

Letters to the editor

Photo Voice

The Central Oregon Photo Voice Project is looking for Warm Springs youth to participate.

The Photo Voice Project uses pictures to tell a story and communicate the impact of nicotine use in their community. For more information call or text Katie at 541-233-9177.

Council forum

The Agency District candidates forum that had been scheduled for this Wednesday evening, February 27, was cancelled due to the weather.

How much?

I am a lawyer for many of the residents of Celilo, and of the fishing community. I am the son of Howard Jim and Maggie Jim. I ran the Salmon-Scam defense.

I read the 'article' in the Spilyay Tymoo dated February 13, about the Confluence Project; written by the Confluence Project.

I think your readers would also like to know about the money. How much has the Confluence Project raised, in total, on Columbia River projects? How much fundraising has been done, in any part, based on their claim to be doing this work to benefit the Native community in some way? How much goes to their salaries and such? I think this important to know.

Shoshynsh - Jack L. Schwartz, attorney at law, Los Angeles.

One time...

One time I woke up I heard voices. Two bald eagles were talking in a nest. What is wrong, What's bothering you? The female asked. I been flying around, looking at man. He is lonesome and we need to help him. We will choose this one! I was picked up by her. We

Correction

The Spilyay Tymoo mistakenly reported on the top dancers finishers in the Girls Fancy division at the Lincoln's Birthday powwow. Yadira Stacona was among the top finishers in Girls Fancy.

Great job, Yadira! The Spilyay apologizes for the mistake.

will make him man's best friend!

She started forming my features. We will make him so holy he will heal the cry of man. He will never take from life, man's best friend! He will take his sickness away from him!

I was flown all over, showing me the clans of life. We flew over a valley with a lot of deer. I was given the laws of the Bald Eagle. I was left on a long ridge. You will know what to do when you hear the cry of man!

I walked and walked. I stopped. A big fat man was being carried on long poles, a silk canopy over him. He had big rings on most of his fingers. His clothes were silk. Six muscular men were packing him. To me I didn't want to look at him so I kept going.

I heard a cry, my ears could hear a long ways! All of a sudden I could see the Bald Eagle in my head telling me, You will know what to do when you hear the cry of man! I looked across a valley, My eyes could see a long ways! I saw a lagoon with a man with his mate sitting to the left, a little behind him. She had a skinny crying baby in her arms. I stood in front of him. I asked, What is wrong?

My family is starving, we have no meat. Everything I was told was blacked out by the crying of the starving baby. I know where you can make meat, I told him!

We walked into a grassy valley full of deer. A shot rang out! A great big buck dropped dead. A voice cried out. I made you so holy you are not to take from life!

I had nowhere to go. The man was taking meat home, but I did wrong! I ran and ran, my Creator's voice crying out, I created you to heal the cry of man! I sat in a thicket. From this day on I cast you off into life, you are banished. From this day on you will cry to him in the distance. Only the gifted one will understand you!

My spirit was being split in two! I sat and watched my brother's spirit leaving me, my brother the bald eagle. Same time I was looking down at my brother being banished. I will always watch over you my brother, Spilyay! I watched the bald eagle brother go!

I carry the laws of the bald eagle. After you service your Creator show respect for woman. At night I cry, Once we were close brothers, I have teachings for you!

Cooney Nye - Talks to the Spirit on Mountain - LeRoy Bobb.

Tule technique

A Tule Mat class—Q'xli—is coming up this Thursday, February 28, from 1:30-3:30 p.m. at the Warm Springs Wellness Center. Classes are brought to you by Warm Springs Health and Human Services, Behavioral Health, Opioid Mental Health Initiative, Family Preservation, the Prevention Team, and Native Arts and Culture Foundation. Learn more from Jefferson Greene, Health and Human Services, 541-460-3004.

New priorities

I'm sure we all have goals for this year. They may be the same goals as last year or before, but either way we should always focus on them and make it our priority. Wishing you all a great 2019.

Evevtt Patt, 1075 Irvington Dr., Eugene, 97404.

This, not that

When it's your turn to bring snacks to a kids event, like most parents, your first thought may be, 'What can I grab in a hurry?'

Here are four healthy snack ideas that provide energy and nutrients for growth and development:

Frozen grapes. One-hundred-percent fruit juice boxes. Low fat string cheese. Mini pretzels.

If you have some time, a great snack is 'ants on a log,' which is celery topped with creamy peanut butter and raisins. It's important to take an opportunity to teach our children, and remind ourselves of the importance of good nutrition and lots of physical activity starting early in life.

This message for Healthy Living is brought to you by the Warm Springs Diabetes Program.

The Warm Springs Range & Ag Committee is scheduled to meet this Thursday, February 28 from 9 a.m. to noon at the conference room 3 in the administration building.

Cooking with Warm Springs Iron Chefs



Courtesy Rosanna Sanders

Waurica Miller with Joseph Miller at the Iron Chefs competition.

Congratulations to the Warm Springs Iron Chefs. The team did a great job at the February Iron Chefs competition.

The competition, at the Jefferson County Middle School, concluded this season for the Iron Chefs.

Teams from Warm Springs, Madras and Cul-

ver were in contention. Like last year, the Warm Springs team—with cooks Waurica Miller and Joseph Miller—was among the top finishers.

The Iron Chefs course at the Warm Springs Academy included seven hands-on cooking sessions, and many lessons on nutrition and cooking skills.

"The course increases the likelihood that the young participants will use those skills to cook nutritious meals with their families," said Rosanna Sanders, Warm Springs OSU Extension and coach of the team.

Iron Chefs was educational, and also a lot of fun, Ms. Sanders said.

Tobacco prevention in Warm Springs

The most preventable cause of death and illness among Indian people is addictive habitual use of commercial tobacco products. Despite this clear need, tobacco education has taken a backseat to other health and survival issues in Indian Country.

Indian Health Service statistics show that three out of every five deaths of Indians are related to or caused by smoking. Among the ethnic groups that make up the U.S. population, American Indians have the highest rates of tobacco use.

With recent awareness and public concern regarding smoking and smokeless

tobacco, many tribes have adopted a written tobacco policy.

Tribal leaders and health workers are taking responsibility for the care of the members of the tribe, addressing tobacco abuse and addiction issues.

In the Northwest, 35 of the 40 federally recognized tribes—including the Confederated Tribes of Warm Springs—have passed a tobacco policy.

For Warm Springs, the tribes have adopted laws against juveniles in possession of tobacco, smoking tobacco nearby to public tribal buildings, restricting outlets that sell tobacco, among other code provisions.

To learn more about the

tribal tobacco prevention program, contact the Warm Springs Behavioral Health Center.

Wishes....

Happy Birthday to Aaliyah Martinez, February 21.

Happy Sixteenth Birthday, Chia. Love, Mom, Angela R. Polk.

Happy Bro's Day, Lupa Tyrone Muldron. Love you, bro. Love, Angela, Sena, Boo-Boo.

Happy Birthday, Liza and Sallie. Love, Auntie Anga Polk, aka ninja.

Indian Business Talk

On being prepared—A history and class announcement

By Bruce Engle
Loan officer
W.S. Credit Enterprise

First, a little background. I remember—not too well because it was 70 or so years ago—watching a western and one of the Indians said "WAAASHTAY" or something similar when someone else was either riding in or out of camp.

Like I said, I'm not too sure of the exact details.

We don't have that word in one of our languages, and I have asked some friends from other tribes if they knew of the word. So far, nobody I know has claimed it. So, I'll use it for the story below with a disclaimer and an apology if need be.

This story is about Joe

Wannabee _____. You get to fill in the blanks—one or two, or more or less.

Joe was invited for his first excursion with the men on a mission to hunt, play or, maybe, to harass the folks in the next valley. We'll assume he was somewhat trained to meet the challenges ahead.

Joe was feeling pretty full of himself as they rode out of camp. He was bringing up the rear and he noticed the women doing what they do.

Well, Joe thought it prudent to encourage them to do more; so, he said, "WAAASHTAY". Joe might have thought he was doing a man's job in a proper manly way.

I imagine he meant to

suggest the women should get on with the laundry as it was wash day.

Now, how do we get to the 'on being prepared' theme from this?

Well, we expect the men would have somewhat prepared Joe to hunt or make war. That would have fit one need to prepare.

Another might have been about being respectful to others, especially the ladies.

Joe bungled that one. Big time!

Poor Joe! I wonder if the men thought to prepare him for what would surely meet him and be meted out to him after he returned to camp. Or did they wait silently and watch with glee as the ladies unleashed the fire of their ire upon that

poor Joe boy?

I'll bet he never forgot that lesson. We know he survived the "correction" because there are Joe Stories yet to be told.

Some of them might have to do with success in the modern day business world. We know many of our people have done very well. The very basics are similar to those of Joe's day.

New ones aren't that difficult to learn when properly and enthusiastically taught. Here comes the pitch.

The next Indianpreneurship class will be held on Saturday, April 6 and Saturday April 13.

Sign up with the Community Action Team by calling 541-553-3148. We hope to see you there.

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