

## Board positions

This Friday, June 4, is the last day to submit a letter of interest and resume for a position on one a number of tribal boards.

There is one vacancy on the Telecom board, for a tribal member.

Tribal Council also seeks to fill three positions on the Warm Springs Cannabis Regulatory Commission; two positions on the Warm Springs Composite Products Board of Directors, and two positions on the Warm Springs Power and Water Enterprises Board of Directors.

Council seeks to fill three positions on the Warm Springs Tribal Employment Rights Office Commission, TERO; and a position on the tribal Court of Appeals.

The letter and resume can be dropped off at tribal administration, addressed to Michele Stacona, Secretary Treasurer/CEO.

The letter and resume may also be mailed to Michele Stacona, PO Box 455, Warm Springs, OR 97761. Or send by email:

michele.stacona@2wstribes.org

With the application please sign a criminal and credit background check. Forms can be emailed or mailed to you. If you mail in your application, the forms will be mailed to you once your letter and resume are received. Information is submitted confidentially to the S-T/CEO.

## Summaries of Tribal Council

May 18, 2021

The meeting was called to order at 9 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Delvis Heath, Anita Jackson, Wilson Wewa Jr., Vice Chair Brigitte McConville, Glendon Smith, Chief Joseph Moses, Lola Sohapp. Minnie Yahtin, Recorder.

Human Services update with Cheryl Tom.

· Motion by Anita to approve pending Personal Time Off donation requests. Raymond: This discussion will be part of a formal policy, reviewed by an Human Resources attorney; and the documents in reference, whether it's confidential or non-confidential, will be determined by input and policy. Second by Brigitte. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, 5/0/0, Chairman not voting. Motion carried.

Finance update with S-T Michele Stacona.

Governmental Affairs update with Louie Pitt.

Managed Care Program update with Michael Collins.

Administrative Services update with Michele Stacona.

Tribal Court update with Judge Lisa Lomas.

High Lookee Lodge update with Greg Tippet.

Public Safety update with Nancy Seyler and Chief Elliott.

Natural Resources update with Brad Houslet.

Veterans Service Office update with Frankie Williams.

Health and Human Service update with Caroline Cruz.

With no more business, Motion by Wilson to adjourn at 4:45 p.m.

### May 24

The meeting was called to order at 9 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Delvis Heath, Chief Joseph Moses, Anita Jackson, Lincoln Jay Suppah, Raymond (Captain) Moody, Glendon, Chief Alfred Smith Jr. Minnie Yahtin, Recorder.

Other business discussion with Valerie Fuiava.

Public Utilities update with Chico Holliday.

Tribal Employment Rights Office update with Wendell Jim.

Gaming Commission and Surveillance update with Josephine Johnson.

Covid and School District 509-J update the Response Team and superintendent Ken Parrshall:

· Motion by Captain accepting the recommendations to be implemented on June 7, 2021. Second by Jay. Discussion. Glendon/yes, Joe/yes, Captain/yes, Jay/yes, Delvis/yes, Alfred/yes, Anita/no, 6/1/0, Chairman not voting. Motion carried.

CenturyLink rights of way update with Jim Manion and tribal attorney.

Resolution numbers correction:

· Motion by Captain approving the corrections for the following: Resolution No. 12,804-Spirit Mountain Grant; Resolution No. 12,805-Sublease Electric charging service at the Plateau; Resolution No. 12,806-Tribal Court exercises person jurisdiction of Tribes insurers; Resolution No. 12,807-May Enrollments; Resolution No. 12,808-Relinquishments; Resolution No. 12,809-BIA Shall be owner of the New Warm Springs Detention Facility; Resolution No. 12,810-Home site lease-Jabbar Davis; Resolution No. 12,811-Authorize issues of Series 2021 Bonds WSPWE; Resolution No. 12,812-Bestows official geographic name Toto Creek and Toto's Meadow. Second by Jay. Dis-

ussion. Joe/yes, Captain/yes, Jay/yes, Delvis/yes, Anita/yes, 5/0/0, Chairman not voting. Motion carried.

Landfill update with Joie Simtustus and Said Amali.

The Museum At Warm Springs Charter Amendment discussion with Elizabeth Woody, museum executive director:

· Motion by Anita adopting Resolution No. 12,813 that the Charter for the Middle Oregon Indian Historical Society originally adopted by Resolution No. 4084 subsequently amended by Resolution No. 4422, 7441 and 8467 is hereby amended by the adoption of the attached Amended and Restated Charter for the Museum. Call for a Second. Second by Delvis. Discussion. Glendon/yes, Captain/no, Jay/no, Delvis/yes, Anita/yes, 3/2/0, Chairman not voting. Motion carried.

American Rescue Plan funds discussion with the S-T.

Enterprise Zone resolution with Jim Souers, WSED-Ventures, and tribal attorney.

· Motion by Captain tabling this Resolution for two weeks to give Jim time to contact the Executive Committees for input. Second by Jay. Discussion. Glendon/no, Captain/yes, Jay/yes, Anita/yes, Delvis/yes, 4/1/0, Chairman not voting. Motion carried.

Non-Disclosure Agreement (Kah-Nee-Ta) discussion with the S-T and the Kah-Nee-Ta Board of Directors:

· Motion by Captain authorizing the Chairman to sign a non-disclosure agree-

ment that includes Jim Souers, Ventures general manager; Second by Jay; Discussion; Glendon/yes, Captain/yes, Jay/yes, Anita/yes, Delvis/yes, 5/0/0, Chairman not voting. Motion carried.

Opioid litigation update with attorneys.

Personnel issues with Tribal Council:

· Executive session, 4:18-4:48 p.m.

With no further discussion the meeting adjourned at 4:48 p.m.

## Howlak Tichum

Allen Elston of Madras, Oregon, died on March 16, 2021, surrounded by his family. He was 89 years old.

Allen was born on June 13, 1931, in Miami, Texas, to Charles and Myrtle Elston. He lived his early life in Huckabay, Texas, where he met and married Juanita Wylie, in 1949.

Allen attended Hardin-Simmons University and Southwestern Baptist Theological Seminary. On March 15, 1960, he and Juanita moved their young family, which included Marsha and Alicia, to Warm Springs, where Allen became the pastor of the Warm Springs Baptist Church. Donna was added to the family a year later, and the Elstons spent over 33 years living among the wonderful Warm Springs people that they so dearly loved.

Allen is survived by Juanita, his wife of over 71 years; daughters Marsha Martinez and husband James, of Madras, Alicia

## Native Literacy achievement



Courtesy Eugenia Stacona

Robert Windy Boy, 2021 graduate of Pendleton High School, member of the Confederated Tribes of Warm Springs: Robert was the only student in the state of Oregon to get the Biliteracy Emblem on his diploma. He passed the literacy test in Nez Perce, the only student to achieve this among the tribal students in the state of Oregon.

Pugh and husband Dale, of Huckabay, Texas, and Donna Scheller and husband Ron, of Bend. He is also survived by his 6 grandchildren and their families: Scott Armstrong and Eve Ooten, of Anchorage, Alaska, Jesse and Jessie Armstrong, of Bend, Aaron and Katie Elston, of Bend, John Pugh and Audrie Ayers, of Bend, Natalie and Jason Villanueva, of Bend, and Mikaela and Michael Bird, of Bend. Allen and Juanita also have the joy of being grandparents to Livi and Lyza Armstrong, of Bend. In addition, four younger brothers, Gene, Baldy, Carroll and

Mack, and a large extended family survives in Texas and points beyond.

## Food assistance

The Warm Springs Food Bank in the Commodities Building at the industrial park is open Wednesday, Thursday and Friday, 9 a.m. to 4 p.m. You can call to check on eligibility, 541-553-3579.

Warm Springs WIC is offering clients Farmers Market checks that can be used to purchase fruit and vegetables at farmer stands.

## From the desk of the W.S. Veterans Representative

by Frankie Williams  
Warm Springs Tribal  
Veterans Representative

Registered Nurses—RN—are one of the nation's top in-demand occupations. And for Native communities, the demand for RNs is particularly important.

Often located in rural areas where there are already shortages of medical facilities and healthcare personnel, Native Americans suffer from chronic conditions such as diabetes and high blood pressure at disproportionate rates.

Native RNs are the key to providing patients with culturally competent and vital care such as wellness check-ups, vaccines, and inoculations, ensuring their communities' overall health.

Salish Kootenai College—or SKC—is a Private tribal land-grant community college in Pablo, Montana. is a private tribal land-grant community college in Pablo, Montana.

SKC has now stepped up to become the first tribal college to offer a four-year registered nursing degree program.

It welcomed its first student cohort in the fall of 2020.

Lisa Harmon, certified nurse educator, is the chair of SKC's nursing program, and a veteran nurse of 43 years. She says the impetus for the program was hospitals phasing out nurses with associate's degrees in Montana and across the nation because many studies show that nurses with a bachelor's degree make fewer errors.

Harmon believes there is too much information to cram into a two-year program and has been "a huge

proponent of bachelor's degree nurses forever."

SKC's associate's degree in nursing program takes three years. Students can also continue for another two years to earn the RN-BSN completion degree for a total of five years of schooling.

For more information on the Salish Kootenai College's Registered Nursing Program, contact Frankie Williams, Warm Springs Tribal Veterans Service Officer at 541-460-0605.

Or email: frankie.williams@wstribes.org

## Holistic Health advice on controlling Type 2 diabetes

About one in 10 Americans have diabetes, with 90 to 95 percent of these individuals having Type 2 diabetes.

Type 2 diabetes is caused by an issue known as insulin resistance. Insulin is a hormone made by the pancreas that helps that body convert sugar in the blood to energy that the body can use.

When the cells are resistant to insulin, the body is unable to regulate and use glucose as fuel. Consequently, blood sugar levels rise and can lead to issues with immune, cardiovascular, and neurological function.

Diabetes—when uncon-

trolled—can be very dangerous to the human body. In 2017, it was listed as the seventh leading cause of death in the country.

Overwhelming evidence supports the use of lifestyle based programs focused on physical activity, nutrition, and weight loss to prevent or delay the onset of Type 2 diabetes.

Regular exercise not only helps with blood sugar control, but has also been shown to reduce the risk of associated cardiovascular events.

The American Diabetes Association recommends that aerobic exercise—walk-



ing and biking, for instance—is performed for a total of 150 minutes, or 2.5 hours per week.

An example would be 30 minutes per day, five days per week. For beginners, a good starting point may be three sets of 10 minutes daily, five days per week.

Strength training is also an important component and should be performed at least two days per week for optimal benefits.

**Ten exercises to help manage Type 2 diabetes:** Walking. Cycling. Swimming. Jogging. Dancing.

Balance training. Resistance bands.

**Weight training** (free weights or circuit training).

Yoga. Body weight supported exercises—planks, push ups, bridges, etc.

If you are interested in learning more about how exercise can help in controlling Type 2 diabetes, please reach out to the Physical Therapy Team at Warm Springs Holistic Health for more information. Call 541-777-2663. Or call to make an appointment.

Best Regards, **Alicia Oberholzer**, Physical Therapist, Warm Springs Holistic Health.

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