

Ideas on keeping revenue on reservation

By Yvonne Iverson

In the last issue the "Waterfall Plan" was discussed, and it suggest that we need to bring in more revenue so the waterfall doesn't dry up. Well, what about plugging the leaks?

Spilyay Speaks

We have so much money leaking off the reservation that we couldn't possibly plug them all, but we need to start somewhere.

For the last two days I have been stopped by non-tribal member flaggers for some work being done along Highway 3.

I know that we have tribal members who are certified flaggers, and it may just be for a few days of work, but it is better than nothing. It seems wasteful to have to pay flaggers from off the reservation who probably had to travel here and stay in a hotel, when we have local folks that could do that work.

That is just a very small leak at the surface that we can see, but what will be done about the underground gushers that are hidden from view?

It would be nice to bring in new revenue to the reservation, but we also need to keep as much money here on the reservation as we can.

The three agencies nominated candidates from their districts on Monday evening, maybe some new ideas will emerge in the coming weeks.

For help

The Warm Springs Community Counseling Center staff would like to extend their gratitude to the following community members who helped with the relocation:

Robert Heath, John Marcum, Jeremiah Miller, Rolin Morning Owl, Francise Sorrellhorse, Flint Scott, Samuel Scott, Brandon "Blue" Surface, Wesley Teeman, Dolan Waheneka Jr., and the Trustees at the Warm Springs Corrections Department.

Thank you all for your hard work, dedication and laughter during our move!

WSCCC staff

Letters to the editor

Native artists

Attention artists: The Julyamsh Powwow will present the Painted Face American Indian Art Show and Auction, July 26-28, at the Greyhound Park at Post Falls, Idaho. There is \$6,000 in prize money for participating artists.

All participants must be a member of a federally recognized tribe, submit tribal identification with application, and must be 18 years or older. Artists must also have a booth space to participate in the competition. Submit \$150 deposit to reserve space. This will be reimbursed upon arrival. The deadline is no later than Friday, April 12.

For information contact Shaina Nomee at 800-523-2464 x7408. Or email: snomee@cdacasino.com

You can also go to julyamsh.com

The auction is a fundraiser for Shriners Hospital.

Apology

To Warm Springs Ventures and the Warm Springs, I would like to say I am sorry what I did on January 21, 2013. I burned the teepee down by the Indian Head Casino. I don't know why I did that. I was drunk and made a very wrong choice. My charges were disorderly conduct, injury to public property, trespass, with arson.

I got 180 days with 178 suspended, \$1,000 fine, and this apology letter. I will be paying for the teepee that I burned up. The total of that is \$1,312. I also got six months bench probation. I don't know why I burned up a teepee. That is the dumbest thing I've ever done in my life. So once again, I am sorry for doing that. Apology to the Indian Head Casino for trespassing too. So again, Sorry.

Jimmy J. Tohet Jr.

Hope to hear

Look, listen, hear and share—how easy is that? Some things have changed, like no grandparents alive or daughters, brothers aunts, uncles, fathers and mothers; so heal the wounded just by being there.

That's what I learned to hear, the stories of many people told during my lifetime growing up. We are alone but not alone. Look, listen, hear and share the future.

I'm alive. Let's get real, why separate from each other, why hurt and hate, cheat and lie, doesn't that get old? Too many reasons for feelings of affection.

To Whom It May Concern:

Could you please send Garrett Suppah a how-you-doing? He misses people there and gets bored from time to time. He's moving along in the process to be able to move around. He misses the laughing. Just lift his spirit up by sending a card or letter. You can write him at:

Port Haven Health Care Center, Garrett Suppah, Rm 161; 5330 NE Prescott St., Portland, OR 97218.

Thanks to friends, great to know.

Native flutes event in May



Courtesy photo.

Native flute players plan May gathering

The Gathering of Flutes by the River is set for May 31-June 2 at the HeHe Longhouse. All are welcome.

Camping is available at the longhouse. This is a drug- and alcohol-free

event.

For more information contact: Ko-Na Foster Kalama 541-325-3797; or Becky Dudney 541-325-3854; or Jeremy Baer 425-750-1028.

Sanitation Reminder

Dumpsters are paid for by individuals or businesses, please do not dump your household garbage in them.

Use a transfer station instead or go to the landfill.

For questions contact Nancy Collins at 541-553-4943

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Call 541-385-6944 on Monday, Tuesday, and Thursday mornings between 10 a.m. and noon, or on Tuesday and Thursday 1 p.m. and 3 p.m.

Healthy Lifestyle Profile

Success story through Diabetes Prevention Program

Individuals diagnosed with pre-diabetes have glucose levels that are higher than normal but not high enough to indicate diabetes.

If you have pre-diabetes, you're at high risk of developing type 2 diabetes as well as other serious medical problems associated with diabetes, including heart disease and stroke.

With pre-diabetes, you are at a 50 percent higher risk of heart disease and stroke than someone who does not have pre-diabetes.

According to the Centers for Disease Control and Prevention, diabetes is the seventh leading cause of death in the U.S.

This statistic appeared credible to Diabetes Prevention Program participant Brad Donahue, who knew all too well about the serious health complications related to diabetes.

Motive to change

Three years ago Brad was diagnosed with pre-diabetes and joined the Diabetes Prevention Program.

He has worked very hard to make healthy lifestyle changes, yet has also maintained these changes to decrease his chances of developing type 2 diabetes.



Brad Donahue

He was asked recently what motivated him to join or accept the invitation to join the program.

"My dad passed away from diabetes," Brad said, "so I have been screened all my life. Then at one point I woke up and realized my life was in jeopardy and weight was getting out of control.

"I knew there had to be a change," he said. "The Diabetes Prevention Program seemed like a good fit to achieving some smart goals. So I took a chance, gave it a try and don't regret it one bit."

One of his challenges while participating in the program was staying committed.

"Like others, I have started diets or workout plans, and then stopped after a month or two," Brad says. "With this program you have to attend

the classes weekly, and do a weigh-in, so that was tremendous help."

He was asked what were some of the other healthy changes he has made.

"Eating healthy, drinking water daily, and working out with no excuses," he says. "I have never ate a lot of veggies in life but I learned to try different vegetables and salads, and found out I liked them.

"I know people get tired of drinking water, so I use crystal light flavor packs to freshen it up. I have a daily workout plan and stick to it."

Healthy path

Brad says the Diabetes Prevention Program has assisted him in reaching his goals by "always being there, and helping me gain knowledge where I lacked it in having healthy choices while eating and working out.

"I sometimes thought I was too busy to workout," Brad says, "but that did not get me anywhere, and I always stayed on the same track, as my health was going downhill. I guess you could say they woke me up and started me on the right path."

His favorite part about the Diabetes Prevention Program is the coaching. His former

coach Montell Elliott was a big help, always checking in on him and having someone to talk to about his struggles.

Incentives were also a great part of the program, helping in reaching towards goals and feeling good about reaching them.

Brad has lost weight since joining the program, and has also been successful at keeping the weight off for the past two years now. And he is striving toward a new, lower weight goal.

Brad plans to continue his healthy lifestyle balance by working out every day—"No if's, and's or but's about it. And I look forward to it."

Brad's advice for the people in the community regarding the prevention of diabetes is as follows:

"Realize that we are all capable of living and eating right, if we put our minds to it. I'm not saying you have to give up everything you like to eat, but just realize how hard you have to work to take it off.

"It is defiantly a lifestyle that is worth the time and commitment. You have to give up your wants of sweets and unhealthy foods, but your body will thank you in the long run!"

Indian Business Talk

A written business plan is a key to financing, and success

By Bruce Engle
Loan officer
W.S. Credit Enterprise

Ben Franklin suggested: *If you would not be forgotten when you are dead and rotten;*

Either write things worth reading;

Or, do things worth the writing.

Successful business people have usually done both! They have a business plan. They probably wrote it before going into business.

They had to have written it if they needed start-up financing.

They review it periodically and have updated it when needed. They keep accurate

books and may print out quarterly or semi-annual, as well as annual financial statements.

The financial statements are a must for subsequent loan applications and IRS.

Successful lenders will review the business plan, analyze the financials, and pull credit reports to see if the business is worthy of receiving a loan. The lender will qualify both the business and its owner.

With loan approval comes more writing and doing.

If a loan can't be approved, a helpful lender may sometimes tell the prospective borrower where he or she sees problems in the business operations that need to be

fixed before another loan application could be considered.

Their comments will be somewhat general rather than specific because they might be sued if they make recommendations that don't work as intended or suggested. That has happened.

That's where business "consultants" come in.

Sometimes advice is free. The Community Action Team and I don't charge for our services. Other business operators and various trade associations can often be helpful. If your business is large enough and needs a specialist, you might consider hiring a formal consultant.

But, remember, they don't come cheap. Their value to you will be a function of their track record.

Always interview a prospective consultant before deciding to work with her or him. Trust and confidence in their willingness and ability to do a professional job for you are important considerations. Get references. Call some of their previous clients and ask questions. Spend time before money.

A consultant will produce a formal written report or plan and the business person gets to work the plan.

There it is again—writing things worth reading or doing things worth the writing.

Spilyay Tymoo
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