

Do or do not... there is no try

By Alyssa Macy

The new year is upon us and many of us have made new years resolutions.

This is typically the time of year when gym attendance is highest, we feel super motivated to make a change, and we've announced our resolutions to the world via social media. 2015 feels so good!

But as time passes, our motivation often fades and eventually we are back to our old habits. Yoda, with his infinite wisdom, once said, "do or do not... there is no try."

This is great advice for all of us working on our new years resolutions. What are we doing daily to reach those goals? How are we staying motivated after the excitement of entering 2015 wanes?

One of the best ways to stay motivated is to write our resolutions or goals down and the steps it'll take to get there.

Want to walk in the boots of wild horse racing world champion Jason Smith? What would that take?

Aside from writing down your goal and the steps necessary to get there, it's also beneficial to understand why you want to accomplish this particular goal:

I believe that our community needs to heal, therefore, I want to help my community by working in the field of mental health like Dr. Shilo Tippett.

Now that we've written down our goals, the steps towards reaching them and why we want to do this, it's good to start chipping away at the list of tasks:

I want to start a business—identify the business, get training, write a business plan, leverage capital, get tax id number and so on.

Reaching for the stars can be overwhelming! By breaking our goals into tasks, you can make daily progress one step at a time (and celebrate your progress along the way). Checking boxes never felt so good.

Finally, it's good to keep your goals visible, and to share them with those who support you. Post your goal in places you will see daily like the bathroom mirror or on your desk.

Visually seeing your goals is a great reminder of what you're working towards. Shar-

ing your goals with others is a good way to be accountable to what you are trying to accomplish.

What resolutions have you made for 2015? Are these short or long term goals? My resolutions this year are to write more postcards and articles, to continue with my physical therapy so I can walk, and spend more time with my inner circle of friends.

Congratulations on setting goals for yourself for the new year, it's always good medicine to grow and evolve.

Mariota

I've lived over this way in Eugene for such a long time, of course I'm an Oregon Ducks fan.

I'm now one of the biggest fans of the Ducks' quarterback Marcus Mariota.

Most of us here in Eugene think Marcus is the next Joe Montana. There are a few who think that he could even be better than Joe Montana.

Marcus is a very fast runner, he has a very strong arm, and super vision.

I've done some research on him. He is an Indian from Hawaii. Right now, he is thinking about his education, knowing that getting his education is the most important thing in his life.

He knows he will get a lot of money in the NFL, but then he's thinking of his career after he retires from playing football. I think that is very wise of him.

I'm still a Joe Montana fan, but I'm looking at the younger ones who are our future, and Marcus Mariota is a good example. I just hope the younger ones in Warm Springs are now taking a very good look at themselves. Think of your future.

Blessing to all as we start a new year.

It's great living over in Duck City, Eugene. There is a lot of good here for everyone. I love it so much!

Evette Patt, 50 Kourt Dr., no. 3, Eugene, 97404.

Spilyay online

The Spilyay Tymoo, and other Warm Springs community news, are available on-line at KWSO.org.

Tribal members who live out of town can access the latest Spilyay editions at the website. Please let us know if you no longer wish to receive the printed version through the mail. Write to: dave.mcmechan@wstribes.org

Wishes...

Birthday wishes to Devonne James Rhoan on January 16.

Have a Happy 24th birthday, to my nephew, our grandson, my son, brother. From the family who loves you so much!

The Rhoans on 1705 Foster St., West Hills or West Side! We love you and we do miss you, lots too!

From us all, just for you.

Births

Ronald Wyatt LeClaire

Louis LeClaire and Noralisette McKinley of Warm Springs are pleased to announce the birth of their son Ronald Wyatt LeClaire, born on December 28, 2014.

Ronald joins brothers Tyler, 13, and Nathaniel, 11; and sisters Praisia, 12, Tarya, 6, and Dessie, 2.

Grandparents on the father's side are Louis and Marcelene LeClaire.

Grandparents on the father's side are Eugenia Tappo and Theodore McKinley of Warm Springs.

Kira Faye Wolfe-Esqiro

William Wolfe-Esqiro and Sasha Perez of Madras are pleased to announce the birth of their daughter Kira Faye Wolfe-Esqiro, born on January 2, 2015.

Kira joins brothers Izaak, 13, and Zain, 7.

Grandparents on the father's side are George Esqiro of Port Townsend, Wash., and the late Eunice Esqiro.

Grandparents on the mother's side are Ronald Heath of Warm Springs, and the late Eva Heath.

Micah Logan Kalama

Benjamin M. Holliday and Katherine S. Kalama are pleased to announce the birth of their son Micah Logan Kalama, born on January 3, 2015.

Micah joins brothers Alonzo, 2, and David, 1; and sisters Beatriz, 16, and Elisa, 13.

Grandparents on the father's side are Beatrice Holliday and Magdaleno Ramirez-Colazco.

Grandparents on the mother's side are Tamera J. Kalama, and Donald J. Hoptowitz.

A thank-you for Carlights Parade



2014 Carlights Parade entry.

Happy New Year to everyone. Here are the results for the 2014 Carligh Parade.

Organizations:

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

Second: Children and Family Services.

Third: Warm Springs Housing.

Community:

First: Sonja Scott

A giant shout out to all the departments and Community members who participated in the parade.

Our families enjoy this annual event that kicks off the Holiday season.

Austin Greene, director of Recreation, started the Carligh Parade in 2001, and it has grown into a much anticipated family event.

This year we added a separate community category, and hope to encourage more community participation for 2015.

Thank you all, from Recreation.

Here are all the entrants

for the Carligh parade 2014:

Oregon State University Extension Services, Children and Family Services, Kah Nee Ta Resort & Spa, Warm Springs Telecom, KWSO, Warm Springs Power & Water Enterprises, Warm Springs Housing, Warm Springs Fire & Safety, Warm Springs Ambulance, Special Diabetes Program for Indians, Sonja Scott and Santa's Ride.

For sale

1997 Ford 4x4 F-350xl truck. \$5,000, full payment only.

8x12 flatbed, steel racks, can haul three cords of firewood.

Call 541-977-3034. 2262 Quail Trail, Warm Springs, OR.

a Chinese meal: Chicken and vegetables stir fry; celery, onions, carrots, cabbage, low sodium-soy-sauce, brown rice Sliced Oranges with dinner

rolls and Crystal light. For more information call 541-553-2478.

Jeri Kollen, certified diabetes nurse educator.

Keep in mind when gambling

Gambling—it can be a fun form of entertainment for most adults. But it's important to keep these tips in mind:

- Gamble only for fun.
- If you cannot afford to lose everything you gamble—you cannot afford to gamble.
- It's best to set a dollar limit for losses and stick to it.
- Do not change your dollar limit when you are

losing. Most people can gamble without negative consequences, but a small percentage who gamble can suffer socially and economically.

For help you can call the Oregon Gambling Helpline at 1800-695-4648 or 1-800-695 My Limit, or contact Warm Springs Community Counseling.

This public service announcement is sponsored by Warm Springs Prevention and Community Counseling.

Tribal Council January agenda items

The following are items scheduled on the Tribal Council agenda, subject to change by Tribal Council:

Wednesday, Jan. 7
9 a.m.-12 p.m. The Twenty-Sixth Proclamation Implementation Plan, with Don Sampson, Warm Springs Ventures CEO.

Monday, Jan. 12
9 a.m. - Review minutes/resolutions.
10 - Meeting with the Warm Springs Forest Products Industries board and management.

Wednesday, Jan. 14
1:30-5 p.m. - IHS update with Josh Newton, Brian Devean and Cassie Katchia.

Thursday-Saturday, Jan. 15-17
ATNI meeting on climate change, Portland.

Thursday-Friday, Jan. 22-23
Meeting with CRITFC.

Monday, Jan. 26
9 a.m. - Secretary-treasurer update with Jake Suppah.
10 a.m. - February agenda/ review minutes with S-T.
11 a.m. - Draft resolutions.

1:30 p.m. - Legislative update call.
3 p.m. - Enrollments with Yvonne Poorbear/Vital Stats.

Tuesday, Jan. 27
Enterprise updates
9 a.m. - Indian Head Casino and Kah-Nee-Ta with Jason Smith, Harold Baugus and Carlos Smith.

10 a.m. - Power & Water Enterprises with Jim Manion.
11 a.m. - Composite Products with Jake Coochise
1:30 p.m. - Telecom with Jose Mantane

Wednesday, Jan. 28
9 a.m. - Credit with

Lori Fuentes.
10 - Ventures with Don Sampson.
1:30 p.m. - WSFPI update with John Katchia Jr.

All draft resolutions must be sent to the S-T by email in word form two weeks prior to being taken into council for presentation. Copy to lynn davis at the management office: Jake.suppah@wstribes.org ldavis@wstribes.org

Items for consideration: Committee updates.
Multidisciplinary child abuse teams report, and U.S. Attorney update with Amanda Marshall.

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus: Sid Miller
Multi Media Specialist: Alyssa Macy
Managing Editor: Dave McMechan

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

Any written materials submitted to Spilyay Tymoo should be addressed to:
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Annual Subscription rates: Within U.S.: \$15.00