

Letters to the editor

Found at powwow

The Pi-Ume-Sha Committee has a number of lost-and-found items that were turned in after the powwow:

Child's fringed shawl: One side fur with beaded hair tie. One beaded arm or leg band. One pair hand cuffs. One beaded barrett. One necklace and one child's belt.

If you are claiming an item, please provide some additional information such as color.

Louise Katchia, 541-460-0224(c) or 541-553-8209(w). Or email: louise.katchia@hotmail.com

Thank you team Warm Springs for all you do. We will be doing the installing along with Jack C and Levi from the Red Cross in Bend

Fire season is very strong this year so let's care and prepare our homes!

Rosemary Alarcon

Film trailer

Congratulations to the team that created the award-winning film *Missing Indigenous*.

You can watch the trailer at the website: youtube.com/watch?v=uGumRgPILgY

Recruiting youth

Heart of Oregon YouthBuild is recruiting students for our fall 2017 cohort, starting September 25.

YouthBuild focuses specifically on high school diploma or GED preparation and attainment, job skills and construction training, and AmeriCorps service for motivated young people ages 16-24.

We work primarily with students who have either dropped out or are on the verge of being dropped from traditional high school.

YouthBuild Program is currently accepting applications for our Fall 2017 cohort.

Contact **Amorita Anstett** at 541-526-1380. Or email: amorita.anstett@heartoforegon.org

A new life

Dear Warm Springs Natives, I'm very home sick and need to hear love from Warm Springs. I am a proud mother of three boys and one daughter, and decided to make a life change for both of us (Angela and me), and sober up and make a new life, doing what I can to make a better way in all I can. At least what I can give her what she deserves. Even though I left all that I've ever known, my mom and dad, three boys and family.

Just drop me a life and tell me what is going on. I'm praying for the rez. Bless everyone. My daughter Angela gets to be here with me in my sobriety. So wish me luck on my new road. I can't wait to hear from you. Much respect,

Rima Crooked Arm, 306 SW Eighth St., Corvallis OR 97333.

Indigenous Peoples Day

Oregon Health Sciences University Native Empowerment Resource Group and Allies will host Indigenous Peoples Day in October.

Come join us as relatives, community and family for an opportunity to hear about OHSU collaborations with Native communities and people—past, present, and future. This is a free event, open to the public. Indigenous Peoples Day—*It's Good to Be Indigenous*—is coming up on Monday, October 9, from 5-7 p.m. Food and drinks provided.

This will be at the Casey Eye Institute, Marquam Hill, 3375 SW Terwilliger Blvd., Portland.

The Casey Eye Mobile Outreach Van will be on site plus free tram rides if interested.

For more information, contact me at 503-418-2199; or email:

singerm@ohsu.edu

There has been great news with the recent awards of the Pathways Into Health: Northwest Native American Center of Excellence, and the School of Nursing's Native Nursing Diversity Award, in addition to the ongoing good works of the Oregon Prevention Research Center—Center for Healthy Communities Research & Training Programs, On Track OHSU at Warm Springs, Casey Eye Mobile Outreach Van in Oregon's Indian Country and much more.

Michelle Singer (Navajo), project manager, Native STAND (Students Together Against Negative Decisions), Oregon Prevention Research Center, the Center for Healthy Communities, OHSU-PSU School of Public Health

Youth worker, WSCAT assist community with raised gardens

By Jocixx Hintsatake
Native Aspirations ~ Summer Youth Worker W.S. Community Action Team

The Warm Springs Community Action Team does a variety of tasks for the community.

Tasks include asset building through individual development accounts (IDAs), education for personal and professional development, and small business promotion.

Occasionally, WSCAT is involved in promoting agriculture in Warm Springs, and this article will cover a recent agriculture project.

In late June the WSCAT staff contacted High Lookee Lodge, the Senior Center, and the Community Center to see if a project involving the installation of raised beds was desired and plausible.

The project involved utilizing wooden log kits acquired through donations, and repurposing them into useable garden beds for the elders and possibly youth.

Each of the organizations contacted agreed to participate in the project, and staff from OSU Extension

Portland to Coast

I'd like to commend my team for going above and beyond defeating this feat of Portland to Coast (team of eight)... They all rock, high 5's and kudos, ladies.

Each showed perseverance and stamina with the three legs each of us did. I'm so pleased and impressed with their great efforts.

Above all, everyone had a blast and fun during the entire race, even with lack of sleep and a few minor injuries.

A huge thank you to our awesome volunteers: Elizabeth Smith, Yvonne Iverson and Elizabeth Sachse, because without you our team wouldn't



Courtesy Earlynn Squiemphen

Portland to Coast 2017 team No Fear: Kay Moyer, Renee Wewa, Earlynn Squiemphen, Jolene Hintsala, Amaya Bisland and Roxanne Bisland (top from left); Elizabeth Smith, Yvonne Iverson, Mysti McCormack, Cheyenne Wahnetah and Elizabeth Sachse (bottom from left).

have been able to participate.

Again, thank you team for an awesome fun-filled

weekend... You all rock!

Earlynn Squiemphen, Captain, Team No Fear.

Hood to Coast



Courtesy We Got This!

The Hood to Coast 2017 team, We Got This: Ben Bisland, Adam Haas, Rich Danzuka, Wayne Gilbert, Chuck Shields, Brett Whipple (back from left); Laurie Danzuka, Morning Ferris, Taralee Suppah, Lisa Dubisar, Leslie Davis and Ardis Clark (front from left).

Spilyay Tymoo
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agreed to work with WSCAT to set up the gardens.

As a summer youth worker, I was assigned a wide range of tasks by WSCAT staff members Dustin Seyler and Leah Guliasi. In the raised beds project, I worked mostly with Dustin.

Our tasks were to deliver lumber, soil and materials to the desired locations, convert the materials into garden beds, and plant seeds and starts in the beds.

After finishing this work at High Lookee and the Senior Center, we provided lumber to the Community Center to expand upon the raised beds garden already constructed there for youth.

WSCAT is very interested in encouraging people to start or expand their businesses, and provides many services for small businesspeople.

We hope to assist Warm Springs youth in learning about business management and starting their own microbusinesses and money-making endeavors.

We believe agriculture-related businesses are often a

great place for youth to start. WSCAT is not trying to compel youth to learn about agriculture, but to provide a climate in which those who are possibly interested can figure out if it is for them, and to enable them to learn that they are capable of doing it, should they so choose.

WSCAT is working with the elders because some elders have expressed interest in agriculture and in having raised beds. Raised beds in particular enhance their ability to grow their own plants.

The benefits in doing this kind of work for elders, and for the entire community, are that people gain access to locally grown produce; opportunities arise for agricultural business growth; and people—youth and elders in particular—have access to a healthy recreational activity.

There are challenges that sure come with starting and maintaining a garden, in particular sustaining the garden over time, dealing with hundred-degree summer days, and dealing with the costs—the tools, equipment, seeds, plant starts, fertilizer, etc.

There are a few ways to get over these challenges.

One can reduce agricultural business start-up costs by having cheaper tools, rental tractors, and by working to get low interest loans or grants.

In Warm Springs, community members interested in agriculture can borrow a rototiller, tractor, or hand tools from WSCAT, and can sell fruit or vegetables sold at WSCAT's seasonal Friday Outdoor Market.

They can save money in an IDA account with WSCAT to purchase agricultural tools, equipment, and inputs. They can learn about growing crops and value-added food production from OSU Extension.

WSCAT will continue to work with community partners like OSU Extension, the Community Center, the Senior Center, and High Lookee Lodge, improving and upgrading community gardens.

Making agricultural projects successful requires patience, persistent work, follow-up, and teamwork.

Hopefully, teamwork on many small projects will result in more food becoming available for the whole community.