

Letters to the editor

Fire fighters

To the community and tribal membership of Warm Springs,

I would like to get the word out into our community that I am gathering input from family, friends and relatives to have a day of remembrance for any individual that has worked in the Fire Management Department and has passed on.

So far I accumulated 64 names, I will not list them out of respect. My intent is to recognize and pay tribute to these individuals and their families.

This is going to take some time and organizing, but I feel it is important to have a gathering as such. My thoughts are a Grand Entry with banners or portraits of our loved ones and a potluck type of even with speakers and presentations.

We've all had relatives at one time or another work at Fire Management. We have elders in the community who have supported the fire fighters for a long time, and I would like to make this a successful event for everyone.

Sincerely,
Luther Clements

Blackjack dealer classes beginning

Blackjack dealer school classes are scheduled to begin Monday, February 5, and will run through Friday, February 23.

Class days will be Monday through Friday from 9 a.m. to 5 p.m. daily. Upon completion of a minimum of 96 hours of supervised instruction and successful completion of an audition, students will be eligible to receive a certification as a dealer.

Certification is required to apply for a position as a table games dealer. Please contact Indian Head Casino Human Resources at 541-460-7714 to sign up for blackjack dealer school class.

Food drive at clinic

The Warm Springs Health and Wellness Center Employee Appreciation Committee are having a food drive for the Warm Springs community through March.

Pastor Rick from the Warm Springs Presbyterian Church will be picking up the food for the community. Please bring non-perishable items.

Boxes will be placed throughout the clinic in each pod of the building. Call the clinic if you have any questions, 541-553-1196.

Marella Sam, IHS Employee Appreciation Committee chair.

Birth

Carrie TrudeeAnne Stwyer

Jarvis M. Stwyer and Shayla L. Stwyer of Warm Springs are pleased to announce the birth of their daughter Carrie TrudeeAnne Stwyer.

Carrie TrudeeAnne joins brothers Jake Frank, Julian Stwyer, JoeRay Stwyer and Asher Stwyer.

Grandparent on the father's side is the late Veronica Wallulatum.

Grandparents on the mother's side are the late Trudee Clements and the late Jacob Frank Jr.

Arabella J'Lynn Wainanwit

Andrew Wainanwit and Tanisha Reynoso of Madras are pleased to announce the birth of their daughter Arabella J'Lynn Wainanwit, born on January 22, 2018.

Arabella joins brother Adae, 8, Enrique, 6, Richard, 5, and sister Alosa, 11.

Grandparents on the father's side are Vanessa George of Warm Springs, and Arthur Hoptowitz, of Wapato.

Grandparents on the mother's side are Mary Domingo of Madras, and David Reynosos of Mexico.

KNT stables

Kah-Nee-Ta Resort is looking for a horse stables operator for the 2018 season, March-October.

Please send request for proposal to:

Kah-Nee-Ta Resort & Spa; PO Box 1240; Warm Springs OR
mwilliams@kahnecta.com

Getting Started

Central Oregon Community College is offering an upcoming 'Getting Started' presentation in Bend for prospective students:

The session will be at 5 p.m. on Wednesday, February 7 at the Bend campus Boyle Education Center,

room 156.

This is an opportunity for prospective students—seeking a degree or to take a few classes—to meet with a COCC admissions representative for guidance through time-sensitive steps for enrollment, federal funding, choosing appropriate courses and the use of academic support services. You can reach them at 541-383-7500.

To our people

Open letter to our people:
En me' n ia' moo ma', my people:

The elders through the leadership of Viola Governor convinced our Tribal Council to approve a bonus for us all. Our parents and young people need to thank her. It made the Holidays something to look forward to and rest from tomorrow's financial worry.

But, What about tomorrow?

Last October 25, 2017, as the District and General Council meetings on the 2018 proposed budget closed, the Elder Council reminded the Tribal Council about their legal reporting requirements in our Constitution and By-Laws. Are they fulfilling this legal, moral and ethical obligation?

Today the moccasin telegraph word on the rez, the Spilyay Tymoo and frequent Facebook personal observations and statements are how we get Tribal Council information, not directly from individual Tribal Council members. Who is leading our government?

What is the Tribal Council report card for 2017? What can we expect in 2018? What is the state of our economic health? Are we paying our bills? Are we credit worthy? Can we expect more TC travel? What and how will this benefit the people? Since the CP Enterprise has no means to fund the project and federal policy has shifted against us; what happens to the project? Did we collect the Highway 26 telecommunications right of lease (million dollars) payment from CenturyLink owed to us? How many jobs will be created this year? What is the TC vision?

Thouu Cush,
Sal Sahme, and Warm Springs Elder Council

Clinic hours

The IHS clinic is open Monday through Friday, from 8 a.m. to 5 p.m.

There is no late clinic at this time.

Dietician talks about managing diabetes

Kacey Conyers joined the Warm Springs Diabetes Management program three and a half years ago. Kacey answered a few questions about her job and experiences so far in Warm Springs:

Question: What motivated you to join the Diabetes Program?

Diabetes has always been of interest to me. It is still on the rise in the U.S. More than 9 percent of Americans have diabetes.

For American Indians and Alaskan Natives, that rate rises to over 15 percent.

I have chosen to specialize in medical nutrition therapy for the area of diabetes, so I can be of the best help to this community.

What is a hobby of yours? What do you enjoy doing in your time off?

In my time off I enjoy hiking, kayaking, cooking, and reading.

Tell us about your work in the Diabetes Management program. What do you think is most important for patients to do for their own health?

I think it's most important for patients to take accountability for their health and the choices they make. We as individuals get to decide what we fuel our bodies with and how much we move; it's important to not let other people stand in our way of being our healthiest selves.

W.S. Extension seeks volunteers

OSU Extension is seeking volunteers for its Master Food Preserver Program.

Volunteers help folks make safe food preservation choices. Warm Springs Extension is recruiting applicants to participate in 48 hours of in-depth food safety and preservation training on Tuesdays April 10-May 29.

You need to apply by February 15. To get more information and to apply visit extension.oregonstate.edu

Go to the Deschutes County page, and click on food preservation.

At Council

The Tribal Council agenda for this last day of month, January 31, included these enterprise update items:

Wednesday, January 31
9 a.m.: Telecom.



Kacey Conyers, Diabetes Management program.

What is your role or job with the program? What is your favorite part of your job?

I'm a registered Dietitian, so I work with individuals one-on-one for nutrition counseling, and I help them understand what diabetes is and how it's affecting their body.

I also work with them to create realistic nutrition and lifestyle goals they can achieve to better manage their blood sugar and overall health.

In addition, I teach cooking classes and participate in other community events.

I thoroughly enjoy the different aspects of my job, and all the areas of the community I get to be involved with.

I especially love learning from my patients about different traditional dishes they make and hearing their stories.

One of my other favorite things is when my patients get excited about making healthier choices, and get their friends and family involved in becoming healthier too.

Why do you think management of diabetes is important?

While uncontrolled diabetes isn't usually noticeable at first, but the long term consequences of having chronically high blood sugar can be severe.

It's important to take care of diabetes from the beginning so those complications aren't experienced.

It's very possible to live a long and healthy life with diabetes, and I want people to have good quality of life rather than being sick with complications of diabetes.



Warm Springs artist Travis Bobb is looking forward to Valentine's Day, February 14.

10: Credit.
11: Ventures.
1:30 p.m.: Cannabis Project.
2:30: Kah-Nee-Ta-AVNW.
3:30: The Museum at Warm Springs.

Spilyay Tymoo
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Check out new feature at KWSO website

KWSO has launched a new feature on their website at kwso.org.

This latest feature allows you to listen to each day's morning edition of *Talking Drum*, *The Morning Routine* on weekdays, and the *Language, Culture, History Hour* on Saturday's and Sun-

days.

You can visit the website and scroll down on the home page past the Community Calendar and KWSO news—and click on the link to each day's programs that you can stream on demand.

We are also archiving Madras High School basketball

games.

If you miss any of our morning programming, you can still enjoy the music or catch up on local news and the community calendar by visiting kwso.org and clicking on the archive link toward the bottom of the home page.

The archived audio is

available for a two week period.

This service is provided by Radio Free America an online streaming community for non-commercial educational and college radio stations.

Their website is radiofreecameria.com