

Letters to the editor

Christmas play

Happy New Year, friends and relatives,

I am thanking all of the people who helped me have a beautiful Christmas play. Peace Came in a Cradle was on December 13 at the Community Center. And thank you to all the families who brought their children to perform for you.

I'd like to thank one person the most, for she helped with all of her heart and soul. The Lord has blessed her. Thank you Denni Thompson. Also thank you to the narrator and singers, restoration for our forest, the casino for donations, plus Power and Water Enterprises, and to Tribal Council.

All that was donated helped those who attended the play to receive a gift from Santa.

Love and Prayers,
Roma Cartney

Through last year the clinic has spayed or neutered 256 dogs on the reservation. Bend Spay and Neuter also vaccinated more than 350 local dogs for rabies.

The first clinic of 2018 will be on March 4, and will continue the first Sunday of the month through the year.

The important challenge facing the program: Finding a new location to provide the service in Warm Springs.

If you have a suggestion, please call 541-617-1010.

Free services include spay and neuter, vaccination for rabies and parvo, and adoption. The Warm Springs service of the Bend Spay and Neuter Program is made possible by an endowment from a woman who lived on the reservation years ago, when her husband worked as a doctor at the clinic. You can learn more at bendsnip.org

Time to take health survey

The tribal member health survey team has interviewed close to 200 members so far in the health information collection project. The survey team will continue the project through this month.

Participation by all members over 18 is encouraged, as the survey results will guide tribal health care priorities in coming years.

There is a \$30 gift card incentive for anyone who participates. The survey takes about an hour to 70 minutes. Survey responders and answers remain strictly confidential.

This is a tribal project—approved by Tribal Council and the Health and Welfare Committee—in cooperation with the Northwest Portland Area Indian Health Board.

Warm Springs Community Health, and the Prevention program are coordinating the health interviews.

For more information, or to schedule a time to take the survey, please call 541-615-0036. Or stop by the Family Resource Center.

Emergency alerts

The Confederated Tribes of Warm Springs offers emergency text messages to communicate information to community members, and to tribal employees.

Weather related delays, closures and other impacts are relayed in a text message for anyone who signs up to receive the messages. Visit the link: 'CTWSOAlerts' listed in this Community Calendar on the KWSO website.

You'll need to provide your name, cell phone number, service provider and an email address. Most but not all providers will work for the emergency messages.

Energy help

This is the time of year when our monthly power bills become nearly unmanageable.

Good news is that Warm Springs Social Services can help with low-income energy assistance. You can get an application and details at the Social Service office located in the Family Resource Center. Or call 541-553-3415.

National Honor Society

Congratulations to Jazell Allen for making the National Honor Society, a straight A student.

We are proud of you, from grandpa Leroy, Jarrod, uncle Jace and all the family in Warm Springs.

Fit food tip

Having diabetes doesn't mean you can't ever eat your favorite foods.

The key is a combination of what, how much, and when to eat. Breakfast is your best chance to increase fiber in your diet and get in a serving of fruit and dairy.

Kickstart your morning metabolism the right way by making sure you have some breakfast at home each day. Oat meal is one of the best breakfasts you can eat if you have diabetes. It contains four grams of fiber per cup, which will help keep blood sugar levels steady.

And studies have shown that eating a cup of oat meal five or six times a week can lower the risk of developing type 2 diabetes by 39 percent. Have non fat milk or plain yogurt with your oat meal.

And choose an orange over orange juice. The actual fruit will make you feel more satisfied and full.

This message is brought to you by the Warm Springs Diabetes Program and 91.9 FM KWSO.

Note from Prevention

With the start of the new year, Oregon is now enforcing a law that raises the required minimum age to legally buy or obtain tobacco products from 18 to 21.

Gov. Kate Brown signed SB 754, known as Tobacco 21, in August. Enforcement and fines began January 1. Oregon is the fifth state to increase the age to purchase tobacco, after California, Hawaii, Maine and New Jersey.

Under the new law, retailers can no longer sell tobacco products or inhalant delivery systems, such as a pipe or vaporizing device, to people younger than 21. Violations of the law are punishable by a fine of \$50 for employees, \$250 for store managers, and \$500 for store owners. For managers and owners, the fines double by the third offense.

Help is available for anyone in Oregon ready to quit tobacco. Call Warm Springs Prevention for more information, 541-553-2305, or 541-615-0036.

Michael H. Martinez, Prevention specialist, Warm Springs Health And Promotion Prevention Initiative (HAPPI).

For the pets

The Bend Spay and Neuter Project will return in 2018 to the Warm Springs Reservation, offering the free service to pet owners.



Looking forward to a great 2018, with Warm Springs artist Travis Bobb.

Howlak Tichum ~ In Loving Memory

Patricia Ann (McCloud) Kalama ~ July 9, 1946 - November 10, 2017

Patricia Ann (McCloud) Kalama passed away on November 10, 2017 in her home in Warm Springs.

The funeral was held on November 13 at the HeHe Longhouse.

Patricia was preceded in death by parents Andrew McCloud Jr. and Edith K. McCloud; brother Russell W. McCloud, and sister Linda R. McCloud.

Patricia is survived by her husband Larson E. Kalama Sr., daughter Bridget Rose Kalama, and sons Carl Kalama Sr. (Yavonda), and Larson (Parkay) Kalama Jr.; and grandchildren, great grandchildren, and great-



great grandchildren.

Brothers Andrew McCloud III, (Melinda), Mike J. McCloud, Kenneth J. McCloud (Mary), Raymond D. McCloud; sisters Billie L. McGee (Danny), Norma J. EagleSpeaker (Sonny), Marcella M. Eaglespeaker (Otto), Gail S. Hernandez (Rudy), Angeline Totus (Frank), Rosaline Johnson,

Maiselle McCloud. Also many nieces, nephews and cousins.

We would like to thank all of our families who came to be with us and hold us up as we say farewell.

She was our social butterfly with her smile and hugs for everyone.

We are truly grateful and thankful to the Puyallup and the Puyallup Tribal Funeral and Medical office, the Warm Springs tribes, and all who donated food, financial help, giveaway items and support in our time of need.

We hold up our hands up high in a big Thank You to all.

For the Health of It...

Start off the New Year by focusing on good health basics—Eating right doesn't have to be complicated.

Healthy eating includes a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.

If you are overweight, work toward losing 5-7

percent of your weight. This will significantly reduce your health risks.

Get in about 30 minutes of moderate activity every day to assist in weight maintenance and overall health. If you smoke – quit!

Make sleep a priority and shoot for 7-9 hours of shut eye every night.

Many medical conditions can be recognized in the early stages by getting preventive screenings and immunizations. Ask your doctor about what screenings are recommended for you.

Stress less and stay positive! *These health tips are brought to you by the Warm Springs Diabetes Program and 91.9 FM KWSO!*

Details about the Warm Springs Buy-Back program

This information is provided by the Warm Springs Reservation Land Buy-Back Program:

There are 819 individuals who own fractional interests on the Warm Springs Reservation. The landowners reside in 18 states, with 66 percent—544—residing in Oregon. Washington state is second with 20 percent (163 individuals).

The county with the most individuals with fractional interests is Jefferson, which includes the populous area of the reservation. Fifty-

eight percent of those with a fractional interests on the Warm Springs Reservation—477 individuals—live in Jefferson County.

Next is Yakama, Washington with 114 individuals (14 percent); and third is Multnomah with 24 individuals, or 3 percent of the total. There are 63 Warm Springs fractional interest owners—8 percent of the total—with no address listed, or whereabouts unknown.

A definition that applies to the Buy-Back program, which is a big part of the

Cobell federal lawsuit settlement: 'Fractionated tracts' refers to a tract held in trust or restricted status that has two or more unique owners, one of who may be the tribe itself.

What makes a tract eligible for the Buy-Back program?

To be eligible for the Buy-Back program, all of the following must be true for a tract:

The tract is held in trust or restricted status. The tract has two or more own-

ers. The tract must be able to be mapped (in other words, the legal description of a tract must not require further research).

The tract must not be 100 percent comprised of ineligible interest; and the recognized tribe must exercise jurisdiction over the tract.

If you would like information on the Warm Springs Reservation Land-Buy Back program, contact Randy Scott:

randy.scott@wstribes.org

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