

Letters to the editor

Camelback Club on Wednesdays

Papalaxsimisha is hosting the Camelback Club every Wednesday in April, from 5:30-6:40 p.m. at the Rodeo grounds.

There will be door prizes for participants. Bring your best hiking shoes and mask. For more information contact me at:

charlene.dimnick@wstribes.org
Let's hike and have fun!
Charlene Dimnick, Family Peer Support Specialist, Warm Springs Family Resiliency Program. Phone 541-615-0037.

Raffle winners

Jaihline Ramirez held a raffle drawing on March 31 for her trip to the Dominican Republic, representing the Pacific Northwest at an international basketball tournament.

Winners of the raffle are as follows (*honestly, we wish everyone could win*):

Rena Adams Smith, Starbucks cup with card.

Merle Kirk, Starbucks cup with card.

Shirelle Adams, eighth generation wool blanket.

Charnene Smith, Starbucks card.

Crystal M. Spino, Imitation elk set cream colored.

Tquanammy Kirk, Imitation elk set, blue.

Lovie Ike, 2-inch shell earrings.

Traci SoTo, Rawhide earrings with hat.

Esther Kalama, MMIW bundle.

Amy Suppah, Neon pink yellow VS set with earrings, mask.

Jaylyn Suppah, Size 4/5 ribbon skirt set.

Lori Switzler, Coach wristlet.

Nicole Main, Blazers tote, earrings mask.

Cheryl Tom, Beaded horse set.

Annie Tewee, Pink beaded wallet with earrings.

L. Raye Squiemphen, Sasquatch earrings.

Dayle Tufti, Shell earrings.

Lucy Suppah, Beaded Nike earrings.

Edna David, Basketball tie blanket with beanie.

Selena LeClaire, Orange butterfly earrings.

Carina Miller, Sterling silver cross necklace.

Danni Katchia, Star Wars bundle.

Tricia Stiffarm, Beaded earrings.

Huge Thank You to everyone for all your love and support.

At TERO

The Tribal Employment Rights Office—the **Warm Springs TERO**—is accepting new skills surveys for the 2021 construction season.

Warm Springs TERO serves Natives enrolled in a federally recognized tribe, seeking work on construction projects, on and off the reservation. Warm Springs TERO is now seeking:

Equipment operators, truck drivers, flaggers, laborers and specialized positions.

Skills surveys are available online at wstero.com under the employment tab; or at the front door of the Warm Springs tribal administration building.

Text a copy of your tribal enrollment card and a valid driver's license, or call for an appointment to provide a copy.

For more information or to make an appointment, text or call 541-675-5439.

To all high school students

The Cascades Campus of Oregon State University will host a five-day, in-person day camp, designed to ease you into the college experience.

In addition, you will receive a \$500 scholarship to OSU-Cascades; and meet new friends while exploring your college and career interests with university professors and experts.

The camp will be in summertime in Bend; so we're getting outside, with daily adventures provided by student leaders and staff.

Participants will follow health guidelines and OSU policies. See the website: osucascades.edu

Prevention event

Warm Springs Prevention and Health and Human Services are planning a community grieving event, tentatively set for June 9-10. The event will be at the grassy area just outside of the Behavioral Health Center. The plan is to have speakers, drumming, prayers and presentations.

Diversity of views on Indian Reorganization Act

In 2017, the Oregon Legislature enacted Senate Bill 13—SB13—now known as Tribal History-Shared History.

The law directs the Oregon Department of Education to create K-12 Native American Curriculum for inclusion in Oregon public schools, and provide professional development to educators. This article is a contribution to this project:

Hello, My name is Lonnie James. I am currently working with the Confederated Tribes of Warm Springs Culture and Heritage program as a Kiksht elder. We are currently working under the auspices of Oregon SB13 to create curriculum for teaching in Oregon public schools.

My request revolves around a section, aimed at eleventh graders, regarding Tribal Sovereignty from the Native view. This section looks at the 1928 Meriam Report on living conditions for Treaty tribes under the assimilation mandate that the U.S. government

was operating under. It found deplorable conditions on Indian reservations as well as in Indian boarding schools. After the report, there were some changes made to improve conditions. These changes did not include the abolition of the allotment policy.

In 1934, the Wheeler-Howard Act was passed, and was comprised of the mandate to create local Native governments in an attempt to provide individual tribes the ability to manage their own affairs. This act also ended the allotment policy and allowed for restoration of some lands that had gone from tribal ownership to private ownership. The act also changed the assimilation policies to allow the tribes to preserve their own culture.

We are currently referring to opposing opinions from elders from other tribes to demonstrate the variety of thoughts about the issue. These thoughts are valued and reflect the speakers impression of the impact of one or both of the subjects on their tribe.

As the SB13 Committee is interested in speaking to the impact of a variety of

issues as they relate to the Confederated Tribes of Warm Springs, we are seeking recordings or interviews with tribal elders from Warm Springs of that period on the impact of one or both of these subjects. Recordings or printed material would be helpful, as it would provide students the ability to read or hear the impressions of the elder, and bring the students an understanding of the impact in the context of the local reservation. As this would be used in a public curriculum, materials cannot be copyrights and should be in the public domain.

Here are the current references:

'It set the Indian aside as a problem'—A Sioux attorney criticizes the Indian Reorganization Act.

The Indian Reorganization Act of 1934, which became known as the Indian New Deal, dramatically changed the federal government's Indian policy. Although John Collier, commissioner of Indian Affairs who was responsible for the new policy, may have viewed Indians with great sympathy, not all Native

Americans viewed the Indian New Deal in equally positive terms. In this 1968 interview with historian Joseph H. Cash, attorney Ramon Roubideaux, a Brule Sioux, denounced the Indian Reorganization Act as "a white man's idea" of how Indians should live, and argued that it "set the Indian people aside from the mainstream of American life and made them a problem."

Ramon Roubideaux: Well, I might say as far as the Indian Reorganization Act is concerned, I think this is possibly one of the best intentioned but unfortunate happenings that could have possibly taken place, as far as the Indian People are concerned. What I am speaking about is that, although it did not stop the alienation, the sale of Indian lands and did not stop the allotment system, it created a socialistic society, and set the Indian people apart from the mainstream of American life and made them a problem.

(article continues on 5)

Education grants still available to Oregon veterans

From the desk of Frankie Williams, Warm Springs Tribal Veterans Representative.

The Oregon Department of Veterans' Affairs is still accepting applications for the Veteran Educational Bridge Grant. This is a grant program implemented last year to help Oregon veterans complete their educational goals.

The Veteran Educational Bridge Grant Program provides financial assistance to veterans who are unable to complete their education. The program also provides training due to the unavailability of one or more required classes or periods of training.

The Oregon State Legislature established the program in 2019 with the passage of House Bill 2201.

The Veterans Education Bridge Grant Program pro-



Frankie Williams, W.S. Veterans Representative

vides grants to eligible student veterans to alleviate the financial stress during a gap period when required courses are unavailable, allowing them to stay in school or their apprenticeship training, and finish their program.

Under the program, eligible student veterans who are unable to complete their education due to the unavailability of required classes or training may receive grants of up

to \$5,000.

Recipients must be a veteran eligible for GI Bill benefits, must be an Oregon resident, and must be enrolled in an Oregon-based academic or training program that is approved by the U.S. Department of Veterans Affairs.

To date, Oregon Veterans Affairs has awarded over \$200,000 to more than 40 veterans in academic and training programs that include traditional degrees, professional certificates, flight programs and apprenticeships.

The average award has been \$4,382, and the average turnaround from the receipt of a completed application has been just five days.

"The Oregon Department of Veterans Affairs is grateful for the opportunity to help so many worthy veterans complete their education or vocational training, which we know can have a

lasting, meaningful impact on the quality of life they are able to lead for themselves and their families," said department director Kelly Fitzpatrick.

"Particularly in the midst of the unprecedented circumstances brought about by the Covid-19 pandemic, we recognize the barriers many student veterans face in achieving their educational goals, and our team stands ready to help in any way we can."

Veterans may also be eligible for retroactive funding in certain circumstances. Any veteran who believes they meet eligibility requirements is encouraged to apply.

If any Oregon veteran has questions regarding this educational bridge grant, you can contact me at 541-460-0605 (c) or 541-777-2957 (office). Or email: frankie.williams@wstribes.org

Maximizing your muscle strength training

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

Strengthening is an important component of a balanced exercise routine. Research has shown that consistent strength training helps individuals reduce injury risk, enhance daily function, and improve mental health.

There are three main types of muscle contractions used to improve strength. They are called concentric, eccentric, and isometric contractions.

A combination of these three are common through our daily movements and can be used to optimize exercise programs and accelerate progress towards fit-

ness goals.

Concentric: A concentric muscle contraction is one in which a muscle generates force by shortening its length.

An example of this exercise is the phase of a bicep curl when you are bringing the weight closer towards your shoulder. Concentric exercise can be helpful in increasing strength, building mass, and toning tissue.

Eccentric: An eccentric muscle contraction refers to when a muscle is lengthening under tension.

These types of contractions are crucial in maximizing strength results. Research has shown that eccentric contractions generate more force and use less

energy and oxygen than concentric.



be performed at a slower pace with a focus on control. Examples of eccentric exercises include sitting down in a chair, stepping down stairs, or slowly lowering back to the ground from the top range of a push up. When attempting these exercises, try to pace the movement at a count of five or more seconds.

Isometric: During an isometric exercise, the muscle remains at the same length and joints do not move. These exercises can be very

Eccentric exercises should

helpful for stabilizing muscles around a painful joint without increasing irritation. There is also research demonstrating that isometric exercises help to reduce pain in tendons, which is the connective tissue attaching muscles to bones. Isometric exercises are often held for a longer duration and include planks, wall sits, or glute bridges.

All three types of muscle contractions are beneficial and hold an important place in a balanced exercise routine.

If you have further questions on how to optimize your strength training program, please feel free to reach out to the physical therapy team at Warm Springs Holistic Health for more information. Phone 541-777-2663.

PAPALAXSIMISHA PRESENTS

CAMELBACK CLUB

EVERY WEDNESDAY

IN APRIL

5:30 PM-6:40 PM

PARK & MEET @ RODEO GROUNDS

Door prizes for participants
Bring your best hiking shoes and mask.

Lets hike and have fun :)

for more information contact Charlene
[@charlene.dimnick@wstribes.org](mailto:charlene.dimnick@wstribes.org)