

CRITFC welcomes new chairman

Nez Perce leader Casey Mitchell is the chairman of the Columbia River Inter-Tribal Fish Commission.

Mr. Mitchell was elected to the position by his peers from the Warm Springs, Yakama, Nez Perce, and Umatilla tribes.

At 38, he is one of the youngest individuals ever to chair the four-tribe commission. He assumes the position from Leland Bill, a Tribal Council member from the Yakama Nation.

Mr. Mitchell is the Secretary of the Nez Perce Tribal Executive Committee, the tribe's governing body.

He has spent the past twenty years serving his tribe and community, focusing his efforts on tribal treaty rights and natural resources issues.

He received a Bachelor's degree in Environmental Science from Northwest Indian College in Bellingham, Wash., afterward teaching Ecology there.

He then returned to the Nez Perce Reservation, working for the tribe's fisheries program as a biologist in the Watershed, Harvest, and Production divisions, specifically working on fisheries management issues throughout the Columbia River Basin.

"Indian Country is looking at some challenging times ahead," Mr. Mitchell said

"But let us not be afraid. As a united front we are strong, confident, and ready to uphold our inherent sovereignty and tribal treaty rights. Through the common ground that we all share, we will work to protect the rights that we were given, and to preserve the land, water, and resources for everyone in the region."

Jaime A. Pinkham, CRITFC executive director, welcomes the new chairman. "CRITFC is thankful for



Nez Perce Leader Casey Mitchell takes the oath of office as CRITFC's new chairman.

the leadership of the Yakama Nation over the past year," Mr. Pinkham said.

"The tribes have waded into key battles against reckless coal and oil transportation projects, and secured important advancements of housing for tribal members living along the Columbia River, to name a few."

Retiring CRITFC chairman Leland Bill commented:

"As tribal leaders we come together to restore fisheries populations throughout the Columbia River system, and to educate others about the tribes and our work.

"It has been a tremendous honor to serve the commission and the four treaty tribes. The commission is in great hands with Chairman Mitchell, and I look forward to working with him as the four

tribes continue our fight for tribal sovereignty, tribal treaty rights, and the fish populations that sustain our communities."

The other CRITFC officers elected are Ryan Smith of Warm Springs, vice-chairman; Jeremy Red Star Wolf, Umatilla, secretary; and Leland Bill, Yakama, treasurer.

The election of CRITFC officers takes place every June with the seats rotated among the four member tribes beginning in July.

Information on CRITFC and its newly elected officials are available online at www.critfc.org

CRITFC, based in Portland, is the technical support and coordinating agency for fishery management policies of four treaty tribes in the Columbia River Basin.

A conversation about diabetes

(The following is a conversation with Montell Elliott, Diabetes Coordinator at the clinic, provided by the Warm Springs Model Diabetes program.)

Question: How long have you worked in Warm Springs and with the Diabetes Management team?

Answer: I have been at Warm Springs Health and Wellness Center for 23 years, diabetes prevention 13 and diabetes program just over a year.

Question: What motivated you to join the Diabetes Program?

Answer: I have enjoyed working with people with pre-diabetes, and learned that what we all want is to prevent the complications of diabetes.

If your blood sugar is high, then it causes the bad things that we call complications, like amputations, eye sight problems or nerve pain.

Even if you are considered to have 'normal' blood sugar now, we are all at greater risk of getting diabetes by being Native American, and most of us have family with diabetes. (If you are curious, I am Alaska Native and a member of the Tlinget and Haida Tribe.)

I actually joined the Diabetes Prevention Program partially to learn how to prevent diabetes for myself. I had gestational diabetes while I was pregnant and had to take insulin. The program has helped me prevent diabetes so far in my own life.

In my job, I have also found enjoyment in being an administrator. I enjoy working with employees toward goals of making better programs for patient care. I have been the acting Diabetes Coordinator since February 2016 and the Diabetes Pre-



Montell Elliott

vention Coordinator for about six years.

Before that I was the recruitment coordinator for the Diabetes Prevention Program. My role as diabetes coordinator is now official and I am part of the executive team at Warm Springs Health and Wellness Center.

In my time off I enjoy being with my family. I am also a Netflix addict and enjoy reading.

Question: What do you think is most important for patients to do for their own health?

Answer: Admit to yourself when something is not right in your body and seek help. Denial is a sneaky thing, and until you admit you have a problem, you cannot do anything about it.

Question: What is your favorite part of your job?

My favorite part of my job is health coaching because I really like to work with people one on one to make a plan towards health.

Question: Why do you think management of diabetes is important?

If you can manage your diabetes then you can live longer, healthier and happier. I think that is what we all want.

Hunting

(Continued from page 6)

Moody, William John
 Moran, Rosaline
 Morning Owl, Neal Jaron
 Morning Owl, Rolin Jetton
 Moses, Coleicia Kathleen
 Moses, Jered Oliver
 Moses, Scott Carlton
 Nathan, Randall Owen
 O'reilly, Sammi Glenna
 Otter, Kimberly Jan
 Palmer, Jason Norman
 Palmer, Ronald Norman Benja
 Parra-Pena, Erminio Albino
 Patt Jr., Olney
 Patt, Byron James
 Patt, Sierra Nicole
 Patt, William Darin
 Pennington, Harold Robert
 Picard Sr., Woodrow Ray
 Picard, Chantel Wilma
 Picard, Clem Ray
 Picard, Leiron Willard
 Picard, Rebekah Ann
 Pitt, Pi-Ta L
 Plazola Jr., Jose Antonio
 Poitra, Woodrow Les
 Polk-Ruiz, Ozzie James
 Polk, Lei-Lani Jean
 Queahpama, Rafael
 Reese Jr., Frank
 Reese, Jesse Gueyon
 Requa, Chris Gensaw
 Rhoan Jr., Lyle Amiel
 Rhoan Sr., Lyle A.
 Rhoan, Krysta Lynn
 Robinson, Luanna Dorene
 Rowe, Stephanie Marie
 Ruiz, Whitley Latoya Marie
 Sahme, Laura Virginia
 Sam Jr., Robert Tracy
 Sam Sr., Robert Tracey
 Sam, Thomas Chester
 Sam, Tracy Ray
 Sampson III, Gary Paul
 Sampson Jr., Gary Paul
 Sampson, Gene Amiel
 Sampson, Norene Norajan
 Samuels, Daniel Antonio
 Sanders Jr., Jeffery Edward
 Sanders, Fred Martin
 Sando Jr., Wilfred Joseph
 Sando-Emhoolah, Mary Ann
 Santos Jr., Alberto Eligio
 Santos, Albert Isaiah
 Santos, Anthony James
 Santos, Isaac Allen
 Santos, Joel Aaren
 Sapuay, Andrea Faith
 Sargeant, Valena Ann
 Schjoll, Denys Raevine

Schut, Brandon Edward
 Schut, Shawn Paul
 Sconawah II, Matthew David
 Scott Jr., Gordon Lee
 Scott Jr., Joseph P
 Scott Jr., Larry Maurice
 Scott-Boise, Elysebeth Riene Cora
 Scott, August Reynolds
 Scott, Brigitte Monica
 Scott, Christine
 Scott, Deborah B
 Scott, Flint Chrome
 Scott, Francis Wallace
 Scott, Israel Toba
 Scott, James Lesley
 Scott, Joseph Walter
 Scott, Leonah R M
 Scott, Shelby June
 Selam, William Ben
 Seyler, Dustin Michael
 Shadley, Anthony Roy
 Simtustus Jr., Stanley Orin
 Simtustus Sr., Stanley Orin
 Simtustus, Lianna May
 Simtustus, Vincent Harley
 Slockish, William Frank
 Smith III, Alvis Wesley
 Smith III, Claude Henry
 Smith III, Stanley Roy
 Smith Jr., Craig Anthony
 Smith Jr., James Adrian
 Smith Jr., Jonathan William Tyrone
 Smith Jr., Maurice Paul
 Smith Jr., Stanley
 Smith Jr., William K
 Smith Sr., Austin Louis
 Smith Sr., Jonathan William
 Smith Sr., Ryan Gene
 Smith-Cochran, Mona Laverne
 Smith-Lucero, Cameron James
 Smith, Aaron Michael
 Smith, Alex
 Smith, Andrew Elias
 Smith, Arlene Katie
 Smith, Arvonius Ke-Shone
 Smith, Brennon Matthew
 Smith, Camisha Laura
 Smith, Carlos Robert
 Smith, Creston Dana
 Smith, Donte Dnai
 Smith, Frank Wesley
 Smith, Gary McBride
 Smith, Glendon Neal
 Smith, Illante Victoria E
 Smith, Jamie
 Smith, Janice Marie
 Smith, Jason Wesley
 Smith, Jennifer Rose
 Smith, Jeremiah Johnson
 Smith, Joella Lea
 Smith, Johnny Ellery

Smith, Joseph D
 Smith, Killian Nez
 Smith, Leander Daniel
 Smith, Lionel Russell
 Smith, Lori Sue
 Smith, Louie W
 Smith, Nicole Marie
 Smith, Preston Ray
 Smith, Randolph Henry
 Smith, Robert Roscoe
 Smith, Robin Tracie
 Smith, Ryan Eugene
 Smith, Sydney Hope-June
 Smith, Tashina Christine
 Smith, Tommie
 Smith, Tyrell Terrance
 Smith, Victoria Claudia
 Smith, Wissie Robert
 Smith, Yancy Wayland
 Sohapp Jr., Davis Dennis
 Sohapp, Devere Dean
 Sohapp, Joshua Dean
 Soliz, Dorian R
 Sorrelhorse, Francis Dean
 Speakthunder, Keyshawn Robert
 Spino Jr., Francis Terrance
 Spino Sr., Evans
 Spino-Mccormack, Mystina Shanta
 Spino-Mccormack, Saralee Lorette
 Spino, Delila Ann
 Spino, George D. Charlie
 Spino, Jhalena Rose
 Spino, Jordan Javon
 Spino, Judy Luanne
 Spino, Martin Ray
 Spino, Patrice Rose
 Spino, Robert Gary
 Spino, Roy C
 Spino, Theron Alexander
 Spino, Tina Vel
 Spino, Victoria Michelle
 Sportsman, Leo Isaac
 Squiemphen III, Lawrence Johnny
 Squiemphen, Chance Earl
 Squiemphen, Earlyne
 Squiemphen, Emerson George
 Stacona Sr., Andrew Eugene
 Stacona, Anthony Ray
 Stacona, Briana Marie
 Stacona, Ramon Jason
 Stanley Jr., Jerome Albert
 Starr, Clay Jack
 Starr, Roselyne Marie
 Stevens Jr., Mark Stewart
 Stevens Sr., Mark
 Stevens, Kasheena Louise
 Stevens, Orlando C
 Stevens, Preston Orlando
 Stevens, Rudolph Anthony Brand
 Stevens, Sheena Marie
 Stewart Jr., Solomon

Stewart, Louis Anthony Wilford
 Stewart, Roscoe
 Stewart, Steven Wayne
 Stradley, Anthony Michael
 Stradley, Terry Lynn
 Stradley, Trisha Ann
 Strom, Brenda Beth
 Strom, Charley Eugene
 Strong Jr., Thomas A
 Strong, Brad Thomas Smith
 Strong, Salena Marie
 Summerhalder, Derick Jordan
 Suppach-Samson, Lucille
 Suppah Jr., Erland Mathew
 Suppah Sr., Delson
 Suppah Sr., Erland Mathew
 Suppah Sr., Ronald
 Suppah, Chloe Lynn
 Suppah, David Paul
 Suppah, Dellarae Marie
 Suppah, Dustin Jay
 Suppah, Frankie
 Suppah, Jake Oscar
 Suppah, Jordan Amiya Rose
 Suppah, Lil Bull Owl
 Suppah, Lincoln Jay
 Suppah, Rena Irene
 Suppah, Roman Lance
 Suppah, Vernon Clarence
 Switzler Sr., Jasper Eneas
 Switzler, Clinton
 Switzler, Eydie Renea
 Switzler, Jay Dee
 Switzler, Larry Kenneth
 Switzler, Wendell Eneas
 Taaw-Lee-winch, Larry
 Tailfeathers, Danell Suzette
 Tanewasha Jr., Lester Buster
 Tanewasha, Marty Floyd
 Tatoosh Jr, Justin Edward Stanl
 Teeman, Michael James
 Tewee, Richard J
 Thomas Jr., Edwin Jay
 Thomas Jr., Robert Neil
 Thomas, Jason Schmitt
 Thomas, Jeremy Robert
 Thomas, Justine Urbana
 Thomas, Laura Jasmine
 Thomas, Ramone Jamison
 Thomas, Sophie Lynn
 Thompson Sr., Joel Anthony
 Thompson, Alyssia Eileen
 Thurby, Bobby Gene
 Thurby, Chad Victor
 Tias Jr., Vernon Lee
 Tias, Steven Thane
 Tish-Martinez, Marcella Michelle
 Tohet Jr., Jimmy Jason
 Tohet Sr., Jimmy Jason
 Tohet, Jason Harvey
 Tohet, Winona Renee

Tom Sr., Corbett I
 Tom-Holyan, Liana Layne
 Tom, Amanda Meredith
 Tom, Clinton Mathias
 Tom, Eldon Lawney
 Tom, Lynette M.
 Torres, Anthony
 Torres, Raymond Sterling
 Torrez, Lucinda Joannie
 Trent, Lynn Marie
 Trimble, Delton D
 Tuckta, Jermaine Ryan
 Tufti Sr., Thurman Allen
 Tufti, Alex Curtis
 Tufti, Jessica Geneva
 Tulee Sr., Cecil Hensley
 Umtuch, Jerimiah Matthew
 Vanpelt, Anthony Jay
 Vanpelt, Charles Redelk
 Velasquez, Ladonna Lee
 Waheneka, Harlan Emery
 Wahnetah, Kari Marie
 Wahnetah, Nicole Ann
 Wainanwit, Charlie Stan
 Wallace, Desirae Nichole
 Wallulatum, Turina Addie
 Washington, Leo
 Webb, Lisa Renee
 Wells, Jaron Matthew
 Wells, Tanner Dylan
 Wells, Travis Raymond
 Wewa, Kelly Muniz
 White III, Dennis John
 Whitefoot Sr., Mitchell Jonathon
 William, Mary Jane
 Williams, Jason Ray
 Williams, Kevin Donald
 Williams, Nicole Jean Elizabeth
 Windy Boy, Everett Lee
 Windy Boy, Virgil James
 Winishut Sr., Donald Lewis
 Winishut, Aaron Stacy
 Winishut, Devin Paul
 Winishut, Stacy
 Winishut, Vernon James
 Wolfe III, James Lee
 Wolfe Jr., Richard Ellery
 Wolfe Sr., Richard Ellery
 Wolfe-Esquiero, William Alfred
 Wolfe-Lahr, Agnes Ardis Josie
 Wolfe, Alfred Lewis
 Wolfe, Charles Apollo
 Wolfe, Kosie Lee
 Wolfe, Lashawna Shawnt
 Wolfe, Leann Mae
 Wolfe, Samuel Lawrence
 Yallup, Hiram Russell
 Yaw Jr., Jimmy Jason
 Yazzie, Trevern Deshaun