

Letters to the editor

Community input survey

Due to the Covid-19 pandemic, over these many months community events on the reservation had to be canceled or postponed.

To help our programing adapt to meet the needs of the community, many events are going virtual.

Papalxamisha and Warm Springs Health and Human Services is conducting a survey to help guide virtual programing to the community.

And if you have children, please help them fill out the survey, as this will help guide programing for them as well.

This survey is anonymous, and is available online. Contact: charlene.dimnick@wstribes.org

Survey questions include items such age, and where you live. Also:

How is your internet accessibility at home? What method of virtual learning do you prefer?

What social media outlet do you use? What time of day would you prefer to attend a virtual class?

What day of the week works best for you to attend a virtual class?

Would you more likely participate in a virtual class by: Live stream, Recording, Both.

What kind of class / virtual event would you like to participate in? check all that apply

Are there any barriers that we can help elevate for you to participate?

Papalxamisha, Charlene Dimnick

Story Gathering

The Confluence Story Gathering podcast is designed to elevate Indigenous perspectives in our under-

standing of the Columbia River system. Each new episode will appear in your feed on Thursdays.

In our first episode of the 2021 season, *Braiding Sweetgrass* author Robin Wall Kimmerer asks the audience to consider what the earth asks of us and how we can do right by the land.

Robin Wall Kimmerer is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She is the author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants*, which has earned Kimmerer wide acclaim.

Subscribe to the Confluence Story Gathering podcast on Soundcloud, Spotify, iTunes, and Stitcher, or wherever you get your podcasts. **Colin Fogarty**, confluenceproject.org

From W.S. Holistic Health

While humans are naturally creatures of habit, implementing behavioral changes is a lifelong challenge. Living intentionally can be a powerful step towards personal growth.

While a goal may define a path, systems serve as the road map towards achievement. When trying to incorporate new healthy habits into your lifestyle, consider the following:

Give yourself a cue and make it obvious.

If your goal is to exercise for 30 minutes every day after work, lay out your exercise clothes and workout shoes by your door so that they are the first thing you see when you come home. This will give you a reminder to get moving.

From the desk of the W.S. Veterans Representative

Frankie Williams is the new Confederated Tribes of Warm Springs Veterans Representative. Mr. Williams is a 21-year Navy veteran, and member of the Tule River Tribe California.

He has overcome challenges that many veterans have faced: Post-traumatic stress disorder and thoughts of suicide, substance abuse and depression, and homelessness. Mr. Williams was retired, and looking for part-time work.

He came across the notice of the Confederated Tribes' Veterans Representative position, contacted tribal veterans representatives, and was hired for the job.

Mr. Williams is a certified counselor for substance abuse, anger management and suicide prevention and intervention. In California he was a consultant for the Department of Veterans Affairs.

In the service Williams traveled the world, serving on air craft carriers and A-7 squadrons, and was a flight engineer on C-130s and 707s.

In his new position with the tribes, Williams will serve the more than 500 veterans of the Confederated Tribes. Veterans and families can contact him at 559-798-7102; or at his email:

frankie.williams@wstribes.org
His office is at the Warm Springs Forest Industries LLC building by the former mill. Mr. Williams serves as the liaison between the Veterans Administration and tribal veterans. In



Frankie Williams, W.S. Veterans Representative

his introductory message to tribal veterans, he wishes to share the following:

by Frankie Williams
Warm Springs Tribal Veterans Representative

Identification Cards Types of Veteran ID cards:

There are many types of identification cards you can use to show you're a Veteran. You only need to have one of them for this purpose.

Learn about the different types of VA ID cards and other Veteran ID options:

Department of Defense Identification Card:

A Department of Defense Identification Card is used to show your military status and to get access to services at military bases.

You may also use this card to get discounts offered to Veterans at many stores, businesses and restaurants.

If you have a Department of Defense Identification Card, you don't need to request another

type of photo ID card to prove you're a Veteran or to get retail or business discounts.

You'll need to fill out an application for Identification Card/DEERS Enrollment (DD Form 1172-2).

Then turn in your completed application to a Real-Time Automated Personnel Identification System (RAPIDS) office for processing.

Veteran Health Identification Card:

When you are enrolled in VA Health Care, you get a Veteran Health Identification Card—a VHIC—that you use to check in to your appointments at VA medical centers.

You may also use this card to get discounts offered to Veterans at many stores, businesses and restaurants.

If you have a VHIC, you don't need to request another type of photo ID card to prove you're a Veteran or to get retail or business discounts.

You need to be enrolled in VA health care to receive a Veteran Health Identification Card. If you aren't signed up for VA Health Care, you can apply online or see your veterans representative.

Veteran ID Card:

A Veteran ID Card—a VIC—is a form of photo ID you can use to get discounts offered to Veterans at many stores, businesses and restaurants.

When you have this card,

you won't need to carry around your military discharge papers (DD-214) or share sensitive personal information to receive discounts.

If you have a VIC, you don't need to request another type of photo ID card to prove you're a Veteran or to get retail or business discounts.

You may be eligible if you meet both requirements listed below.

Both must be true. You:

- Served on active duty, in the Reserves, or in the National Guard (including the Coast Guard), and
- Received an honorable or general discharge (under honorable conditions).

If you received another than honorable, bad conduct, or dishonorable character of discharge, you're not eligible for a Veteran ID Card.

If you have an uncharacterized or unknown discharge status,

The VA will have to verify your eligibility before your application is approved.

If anyone needs help in applying for a veterans ID card, please contact me, your Warm Springs Tribal Veterans Representative.

My phone number is 559-798-7192. Or email: frankie.williams@wstribes.org

Sincerely, **Frankie Williams**



Warm Springs artist Travis Bobb, looking forward to Valentines Day 2021, Sunday, February 14.

Develop your 'gateway habit.' Pace yourself and start simple. Too many changes at once are difficult to sustain. If you would like to start eating healthier, recipe planning for every meal may be an unrealistic place to start. You could instead begin by adding a piece of fruit to your breakfast and lunch. Increase the chal-

lenge every few weeks and focus on long term behaviors.

Play off your existing habits through 'habit stacking.'
New habits are easier to incorporate if they are tied with old habits. If you have a goal to walk more, consider your current routine. If you have a habit of checking the mail every afternoon, try

walking to the mailbox rather than driving by.

Consistency is key. Stick to it.

It's not always the size of the habit, but how often it's repeated that makes it effective. Researchers from University College in London determined that on average, it takes 66 days for a new habit to stick. By increasing

the frequency of repetition, the human brain forms new connections to make once novel habits more automatic.

If you have further questions about how to prioritize health in your life, feel free to reach out to the Physical Therapy team at Warm Springs Holistic Health for guidance. Call 541-777-2663 to learn more.

Congratulations to the Oregon Teacher of the Year

The Oregon Department of Education has named the 2021 Teacher of the year. Here is her story:

Nicole Butler-Hooton is a Siletz and Apache tribal member committed to the values of family, friendships, community and growth, both in and outside of her classroom.

Ms. Butler-Hooton was raised in a small coastal town, earned her Bachelor's Degree in Sociology with a minor in Ethnic Studies from the University of Oregon, and was awarded the Sapsik'alá grant provided to high performing Native American students striving to earn a Master's Degree in Education.

After completing her Master's, Butler-Hooton began teaching second grade at Irving Elementary in Bethel, which has been her work home for 14 years.

Her vibrant, inclusive and culturally competent



Nicole Butler-Hooton

teaching style is highly respected and supported by the school community.

She is Eugene/Springfield's local representative for the Oregon Indian Educator Association and is also a local expert in Bethel, mentoring and coaching student teachers and colleagues.

"Every day, Nicole demonstrates how inclusive and cultural competent education has the power to shape our future for generations to

come," said Governor Kate Brown.

"Her seamless incorporation of equity into the classroom sets an example for us all, as we work to make Oregon a welcoming place that sets every student up for success from cradle to career."

"The trust Nicole establishes with students and families is invaluable for meeting needs both seen and unseen," said director Colt Gill.

"Nicole centers equity in every aspect of her instruction and outreach, honoring the cultures of each home represented in her class.

Her leadership and expertise will be an incredible benefit this school year as we navigate unfamiliar conditions and strive to support every learner."

In a letter of recommendation, Butler-Hooton was described as "a shining example of a teacher," supporting the individual and diverse needs of students

'I'm always looking for ways to show my students and families that we are a village...'

and families, collecting and analyzing data to advocate for students, and fostering a classroom community where students become leaders.

"I'm always looking for ways to show my students and families that we are a village," said Butler-Hooton.

"My hope is that these offerings, these sentiments, these actions, this time is a way to transcend learning and love beyond the classroom. Home to school connection is beyond valuable and it is imperative to my practice as an educator."

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