

Letters to the editor

Heart Smart

Thanks to the following people who assisted with the Twenty-First Annual Heart Smart Health Fair and Dinner:

Cameron Coker, Alliance Prosthetics and Orthotics; Evelyn Aguilar, Community Health Education Team. Rosanna Jackson, Rachel Macy, Scott Kalama, Andy Leonard and TJ Foltz, Tribal Prevention Program; Montell Elliott, Amanda Sanchez, Stephanie Hurtado, Joy Ramirez, IHS Diabetes Prevention Program; LCDR Juanita Simpson, IHS Dental Program; Roopa Puri, Tribal Nutrition Program; June Smith, Boys and Girls Club; William Craig and Rose Mary Alarcon, Warm Springs Library; Patricia Smith, Jefferson County Library; Marina Rogers, Girls Advisory Committee; Katie Russell, Jacklene Light, Sophia Williams, Lori Mitchell, Sara Scott, and Maria Lopez, Tribal Community Health; Dee Gordon and Rose Rudder, IHS Healthy Feet Program; LT Jessie Casberg and Emily Cowan IHS Pharmacy; Ashley Aguilar, OSU Extension; Shawnetta Yahtin, social worker; Joe Marmo, Vocational Rehabilitation; Janell Wallulatum, Victims of Crime Services; and Marina Rogers.

Volunteers: Chris Zacarias, Michelle Miller & Shawn Winsor, Medical Clinic; MC (Master of Ceremonies) Edmund Francis, Community Wellness Coordinator; Arlene Bryant, Sammy Bruisedhead & 3 of her children, community members; Janine Kalama, Sr. Center. We really appreciated the drummers who came, thank you. And we enjoyed the entertainment by Clem Picard, Casey Green and Tim Wainanwit.

The traditional dinner was prepared by head cook Nola Queahpama who was assisted by Billy Joe Heath, Jessie Adams, and several other community members.

Thanks to the students at ECE and their teachers for the great decorations that they provide every year!

Thanks to Natural Resources for providing the delicious and healthy salmon again this year!

Many other community members assisted with setting up for and cleaning up after the event.

A special thank you to Kathleen Spaulding for organizing this year's dinner. The dinner was dedicated in memory of Michael E. Spaulding who volunteered his time every year from 1998 until his unfortunate passing in 2012. Without Michael's dedication, the Heart Smart Dinner would not have grown into such a special community event that brings families together to celebrate tradition and healthy living. Kirstie Morrison recited a special dedication in honor and remembrance of her grandfather.

The dinner and health fair were a great success with over 225 community members of all ages in attendance. The food and entertainment were both outstanding.

We look forward to seeing you next year for the 22nd Annual Heart Smart Dinner and Health Fair! Please call us at 553-2478 if we can assist you with education or treatment related to diabetes.

Sincerely,
IHS Warm Springs Diabetes Program

For veterans

The Peaceful Spirit Outing returns to Warm Springs in June. The Peaceful Spirit Outing honors our wounded warriors through fly-fishing and cultural sharing.

This year the event will be on June 6, 7 and 8 at Lower Dry Creek. The event is hosted by the Tiliute Injun Guides.

The organizers are calling for fishing guides, volunteers and donations to honor the veterans. They are welcoming fly-fishing volunteers willing to guide a veteran. Donations of time, tackle, food and funding are welcome.

Teepees are available, first-come first-serve. Lots of

room available for self-contained RVs and tents. Accommodations also available at Kah-Nee-Ta Resort. For donation and volunteer information, call:

Casey Green at 541-325-2147; or email: kergreen@netzero.net

Thank you to the sponsors and donors of the 2012-13 events: Warm Springs Tribal Council, Bullet Rentals, Warm Springs Market, Warm Springs Fire Management, Warm Springs Fisheries, Erickson's Market, Vancouver and Bend PHW chapters.

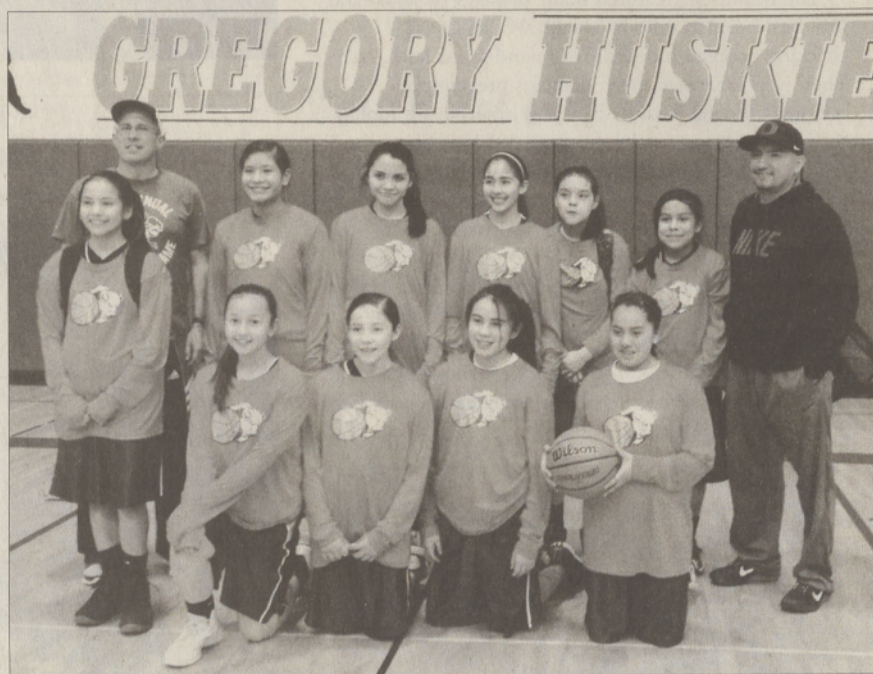
This is a drug- and alcohol-free event.

Our tribe

There is grave concerns about our Tribe. Our people see continued appointments of employees in critical jobs who have no knowledge of our Tribal way of life. The longterm effect is eroding our sovereignty and the welfare of our tribal people. I would like recommend that we modify our Constitution and By-laws.

No person shall serve in a leadership position that includes Chieftainship, Council member, Committee member, Secretary/Treasurer, Judge or Culturally Sensitive Jobs and outside appointments unless the following criteria is in their personal history: 1) Automatic enrollment thru blood quantum 2) Abided by traditional law by having all their ceremonies (Baby Board Ceremony, Indian Name, First Foods Ceremonies, Drumline Ceremony) 3) Descendant of the Treaty Tribes 4) Married to another Indian who is a member of recognized federal tribe 5) Participate in

JCMS team at tourney



Courtesy photo. Coach Brett Whipple, Gracie Whiteplume, Annie Whipple, Erika Olivera, Laila Smith, Vanessa Suppah, Jake Suppah (back row from left); and Niyallee Cochran, Jalandey Suppah, Mary Olney, Chloe Smith and Jackie Zamora-Heath (front from left).

Congratulations to the seventh-grade girls team from Jefferson County Middle School.

They placed third in the

Oregon Middle School State Championships silver bracket.

The JCMS girls defeated Wilsonville 45-40 in the third-

place game. All the girls on the team except one are from the Warm Springs community.

their inherited traditional responsibility (digger/undertaker/drummer/hunter/regalia maker, etc.) 6) Candidates must provide this tribal history if nominated or apply for office and prior to any appointment to any outside board/committee, including criminal history. 7) Chiefs will be elected each council cycle. 8) No leader shall utilize alcohol or illegal drug.

In our Tribal History, this was never an issue because we lived within our tribal way of life and our Tribe flourished and was a leader in all

of Indian Country in all things. Tii-now-wit = Indian way of life. Today, in more recent generations, leaders have no knowledge or participation in our tribal practices. **The old people reminded all our generations, unless our people embrace our tribal life, all will be lost.** That concept is coming into fruition because membership have turned their away from tribal life, although they benefit from being born and Indian person and into this Tribe. Now, Warm Springs has no clout and seen as a passive Tribe. We are Ushnah-wy' = Pitiful/Meek.

Without the membership of our Tribe no person would have received per capita, bonus, employment preference, tribal education scholarships. Without our treaty of the Wasco and Warm Springs Peoples, there would be no hunting or gathering of foods or protection of our Unwritten Laws or tribal businesses and governments. The people are forgetting the importance of being born an Indian, so now we elect people who are not familiar with being an Indian nor have the blood quantum for enrollment, so in turn an outside practice are utilized and abused and that evil entity is called "politics".

Politics drives person to advance themselves, not to advance our People. Politics put value on money filling individual pockets, not on

those who are trying to survive without money. Politics values silence and averting eyes away from wrongdoing and integrity is lost. Politics drives people to their knees and empowers bad deeds. Politics was never a part of Indian Leadership. Tii-now-wit is our leadership ideal.

Nye, **Leona A. Ike-Smith**

Birth

Tyron E. Johnson and LaToya L. Zacarias of Madras are pleased to announce the birth of their son Trayvon, born on March 5, 2014.

Trayvon joins brother Jermaine, 10; and sister Alayah, 3.

Grandparent on the father's side is Cheryl Norton of Burns.

Grandparent on the mother's side is Adelita Zacarias of Madras.

Faron Lynn Kalama Memorial

There will be a Memorial for **Faron Lynn Kalama** - Indian Name "Winds Howling As They Travel"—on April 19, 2014 at the Simnasho Longhouse with Stone-Setting at 9 a.m. at the Simnasho Cemetery.

A birthday thanks



Courtesy Martha Winishut. Janice Satanus (left) and Helen Smartlowit at Wildhorse.

Thank you to all those who wished me a Happy Seventy-Fifth Birthday on February 20, and to those

who attended the celebration at Wildhorse Resort on March 1.

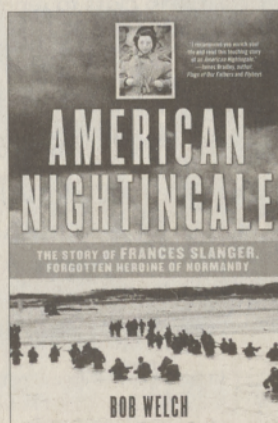
Helen Smartlowit

Author of WWII biography visiting W.S. in early April

The Warm Springs Library will host a visit from author Bob Welch on April 4, at 5:30 p.m. Welch is the author of *American Nightingale*.

Welch is an award-winning journalist from Eugene, and has written seven books. He will be at the Warm Springs Library for a presentation on *American Nightingale*, a highly-praised biography.

The book tells the story of Frances Slaner, a forgotten heroine of World War II who



was killed at Normandy beach. She was serving as an Army nurse.

American Nightingale has received high praise. According to one review: "Bob Welch achieves something rare among works of military history: He brings one person, a single extraordinary person, to vivid life up on the page."

For more information on the Community Read in Warm Springs, call the library at 541-553-1078. Thank you

to the sponsors: Madras High School Graphics and Designs & Media Program; Jefferson County Library District; Mountain Photo and Graphics; and the Adele and Sumner Rodriguez Fund of the Oregon Community Foundation.

Welch will also be at the Art Adventure Gallery on April 3; the Rodriguez Annex in Madras at April.

Memorial and Name Giving

The Muriel C. Suppah and Jackie Simtustus Memorial will be at the Simnasho Longhouse. 9 a.m. Washaat Service. Noon lunch, name giving and giveaway.

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