

# Howlak Tichum

Lupe J. Samuels ~ 1929-2020

Lupe J. Samuels, great granddaughter of Chief Billy Chinook, passed away at her home in Warm Springs on July 22, 2020 at the age of 90 years old. She was born at her home in Wolford Canyon on November 17, 1929.

Due to limited availability to the outside world, her parents were not able to register her birth until November 19, 1929. Therefore (a note of her humor) whenever she was asked for her date of birth (at every doctor's appointment she would go into a long explanation that she had two birthdays, where at the end of the explanation she would always say, Just choose one.)

Lupe's parents were Manuel Garcia and Jeanette Brunoe Garcia, and she was one of seven children. She was raised on the reservation with her siblings who preceded her in death.

Her father became the first sheriff of Warm Springs. During her adolescent years, her mother, other relatives, and her brothers and sisters commuted to the

Portland area to work in the berry fields, and to Celilo falls to help prepare fish.

As a teenager she was asked to join Dan Macy's All Indian Band as a singer. She had a melodic voice and everyone loved to hear her accompany the dance band. Later the family relocated to Portland, where her father worked for the railroad. In 1950 she married Walter Langnese Jr. and had three children, Walter Langnese III "Spud", Roxanne Langnese Chinook, and Pamela Langnese Louis. Both daughters preceded her in death.

They lived in Portland, where she worked for Oregon Chainsaw and then Kay Springs, making mattresses.

Lupe was very adventurous and a risk taker in those days. She didn't drive, so when she missed her family in Warm Springs (100 miles away) she would call a cab, use her son's French horn as collateral and take the family German shepherd for protection. When she arrived the cost would be covered by the family members eager to see her.

After Walter Langnese Jr.'s passing, she relocated to Kamiah, Idaho, where she

met and married Robert Samuels, a Nez Perce Native. They had one son, Daniel Samuels, born September 3, 1973.

Lupe longed to return to her birth place, so in 1978 they returned to Warm Springs, where Robert worked for Warm Springs Forest Products Industries, and Lupe worked at the Burger Inn along Highway 26, where the Shell station is currently located.

Robert also preceded her in death. He passed away at home on January 3, 2015, surrounded by family members.

Lupe was a very talented and artistic woman, which she passed on to her two daughters, both artists in their own right.

She used to embroider pill cases; you always knew what you were getting for Christmas.

She drew charcoal portraits, and dabbled in painting. Where she excelled was in her beadwork. She entered many of her beaded bags in tribal art shows at the Museum at Warm Springs, and was able to sell them for hundreds of dollars. She perfected her own beading style. She beaded in the old Wasco style of contouring. She became known for her style among other prominent bead workers. People would comment, Oh, that is Lupe Samuel's

bead work.

Prior to Robert's death they traveled with the Warm Springs Senior Citizens to the Northwest tribal casinos in Washington, Oregon and Idaho. They loved going to Idaho so they could visit Robert's family, and she would enjoy some gambling entertainment.

She continued to travel with the seniors after Robert's death, and really got excited when they would go on bead buying trips.

When Warm Springs built their casino, she became an avid gambler, donating money on a regular basis—She would want you to think she also came out ahead most of the time. In her later years she said she just wanted to "people watch" more than gamble.

She met many people from around the Central Oregon area as well as people from other parts of the country. People were drawn to her because of her quick wit, classy, stylish dress and her many, many, many hats. She was also a member of the local Red Hat Society.

Lupe was a beautiful woman who never looked her age. People were always amazed when she told them how old she was, and then had to add her unique birth story to get a chuckle.

Lupe was a great story teller. She was very versed

and proud of her family. She was always willing to share stories of her childhood, and her bothers' and sisters', whether good, bad or sad, knowing from whence she came.

She was also very opinionated and wasn't afraid to speak her mind, giving her opinion right, wrong or otherwise. It was always comical when you just responded, Okay, whatever you say, just so you could move on to another topic.

Lupe loved her grandchildren and shopped throughout the year for birthday and Christmas gifts for them. She would stash them away to the point of misplacing them only to find them several years later, still thinking of whom they were for, but not remembering the child was three years older now, and wondering why they looked at her funny when they opened them, looking at their parents responding, Really? Thus there was a lot of present trading in the family.

Lupe is survived by her two sons, eight grandchildren, six great-grandchildren, and many nieces and nephews. We miss you mom, grandma, great grandma and auntie. Rest in peace.

# Repentance event

A local event celebrating the National Day of Repentance is coming up at Sahalee Park in Madras this Saturday, September 26 at 6 p.m.

What is God requiring for healing America? 2 Chronicles 7:14:

"If my people (Christians) who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from Heaven, and I will forgive their sin and will heal their land."

Repent—Change mind and life—To put God back in first place. Please join us September 26 in the park for a time of worship and repentance prayer for self, family and nation. View 'The Return' on Youtube by Jonathan Cahn. Event sponsored by Madras House of Prayer. Please bring chairs and blankets to sit on.

**Urbana Manion and Val Fuiava, Madras House of Prayer.**

Tribal employees are back at work; however, offices remain closed to walk-in traffic. If you have business to conduct, you should call for an appointment. Check the [kwsa.org](http://kwsa.org) calendar for contact information.

## W.S. virtual diabetes classes in October

Warm Springs Health and Wellness Center diabetes classes—for people with diabetes and family members—are coming up in a safe and virtual format in October.

The diabetes education classes will be online, so you can participate from the comfort of your home. The classes will be Wednesdays at noon.

Class one, October 7: Topics are, What is diabetes? And blood sugar monitoring.

Class two will be on Oc-

tober 14, the topics being: What does diabetes effect? And keys to control.

Class three, October 21, will cover: Nutrition and healthy eating.

Class four, October 28: Diabetes medicine today; and Standards of Care to Stay Healthy.

Please register by calling 541-553-2351. You will be sent an email to join.

The classes are in collaboration with the Community Health Nutrition Department and the Diabetes Program.

## W.S. Holistic Health 10 tips for better sleep

by **Alicia Oberholzer**  
Physical Therapist  
W.S. Holistic Health

To the tribal community, Here are 10 tips for getting a good night's sleep:

- Establish a night time routine that includes your favorite relaxing activities to help wind down. This could include a bath, reading, watching tv, journaling, and crocheting.
- Try to wake up at the same time daily, even on weekends. This helps set the body's natural clock and promotes consistent patterns of sleep.
- Listen to your body and go to sleep when you are

tired.

If you find yourself laying in bed restlessly for over 20 minutes, it may be best to go into a different room and perform a relaxing activity such as reading, journaling, or listening to music until you feel sleepy.

• Turn off all electronics at least two hours before bedtime.

Staring at bright screens and exposure to blue light late in the evening can reduce the production of melatonin, a hormone that helps regulate our sleep-wake cycles.

• Create a comfortable environment. You can use heavy curtains, black out blinds, or a fabric eye mask



to increase darkness. A cooler environment is also ideal, with current research suggesting an optimal sleeping temperature between 60 and 75 degrees.

• Avoid stimulants late in the evening. This includes caffeine, nicotine, and alcohol.

Even though alcohol can bring on sleep, after a few hours it acts as a stimulant

and decreases the overall quality of restorative sleep.

• Exercise daily, as this has been shown to reduce insomnia and improve deep sleep.

• Try to avoid stressful or emotionally charging conversations, media, or work just before bed.

These activities can cause release of the hormone cortisol, which increases alertness and may keep you awake.

• Save your bed as a special place for sleep. It is best to find a different space for work, school, games, and day time activities.

• Eat a lighter dinner, preferably earlier in the evening.

Choose foods that digest easily to avoid discomfort during the night.

# FALL

**Tiyam**  
*Ichishkiin snwit (Sahaptin Language)*

**K'malalidix**  
*Kikshat awawat (Wasco Language)*

**Tamanoo yebano**  
*Numu (Paiute)*

# SEPTEMBER

## Waunaq'i

*Ichishkiin snwit (Sahaptin Language)*

## Kmalalidix Akłmin

REFERS TO FALL TIME  
*Kikshat awawat (Wasco Language)*

## Tuba

*Numu (Paiute)*

## Madras Campus

# CENTRAL OREGON COMMUNITY COLLEGE

### THE GREAT TIDE OF HUMANITY: Race & Gender Reform in 19<sup>th</sup> Century Concord, Massachusetts

Join us for a Nancy R. Chandler Visiting Scholar Program virtual event featuring a panel discussion on how some 19<sup>th</sup> century thinkers and activists guide us in addressing race and gender reform today.

**THURSDAY, OCTOBER 15**  
4:30 p.m. - Virtual Event  
\$5 – Registration Required\*  
[cocc.edu/foundation/vsp](http://cocc.edu/foundation/vsp)

\*Students are free: please contact [cgilbride@cocc.edu](mailto:cgilbride@cocc.edu)

In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.