

Letters to the editor

Healthy gratitude

By Alyssa Macy

The holidays are a time of celebration, an opportunity for many families to come together, share a meal and exchange gifts.

But for many families, the holidays are a time of stress as many struggle to meet the basic needs. If you are struggling, it can be a challenge to maintain a positive attitude at this time of year.

But did you know that expressing gratitude is good for your health?

Spilyay Speaks

Writing daily in a gratitude

journal or penning a thank you letter to someone you never properly thanked boosts your mood, and if done over extended periods of time, has a positive impact on psychological, physical and social health.

Expressing gratitude is also beneficial to our relationships—When we do it, we can see how we are supported and affirmed by others.

Being thankful allows us to see the good in the world, the gifts that we have received, the abundance that is around us.

This doesn't mean that the world is perfect, because we will have challenges and burdens to carry. However, expressing gratitude allows us to see the goodness in life as a whole.

When we are intentional in this process, it also allows us to recognize the sources of goodness, most often outside of ourselves—a kind neighbor, a thoughtful friend, a beautiful sunrise, a child's laughter. We understand that our lives are intertwined with the world, all life upon it, and one another. We are interdependent.

This year, I started my first gratitude journal. This journal sits on my desk and I've tried to jot down something each day that I'm grateful for.

While I haven't been as diligent as I've hoped with my entries, the exercise has been grounding and uplifting.

Writing in a gratitude journal is a great exercise for anyone and doesn't require a lot. All you need is a journal, a pen, and a few moments each day to write down something you are grateful for. I challenge you to join me in writing daily in your gratitude

journal and would love to hear from you about the experience.

Gratitude is a behavior that we all need to cultivate; it makes us healthier, happier and helps us to see the true meaning of the holidays!

A thank you

The Recreation Department would like to thank Indian Head Casino for their generous donation of an iPod Touch for the Monster Mash Dance Contest, held October 31.

Here are the results for the contest:

First place: Kaiwin Clements, who won a Tablet.

Second place: Aaliyah Martinez, iPod Touch.

Third: Leona Eagle-speaker, iPod Shuffle.

We had awards for the Best Decorated Trunk at Trunk-Or-Treat, held at the ballfields:

First place: Kah-Nee-Ta Resort & Spa.

Second: Nancy Sooksoit.

Third: KWSO.

Thank you Warm Springs community members and organizations for participating in this year's Trunk-Or-Trick. The families had a blast.

Carnival booth participants, Thank you so much—the kiddos had lots of fun playing the games.

Thank you, Fire Management, Seth David-volunteer, the Children's Protective Services, the Warm Springs Boxing Club, KWSO (two booths), Margarette Tapia, volunteer, Bonfire and Hobo Dance.

Thank you, fire-keeper Demus Martinez. Thank you KWSO for sponsoring the sounds, and thank you to Andy Leonard for spinning the tunes. This would not have been possible without your help!

Thank you Ronda's Fry Bread for the yummy food and spooky punch.

Thanks to clean-up and set-up crew.

Thank you Shawn, June and Family, Jamie Holiday, Charles Wolfe and Edmund Francis.

If we missed anyone we are sorry and thank you too!

Warm Springs Recreation.

Appreciated

I would like to take this time to thank Judge Langnese for giving me the opportunity to be with my family through a trying time, also Floyd Calica for going out of his

way to find an immediate family member when they were all busy. And also my sister Marella Sam for stopping in. I know she was probably at work. Also my good friend Vernon Smith Sr. for the strong prayer we had behind closed doors. No matter where you are your prayers are heard. For ever grateful,
Wendell E. Greene

Births

Rylan Joseph Mitchell

Arthur B. Mitchell Sr. and Angeline Blackwolf are pleased to announce the birth of their son Rylan Joseph Mitchell, born on October 29, 2014 at St. Charles in Redmond, weighing 5 pounds and 5 ounces, 19 inches long.

Rylan joins sister Gloria A. Mitchell, 18; and six brothers, Tristan Mitchell, 7, Donte Smith, 18, Eric A. Mitchell, 22, Matthew Seonawah, 23, Arthur B. Mitchell Jr., 23, and Leo Wilson.

Chace Shine Begay

Tony Begay and Eustolia Christina Gurrola-Smith of Warm Springs are pleased to

Rodeo High Point Award

Isaiah Florendo received the Mutton Busting high point award on Saturday, Nov. 15, 2014.

Isaiah participated in the North Lake Rodeo Association Payday Summer Series all summer long. Isaiah would like to thank the following:

Jay from Cash & Release of Madras, and Aurolyn Stwyer for all her support. Thank you to the elders of Warm Springs, and Grandpa JE for making my riding rope.

Thank you to my Dad for buying my riding vest, to Grandpa "JR" for driving me, and to Grandpa "Azaar" Spino for the use of his trailer.

Thank you to my great grandpa Evans for buying the rest of my gear, and thanks to all the rest of my family for their support.



D. McMechan/Spilyay

And a big Thank You to my fans! Sincerely,
Isaiah Darrias Florendo.

Isaiah with Mutton Busting winning trophy, buckle and gear bag.

announce the birth of their son Chace Shine Begay, born on November 18, 2014.

Chace joins brothers Sammy, 9, and Joaquin, 7.

Grandparents on the father's side are the late Anthony Cadman of Arizona, and the Gloria Begay Ganado of Arizona.

Grandparents on the mother's side are Denise A. Smith of Warm Springs, and Jose Gurrola of Madras.

Natives seek decent housing at Columbia River

*by Gosia Wozniacka
The Associated Press*

Between the 1930s and the 1970s, the U.S. government built four dams—the Bonneville, the Dalles, the John Day and the McNary—on the Columbia River to generate electricity through hydropower.

Dozens of communities and homes were lost to construction or flooded.

Federal officials sought to compensate people for the damage, but their efforts focused on white residents.

Several non-Indian towns were relocated and in some cases entirely reconstructed, complete with new housing, schools, parks and roads—their white residents given compensation or relocation assistance.

Native villagers were not treated the same way, according to tribal and government documents. In many cases, officials simply disregarded Indians' property damage, records show.

"These were our people's village sites. The government was supposed to replace them, but they never did," said Wilbur Stockish, a Yakama member whose grandmother was from Celilo village, where he lived and packed fish as a boy before the area was flooded by the Dalles Dam.

The report released earlier this year by the U.S. Army Corps of Engineers, which examined the impact of two of the four dams, found that at least three village sites—home to at least 41 families and 50 housing structures—were torn down due to Bonneville Dam construction. None of the families were compensated.

And at least two villages housing several dozen families and homes were destroyed by The Dalles Dam. The gov-

ernment handed out some relocation assistance in that case, and placed 10 army surplus barracks on a small parcel near Celilo village. But the money and homes helped only a fraction of the Indians—the sums were very small and the houses substandard, quickly falling into disrepair.

In the report, tribal interviewees recall what was lost: traditional tule mat lodges, tents, stacked stone homes, shacks with drying sheds, below-ground shelters with plank roofs covered with dirt.

The tribes also say the report's estimate of how many Indian families were not compensated is far too low, because the historical documents the report relied on are biased.

The Corps says officials at its Washington headquarters are reviewing the report. The Portland office would need their go-ahead to do an exhaustive study of dams' impact on tribal housing, said project manager Eric Stricklin. Congress would have to authorize construction and funding.

The Corps admits discriminatory policies influenced how it handled the Indian housing issue, spokeswoman Diana Fredlund said.

"The government's position was a policy of assimilation," Fredlund said. "They were trying to assimilate the Indians, so housing was not high on the priority list as far as the government was concerned."

As the dams were built and the Indians fought to reassert their treaty fishing rights, the federal government did agree to develop replacement fishing sites to compensate for those flooded by the dams. Tribal leaders say the government also promised to rebuild living

Record salmon returns in recent years have drawn even more Indians to fish as a livelihood, something that would have been impossible a few decades earlier when fish runs drastically declined

quarters, but later denied that such a promise had been made.

It took seven decades of struggles to replace the fishing sites. The Corps initially developed five so-called "in-lieu" sites; another 26 "treaty fishing access sites" were developed in the past two decades. In 2008, the Corps also rebuilt the dilapidated Celilo village.

During those decades, the river Indians say, they endured years of prejudice from Oregon and Washington officials who tried to eliminate Indian fishing by restricting it and arresting and jailing Native fishermen. White property owners barred Indians from accessing fishing sites and white fishermen destroyed their nets, the Indians say.

The replacement fishing sites provided the Indians places of their own—families who had been displaced by the dams moved onto the sites as soon as they were opened and set up permanent homes in drying sheds and other structures. From the start, the Bureau of Indian Affairs—the sites' landlord—didn't approve of their presence: Federal officials harassed and aimed to evict the dwellers.

In the 1980s, the Indians filed suit and won. A judge in the Ninth Circuit Court of Appeals found the Indians had maintained homes at their fishing sites prior to the construction of the dams and

could do so again at the five in-lieu sites. It remained illegal to live on the other 26 sites developed after the court victory, but people moved onto some of them anyway.

Today, the sites still offer little beyond basic amenities: a fish cleaning station, communal restrooms and showers, a boat dock, an access road. Over the years, they have degenerated due to overcrowding, inadequate infrastructure and neglect. Some attracted crime and other social ills.

The sites lack plumbing or electric lines. They have no fire, police, or ambulance services. In some cases, there is no septic system, just a storage tank that must be pumped out weekly. The water systems were not meant for permanent homes, and recently some were designated as public water systems—meaning substantial renovations are needed.

Residents have built makeshift homes, added primitive plumbing or additions to sheds and trailers. None of the housing is built to code, tribal leaders say...

At Lone Pine, makeshift dwellings support about 40 permanent residents, including children. There's running water and sewers, but no plumbing to dwellings. No electricity either, though the Dalles Dam can produce up to two million kilowatts of power just a few feet away.

Three years ago, the Columbia River Inter-Tribal Fish Commission took over management of the fishing sites.

The fish commission has 12 tribal police officers who enforce fishery laws and who now oversee the fishing sites. CRITFC embarked on a three-year clean-up campaign.

See **RIVER HOUSING** on 12

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