

Words of Wisdom

Diabetes prevention begins with youth

(Jeri Kollen of the IHS Warm Springs Diabetes Program recently asked Faye Waheneka for her thoughts about diabetes and its prevention. The following is her response:)



Faye Waheneka

We should make our youth more aware of exercise, what foods are good, about chewing more and having smaller portions.

It is important to learn to read labels. ECE would be a good place to learn this.

Physical exercise is very important, the old fashion

way like jumping rope and hop scotch, instead of machines to walk or ride a bike. Outdoors is the best with

fresh air.

In boarding school we played line games like 'Red Rover Red Rover Send John Right Over.'

Learn breathing exercise. Breathe right when walking, inhale and exhale. Posture when walking is very important. Video games have made the kids too lazy, they need physical games.

When I was growing up my grandmother taught us that the day began when the sun came up and we would rest when the sun went down. As soon as I was old enough, I did chores every day before I could play. My

duties were to rake the wood pile, carry water, bring in kitchen wood, and clean the barn.

There were days of the week we did certain jobs. Thursday was the day to clean the car; another day was to cut grass. We used to clean along the highway by our house.

Being physically active and eating right would do a lot to prevent diabetes.

You do not have to be fat to get diabetes. A lot of the time diabetes is caused by stress. Stress at school, at work especially and at home.

Bingo Friday at Diabetes Program

The Warm Springs Diabetes Prevention Program will host Bingo this Friday, Sept. 21 at noon.

Come by the program office, on Warm Springs Street across from the Presbyterian Church on Campus, for a

quick game.

There will also be a healthy lunch. Feel free to bring a co-worker or two. For more information call 541-553-7718.

Please note, prizes and screening are for people 18 years and older.

Java Jump Start in W.S.

The Warm Springs Area Chamber of Commerce invites you to stop by for coffee at The Warm Springs Museum this Thursday, Sept. 20, from 8-9 a.m.

There will be a brief presentation by the museum

staff, followed by great conversation with your local neighbors.

The Warm Springs Area of Commerce next regular meeting will be in October at 1136 Piate Avenue. For further details check the next Spilyay.

Deer Ridge inmates host 2nd Powwow

The Native American inmates at Deer Ridge state correctional facility near Madras held their Second Annual Powwow earlier this month.

Oregon tribes represented at the powwow included the Nez Perce, Klamath, Modoc, Grand Ronde, Burns-Paiute, and Siletz. At the powwow this year there were no Warm Springs tribal member inmates. The tribes did donate salmon for the powwow.

Also, one inmate, from another tribe, was married



Dave McMechan/Spilyay

into the Warm Springs tribe. About 27 inmates and guests (pictured) attended the powwow this year at Deer Ridge.



Youth, family center hosting powwow

The Native American Youth and Family Center in Portland will host the Neerchokikoo Powwow on Friday and Saturday, Sept. 21-22. The center is located at 5135 N.E. Columbia Blvd. The powwow honors veterans and volunteers.

Gourd Dance will begin at 11 a.m. on Friday. There will be a mural unveiling at 6:30 p.m. Grand entry is at 7 p.m.

Gourd Dance starts at 10 a.m. on Saturday, with grand entries at 1 and 7 p.m. Volunteers will be honored at 5 p.m. Veterans will be honored at 7:30 p.m. Vendors coordinator is Theresa Smith, 503-288-8177 ext. 221.

For more information, see NAYA on Facebook, or call 503-288-8177. Or go to: nayapdx.org.

California tribal group wants rules for off-reservation casinos

The California Tribal Business Alliance, a group that represents three tribes, is calling for "strict guidelines" for future off-reservation casino projects.

The business alliance (CTBA) opposes an off-reservation casino for the North Fork Rancheria of Mono Indians. The group claims the project will only benefit a Las Vegas developer.

"This is no longer about tribes being self-sufficient on their own terms and on their own land. This is about investors trying to make money off a profitable industry on their terms," CTBA Chairwoman Leslie Lohse said in a press release.

Lohse said Gov. Jerry Brown (D) should work with tribes to develop guidelines that include "distance limitations" on new casinos. The press release didn't specify a number—the North Fork gaming site is about 36 miles from its headquarters.

CTBA's members include the Lytton Band of Pomo Indians. Rather than go

through the land-into-trust process that the North Fork Rancheria followed, the tribe opened an off-reservation casino on land that was acquired under an act of Congress.

The San Pablo Lytton Casino is nearly 60 miles from the tribe's office.

Another member, the Paskenta Band of Nomlaki Indians, opened a casino on land in connection with an act of Congress that restored the tribe to federal recognition. The acquisition was mandatory so the tribe did not need to go through the same federal review process as the North Fork Rancheria and it did not require state approval either.

The Rolling Hills Casino is only about 10 miles from the tribe's office.

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River tribes announce Measure 81 opposition

The Columbia River treaty fishing tribes announced their opposition to Oregon Ballot Measure 81.

Resolutions passed by the governing bodies of the Warm Springs, Yakama, Umatilla and Nez Perce tribes cite the measure's lack of emphasis on rebuilding abundant, sustainable salmon populations.

"Ballot Measure 81 does not save fish or fishing communities," said N. Kathryn Brigham, chairwoman of the Columbia River Inter-Tribal Fish Commission (CRITFC). "All it does is reshuffle who gets to catch the fish in the Lower Columbia," Brigham said. "It doesn't change how many fish can be caught, and it doesn't help rebuild salmon runs."

Tribal, state and federal co-managers, she said, carefully balance sport, commercial and tribal fisheries with successful restoration efforts that are rebuilding upriver salmon runs.

"We have fought over fisheries allocations in the past," Brigham said, "and fighting over who gets to catch the fish doesn't help build the necessary partnerships we need to restore and protect salmon."

She said, "This ballot measure is just an allocation fight in the lower river, but it also distracts from the goal of de-

Tribes cite lack of emphasis on rebuilding abundant, sustainable salmon populations...

veloping healthy and sustainable salmon populations throughout the Columbia River Basin."

For over thirty years, the tribes have been working to put fish back in the rivers and protect the watersheds where fish live. They developed management plans that have been conserving and improving tens of thousands of acres of salmon habitat, and using hatcheries as wild salmon nurseries that are designed to improve juvenile survival and increase returns of naturally spawning salmon to healthy habitat over time.

These cooperative efforts are working, Brigham said. As examples:

Wild spring chinook salmon are returning to restored ecosystems in the Umatilla, Walla Walla, Yakima, and Klickitat basins.

Coho in the Wenatchee, Yakama, Clearwater and Umatilla rivers in Washington, Oregon and Idaho are now abundant due to the tribes' efforts.

In the Snake River basin, the fall run of chinook has been brought back from the brink of extinction. In 1990, only 78 wild fall chinook crossed Lower Granite Dam. Last year, more than 10,000 wild fall chinook passed that dam.

"While we still have a lot of work to do, it is clear from the data that salmon runs are rebuilding in the Columbia River Basin," said Brigham.

"We all need to be working together to rebuild abundance. That is the only way we will truly be successful."

The tribes' fisheries co-management authority is protected under the treaties signed in 1855 that reserved the right of taking fish at all usual and accustomed places.

The U.S. Supreme Court has confirmed these rights in seven separate cases spanning more than 100 years.

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