

Letters to the editor

Final salute

Members of the Eugene 'Cougar' Greene Sr. American Legion Post 48 would like to extend their appreciation to the following people and organizations who made their final salute to Vietnam Veteran Charles Jody Calica:

Spud Langnese, Claude Smith Jr., Patriot Guard Riders, American Legion - Grand Ronde, Madras VFW Rifle Squad, Col., Veterans of Foreign War, Warm Springs

Eugene Greene Sr. American Legion Auxiliary - Unit #48

Spring Break at Recreation

Warm Springs Recreation this week is hosting spring break for youth. Some of the activities:

The Color Run, croquet, garden time, snow cones, a baseball clinic, French toast frenzy, horseshoe tourney, rocket blastoff, a pancake party, ice cream social, softball clinic, arts and crafts, the Lip Sync Battle, and a track meet. Activities are through this Friday, March 29.

You can reach Recreation and the Community Center at 541-553-3243.

YouthBuild

Heart of Oregon YouthBuild is recruiting young people ages 16-24 for its Spring cohort beginning in mid-April.

The program is geared toward youth who either have dropped out or are on the verge of being dropped from traditional high school. Members can earn a GED, diploma, college credit and job skills working in the classroom and in the field.

Anyone interested must attend an information session to be considered. The next info session is this Thursday, March 28 from 5-6:30 p.m. in Sisters. Call 541-526-1380 to get details and to sign up.

Summer work

There will be a student summer work program for high school students and college students in Warm Springs.

Applications need to be submitted to the Work Experience Development Department at Education building.

Native American students ages 14-24, who are enrolled in traditional and alternative high school are eligible. The

deadline is May 23.

College students of any age may apply and they have until June 27. Contact the WEDD office at 541-553-3324 for details.

For students

Papalaxsimisha and Oregon Health Sciences University are hosting on-track information night this Wednesday evening, March 27. On-Track will be from 5:30 to 7 p.m. in the conference room at the Family Resource Center.

Papalaxsimisha is for students in grades 6 through 12. The service provides academic support, and advice and help at staying in high school, and encouraging college goals. There will be art classes, including culture in education, college tours and college partnerships.

The services include forming tribal partnerships, and forming school partnerships.

OHSU On-Track is for students in grades k-12, featuring:

Career guidance, education planning, college visits, college application assistance, financial aid research, family support, tribal department networking, understanding student needs, connecting students and families to educational resources, focusing on science and health fields, encouraging all fields of education.

For information on Papalaximisha contact Rosetta Herkshan at 541-460-0797. Or email: rosetta.herkshan@wstribes.org

For information on OHSU On-Track, contact Gordon Scott: scottgo@ohsu.edu

For veterans

The Madras VFW Post 12141 and its Auxiliary invites all people, veterans and non-veterans, to a free *Welcome Home Veterans* spaghetti dinner and events this Saturday evening, March 30 from 4-8 p.m. at the Erickson Aircraft Collection in Madras.

Stay positive

There is a free workshop to learn about staying positive while job searching.

The workshop is this Friday, March 29 at 10 a.m. in the computer lab located on the top floor of the Education Building.

Call 553-3324 for more details.

Teen jobs

Teen Job Information Night is from 1 to 3 p.m. this Friday, March 29 at the Greeley Heights community building. Topics include:

What information do you bring to an interview? How do you dress? Choosing the 'right' job. How to fill out an application. How to succeed at a job interview. The importance of punctuality. Having a professional attitude, and researching your job.

For information call 541-615-0036.

Hands around

The Eighth Annual Hands Around the Courthouse will happen on Wednesday, April 10 at 11 a.m.

Everyone is invited to join in the event taking a stand against Sexual Assault. Meet in front of the Tribal Courthouse.

Healthy Living looks at stress and breathing

Stress less and breathe: There is a relationship between breathing and stress.

Feelings we associate with stress—tension, rapid heart, breathing rate—are designed to keep us alive.

If you are often feeling tense then eventually, you will exhaust your bodily resources and your health pays the price.

The good news is that mindful breathing techniques can help you develop greater control over the stress response.

Slow controlled breathing can make you feel better and think more clearly. Try placing one hand on your stomach and the other hand on your upper chest.

Slowly breathe in through your nose for a count to two as deeply as you can. As you inhale, feel your stomach move out and your chest stay still.

Breathe out to the count of four with a sigh, and feel your stomach muscles move in.

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

Celebrating Poetry Month in April

Elizabeth Woody—director of the Museum at Warm Springs, and former Poet Laureate of Oregon—is a featured guest at the Central Oregon Community College salute to National Poetry Month in April.

Ms. Woody will join Kim Stafford—current poet laureate of Oregon, and director of the Lewis & Clark College Northwest Writing Institute—on Wednesday, April 10 at the COCC Madras campus.

Madras poet Jarold Ramsey will also be on hand for the evening activities, from 6:30-8:30.

The evening of readings and refreshments, free and open to the public, is the marquee event of COCC's month-long tribute to poetry.

For a complete listing of events, visit



Elizabeth Woody

cocc.edu/library.

Organized by the staff of COCC's Barber Library, the lineup of National Poetry Month events is held throughout the month of April, in-

cluding an Open Mic Poetry Jam on April 18, poetry workshops on April 9, 16 and 30 at the Bend, Prineville and Redmond campuses.

Artists kickoff

The Tananawit Warm Springs community of artists will hold a kick-off event on April 18 at the Museum at Warm Springs. A dinner and raffle start at 5, followed by guest speakers and an awards ceremony. I

It's free but donations are welcome. Vendors also on hand.

Condolences

First and foremost, I am writing these words of condolences to the family of

atwai Woods Poitra... How much he is missed. I'll not forget about him but keep his life remembered.

My respects to Peggy Williams, Ona, Josh, Willard and Les Poitra. I am sorry for his passing. It's been a heartache here that a lot of good people have passed on. Included are my family also, atwai Lloyd Adams, Tuhee Adams, Nez Yazzie, Arthur Lewis, Abe Hunt, and 'the Reg,' Reggie Winishut.

I am nearing my release from prison next year. I have been locked out of

society for four and a half years. It's been a journey in this environment with SEG mishaps. Been working on better choices. I have gotten a head start with a GED paper, and studying educational material. Keeping in good spirits and working out daily for a healthy lifestyle. Putting the past in the past, nothing but the best of prayers to the Warm Springs rez. Respectfully and sincerely,

Calebe Jim,
#12091152, OSP, 2605 State St., Salem OR 97310

From the Academy

Kindergarten Readiness—Writing

Children as young as 2 years old, can imitate the act of writing by creating drawings and mark on paper.

Kids gain knowledge of and interest in writing as they are continually exposed to print and writing in their environment.

For children who will be entering kindergarten in the fall (who will be 5 on or be-

fore September 1) there are skills they should develop that will help them become familiar with writing tools and the ability to communicate through written representations, symbols and letters.

Families can ensure a successful transition to Kindergarten by better understanding expectations.

Writing skills that pre-

kinders can work on are:

- Holding a pencil, crayons and scissors correctly.
- Drawing simple shapes.
- Understanding that writing gives a message.
- Drawing a picture to share my ideas.
- Ability to write their first name.

Brought to you by the Warm Springs Academy.



With treaty set to expire: Will there be rough waters ahead?

The way dams and storage reservoirs on the Columbia River and its tributaries are managed could change dramatically in a short five years if negotiators from the United States and Canada don't strike a deal.

At issue is the Columbia River Treaty, a trans-boundary agreement that has governed flood risk management and hydropower production for more than five decades.

Under the current terms, the way flood risk is managed changes dramatically in 2024, and that could affect Idaho water.

Idaho's Sen. Jim Risch

Adding the ecosystem function... means no more flows for fish and no reintroduction of salmon in places they aren't now.

sits in a power position as chairman of the Senate Foreign Relations Committee. If the two countries reach an agreement, the updated treaty must be ratified by the Senate. It's up to Risch to introduce the new treaty if and when it's complete.

"The chairman of the

Foreign Relations Committee decides if it's going to be heard or not," he said. "So it's going to be a good deal for Idaho, or it's going to be no deal at all."

He insists the treaty should only cover flood control and hydropower production. If it includes ecosystem function or anything that might threaten Idaho's sovereignty over its water, Risch said he won't let the treaty be debated. In fact, he said adding ecosystem function is dead on arrival.

That means no more flows for fish and no reintroduction of salmon in places they aren't now.

"I share his concerns on

Idaho's water," said Jaime Pinkham, executive director of the Columbia River Inter-Tribal Fish Commission and a member of the Nez Perce Tribe.

"Years ago I was part of the (Snake River Basin Adjudication.) We worked long and hard with a diversity of interests to bring some peace to the issue. I am as sensitive as he is in protecting the agreement."

Pinkham said that doesn't mean ecosystem function shouldn't be on the table. He said the talks could still produce provisions to improve conditions for fish in the basin that are beneficial to both sides.

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Any written materials submitted to **Spilyay Tymoo** should be addressed to:

Spilyay Tymoo, P.O. Box 489, Warm Springs, OR 97761.

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

E-Mail: david.mcmechan@wstribes.org.
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