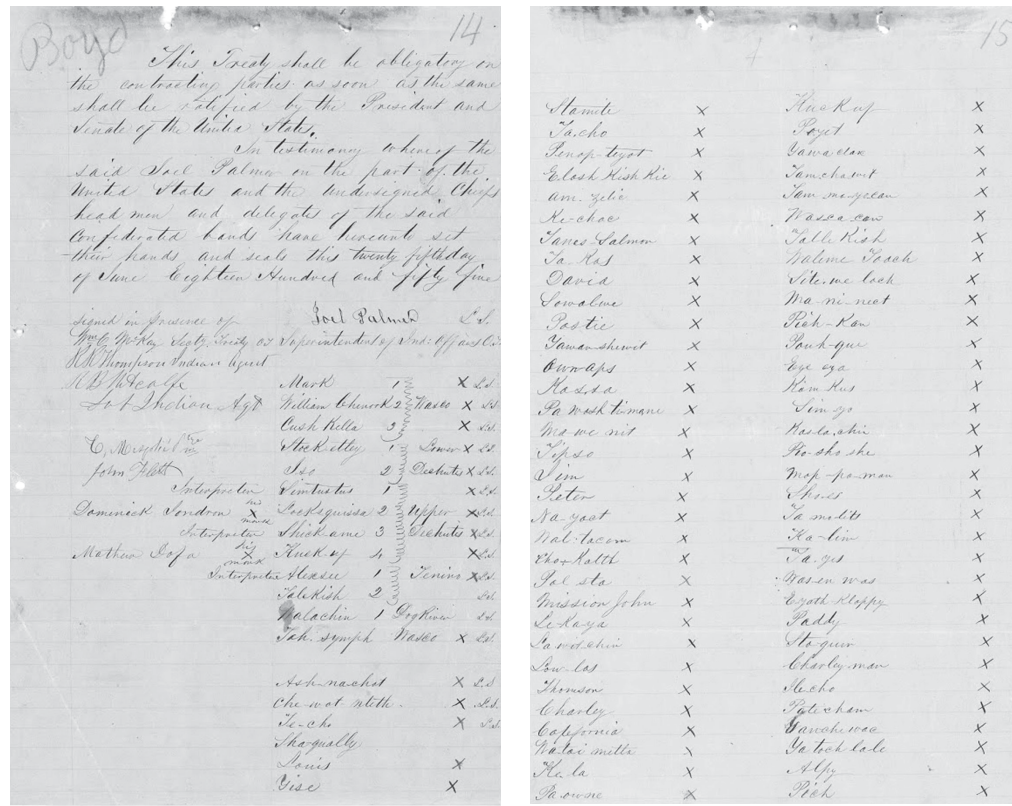


A background on law voiding the 1865 document

Congress has now passed a bill that would recognize the 'treaty of 1865' as a void document. This historic accomplishment has been a project of the Tribal Council and Governmental Affairs for decades now. The federal legislation is called "A law to nullify the supplemental treaty between the United States of America and the Confederated Tribes and Bands of Indians of Middle Oregon, concluded on November 15, 1865."

The following is the executive summary from tribal Governmental Affairs, introducing the research that helped bring about the recent Congressional action to officially void the 1865 document:

On June 25, 1855 the Tribes and Bands of Middle Oregon, who lived along the Columbia River and its tributaries, signed a Treaty with the United States establishing the Warm Springs Reservation. The Treaty required the Tribes to move to the Reservation and cede to the United States title to 10 million acres of their ab-



Two of the signing pages of the Treaty of 1865.

original homeland. However, in the Treaty the Tribes reserved off-reservation fishing, hunting and gathering rights which were essential to their survival and without which the Indians would not have agreed to move to the Reservation.

Ten years later an unscrupulous Indian agent by the name of Huntington fraudulently obtained a "supplemental treaty" with a small number of the Indians which purported to relinquish off-reservation rights secured by the 1855 Treaty, and to confine the Indians to the Reservation.

Tribal members would be subject to punishment if they left the Reservation without the written permission of the government. From its inception the purported 1865 treaty has been recognized as a fraud by both the Indians and the United States, and neither

party has ever recognized or enforced it. For the last 165 years tribal members have exercised their 1855 Treaty rights to hunt, fish and gather roots and berries at their usual and accustomed stations and on unclaimed lands, in common with citizens of the United States.

The state of Oregon has not attempted to enforce the provisions of the fraudulent 1865 document, even when presented the opportunity to do so in litigation over the 1855 Treaty fishing rights. The Tribes have always viewed this treaty as a historical stain and approached Senator Hatfield (in the 1990s) about possible legislative action to clear the record by legislative nullification of this fraud. Senator Hatfield sought to correct this injustice as the last legislative act of his Senate career, and introduced legislation to nullify the 1865 document and officially declare it of no force or effect.

Time was short and Senator Hatfield sought rapid introduction and passage of this legislation. In a move that surprised both the Tribes and Senator Hatfield, state of Oregon officials took the position, contrary to all historical evidence, that the state had in fact relied upon the fraudulent treaty in the past, and that passage of Senator Hatfield's legislation would have grave impacts on the state and its citizens. To our knowledge this was the only time that the state of Oregon sought to preserve and rely on this fraudulent document. The state's strong objections to S.2102 prevented Senator Hatfield from moving forward with the legislation.

A great deal of incomplete, misleading and false information was widely distributed by the state in its efforts to stop the legislation.

(Note: This article is the first in a series based on the 1865 document research provided by tribal Governmental Affairs. Additional note: The governor of Oregon during the time when the state opposed Sen. Hatfield's legislation was John Kitzbaber, who later resigned from office facing a criminal investigation.)

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Accepting Tribal Cares Act applications

Warm Springs Cares Act applications are now available. Paper copies can be picked up at the tribal administration building, and also at the Family Resource Center.

You can download a copy online at: warmsprings-nsn.gov/news/press-releases/cares-act-emergency-disaster-relief/

Applications are being accepted through October 30.

The Confederated Tribes of the Warm Springs Cares Act Emergency and Disaster Relief General Welfare Program is designed to provide non-taxable economic relief to enrolled tribal members with additional resources to maintain adequate housing, transportation, food, water, medication, medical care, utilities, and basic life necessities to help alleviate the financial hardships endured from loss of income and increased costs due to the Covid-19 pandemic.

Funding for the program is distributed from the Cares Act—Coronavirus Aid, Relief, and Economic Security—funding received by the tribes. This general welfare program complies with the Cares Act requirements and guidance issued by the U.S. Department of Treasury. Emailed applications should be sent as a PDF.

Who can apply: The following persons who have experienced a financial hardship due to the Covid-19 pandemic may apply for assistance: Warm Springs enrolled adult tribal member who has attained the age of 18 years may apply for the Adult Tribal Member Grant; and A Warm Springs tribal member who is head of household, or qualified non-tribal member who is head of household, may apply on behalf of a Warm Springs en-

rolled minor dependent tribal member for the Dependent Tribal Member Grant.

Application Submission: Your eligibility will be based on the information submitted as of your application date. No new information will be accepted after your application is submitted. Please submit completed applications by October 31.

Submit by mail: P.O. Box 455, Warm Springs, OR 97761 Attn: Cares Grant

By email: cares@wstribes.org

In Person: 1233 Veterans Street, the administration building (outside the building in designated dropbox).

By Fax: 541-553-2236

For further assistance regarding this Program, please contact the Program Administrator: Isaac George, 541-553-3476.

Grant to fund 2 WSPD highway safety officers

The Warm Springs Tribal Police Department in September received a federal traffic safety grant, to fund the hiring of two full-time highway safety officers.

These officers will be charged with patrolling the major roadways crossing the Warm Springs Indian Reservation, said Warm Springs Police Chief Bill Elliott.

This year, there have been a number of fatal and serious non-fatal vehicle accidents on Highway 26 and other reservation roadways. One recent tragic accident took the life of a 4-year-old child.

"The Warm Springs Tribal Police Department is dedicated to providing for the public safety of all of its citizens, and those visiting or travelling through the reservation," Mr. Elliott said.

If you have Columbia fisheries law enforcement or safety concerns, please contact Columbia River Inter-Tribal Enforcement in Hood River at call 1-800-487-3474 or 541-386-6363.

For information on marketing tribal caught fish, contact Buck Jones, Salmon Marketing Specialist at 503-238-0667.

Moving forward with chronic pain

by Alicia Oberholzer
Physical Therapist
W.S. Holistic Health

Twenty percent of the U.S. population lives with chronic pain, according to a report from the Centers for Disease Control and Prevention.

Persistent pain can cause frustration, exhaustion, and decreased movement tolerance. Balancing appropriate amounts of activity is difficult.

While overdoing it can lead to painful flares, being inactive can cause loss of strength and increased disability. In order to move forward, it is important to set goals and establish a pacing program geared towards living the life you desire.

Step one

Determine a meaningful activity that you feel limited from due to pain.

What brings you joy and makes you feel alive? Make a goal centered around this passion.

Example: John used to love his daily walks. He remembers a day when he

would walk everywhere. This was his moving meditation, and thinking time, and most consistent form of exercise. John makes a goal that over the next two months, he will progress his walking tolerance to 30 minutes daily, 5 days per week.

Step two

Recognize your baseline. This is how long you can perform an activity comfortably. While it is normal for symptoms to vary with good days and bad days, your determined baseline should reflect an average of your tolerance.

Example: If John walks more than 20 minutes, his back pain is so severe the next day that he cannot complete his chores or run errands. If he walks for 15 minutes, he feels some soreness in his muscles from being more active but can still get through his daily activities without difficulty.

Step three

Repeat your baseline. Take your baseline activity and make it part of your

daily routine. This will help your body adapt and build tolerance to your chosen activity. While taking a day off to rest is okay, the more consistent the better.

Example: John walks 15 minutes daily for five days in a row. The mild soreness in his legs is tolerable. He looks forward to his new morning routine. On the sixth day, he decides to rest. He replaces his 15 minutes of walking with some light stretching.

Step four

Now it is time to move forward. Appropriate progressions are one of the most important aspects of a pacing program. Research suggests that increasing activity by 10 percent per week is a safe and effective way to challenge the body and advance towards your goals.

Warm Springs Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Call 541-777-2663.



VIRTUAL **Diabetes 101 Classes**
for people with diabetes and family members

What: 4 Diabetes Education Classes
Where: Online— From the Comfort of Your Home!
When: Wednesdays at Noon

Class 1—October 7: What is Diabetes? Blood Sugar Monitoring

Class 2—October 14: What does Diabetes Effect? Keys to control

Class 3—October 21: Nutrition and Healthy Eating

Class 4—October 28: Diabetes Medicine Today Standards of Care to Stay Healthy

Class will be held online, you will be sent an email to join.

This class held in collaboration with the Community Health Nutrition Department and the Diabetes Program

REGISTRATION

CALL 541-553-2351 with questions or to register

