

## Letters to the editor

### A thank you

Thank you to the residents of Warm Springs.

We traveled from Nevada on January 8 to Madras, to be at the services for our niece Clarice Tewee.

Our sister Florene and her husband Harvey Scott worked hard to prepare for the services and burial.

We would like to thank Hester and Jay for being there to help their mom and dad. And also to the many others who were there for the family.

We are also grateful for the hospitality shown to us by the community while at the Longhouse and for "loading" us up with food for our trip home.

We know our sister is far away from us but she loves her family in Warm Springs, and it's always nice to visit her.

We made it back home safely but our memories of being there for her will be in our hearts forever.

**Evalina Picotte, Carolyn Kenton, Eleanor Smith, Myra Smith and Debra Keats Yerington, Fernley and Gardnerville, Nevada**

### From Landfill

What's an eighth of a mile worth?

Have you ever noticed how trash breeds trash? Someone cleans out their car and dumps the litter in the parking lot or on the ground, and low and behold more trash appears.

Individuals and departments that start brush and trash piles illegally contribute greatly to the problem, since the piles of brush all of a sudden have couches, old televisions, beds and appliances.

Illegal dumping costs the tribes both in time and money.

Our disposal fees for commercial entities are some of the lowest around, and for residential, it is free, except for brush. Brush is \$30 a ton for everyone.

The illegal dump located between Lower Dry Creek Road and the landfill road started out as a brush pile, but look at it now. It is located about an eighth of a mile from the landfill. Why not drive the eighth of a mile and dispose of the trash and brush properly?

People who have appliances and scrap metal can call the landfill, and we can pick up the items from your house. Refrigerators and freezers must be empty of

all food. Metal should be set by the road.

Landfill staff can also assist with removal of large bulky items as time allows. If you have items that need to be removed and have no vehicle to move the items, you can call the landfill at 541-553-3163, and we will schedule a time to pick up bulk items. If you leave a message at the landfill, please leave your address and phone number so that we can call you back to schedule.

**Warm Springs Landfill staff**

### Managed Care

*The following important messages are from Warm Springs Managed Care.*

#### If you leave

When a Warm Springs Health and Wellness patient leaves the Warm Springs area, he or she is eligible for services for only six months (180 days) from the time they left.

The patient is then eligible for only direct care services here at the Warm Springs Clinic, and loses any financial support or coverage for hospital, doctor or other medical related bills outside of the Warm Springs Clinic.

After those 180 days, your eligibility changes to "direct status," and Warm Springs Managed Care will deny any claims for any medical services after the 180 days. You and any private insurance you have will be responsible for the payments.

If you return to Warm Springs, you need to go physically into the Health and Wellness Center and present written documentation to update at the clinic, and then be able to verify to Managed Care that you and your family members are again residing permanently in Warm Springs; or, if you are tribal member, that you live within the Contract Health Services Delivery Area.

It's important to take this step to re-establish your Managed Care eligibility to regain services. For more information contact Managed Care at the Health and Wellness Center: 541-553-4948.

#### Outside appointment

When you are referred from the Warm Springs Indian Health Services clinic to another provider, you need to be sure and have your insurance ID card with you when you go to your appoint-

ment.

This includes anyone with Health Comp or Blue Cross or other private insurance.

If you are on the Oregon Health Plan, take your letter from OHP showing you, your children and other family members are currently covered under their plans. If you don't present your cards and this documentation, you may be charged an additional fee that Managed Care cannot cover.

If you have questions about an outside appointment, or want to learn more, contact Managed Care at the Health and Wellness Center, 541-553-4948.

### Sweet 16

Our family would like to thank everyone who assisted and celebrated at Malia's Sweet 16 Birthday Round Dance on January 17 at the Simnasho Longhouse.

We would like to thank her Mosom Irvin Waskewitch, Kokum Adele Fletcher and sister Christa Waskewitch who traveled from Canada to attend; Colin Chief for being our stickman on such short notice and doing a good job of organizing all the drummers; Lovie Colwash, Angela, Ferrellyn and Tatum, for volunteering as cooks, for your donations to the raffle, and your wonderful food. It was well received, made a lot of people happy, and took a huge load of worry off our family.

To our closest neighbors and good friends Ken and Alyssa, Thank you for helping with the design and creation of the beautiful poster, purchasing all of the decorations and raffle earrings, elk meat, and your help cleaning and decorating before and after the event.

Carla, thank you for the

casserole you prepared for our guests and for your assistance at the raffle table. You all are true friends and blessings!

Thank you Charlotte Herkshan for taking us under your wing and helping us with the salmon, deer meat, huckleberries and chokecherries, the cake, drinks as well as the gifts you brought and your help in cleaning the kitchen afterward.

Thank you Huston, Antone and Ryan Moody for cutting the salmon so beautifully, you put many women to shame with your skills!

Thank you Captain and Keith for the elk meat, drinks, moneybox and change, raffle items and guidance in getting this together. We know we can always count on you both for anything and we appreciate it.

To Shirley and Delvis Heath Sr, thank you for the wonderful stew that you brought to the dinner, it means a lot to Malia and to us that you are always there for her.

To uncle Raymond and Beulah Tsumpti, thank you for the donuts—it is always good to see you.

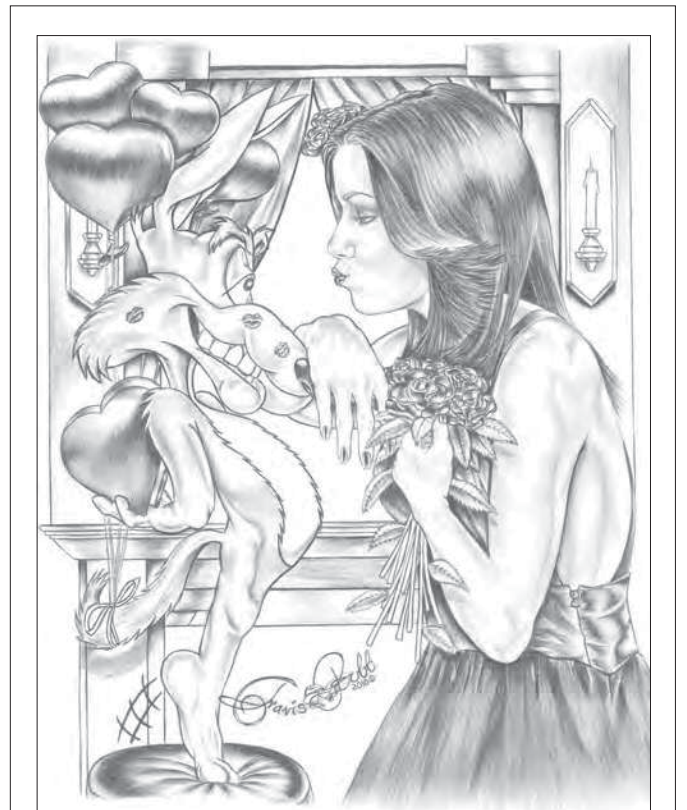
Thank you Domonique Craig for helping us decorate so beautifully and for always being a positive presence in our family.

Thank you Cena Wolfe and family for the donation of the water, and Eveline Patt for your donation and continued support of our young people and family.

To all the invited drummers and to all the up and coming drummers, we thank you each personally for traveling to get here and singing songs that open that ceiling and allow Prayers to be heard.

Thank you to everyone that purchased raffle tickets during the event.

We are especially grateful



Looking forward to Valentines Day with Travis Bobb.

to all the people who came out and danced, especially those who came out even during your times of sorrow and mourning. To see you all there to celebrate with us was a humbling experience. Malia said later that she knew each and everyone of you as you each have touched her life in some way.

If we missed anyone, forgive us; thank you from hearts. We hope you all enjoyed the occasion as much as we did, and we look forward to having one for Yesenia in about 8 years.

Sincerely,  
**Michael and Cecelia, Malia, Yesenia, and Ava Collins**

### Better life

Because of my life decisions and the bad choices I have made... I hurt the ones I love, and the ones who always care, because of my own selfish ambitions.

Most of all I hurt my five precious gifts that the Cre-

ator has given. I just want them to know it wasn't their fault because they're just children who had no decisions.

I apologize to my parents, siblings, children, and all loved ones that I have given any grief or any kind of hurt. Because I always found, and know that they will always be there and always been there from the start.

I know making a change is the route I need to go, because my life has been down a path of destruction. I chose that path, because my selfishness kept me from realizing others and even my own love and affection.

Because I know I have fallen short of His glory, and with that I proclaimed Jesus Christ as my savior. In the eyes of my Savior I'm a perfect jewel in His crown...

I love you all forever and even more. Your daughter, sister, niece and mother,  
**Marissa Rose Kalama.**

PS: I apologize to my friends and community for any grief I may have given you. God bless you all.

## Our sacred stuff, and time to start thinking about spring cleaning

*Alyssa Macy*

It is often said that the best things in life don't cost money. It is experiences and relationships that in the end mean the most.

Many tell their personal stories by what they have—you know, "stuff."

Over many years, I accumulated a lot of stuff. It furnished my apartment, drove me around, draped on my body, and in some cases, made me look smarter as it sat there on my shelf.

You know what I'm talking about—that intellectual type book you purchased and never actually read.

You see, I had entered into a sacred relationship with my stuff without even knowing it! My couch, armoire, kitchen table, bedroom set, and all the things hanging on my walls, squirreled away in boxes, and in my closet became the things that told my story and occupied my time.

But of course I never thought that.

Then one day, a close friend came to visit me in my fancy Chicago apartment with my fancy stuff, where I received the most honest reality check

I had been given in a long time.

She said, "You have such a nice apartment, everything is so well coordinated. You bought your furniture at Crate and Barrel! You drive a nice car, travel and have Frye boots. You are totally making it."

No mention of the work that I was doing in the Midwest or abroad. No comments from her about my good qualities like my ability to crack jokes at inappropriate times, my work ethic or my community involvement. Unknowingly to me, my sacred stuff was telling my story.

Acquiring things often came at a high cost. It took a few years to pay off that big screen TV, and a significant portion of my paycheck went to vehicle payments.

There were more than a few times when my expenses exceeded my income. I spent way too much money on clothing, a habit I picked up as a sixth-grader when I thought I needed to wear Esprit and Cross Colors like the "cool" kids.

My sacred stuff made me feel better and despite the

cost and stress, I worked really hard to have it.

In 2010 I decided to quit my job, sell my vehicle and worldly possessions (now filling a 24' truck) and move to New York City. It was the biggest leap of faith I've ever taken and letting go of my stuff was a scary and stressful experience.

Friends and family lined up to buy my stuff at great discounts and eventually I whittled down my belongings to 10 large boxes. In those boxes was the real sacred stuff—my buckskin dress, photos and yearbooks, Pendeltons from my father, eagle feathers, my baby moccasins.

I arrived in New York by train with five boxes. With no job and little worldly possessions, I learned how to clothe myself with my personality; to house myself with my strengths, personal and work experiences; and to feed my soul by truly believing in my own abilities.

New York was tough but I learned that I didn't really need all that stuff after all.

We live in a materialistic world, something very different than our ancestors. Me-

dia tells us that we need to consume and we do. Our homes are cluttered, and yards have become the burial sites for broken down stuff.

We've invested our emotions and memories into things, and given them meaning and control over our life.

The reality is, most things we acquire we can live without. Not purchasing or letting go of stuff not only opens up space in the home but in the mind. It teaches us to let go of the things that don't serve us.

It's freeing and opens you to one of the most precious things in life... time.

Rick Warren is the author of *The Purpose Driven Life: What on Earth Am I Here For?*, an intellectual type book I own and did read. He said, "Time is your most precious gift because you only have a set amount of it. You can make more money, but you can't make more time."

Our wisest investments are our relationships, experiences and community.

Take a moment, look around you, and give yourself that reality check. Perhaps its time to start spring cleaning a little early!

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