key projects

Out of the \$6 million allocated for the revolving loan fund the team has recommended funding three important tribal enterprises—bridge funding for

the new telco enterprise (\$750,000) that has allowed an early start of the project; \$2 million bridge funding to High Desert Resort and Casino for relocation of the casino along Highway 26; and recently the team has give a thumbs up to explore possible lease arrangements with the development of a gasification partnership located on the tribes' 5-acre Madras industrial site property.

All recommendations of the BIRF team go to the secretary-treasurer/chief executive officer, and to Tribal Council for the ultimate decision to advance a loan.

Having team members examine projects using their business expertise and knowledge provides valued information to decision makers and potential projects.

A number of additional projects are in the investigated stage at this time.

Capacity team

The capacity team was created to streamline and closely coordinate various economic and workforce development units of the tribe and the non-profit and profit sector.

The team brings together Tribal Planning, Workforce Development, the Warm Springs Economic Development Corporation (Ventures), grant development, and from the private non-profit sector the Warm Springs Community Action Team.

All team members have been actively involved with some portion of economic development for years, but by working together they are significantly moving a number of important basic building blocks forward that will provide a foundation for creating a vibrant economic climate.

Projects include the completion of the commercial code; providing a more business friendly liability/bonding requirement for small businesses; and conducting the Warm Springs market analysis regarding what will aid small business owners/entrepreneurs to understand the size and scope of potential opportunities to provide services for the tribe and enterprises.

The team created a small business center that will officially open at end of this month.

The center is to provide various services as individuals and businesses build assets and skills.

The capacity team funded the Warm Springs Community Development Financial Institution for small business loans (actively taking loan applications), providing a better understanding of workforce needs and skills of enterprises and training to meet those needs, hiring an overall economic stewardship coordinator (currently in process), and is ramping up efforts on the first phase of a town center.

The team has \$2 million allocated by Tribal Council and to date has accessed \$700,000. All proposed projects are sent by the capacity team to the secretary-treasurer/CEO's office for approval.

the capacity team reports every six months to Tribal Council.

Tribal Council also designated \$2 million revolving loan fund to advance the private business sector.

A specific proposal will be presented to Council in October that will outline how the fund will be managed, criteria of fund, working relationship between Tribal Credit and Warm Springs CDFI for small businesses.

TeleCo Corner

Challenge, goal to bring service to rural reservations

by Marsha Spellman
Marketing & Regulatory
Director, WSTC

Last week, I spent a few days in New Mexico, a beautiful part of the country, with the National Tribal Telecom Association.

This group represents the nine tribally owned telecommunications companies in the U.S., including the brand new Confederated Tribes of Warm Springs' company, Warm Springs Telecom (WST).

Primarily, the National Tribal Telecom Association (NTTA) is a political organization that represents the interests of the tribal telecom companies at the Federal Communications Commission (FCC).

This is critical for the tribal telecom companies as this is a heady time for telecommunications regulations at the FCC, where big changes are underway; changes that will affect the way telecommunications companies are able to do business into the future.

The biggest change to telephone regulations is the proposed change to how rural companies will be subsidized to equalize the cost of telecom service for all Americans.

Since 1934 when the original Telecommunications Act was written, there has been a small surcharge to the bills of everyone who has a telephone line, called the Universal Service Fund (USF). (The charge can be found on the bottom of your phone bill.)

When this fund was created, the federal government decided that all Americans should have a telephone. However, the cost to provide service throughout rural America would be extremely expensive, if not prohibitive, as the lack of density in the

rural areas would make the cost to provide each telephone line exorbitant.

In order to enable rural Americans to have a phone at a reasonable cost, they created this fund to help defray the great expense that small rural companies were facing to build out their networks throughout rural America.

Industry changes

Nowadays, as everyone knows, there are a lot of changes underway in the world of telecommunications.

First, there is a migration of many people away from landlines to cell phones. Secondly, high-speed, or broadband internet has become the next critical infrastructure.

The policy people at the FCC and state utility commissions have realized that there has to be a change in how networks are built and paid for, so that the rural parts of America are not left behind in educational opportunities, health care and job creation.

These two big issues have forced the need to change the funding mechanism that rural telecom companies have relied on for all these years.

The FCC is now moving from funding rural companies from the cost of each telephone line, to the cost of providing a subsidy for each broadband line, changing the USF to the CAF—the Connect America Fund. While the change is inevitable, these changes present many challenges.

While tribal lands are also rural and face many of the same issues as the rural telecom companies, tribal telecom companies and tribal lands have special needs and the NTTA is the only organization that is representing the needs of tribes.

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Remembering Warren "Rudy" Sta-Xo-Iai" Clements

(Note, this article by Anna Clement is continued from the previous Spilyay, remembering Warren R. Clements.)

March 24, 2007, Hilton Hotel in Portland: Lifetime Achievement Award, sponsored by the Museum at Warm Springs. The museum honored Rudy with this prestigious award. We, the family, were honored and moved. Thank you to the museum. Former Gov. Vic Atiyeh presented the award for Rudy, calling him a good friend and a leader who worked tirelessly for the tribe and their culture. In choosing Rudy for the award the museum pointed out that Rudy truly inspired all who had the privilege to know him. "He was a blessing to the people of the Warm Springs tribes." Rudy was also one of the first museum board members. Jake Frank, age 5, performed the Eagle Dance to honor his grandpa. Thank you Margie Tuckta for narration, also doing the drumming and singing were Carlos Calica, late Cal and Kyle Queahpama. They donned war bonnets, which was very outstanding, colorful for this occasion. We truly appreciate the gifts received: From Umatilla tribe (Bobbie Conner), a beautiful Celilo Pendleton

blanket; from the museum at fringed shawl; from the Warm Springs Tribes (Tribal Council), beaded items (beaded necklace with matching earrings); and lastly from Gov. Atiyeh, a beautiful clutch purse, and we can't thank enough for all those who came and gave support, especially my Queahpama family, the Greene family (sisters Norene, Sandra, Margie), and the Clements family, Mike and Maxine, Grant, Rudy George and Sheilah.

Oct. 29, 2007, Kah-Nee-Ta, Rudy Clements Memorial Luncheon/Presentation of Custom Made Pendleton Blankets. The family, Anna, Shayla and Jake, felt that there needed to be some kind of token of appreciation to all of the special people in Rudy's life, such as those who served with him on numerous boards (state, federal, tribal, other tribes), commissions, service groups and various committees; and those who served under his leadership as a supervisor, director, and manager of different tribal departments. And of course his family, friends and relatives. And those who participated with him in sports, as teammates, and as athletes he coached; and in all other phases of his life. Thank

you Eva Montee, as MC. What a great job. Also, thank you Garland Brunoe for the blessing, and Floyd Calica for his assistance in the presentation of the blankets. Wonderful words were spoken, as each received their blankets and shared their memories of Rudy. Blankets were presented to:

Kah-Nee-Ta board, Chairman Ken Smith, who was Rudy's classmate in boarding school, high school and college. Rudy was chairman of the board and served with each of the following members: Vic Atiyeh, served on Commission on Indian Services, with Rudy, other state committees, and a very close friend; Lynn Davis, Dick Donaca, Celeste Whitewolf, Ray Potter. Kah-Nee-Ta board, Gerald Smith.

Museum at Warm Springs board: Rudy served as chairman of the board. Roberta Kirk accepted the blanket for display at the museum.

Community Center: Rudy served as first Community Center director. Austin Greene accepted the blanket for display at the center.

Senior Department: Rudy supported activities of the Senior Program. Lucille accepted the blanket to display at the Senior building.

Tribal Council: Councilman Ron Suppah and Rudy worked together on many tribal issues. Chief Joe Moses and Rudy worked together on gaming issues.

Education Department, Wendell Jim, department director, accepted the blanket.

Dr. Creelman, IHS. Tom was Rudy's doctor, and took care of Rudy throughout his illness.

BIA Portland Office, Stan Speaks. Rudy worked with Stan, especially on gaming issues.

Karnopp Petersen law offices: Rudy worked and travelled with attorneys on tribal issues and especially gaming.

Cascade Locks, Roger Freeman, mayor: Rudy worked with the Cascade Locks community on gaming.

The Siletz Tribe, Dee Pigsey: Rudy was a friend of the Siletz Tribe. When called upon to be a speaker, for training or cultural presentations, he was willing.

Umatilla Tribe, Antone Minthorn: Rudy worked with the Umatilla Tribe and Antone on many tribal issues.

Nat and Mavis Shaw: Rudy was a co-worker in the Public Relations Department with Nat. Rudy was director, heading up the Spilyay, KWSO and print shop, working on the tribes' an-

nual reports, all with Nat's help. Rudy supported Mavis at the fish hatchery.

Floyd Calica: Rudy hired Floyd to assist him in gaming, which he is still doing today.

Eagle Watch, Paul Patton: Rudy was called upon by Paul to do cultural and traditional presentations on song and dance, and as speaker on eagles at Eagle Watch. Rudy was willing, and became close with Paul.

Joe Badoni: Rudy supervised Joe in the printing department. Rudy saw how Joe worked hard and never complained, especially at meeting deadlines.

Jeff Ford: Rudy was the committee to hire Jeff as casino manager.

Greg Leo: Worked with Rudy on gaming.

Garland Brunoe: Worked with Rudy on many tribal issues, and was a good friend.

Arlene Boileau: Rudy received a lot of support from Arlene.

Urbana Ross and Ed Manion: Rudy served with Ed on the Kah-Nee-Ta board, and they were good friends.

Jody Calica: Worked with Rudy on tribal issues.

Charles Jackson: Worked with Rudy on tribal issues.

KWSO: Rudy was director. Spilyay: director.

Mike Mason: Rudy served as chairman on the first Commission on Indian Services. Mike accepted for display at the commission at the State Capitol in Salem.

Bill Marlette: Rudy worked and served on the High Desert Museum board.

Vince and Reba Powell: Rudy hired Vince to assist with the Culture Camp one summer, and became close friends with Vince and Reba.

Jacob Frank Sr.: Has been close friends since childhood and worked together on many tribal issues.

Teeny Miller: Accepted blanket for Tribal Council for display.

Margie Tuckta: Accepted blanket for the casino at the Gorge, for display there.

Eva Montee: Rudy hired Eva as aerobics instructor at the Community Center. Eva became close friends.

Gov. Ted Kulongoski: Selected June 25, 2006 as W.R. Clements Day.

Chief Delvis Heath: for and awarded to Jacoby Ellsbury.

Ken Scabbyrobe: Good friend.

Ed Ben: Siletz former councilman.