

Letters to the editor

Memorial

The family of the late Daisy Mae Ike would like to announce the scheduled memorial service to be held Saturday, February 14, 2015.

Agency Cemetery Stone Setting at 4 p.m.; to gather for meal at Agency Longhouse, and dinner at 5 p.m. Immediately followed by memorial and name giving.

Services to be officiated by Larry Dick of the Medicine Society. The Ike Family respectfully invite all medicine singers, relatives and the public.

Note: There will be a Daisy Ike Memorial Women's Traditional Special held at Simnasho during Lincolns Powwow on Sunday, February 15, during the afternoon session.

Club transition

Within the next few months, the Warm Springs Boys and Girls club will be relocating to the old Warm Springs elementary school building, pending prep work and repairs.

We are asking parents and guardians to update their child's information as soon as possible. We have recently sent information home with club members regarding the forms and transition.

We also have forms available at the club, so please feel free to stop by. If you have questions, call 541-553-2323. Or email at:

jsmith@bgcsc.org

Thank you for your understanding.

June A. Smith, club manager, Warm Springs Boys and Girls Club, 1107 Wasco St.

Awareness

Did you know that January is Cervical Health Awareness Month, and that cervical cancer is preventable?

Make sure you and women in your life receive the HPV vaccine, and are screened regularly with a Pap and HPV test. To learn more, talk with your healthcare provider.

Powwow help

Here at the Two Rivers Correctional Institute (TRCI) the Native inmates are reaching out to the Native community for support and donations for our upcoming Institute Powwow. We would like for drummers and dancers

to come and support our powwow. Food and any donations are most welcome. This will be our first powwow here at TRCI.

If you are interested in helping us and support our powwow, please contact TRCI Master Control at 541-922-2121, and ask for Chaplain Hodney or Chaplain Cordona, or the superintendent J. Myreck. We would greatly appreciate your help. Thank you.

The Native inmates, TRCI, Umatilla

The Sweet Heart Sale

Valentine's Day is coming up in February, on Saturday the fourteenth.

Getting ready for the big day, Warm Springs Recreation will host the Sweet Heart Sale on Friday, February 6.

The Sweet Heart Sale will be from 10 a.m. to 6 p.m. at the Community Center Social Hall.

To sign up, and for more information call Carol at 541-553-3243.

Births

Alora Joy Stwyer-Hoptowit
Gerald Charles Hoptowit Jr. and Brandi Jo Stwyer of Warm Springs are pleased to announce the birth of their daughter, Alora Joy Stwyer-Hoptowit, born on January 7, 2015.

Alora joins brothers Jessie, 8, and Gabriel, 2.

Grandparents on the father's side are Gerald Hoptowit Sr. of Yakama, and Deborah George of Warm Springs.

Grandparents on the mother's side are Davis Stwyer Sr. of Warm Springs, and Laura Leigh Kelly of Warm Springs.

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 Praise, 12, Tarya, 6, and Dessie, 2.

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

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

Hurtful theft

To Friends, family and community members,

I would like to take this time to thank all of you who have been thoughtful and encouraging, give loving words regarding the loss of my belongings along with my son's gun safe with a number of rifles in it, due to theft. This theft took place early December 2014, when my house was broken into.

I know that material items can be viewed as replaceable, but what bothered and hurt most were the items my son lost that belonged to his dad.

These items were cherished because they once were used by his dad, and he may no longer see nor have them around. It's real bothersome that our own community people, some tribal members are going where ever they can, to steal what items they can to sell for easy cash. This is very thoughtless, heartless to break into homes to steal.

This is a wrong. This is a wrong that's been happening for a good number of years to a number of our own good tribal members and members in this community. I would not want to see this still going on and on for now and into the future.

I lost my family heirlooms back in 1993 due to theft and only one item was recovered from that time. I did not say anything public at that time, but now I feel it important to start speaking out.

Many of us have those



Looking forward to Valentine's Day, with Warm Springs artist Travis Bobb.

cultural, traditional items that have sentimental value, cherished for the one who made it or the memories of the loved one who passed it on, then to have that lost to theft. How can our own tribal members not understand this when they break into homes?

We shouldn't let this wrong continue. And what can we do about it? What can our community do about it? For one, I'd like to see restitution at least. What could be some effective consequences for theft?

Seems as though thieving, break-ins are accepted?

I would really appreciate any assistance, any information regarding those rifles and some of the necklaces.

The silver dollar necklace belonged to my dad, and the old wampum with orange beads belonged to my grandmother. I would love to have those back. There are other necklaces made by my aunts and a few given to me from friends that mean a lot.

Again, thanks a lot to those of you that have expressed your thoughts and love to me and my son Hobo. Thank you.

Evaline Patt

The Heart Smart Dinner is coming up in February at the Agency Longhouse. The dinner this year will be on Feb. 25, from 4 to 7 p.m.

Tribal members interested in attending college are reminded that the tribal scholarship application deadline is July 1. One requirement for the scholarship is attendance at a FAFSA workshop prior to March 1. The next workshop is January 30 from 12-2 p.m. at the administration building computer lab.

Moving away from lateral violence

By Alyssa Macy

Most people have a "crab in the bucket" story, someone starts to do well and make their way out the bucket but before long, the other crabs latch on and drag that crab down. Relatives and family have shared stories like this so much that it sometimes seems like it's an epidemic.

Perhaps you were the one climbing out, perhaps you were the one latching on, either way, this story is not unusual in Native communities.

We see this happening in families, within the workplace and at the community level.

It is a destructive way of life that has negative consequences on our personal and communities' growth.

This type of behavior is often referred to as lateral violence. Wikipedia describes lateral violence as "displaced violence directed against one's peers rather than one's true adversaries."

It is a manifestation of internal feelings such as rage, anger, fear and terror that is

taken out on those around us.

Some have argued that lateral violence has its roots in internalized colonization, oppression and historical trauma.

Modern day scientists have studied whether memory can be passed between generations through a process called 'epigenetics'. They argue that genes are changed by specific events and passed from parent to child.

Many tribal communities have always thought this to be true—and that many of the traumas that Native communities have experienced have been passed from generation to generation.

For example, the destruction of Celilo Falls had a profound negative impact on our community that still lingers today.

When individuals carry trauma and pain, they become unhealthy. In turn, some begin to hurt others or turn to addictive behaviors.

One of the most pervasive forms of lateral violence is gossiping, but it also occurs in the form of shunning, judging, and physical, spiritual or sexual attacks.

There is a wellness movement in Indian Country and here in our own backyard.

Lateral violence is also seen in behaviors that maintain a power structure, whether it be in the home or in the workplace.

The reality is, lateral violence does nothing for us individually or our community. In fact, it's scourge that we all need to work towards eliminating.

There is a wellness movement in Indian Country and here in our own backyard.

Many people are doing the hard work to heal—taking a look at their own behaviors, forgiving, practicing self-acceptance and compassion, and taking personal responsibility for their behaviors. It is difficult work but the benefits are great.

Our elders tell us that our traditional and spiritual teachings are strong and good medicine for our spirits, and more and more people are returning to these ways.

In addition to our languages, our children have the opportunity to learn these ways at the K-8 Academy and within the longhouses. This is important because these teachings are the foundation for who we are as a people.

What would healthy behavior look like? It could be in the form of personal daily affirmations—"I am a gift from the Creator," "I am safe," "I am strong."

It could be paying a compliment to someone. It could be choosing not to engage in an argument or gossiping. It can start out small and it can grow.

Moving towards wellness does not mean being perfect at the outset, it means choosing to take the small and sometimes difficult steps towards healing and healthiness.

We are at a critical juncture in our collective history as a Nation. For us to rebuild our community, we must start at the most fundamental level of respect for ourselves and each other.

There is so much good in this community and desire to do things differently. How we ignite that spark into a movement is up to us.

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