

## Letters to the editor

### Member artists

The Museum at Warm Springs will open the Tribal Member Art Show in April, showcasing the contemporary and traditional artwork on the membership.

Art can be submitted to the museum through Friday, April 14. Applications and guidelines are available at the museum. The Member Art Show will open on April 20.

For additional information please contact Natalia Kirk at 541-553-3331 ext. 412.

### Young at Art

The Museum at Warm Springs will host the Young at Art Fair during spring break. Warm Springs tribal youth are invited to create and learn. Stations will include: Weaving root baskets, pine needle basketry, drawing, photography, painting, raw hide work, and beading.

There will be traditional Social Dancing taught throughout the day. The Young at Art Fair is coming up on Tuesday, Wednesday and Thursday, March 28-30, 10 a.m. to 3 p.m. each day.

Ages 10 and over. Lunch will be provided each day. Please contact Natalie Kirk to sign up, 541-553-3331 ext. 412. The fair is limited to the first 25 students per day.

This is made possible by the Oregon Arts Commission.

### At Council

*The following are items on the Tribal Council agenda for the rest of the month of March (subject to change at Council discretion).*

#### Wednesday, March 15

9 a.m. - Workers Compensation Committee with Danny Martinez and Howard Arnett.

10 - Dual taxation issue with Howie Arnett.

11 - Risk insurance/storm damage with Brett Whipple and Don Courtney.

1:30 p.m. - NASA Solar Eclipse with David Kirk.

2:30 - Deschutes River Alliance with C. Miller and A. Littleleaf.

**Friday, March 17** - Fish and Wildlife workshop/Credit Enterprise.

#### Monday, March 20

9-11 a.m. - ATNI Energy and Natural Resources update with Direlle Calica/ATNI.

Changing Currents: Or-

gon Tribal Water Summit with analyst and director.

1:30-3:30 p.m. - Every Student Succeeds Act with April Campbell, Oregon Department of Education.

**Wednesday, March 22** - Acclimation Sites Tour hosted by Yakama. Lamprey Task Force meeting.

**Thursday-Friday, March 23-24** - CRITFC meeting hosted by Yakama.

#### Monday, March 27

9 a.m. - Secretary-Treasurer and COO updates with Michele Stacona and Alyssa Macy.

10 - April agenda/review minutes with the S-T.

11 - Draft resolutions with the S-T.

1:30 p.m. - Legislative update calls.

3 - Enrollments with Lucille Suppach-Samson/Vital Stats.

Tuesday, March 28.

9 a.m. - Minutes review with S-T.

10 - Needs and savings/capital with Alfred Estimo and Dennis Johnson.

11 - February 2017 Financial with Alfred Estimo and Dennis Johnson.

**Wednesday-Thursday, March 29-30** - Energy workshop.

(Note: all draft resolutions and ordinances, including any attachments or exhibits, are due by the first Friday of each month by 5 p.m., by email for review (Word form). No exceptions. Email to:

michele.stacona@wstribes.org

lynn.davis@wstribes.org

Items for further consideration: Economic development tribal cluster; TERO Ordinance update; Warm Springs Regulatory Commission; 1980 Census; Telecom bylaws; Enterprise reports to community.

### To residents

A notice to all Warm Springs home owners and tenants:

In order for the Sanitation program to provide good and timely service, it is necessary that all driveways be clear of low hanging trees, branches and shrubbery.

By keeping your driveway maintained it will allow the sanitation trucks that are tall and wide to be able to move down them without being damaged.

Low hanging trees and uncut shrubs are breaking off mirrors and causing other damage to vehicles.

Sanitation is asking that all trees and shrubbery be cut back by March 17, to ensure that you have continued service. Thank you.

**Warm Springs Sanitation.**

### House fire

In early January 2017 at 4 a.m. on a Sunday morning, and with knee-deep snow, we had a freak fire in my grandson Wesley's bedroom. We were very lucky that Wes woke up in time to get everyone out of the house.

I am, however, saddened of the news that floated through the grapevine. I did not receive megabucks from our tribes' fire and disaster fund, as malicious words were spread. According to the Fire Department there was no damage. Fortunately, I have full coverage on my house, but the settlement takes time.

I would like to take this time to thank Don and Lola Sohapp for their donation of beautiful clothing for me and my grandchildren, and the Tribal Council for a check for \$500. That should satisfy those enquiring minds. Credit treated me with utter respect and help.

I would never wish this to happen to anybody, and I was very fortunate to pay and pay for my home insurance, and I encourage others to do so. With due respect,

**Neda Wesley and children, Theo, Wes, Eliza, Lexi and Soraya.**

### Birth

*Elvis Charles Sampson*

Vernon P. Sampson and Davina L. Lucci of Warm Springs are pleased to announce the birth of their son Elvis Charles Sampson, born on February 28, 2017.

Elvis joins brothers Raymond, 11, and Jrues, 2; and sister Ellen, 17.

Grandmother on the father's side is the late Carolyn J. Johnson of Warm Springs.

Grandparents on the mother's side are Flora "Fawn" Frank of Pendleton, and David E. Lucci of Yakama.

### Important vote

The election in May is an important one for the Warm Springs community, as three positions are up for election

### Student Profile

## New career path opens at COCC

Tonia Medina is a mom, grandmother and a very independent person.

She has also found time to attend Central Oregon Community College, and is working toward her Associate of Arts Oregon Transfer (AAOT) degree. Her degree will be in either Business Administration or Criminal Justice.

Years ago, when she still lived in Texas, Tonia started taking some legal aid type courses. But life intervened and she got married. And when she became a mom she had to put her dreams on hold.

Two life-changing events happened that inspired her to return to college. One, she was diagnosed with cancer, and second, she had her first grandchild.

It was then she thought, "What kind of life do I want to pass on



linguistic interpreter.

College is showing Tonia that she can build a financially secure future for herself and her family. College is also a confidence builder, turning her into a life-long learner and showing her that she has what it takes to succeed.

"My kids are impressed," Tonia says. "They are all proud of me and now they are all talking about going to college."

Her advice to others thinking about going? "It's a good investment in yourself. You get to learn new technology, and you get a better paying job when you're done."

Also, find yourself some mentors: "Mabel Jackson, Shai Saunders, Carrie McCormick and Gina Ricketts come to her mind," she says.

It all seems to be falling in place for Tonia. And in a few years, expect to see her busy with her new career!

to my children and now to my first grandchild?"

Tonia like to develop her own business as a notary public or tax interpreter, as she is also bi-lingual. And she would like work with low-income families.

In the long-term she would like to develop a family business where all four of her daughters and her son can work. In this way she would leave a long-lasting legacy for her family. Another idea is to work for the government as an FBI

### Coho return

The Nez Perce Tribe and the Oregon Department of Fish and Wildlife took a historic step last week with the reintroduction of coho salmon to northeast Oregon's Wallowa Valley.

The event was the release of a half million coho smolts into the Lostine River, marking the first time that coho have been in this basin in 31 years.

It is a great honor to be able to witness the first steps in reintroducing coho salmon, 'kállay' as they are known to the Nez Perce people, back to an area where they have been absent for far too long.

Our tribe has worked towards this day for nearly three decades and it is wonderful to see the fruits of that labor.

In the late 1800s, an estimated twenty thousand adult coho that returned to the Columbia River were produced in the Grande Ronde/Wallowa river basin.

Poorly designed hatchery programs, habitat changes within the basin, construction of mainstem dams, and overfishing depleted coho returns.

The Nez Perce and Oregon re-introduction project is designed to provide measurable harvest for treaty and non-treaty fisheries along the Columbia River, re-establish natural production of

coho in the Wallowa and Lostine rivers, and encourage the natural recolonization of coho into the Grande Ronde River and its tributaries.

The re-introduction is the latest in a series of tribal projects that have reintroduced coho throughout the Columbia River Basin.

Prior efforts include the Yakama Nation's upper Columbia coho reintroduction program, and the Nez Perce Tribe's coho reintroduction program on the Clearwater River in Idaho. Both of these programs have successfully rebuilt naturally spawning coho populations and both rivers now support treaty and non-treaty coho fisheries.

The Nez Perce Tribe's planning for this reintroduction began in 1988 with funding from Bonneville Power Administration. Implementation of this program was developed through the U.S. *v. Oregon Management Agreement* and funded by the Mitchell Act and Pacific Coastal Salmon Recovery Fund.

The juvenile coho were reared at the Cascade Hatchery near Bonneville Dam and transported to the Lostine River for release.

The first adult coho from this release are anticipated to return to the Lostine River in the fall of 2018.

**Mary Jane Miles**, Chair of the Nez Perce Tribal Executive Committee.

**Spilyay Tymoo**  
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Any written materials submitted to **Spilyay Tymoo** should be addressed to:

**Spilyay Tymoo**, P.O. Box 489, Warm Springs, OR 97761.

Phone: 541-553-2210 or 541-771-7521

**E-Mail:** david.mcmechan@wstribes.org.  
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## Diabetes program offers healthy message about oils and fats

Dietary fat can be classified into four groups: Saturated, monounsaturated, polyunsaturated and trans-fat.

Each type of fat behaves differently inside the body. Saturated and trans fats contribute to the risk of cardiovascular diseases.

Monounsaturated and polyunsaturated fats both tend to lower low-density lipoproteins (LDL) blood

cholesterol when they replace saturated fats in your diet.

Oils are fats that are liquid at room temperature, like cooking oil. Oils come from many different plants and from fish.

Oils are not a food group, but they do provide essential nutrients.

Most oils are high in monounsaturated or polyunsaturated fats, and low in

saturated fats.

Solid fats are fats that are solid at room temperature.

Solid fats come from animals and can be made from vegetable oils through a process called hydrogenation.

Some common fats are: butter, milk fat, stick margarine, shortening, and partially hydrogenated oil.

You can make your diet healthier by choosing leaner

cuts of meat and switching to reduced-fat milk, yogurt and cheese.

Replace butter with olive oil or margarine.

Skip that fried fast food and opt for a sandwich or wrap made with lean meat and a salad instead.

*Information for this article provided by the Warm Springs Diabetes Prevention Program.*