

Letters to the editor

To Sno-Cap

I would like say a thank-you to the Sno-Cap Drive In in Redmond.

That was very nice of you, and helped to brighten our day.

Pearl VanPelt

Pet clinic

Thank you so much for the opportunity to provide spay/neuter and vaccinations for dogs in your community over the past year and a half. The Bend Spay+Neuter Project team has really enjoyed coming out each month and getting to know so many wonderful people and pets.

As some of you know, our program is funded entirely by an endowment which was left by a woman who lived in your community back in the late 60's and early 70's. When she passed away in 2001, a fund was created in her dog's name—The Daisy Fund—to provide free services for dogs in Warm Springs and Jefferson County.

The fund was managed by the Humane Society of Central Oregon until 2013, when the Bend Spay+Neuter Project was able to acquire it.

We knew that in order to make our services accessible, we would need to be able to provide them in the community of Warm Springs itself, and not in Bend or Madras.

Bend Spay+Neuter Project is reimbursed by The Daisy Fund only for the services we provide. We do not make any money on these clinics.

It took us nearly three years to find a location in Warm Springs where we

could set up monthly clinics, then in September 2016 we did our first clinic at the Greeley Heights community building on Quail Trail.

In October of last year we were told that we were no longer able to use the community building, so we moved to the old elementary school building. Unfortunately, we are no longer able to use that space, which means we have no where to have our February clinic.

In 2016-17 we were able to perform 276 spay/neuter surgeries, and over 350 vaccinations for dogs in need.

We are desperately seeking a space in Warm Springs that would allow us to continue our clinics. We have had wonderful feedback from those who have brought their dogs to us, and we think it's starting to make a difference in the number of strays too.

I'm writing this letter today because we need your help. We can't do this without the support of the community and a space where we can do our clinics.

All we need is about 800 square feet, a sink for handwashing, a bathroom for our staff and volunteers, and electricity. Ideally, somewhere like the community building where we used to do our clinics would be perfect. We also need volunteers from the community to help.

We had planned on coming back on February 4, but because we do not have a space lined up, we are going to have to cancel that clinic.

We are hopeful that we can come out for our next scheduled clinic on March 4, but it is all dependent on finding a new space.

We know there are people who were counting on us to be there, and we don't want to let them down.

Please know we are doing everything we can to get back on our regular monthly schedule, and we will do so as soon as possible.

If you know of a location or would like to be part of our clinics, please call or email us at 541-617-1010. Or email:

meganw@bendsnip.org.

We look forward to continuing our partnership with the Warm Springs community.

Megan Gram, Bend Spay+Neuter Project

HAPPI time

Warm Springs HAPPI presents the Wellbriety Celebrating Families Parent Only Class in January and February.

HAPPI—the Health Promotion and Prevention Initiative—will host the classes from 9 a.m. to 11 a.m. on Tuesdays and Thursdays at the Behavioral Health Center, group room on the third floor.

This Thursday, January 18, the top is Health Living. Next Tuesdays, sessions 3 and 4, the topics are Nutrition and Communication.

The January sessions conclude on Thursday, January 25, and Tuesday, January 30, with Feelings and Defenses, followed by Anger Management.

The sessions continue on February 1 with Facts About Alcohol, Tobacco and Other Drugs.

Contact Sarah Frank at 541-615-0036. Class space is limited.

Funny memories

I can remember way back in my younger years, my favorite cartoon—I used to love watching almost every weekday morning—was Popeye the Sailorman, on Ramblin' Rod Channel 12.

I didn't like eating spinach, but my aunt Serena used to cook spinach for all the kids in our family. We didn't like it. She would ask, "Why not? It makes you strong like Popeye!" But we all knew Popeye was just a cartoon.

Now I've learned while in Eugene that spinach is a very healthy vegetable, and is

good for everyone.

May you all in Warm Springs have a safe 2018. **Evette Patt**, 1075 Irvington Dr., Eugene OR 97404.

Member survey

The goal of the tribal member health survey team is to interview 500 tribal members for the survey. The team is about half-way to their goal.

To tribal departments: Health survey interviewers can come to your office to conduct multiple surveys among the staff. Call Family Preservation to set up a date and time: 541-615-0036.

Otherwise, individuals can set up a time for an interview by calling Family Preservation, or call Prevention at 541-541-3205.

The survey takes about an hour. After the interview, the participant receives a \$30 gift card, courtesy of the Northwest Indian Health Board.

The Warm Springs Behavioral Health Survey results will help guide tribal health care priorities in the coming years.

The information is vital for tribal grant writing efforts, in order for the tribes to secure funding for current and future tribal programs.

ditional short fringe style, open to all ages. There will be the Thyreicia Simtustus Senior Queen Special, basket hat for 18 and up.

The 2018 Lincoln's Powwow Committee is seeking candidates for the Junior and Senior Queens for the February 9-11 celebration.

Junior Queen candidates should be 7-12 years old, and Senior Queen ages 13-17.

For information contact Shayla Stwyer weekdays from 8-5 at 553-8231 or evenings at 541-777-2220.

Language Bowl

Warm Springs Culture & Heritage Language Program is looking for volunteers to help chaperone, coach, judge and assist at the 2018 Language Bowl on May 24th at the Wildhorse Resort. To learn more call Culture and Heritage at 541-553-3290.

Tribal Council

The following are some of the items on the Tribal Council agenda for the rest of the month:

Thursday-Friday, January 25-26: Columbia River Inter-Tribal Fish Commission meeting.

Monday, January 29: 9 a.m.: Secretary-Treasurer and Chief Operations

Officer updates with Michele Stacona and Alyssa Macy.

10: February agenda, review minutes with the S-T Michele.

11: Draft resolutions with the S-T.

1:30 p.m.: Legislative update calls, federal and state.

2:30: Enrollments with Lucille Suppach-Samson from Vital Stats.

3: Gun safety matter with Reina Estimo.

Tuesday, January 30

9 a.m.: December 2017 financial update with Alfred Estimo and Dennis Johnson.

10: IHS update with Carol Prevost.

11: Democratic candidate for Oregon Second Congressional District, Tim White.

1:30 p.m.: Timber discussion with tribal loggers.

2:30: Committee and board appointments with Lynn Davis.

Items for future consideration:

- Todd Forbes from the BLM.

- April Campbell, Collaboration Grant at Jefferson County School District.

- Economic development/infrastructure matrix.

- OST consultation.

- Columbia River Treaty/US and Canada.

- Climate change consultation.

- Carbon 'cap and invest' with Bill/Clean Energy Bill.

Healthy Food of the Month...

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.

Oatmeal is one of the best breakfasts you can eat if you have diabetes. It contains 4 grams of fiber per cup, which

will help keep blood sugar levels steady.

And studies have shown that eating a cup of oatmeal 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 oatmeal.

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.

Spilyay Tymoo (Coyote News, Est. 1976)

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

E-Mail: david.mcmecan@wstribes.org.
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Calling the Academy

The phone number at the Warm Springs Academy is 541-553-1128. However, that number doesn't work for Warm Springs Telecom customers.

If you have Warm Springs Telecom service, call 541-475-0394. Jot that down: 541-475-0394 for the Warm Springs Academy.

For Lincoln's

The Lincoln's Birthday Powwow is coming up the weekend of February 9-11 at the Simnasho Longhouse.

Specials include the Norene Green Mother/Daughter Special—tradi-

Celebration of Life

A celebration of the life of Roy Sampsel will be held. January 24, 2018 from 6 to 9 p.m. in the Cascade ballroom of the Lloyd DoubleTree Hotel.

RSVP at rsup@critfc.org

Roy Sampsel was the first executive director of the Columbia River Inter-Tribal Fish Commission.

He passed away late last year. Mr. Sampsel was a dedicated advocate of tribes throughout Indian Country for nearly 50 years.

Mr. Sampsel was the CRITFC executive director in the late 1970s, and remained a constant figure in the organization over the following 40 years.

He was a member of



the Wiyandotte and Choctaw Nations.

For more information on the upcoming Life Celebration call Charles Hudson at 503-731-1257; or email:

hudo@critfc.org

Or call Michelle Singer at 503-418-2199; or email:

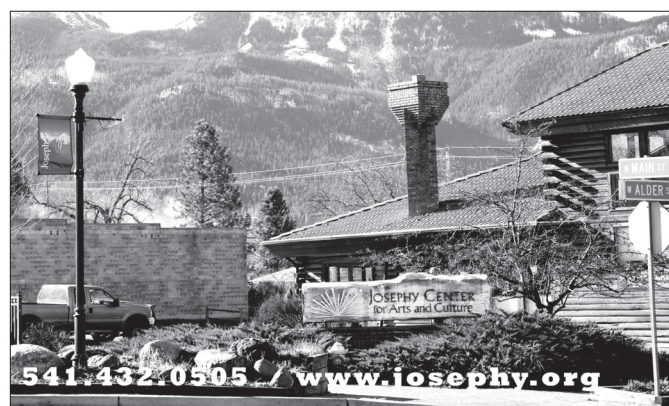
singerm@obsu.edu

Plateau Indian Art contest award is \$25,000

The Joseph Center for Arts and Culture in Joseph, Oregon is offering a prize of \$25,000 to a plateau Indian artist for a three-dimensional work to go on Main Street in our city.

The city is named after the Nez Perce leader, as is its annual rodeo. None of the current bronzes on Joseph's Main Street—four of them depicting Indians—is the work of an Indian artist.

With a major grant from the Oregon Community Foundation's Creative Heights program, the Joseph Center for Arts and Culture will select a Plateau Indian artist to give his or her work a place in the city.



The grant includes an artist's award of \$25,000 and funds for art casting or construction.

It is a three-step process. First, interested artists should write a letter and send a portfolio, or at least five photos of recent work

and an artist's resume, to the Joseph Center as soon as possible.

If there is public art in the portfolio, please give places and dates of installation. These can be submitted in the mail—Joseph Center/ PO Box 949/ Jo-

seph, Oregon 97846. Or electronically to: rich.wandschneider@gmail.com

Second, on February 15, three artists will be given \$1,000 each and have until March 30 to develop proposals for the artwork and its place on Main Street.

Third, on April 10, one artist will receive one-third of the \$25,000 and begin a year-long process of creating the work. The remainder of the award money will be presented at midway and finishing points. For information, please contact Rich Wandschneider at 541-432-0505, or email as mentioned above.