

## Letters to the editor

### Warm Springs Eagles logo



Courtesy Diane Dominiak/k-8 Academy

Taylor Arthur and family by the Eagles logo in the k-8 gymnasium.

Taylor Arthur was honored during the first student assembly at the Warm Springs k-8 Academy.

Taylor, a freshman this year, is the artist who helped design the Warm

Springs Eagles logo for the new school.

Glenna DeSouza, principal, presented Taylor with a t-shirt and sweatshirt.

During the assembly, drummers welcomed the student body with traditional

songs.

Principal DeSouza also introduced the school staff. Players and coaches of the fall sports teams introduced themselves.

right across the way there's a family with everything—money, cars, etc.—but they're struggling with gambling.

Growing up on the reservation one would experience the ups and downs from generation to generation, and the environment they live in. If you are surrounded by alcohol as a child, eventually you will be using because of the "norm" and availability.

This is one example of coping with Historical Trauma—the cumulative emotional and psychological wounding over one's lifetime, and from generation to generation, following the loss of lives, land and vital aspects of culture.

One fine example that relates to our tribe is called "ecocide." This is the destruction of our natural foods like fish, deer, and buffalo.

Destroying foods that sustain a people forces them to move or die of starvation.

A bounty was placed on buffalo, and so colonizers killed buffalo almost to extinction.

Another tactic used on the Columbia River was the destruction of Celilo Falls; so tribes could not fish for food and barter.

Fish hatcheries were placed below the Bonneville dam so fish would not return to the upper rivers and be available to the tribes of the Columbia River.

All these historical and current events have caused our Native people to live in a state of "chronic stress," and this contributes to unhealthy lifestyle behaviors.

Our bodies change with how we metabolize foods, and we are now eating foods that are high in sugars like fast foods, packaged and canned ready-to-eat foods. These have a lot of sugars and sodium or salts, as well as fats that don't break down.

These are other types of cultural trauma:

Establishment of reservations.

Removal of children to boarding schools. Removal of children from homes.

Refusal to allow Native Americans the use of their own language.

Forced sterilization of women in many tribes.

Frequent, systemic violations against Native Americans by the government and law enforcement.

Racism and stereotyping.

Lack of trust in others—non-Native people, Native peoples in tribal governments, lack of confidence in system.

There has been a 90-percent reduction in the Native American population since European arrival.

I believe if we address these issues head-on we can heal as a people. Then we can live to our full potential and succeed in this world.

Studies show if we confront our trauma and embrace our history, understand the trauma, release the pain, and heal and move beyond it, then we no longer have to define ourselves in terms of trauma.

We as Native Americans overcame a lot of obstacles, and we're still here surviving.

If we heal one and all, we can do more than survive. We can begin to enjoy life and strive.

**Scott Kalama**, certified Prevention specialist.

Reservation, since they are now free to trespass on the Reservation to harvest the Tribes' sacred huckleberries. That policy needs to be abolished. What's next, salmon, roots, firewood, mushrooms—the tribes' resources. Respectfully, **Anthony Littleleaf**.

### Tribal budget

As we think about our annual budget 2015, we are mindful of our Elders and the children.

Many of our Elders take care of children in their household, due to lack of housing and other concerns.

The Senior Pension and Minors Trust Funds have been substantially decreased, and we would like to come up with a remedy to turn this around.

Around 1979, we recall that the tribal member stakeholders were upset with the approved the budget for the upcoming year. At that time, the tribal members attended the District and General Council meetings in vast numbers.

The tribal members circulated a petition, which grasped the attention of the leadership and tribal administration. The tribal administrative management had concern for a potential freeze on all funds, particularly the Senior pension and Minor Trust Funds.

In response to this matter, two perpetual trust fund accounts were established in the amount of \$10 million for Senior Pension and \$10 million for scholarships. The plans were to disburse the funds from the interest, without touching the principle of \$10 million dollars.

There was an understanding that there will always be funds available for Senior Pension, as well as education scholarship funds.

As the years passed by, the tribal population increased, tribal revenues decreased, and additional funds were required to meet the expanded population of senior and youth tribal members.

At the Tuesday "Our People's" meetings, we have a dialogue about ideas to turn this around for our valuable resources, our Elders and children.

We encourage you to attend the upcoming tribal budget District meetings. As a confederated tribal nation, we are wondering why a General Council meeting is not posted. Additionally, we are seeking assurance that we are in compliance with all the tribal ordinances and the Constitution and By-Laws.

Naii, Na-k'ishayat  
**Aurolyn Stwyer**

October is Fire Prevention Month. Avoid cooking fires by keeping things that can catch fire away from heat. And watch what you are cooking especially if you are cooking with grease or oil—you need to be right at the stove to turn down the heat if the oil gets too hot.

### Historical Trauma

Have you ever questioned why so many of our Native American people are suffering physically, emotionally, spiritually and mentally?

Take a moment to think of a time when everything was great—maybe a family vacation or reaching a goal such as graduating high school.

The feeling of joy, family, love, and unity is what everyone should experience and strive towards.

On the other hand most will experience the pain and suffering, the struggle to live, the tests of everyday life.

Everyone's struggle is different. One might be struggling to put food on the table, while the next door neighbor is fighting alcoholism, and



Courtesy Mary Sando Emhoolah

Warm Springs delegation at the Climate March in New York City: Mike and Mary Emhoolah, Wil Sando, Ramone Thomas and Adrian Merrifield.

### Dinner, auction for MHS sports

The Buff Boosters will host a crab and tri tip dinner and auction this Saturday, Oct. 18 at the Mt. Jefferson RAPA building.

Doors open at 6:30 p.m., and dinner is at 7:30. Tickets are \$30 per person and are available for purchase at Snow's Cleaners and at the MHS Bookkeepers window.

Tickets are also available for purchase with any Boosters member or MHS coach.

There will be games, raffles, as well as silent and live auctions.

All proceeds benefit the Madras High School activities, clubs and athletic programs.

Auna—Paxamatsha. Learn or practice **powwow dancing and drumming**.

Sessions are Wednesday evenings from 5:30-7:30 at the Warm Springs Community Center aerobics room.

For more information call Merle Kirk at 541-460-2788.

**Spilyay Tymoo**  
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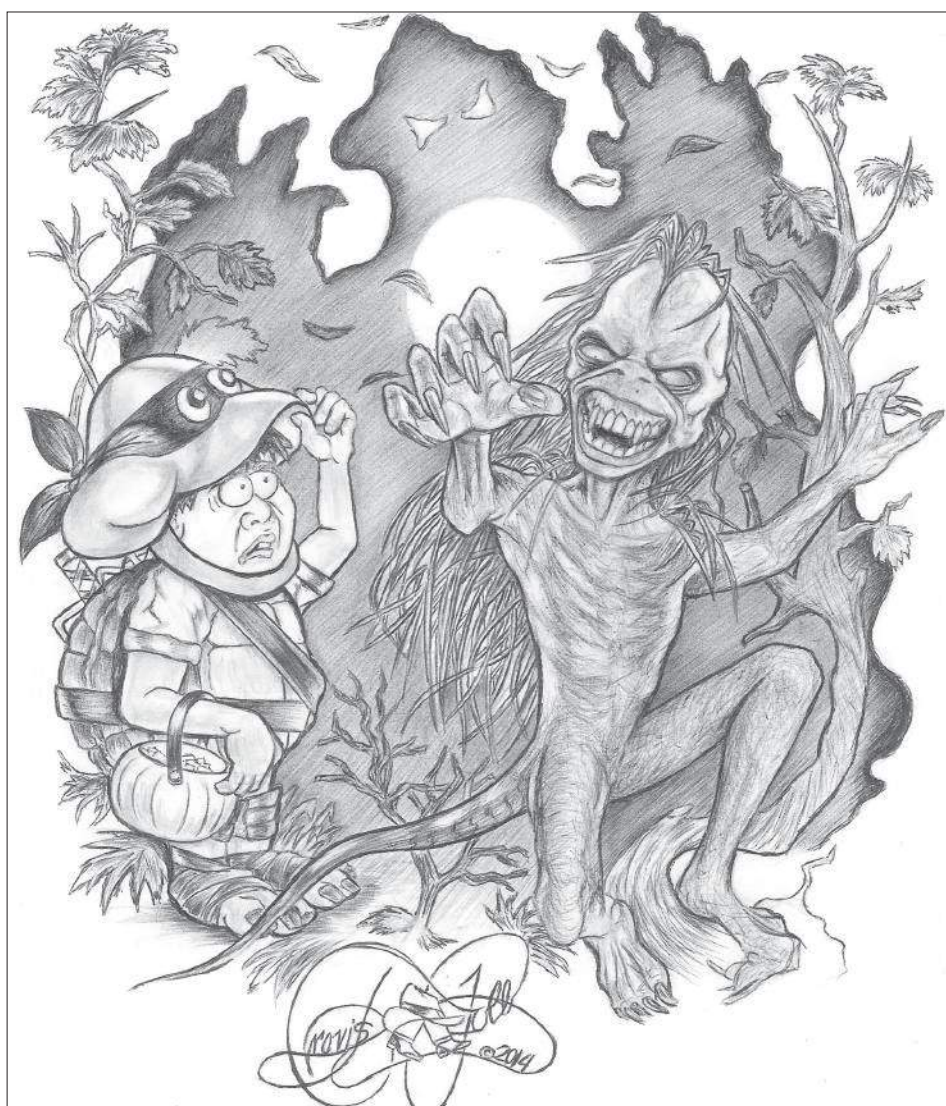
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Happy Trick-or-Treating, Warm Springs, from Travis Bobb.