

## Letters to the editor

### Extension Native recipes

The Warm Springs Oregon State University Extension SNAP-Ed Team would like to give a big Thank You to the Warm Springs community for helping us develop a new Food Hero Recipe.

Within our programming, we noticed a gap in recipes related to Native American culture. Along with colleagues around the state who serve Native American populations, we sought to collect data in hopes of creating Food Hero recipes that represent the cultures we serve.

At the 2019 Pi-Ume-Sha Health Fair, we asked the question, "What is your favorite vegetables to eat?"

We received over 200 responses. The data showed that corn, carrots and cucumbers were the top three vegetables.

We shared these results at the Back to School Barbecue, where we had another survey asking for the type of heat source used, within the last two weeks, to prepare meals. We had over 60 responses with results showing 33 percent used a stovetop or hot plate to prepare meals. This information also helps us identify how to help the community maintain safe food preparation practices when access to potable water is a concern.

When developing a new recipe, these results changed how we look at recipe ingredients, and the methods of cooking. Months of testing on the Corvallis campus and writing with our colleagues gave us a Salmon Stew recipe to test within the community.

In January the Warm Springs Police and OSU Extension SNAP-Ed team gave out samples of the recipe, asking for community feedback at the Warm Springs Market. Using a simple bean survey to assess "likeness," and talking more in depth with participants asking what they liked, and what they would change, gave us important feedback.

We included a name change to Wild Rice with Salmon Stew, mentioned to increase appeal and highlight the additional flavors in the dish. Several bouts of recipe testing around the state gave great feedback and data that culminated in the development of a new Food Hero Recipe, Wild

Rice with Salmon Stew.

Throughout the six months it took to write, test and develop the recipe, another Food Hero Recipe was created using this data. Our Three Sisters Soup recipe is featured on SNAP-Ed's Older Adult March 2020 Food Hero Monthly.

It is wonderful to have recipes that are culturally relevant to the communities we serve. We greatly appreciate your willingness to work with us on this project

Both recipes are available on the foodhero.org website: [foodhero.org/recipes/wild-rice-salmon-stew](http://foodhero.org/recipes/wild-rice-salmon-stew) [foodhero.org/recipes/three-sisters-soup](http://foodhero.org/recipes/three-sisters-soup)

Sincerely,

**Olivia Davis**, Warm Springs OSU Extension, SNAP-Ed/FCH Outreach Program Coordinator.

### From Social Security

The Social Security Administration would like to provide an update to people who receive benefits from the administration.

The U.S. Department of the Treasury announced this month that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment.

The IRS will use the information on the Form SSA-1099 to generate \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

For updates from the IRS visit [irs.gov/coronavirus](http://irs.gov/coronavirus).

**Note:** For Supplemental Security Income—SSI—recipients:

We are working closely with Treasury to address outstanding questions about our SSI recipients in an attempt to make the issuance of economic impact payments as quick and efficient as possible.

We realize people are concerned, and when available, the IRS will provide additional information [atirs.gov/coronavirus](http://atirs.gov/coronavirus)

We will not consider economic impact payments as income for SSI recipients,

and the payments are excluded from resources for 12 months.

We will continue to update Social Security's Covid-19 web page: [socialsecurity.gov/coronavirus/](http://socialsecurity.gov/coronavirus/)

### Tribal services

During the tribal organization shutdown, continuing at least through this week, these are official statements for review from some of the tribal services, and enterprises:

The Warm Springs Housing Authority is taking precautions due to Covid-19. Through the shutdown the Housing Authority staff will not be entering any homes to do routine maintenance or inspections.

Emergency work orders for electrical and water issues will be addressed on a case by case basis. All other repairs will be on hold until the pandemic warnings have passed.

Please call in your work orders: They will be logged and completed in the order they are received.

The Housing Authority office will be on reduced hours with the office open to the public on Monday and Friday only. Any questions or concerns call at 541-553-3250.

**Three Warriors Market** is an essential service to our tribal membership. As an essential service, Three Warriors will be open during the tribal shutdown.

The market hours are Monday through Friday, 7 a.m. to 5 p.m.

For health and safety during the shutdown, contact visits, no-contact visits and groups are cancelled at the **Warm Springs Correctional Facility**. This is to prevent potential introduction of the coronavirus disease, Covid-19.

These are precautionary measure for staff, prisoners and the public; and are effective until further notice.

## A message from the fish commission

*(The Columbia River Inter-Tribal Fish Commission coordinates the fishery interests and enforcement of the four Columbia treaty tribes: Warm Springs, Yakama, Umatilla and Nez Perce.)*



Jaime Pinkham

The Columbia River Inter-Tribal Fish Commission would like to thank you for your understanding and patience as we all work to respond to the constantly evolving Covid-19 pandemic.

While our first priority is the safety of our employees and the tribal communities we serve, we are firmly committed to fulfilling our mission and responsibilities to our member tribes with the least amount of disruption possible.

We have particularly focused on being able to safely continue our public health and safety responsibilities that our CRITFC Enforcement and fishing site maintenance teams provide.

All our offices are now closed to visitors, with only limited access by essential staff to maintain critical func-

tions and operations. All other employees are under mandatory telework. Many are working flexible hours to balance their family and personal needs resulting from this unprecedented situation.

Reach out to them as you normally would, but please be patient if the response time is delayed.

You can help us navigate these extraordinary circumstances in several ways:

- Please send requests or other communications to us electronically as you would normally. You can find employee emails and office phone numbers at the CRITFC website: [critfc.org](http://critfc.org)

Some staff are forwarding their office phones or leaving alternate contact numbers in their outgoing

voicemail message or at the end of their emails.

- With this limited capacity, we are prioritizing our resources at this time.

Please advise us as to the urgency and significance of your requests and specify any important timeframes or deadlines so that we can do our best to respond accordingly.

- All CRITFC travel has been halted. We will be conducting the monthly commission meetings by teleconference for the duration of this situation. All in-person meetings will be by teleconference or phone or postponed.

We are committed to upholding our mission amidst the challenges of the Covid-19 pandemic and to continuing the important work we have underway with our many partners.

We are confident that we can do so through continued communications, coordination, and collaboration with you and others.

Please stay healthy and safe, and stay in touch. **Jaime Pinkham**, executive director, CRITFC.

There have been no exposures at the facility as of Tuesday of this week.

### Births

*Cassius Benedict-Sasuke Eagleheart*

Shawn Eagleheart and Brenda Teo of Warm Springs are pleased to announce the birth of their son Cassius Benedict-Sasuke Eagleheart, born on April 5, 2020.

Cassius joins brother Mason, 1; and sister Nellie, 7.

*Asia Jebne Johnson*

Racin Jason Johnson and Socorro Venessa Frank of Warm Springs are pleased to announce the birth of their daughter Asia Jehne Johnson,

born on April 14, 2020.

Asia joins brothers Rosis and JJ, and sister Akira.

Grandmother on the father's side is Lori Courtney.

Grandmother on the mother's side is Lillian Cuevas.

*Robert Sam JewLynn Tias*

Gerald Sr. and Neda Tias of Warm Springs are pleased to announce the birth of their son Robert Sam JewLynn Tias, born on March 25, 2020 at St. Charles in Madras.

At birth Robert weighed 6 pounds 11.9 ounces, and measured 18.5 inches in length.

Robert has five brothers at home, Janathian Tracy Ray-Lee, Gerald Lee Jr.,

Oswald Joseph, Anthony Theron and Xavier Raymond Tias.

Proud grandparents are Robert Sr. and Marella Sam of Warm Springs.

Great grandmothers are Eliza Brown Jim and the late Harvey Jim, and great grandfather the late Chester Van Pelt.

Great grandmother is the late Mary Danzuka; and great grandparents the late William 'Bill' and Evelyn Wesley Sam, Carol Craig of Warm Springs.

Great grandfather is the late Wesley Tias of Pendleton.

Great grandmother is Perthena White; and great grandfather is the late Paul Anderson of Warm Springs.

## Oregon Native business online connections

Hello Friends,

I hope this you well and safe. We are in this together, and I believe it is important we never lose sight of that.

Our work at Onaben—the Oregon Native American Business Network and Entrepreneurial Network, based in Portland—continues.

In fact I can honestly say we are busier than ever: Not only do we provide online training and technical assistance, we also provide a platform in which conversations occur, via webcast.

Morning Coffee Break takes place every Friday morning, and is an outlet for small business owners to talk through their business strategies and struggles; and is a platform in which our team can build future training events.

We also continue to hold Girl Talk events, in which Native women and girls



Veronica Maturino

have the opportunity to share, network and learn from one another.

For many years, Onaben has provided online training opportunities to supplement in-person events. Therefore, the "virtual" world that we all find ourselves in, is one that is comfortable for our team: The transition from in-person to online has been an easy one.

However, we do look for-

ward to a time in the future in which we have the ability to work in-person with the business owners, communities, and resource partners who mean so much to us. And I know that day will come. Now is a time of patience.

In closing, I encourage you to reach out to friends and family. Technology is our friend, now more than ever.

I know it is difficult to be away from those that we love. For now, though, by practicing social distancing we are putting the physical health of our loved ones ahead of our emotional needs.

A mom of an adult child, and new grandmother, I hold onto the hope that one day soon I will be able to love and hug and shower them with attention in person.

From a small business

perspective, find a way to continue to support the businesses that are still able to provide products and services. Go outside, feel the warmth of the sun on your face. Take the time to meditate on the goods that will come, and the happiest of moments in your life. Support one another. Walk in love. And join Onaben online events. It will keep you connected to the world, and provide some great opportunities to grow your business knowledge.

Truly,

**Veronica Maturino**, chief executive officer, Onaben.



**ONABEN**

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