

Letters to the editor

Family Jamboree

A Family Jamboree Day—for Warm Springs Incredible Families—is coming up in August. There will be a talent show, hosted by Blue Flamez, with prizes for contestants. There will be jumping houses, rock climbing, music and more.

New this year: An Outdoor Market and food vendors. The Jamboree Day is hosted by Warm Springs Recreation, Tananawit, and Health and Human Services.

Family Jamboree Day will be from 3 to 7 p.m. at the community center on August 15. For more information contact Carol Sahme, Recreational Coordinator, 541-553-3243.

For vendor sign-ups, contact Emily Courtney at the Community Action Team, 541-553-3148. Email: emily@wscat.org

Heart Healthy

St. Charles Health Care will host the Heart Healthy Heroes Club in Warm Springs on August 13, 20 and 27 at the IHS clinic. Cost is free to anyone with heart disease or a chronic condition that affects your heart.

Family members who would like to learn more are also welcome. What you will gain:

Basic knowledge about the heart—how it works, and when it doesn't. Heart medication management, nutrition and exercise information, customized for people with chronic conditions.

Tips on saving money on heart-healthy foods. And you will make new friends in a comfortable, relaxed environment where sharing stories and experiences is encouraged.

For information contact St. Charles Heart Failure Nurse Navigators: Amy Chadwick or Amy Reed, phone 541-706-2989, akchadwick@st.charleshealthcare.org

You can register at: stcharleshealthcare.org

Click on 'classes and events.' Space is limited so please register in advance.

Field trips

Warm Springs Recreation is planning field trips for young people over the summer. Some of the destinations include:

The Clackamas Aquatic Center, Oaks Park, Multnomah Falls and the Bonneville dam. The High Desert Museum and Lava

Caves. Movies at Sam Johnson Park.

The activities include gym and water play, arts and crafts, the Family Jamboree, game room activities, and the lunch program. The lunch program is available Mondays, Tuesdays and Wednesdays, starting on July 1.

Children need to be signed up with the Summer Recreation Department in order to participate in any field trips. Other than for some field trips, there is no fee to come to the center.

Applications area posted out and located at the center office. Any questions please call 541-553-3243.

At Wildhorse

The Umatilla Tribes will host the Twenty-Fifth Annual Wildhorse Powwow this Friday through Sunday, July 5-7. The celebration takes place at the Wildhorse Resort & Casino near Pendleton.

Grand entry begins at 7 p.m. on Friday, and at 1 p.m. on Saturday and Sunday.

Over \$90,000 in cash and prizes will be awarded to outstanding dancers and drummers in a variety of categories. Dancers will compete in Traditional, Fancy, Golden Age, Grass, Chicken, Jingle, and more. Drummers compete in other categories.

The host drum this year is Sharp Shooter of St. Paul, Minnesota. Emcees are Thomas Morning Owl, Fred Hill and Jerry Meninick.

In conjunction with the powwow, Wildhorse is hosting Powwow Comedy Night in the Rivers Events Center this Thursday, July 4.

The show will feature comedian Tonia Jo Hall as the headliner. Hall has gained notoriety as her hilarious alter ego, Auntie Beachress. Marc Yaffee, who has entertained audiences for over 20 years, will open the show. Admission is free, show starts at 8 p.m.

With the launch of the expansion at Wildhorse Resort & Casino, areas usually reserved for vendors and event parking will be occupied by contractors. As a result, the outdoor venue has been moved to the open area west of the Wildhorse RV Park.

Deadlines

July 31 is the deadline to submit boarding school applications for the Chemawa

Indian High School, Salem; the Riverside Indian School, Anadarko, Oklahoma; Sherman Indian High School, Riverside, California; and the Flandreau Indian High School, Flandreau, South Dakota.

Meanwhile, GED classes start on September 23 at the Education building. Call Higher Education to add your name to the fall list, 541-553-3311.

Applications are available at Higher Education, 1110 Wasco Street, room 306. Phone 541-553-3311. Email: carroll.dick@wstribes.org

Headstones

Pioneer Rock and Monument is hosting a contest with the winning prizes being headstones.

Pioneer Rock and Monument, based in Goldendale, Washington, will give away one headstone for the oldest unmarked grave in the region. They will also give away one additional headstone to the person who submits the winning entry.

Submit entries by email at: kris@pioneerrock.com

Or on Facebook at Pioneer Rock & Monument. Entries must have some kind of verification—photos, cemetery deeds, death records, newspaper articles, etc.

The headstones will be sandstone, hand-carved, approximately 18 inches, by 14, by 3. The contest award does not include setting and delivery. The contest ends on November 30.

Meals for kids

The Summer Food Service Meal Program is available at the Bridges High School. Breakfast is from 7:45-8:30 a.m.; and lunch from 12-12:30.

At the Warm Springs Youth Center breakfast is from 8:45-9:15, and lunch 12-12:30. Nutritious meals are free to kids 18 and under.

Outdoor Market

The Warm Springs Friday Outdoor Market continues this Friday, July 5.

If you would like to become a Warm Springs Friday Outdoor Market vendor, please contact the Community Action Team and Tananawit at 541-553-3148.

After this Friday, the market will be on July 7 and 19; August 2, 16 and 30; and September 30.

Census jobs in W.S.

A U.S. Census is coming up in 2020, and the Census Bureau is seeking to fill census taker positions, including jobs here in Warm Springs. The application process is easy. You can apply online at: 2020census.gov/jobs

If you need help, just call 1-855-562-2020.

Employees are paid weekly.

Warm Springs Business Talk

Mindset, dedication keys for success

by **Dustin Seyler**
Business Coach, W.S.
Community Action Team

Business Talk is giving community members a basic understanding of the process of opening a business successfully, as well as increasing knowledge of ideal business practices.
Part 1:



Dustin Seyler

It is crucial for any potential businessperson to have the correct mindset and dedication to work 8 hours plus, 7 days a week in order to succeed.

Having a positive mindset helps you get through the difficult times and create a conducive atmosphere that your employees will thrive in.

You must be willing to put in a 160 percent effort all the time and ensure those that work for you are performing to the best of their abilities.

A successful business owner will always want to have the best product or service in order to retain long-term customers and

longevity. You must want to provide whatever product or service that someone would want to pay for.

A teacher has a mindset that they are going to make a difference in the students' lives and help them blossom into something better. A businessperson must have that similar mindset that you are going to provide the best and be the best.

You must feel like you are going to do it better than the competitor.

Dedication is also crucial to be successful in business. You must commit to spend

as many hours as it takes to ensure success which sometimes means you sacrifice leisure.

It could also mean that you will give up your weekends and holidays, provided the chance you could make substantial profits.

Dedication is a vital component of a successful business because typically those that spend the most time working on the business have more profits and can adjust to the demands of the customers quicker.

These are just two important concepts that a successful business owner must be able to master in order to stand out from the rest and create the greatest chances of success in the long run.

Mindset and dedication are not the only keys to success but a strong foundation in journey that is entrepreneurship.

To reach the Community Action Team, stop by their office on campus, 1136 Paiute Ave.; or call 541-553-3148.

Summary of Tribal Council June 25, 2019

Meeting was called to order at 1:35 p.m. by Chairman Raymond Tsumpti (by phone); other members present: Vice Chair Lola Sohappay, Brigitte McConville, Lincoln Jay Suppah and Raymond (Captain) Moody; others members on conference call: Glendon Smith and Anita Jackson. Minnie Yahtin, Recorder.

Enrollments and relinquishment:

- Motion by Glendon adopting Resolution No. 12,604 enrolling nine individuals. Second by Brigitte. Question: 6/0/0, Glendon/yes, Anita/yes, Lola/yes, Lincoln/yes, Captain/yes, Brigitte/yes, Chairman not voting. Motion carried.

- Motion by Brigitte adopting Resolution No. 12,605 approving the relinquishment of a minor so he can enroll in Lapwai, Idaho. Second by Lola. Question: 6/0/0, Glendon/yes, Anita/yes, Lola/yes, Captain/yes, Lincoln/yes, Brigitte/yes, Chairman not voting. Motion carried.

July agenda.

- Motion by Brigitte approving the July business agenda, subject to change. Second by Captain. Question: 6/0/0, Glendon/yes, Anita/yes, Lola/yes, Captain/yes, Lincoln/yes, Brigitte/yes, Chairman not voting. Motion carried.

- Motion by Brigitte approving the July travel delegations, subject to change. Includes 2019 Hemp Business Summit in August in Portland. Second by Anita. Question: 6/0/0, Glendon/yes, Anita/yes, Lola/yes, Captain/yes, Lincoln/yes, Brigitte/yes,

Chairman not voting; Motion carried.

Motion by Brigitte to adjourn at 2:25 p.m.

Sanitation

Warm Springs Sanitation reminds residents to bring your garbage totes to the road on your scheduled pick up days.

And please remember that totes are for garbage only—No yard debris or grass clippings.

MedSafe

If you have unused or expired medications you need to get rid of, the Warm Springs Health and Wellness Center has a MedSafe drop box to dispose of old meds.

Bring them to large blue box located in the pharmacy waiting area to safely dispose of unneeded medications.

Youth meals

The Jefferson County 509-J School District summer food service meal program is available at the Warm Springs Youth Center.

Breakfast is from 8:45-9:15 a.m., and lunch 12-12:30 p.m.

Nutritious meals, free to kids 18 and under.

The service is also open weekdays at Bridges in Madras at the Westside School. Breakfast from 7:45-8:30 and lunch is 12-12:30.

Being free

The next classes in the *Being Tobacco Free* series in Warm Springs will be on Tuesday and Thursday, July 9 and 11

The session is at noon in the Family Resource Center. Learn about the benefits of living tobacco-free. Everyone is welcome, lunch is provided.

Community Acupuncture is on Wednesday, July 10 in the Community Aerobics room. Stop by anytime between 8 and 11:30 a.m.

2 HEADSTONE GIVEAWAY



PIONEER ROCK & MONUMENT LLC
GOLDENDALE, WA
Is giving away 2 HEADSTONES!!!!!!

We are giving away 1 Headstone* for the **OLDEST UNMARKED GRAVE**

We are giving 1 Headstone* away to the **PERSON** who submits the winning entry.

Submit entries to us by email kris@pioneerrock.com or on our Facebook page- Pioneer Rock & Monument. Entries must have some kind of verification (photos, cemetery deeds, death records, newspaper articles, ect)

* SANDSTONE- carved headstone (approx.18"x14"x3"). Does not include setting or delivery. Contest ends NOV. 30, 2019

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus in Memorium: Sid Miller
Editor: Dave McMechan

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

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Annual Subscription rates: Within U.S.: \$20.00