

### Protecting the waters of the Columbia

Paul Lumley, CRITFC Executive Director

Even before we eat the salmon at the feasts, we drink choosh.

Tribal people have known since time immemorial that water is what all life depends on.

Where tribal people could once drink pure water straight from the rivers in the region, today we don't even dare.

It is unacceptable that our most precious medicine has been turned into something that can harm us and the fish, animals, and plants that all depend on it.

The tribes have been advocates of improving water quality for decades, particularly since our diets rich in fish expose us to higher amounts of toxic substances found in the water.

In November, the Co-



Tribal and federal leaders, staff, and presenters from the water quality meeting.

olumbia River Inter-Tribal Fish Commission hosted a Columbia Basin 15 Tribes meeting with Dennis McLerran, EPA Region 10 administrator.

Over 40 Columbia Basin tribal leaders and tribal staff attended to discuss water quality issues of common concern.

The meeting gave them the opportunity to express tribal views on the water quality standard processes in Oregon, Washington and Idaho, EPA rulemaking, the Columbia

River Restoration Act, and other topics.

Prior to this meeting the tribes met with Rob Duff, Washington governor's office policy advisor, to review the Washington governor's Toxics Reduction Initiative.

As a result of these meetings, the tribes agreed that future strategies are needed to move forward including the need for improved state water quality standards and documenting our concerns directly with the EPA.

It was decided that the 15

tribes should meet annually on water quality issues due to the many continuing pressing concerns.

By speaking together with one voice, the Columbia Basin tribes are forcefully reminding the US government that water should be protected, pure, and respected, not just because it's a treaty protected obligation, but because all life in the region is counting on it.

### Healthy cooking at IHS

Check out the Community Health Programs Cooking Class on Monday, Dec. 22 at the IHC clinic kitchen.

Stop by between 11 a.m.-3 p.m.

The class takes about 20 to 30 minutes per person. The recipe is "Skinny Spinach and Artichoke Dip."

There will be a giveaway of Christmas hotpads.

For information contact Kacey Conyers, Dietitian, at the Warm Springs Health and Wellness Center.

Her number is 541-553-2460 ext. 4160. Or email: kacey.conyers@wstribes.org

### Invitation to MHS Connections

Madras High School Connections is a group that meets in the afternoon of third Monday of each month.

The group members talk about what's going on at Madras High School.

MHS Connections is for students, parents and school

administrators to talk about what's working and what's not working at the high school.

Contact Principal Sarah Braman-Smith to learn more, or stop by the school the third Monday of each month. You can reach the school at 541-475-7265.

### Miss Warm Springs Pageant coming up after Christmas

The Miss Warm Springs Pageant is coming up on the evening of Friday, Dec. 26. The Pageant is held at the Agency Longhouse.

Applicants are between 18 and 24 years, must be a Warm Springs member, drug- and alcohol free, and a role model. She must reside on the reservation, though there are exceptions for off-reservation students.

The contestants receive prizes for taking part in the pageant. The new Miss Warm Springs will receive a full beaded crown and banner.

During the year, Miss Warm Springs travels to tribal events around the region—the Gathering of Nations, and conferences of the Affiliated Tribes of Northwest Indians, and the National Indian Education Association, among others.

Miss Warm Springs participates in parades in Warm Springs, Redmond, Prineville,

Madras, etc. The tribes provide some travel expenses for Miss Warm Springs.

The Tribal Council staff organize the Miss Warm Springs Pageant.

Applications can be picked up and returned at the Tribal Council office. If you have any questions, call Minnie Yahtin or Emily Yazzie at 541-553-3257.

At the pageant the contestants are judged on their knowledge of the Confederated Tribes and the reservation; and knowledge of traditional foods, ceremonies, clothing, crafts and social activities.

The judges also look for poise, personality and beauty, speaking ability and appearance.

Contestants are asked to perform two tribal dances. They are asked to type essays on "Why I want to be Miss Warm Springs," and "What will be my civic project for the community during my reign?"

A table will be available at the pageant to showcase personal talents, academic and sports achievements, as well as traditional.

### 39th Annual Christmas Bazaar

Saturday, Dec. 13 ~ 10 a.m.-4 p.m.

at the Community Center Gym and Social Hall



Find those perfect Christmas gifts for the whole family, while enjoying homemade goods. For more information contact us at 541-553-3243 or -3244.

2321 Ollallie Lane Warm Springs

Call 541-553-1182



Warm Springs Seekseequa

Simnasho Schoolie Flat



4202 Holliday St.

Call 541-615-0555

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**FRIDAY - SUNDAY**

Noon - 5pm

**HOT SEAT DRAWINGS**

**Christmas Day Buffet**

Thursday, December 25th

11am - 8pm

\$19 Regular Adult

**\$15 PLAYERS CLUB DISCOUNT**

\$9 for 12 & Under / Free 4 & Under

Reservations required for 10 or more people

**THROWBACK Thursdays**

**Slot Tournaments**

\$3 Buy-in, \$500 Guaranteed Prize Money!

**Blackjack Tournaments**

\$12 Buy-in, \$250 Guaranteed Prize Money!

**TOY DRIVE Mondays**

**BRING A NEW TOY any MONDAY in DECEMBER**

For **BONUS SLOT PLAY**.

9am - noon receives \$10

Noon - Midnight receives \$5

Toys provided to Local Child Protective Services Agency

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**EARLY BIRD Slots**

7am - Noon

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8pm - Midnight

**LUCKY NUMBER TUESDAYS**

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**BI-MART**

Visit participating BI-MART locations\* any Tuesday in December for your \$10 bonus slot play coupon.

Redeem Bonus Slot Play & enter drawings every Wednesday & Thursday

Prizes: \$40 in slot points (16,000 points) \$50 cash

\*Madras, Redmond, Bend, LaPine, Sisters, Prineville, The Dalles & Sandy

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