

Letters to the editor

Yoga, HIIT

Beginner HIIT—High Intensity Interval Training—and Strength Training classes are Tuesdays at 6 a.m. at the Youth Center in the big gym. Coach is Jennifer Robbins.

Bring a mat, a water bottle, and a great attitude!

Just Yoga! is Thursdays at 6 a.m. with Jennifer at the Youth Center big gym. Everyone needs flexibility and strength. *Bring the matter, water bottle, and the great attitude!*

Births

Brayah Kami Frutos

Gildardo Frutos Jr. and Shawnee Johnson of Warm Springs are pleased to announce the birth of their daughter Brayah Kami Frutos, born on August 1, 2021.

Grandparents on the father's side are Gildardo Frutos Sr. and Angelina Sorrelhorse of Warm Springs.

Grandparents on the mother's side are Morris Johnson of Warm Springs, and the late Kami Wahnetah of Warm Springs.

Namya Amairi Star Magana

Jonathan Magana and Tajah Hintsala of Bend are pleased to announce the birth of their daughter Namya Amairi Star Magana, born on July 30, 2021.

Namya joins brother Emmanuel, 6; and sister Jeman, 8.

Grandparents on the father's side are Maricella and Alejandro Magana, of Bend.

Grandparents on the mother's side are Stephanie Belgard of Warm Springs, and Jason Hintsala of Warm Springs.

Virtual Wellness classes

Warm Springs Papatximisha and the tribes' Community Health are hosting Virtual Wellness Classes with instructor Jennifer Robbins.

Mondays and Wednesdays are Beginners Strength Training and Cardio; and Thursdays are Beginners Yoga.

The classes are at 12:10 to 1 p.m. The Zoom link is: [US02WEB.ZOOM.US/J/85421069607](https://us02web.zoom.us/j/85421069607)

For more information con-

tact Jillisa or Jennifer at: jillisa.suppah@wstribes.org jennifer.russell@wstribes.org

Spay, neuter

A pet spay and neuter clinic is planned for Warm Springs in October.

The clinic is being organized by Stef McCargar, Fences For Fido vet care coordinator for Central Oregon.

You can learn more about the organization at the Fences For Fido Facebook page.

Health note

The plantar fascia is a band of connective tissue that connects from the heel to the bones in the foot. It is very important for normal biomechanics, arch support, and shock absorption.

Plantar fasciitis, a common cause of heel pain, is caused by breakdown of the collagen in the plantar fascia. This can occur in people of all ages.

Common symptoms include heel pain that is worse with the first few steps in the morning and tenderness to pressure on the area when the heel connects to the arch. Risk factors include over pronation (flattening of the arch), obesity, tight calf muscles, diabetes mellitus, non supportive footwear, or sudden increases in activity level such as running or walking.

Conservative treatment is the first line of defense against plantar fasciitis. Here are a few places to start:

Wear supportive footwear rather than sandals or bare feet.

Increase walking and running programs gradually rather than suddenly.

Stretch the calves daily. Stretch the plantar fascia daily.

Massage the calves and arches of the feet.

Strengthen the calf and foot muscles.

If you do not get relief from consistent practice of these simple remedies, it is best to consult your podiatrist or physical therapist for a thorough evaluation and treatment plan.

If you have further questions about plantar fasciitis, please reach out to the Physical Therapy team at Warm Springs Holistic Health for more information. Best Regards,

Alicia Oberholzer,
Warm Springs Holistic Health.

Museum Huckleberry Harvest honors Indigenous storytellers

The Museum at Warm Springs this year is celebrating the Huckleberry Harvest with two events in Portland.

The Huckleberry Harvest Honor Dinner happens on Friday, August 27 from 6:30 to 9:30 p.m. in the Kridel Ballroom at the Portland Art Museum.

The Honor Dinner, including a silent auction, raises funds for the museum. Proceeds from the event make it possible for the museum to continue sharing and preserving the tribes' culture, history and art.

This year's honorees are Joy Harjo, U.S. Poet Laureate; and George W. Aguilar Sr., elder, and winner of the 2006 Oregon Book Award for *When the River Ran Wild! Indian Traditions on the Mid-Columbia and the Warm Springs Reservation*.

The Honor Dinner also recognizes the Siletz Tribal

Arts and Heritage Society—*Huu~cha~n*—A good way of life, the good life. The society's mission is to support and promote the practice, conservation, and restoration of the tribal cultures of the Confederated Tribes of Siletz Indians.

For the dinner the single price of event tickets is \$225. Four levels of table benefits are available: \$15,000 (Eagle and Condor Level); \$10,000 (Black Bear Level); \$5,000 (Cougar Level) and \$2,500 (Sea Otter Level).

"Guests are given an opportunity to be immersed in the beauty and culture of the Warm Springs Tribes," says museum director Elizabeth A. Woody. "Traitional foods, music and art make this a unique and truly memorable event."

The Saturday after the Honor Dinner, August 28, will be *Morning with the*

Laureates—Living the Power of the Word: Four Indigenous Poet-Storytellers. This will be from 10 a.m. to noon at the Oregon Historical Society. The Indigenous poet-storytellers will include:

Joy Harjo, of the Mvskoke-Creek Nation; Rena Priest, (Lhaq'temish—Lummi Nation), Washington State Poet Laureate; Anis Mojangi, Oregon Poet Laureate, of African American and Iranian descent; and Elizabeth Woody, Warm Springs, Yakama Nation/Navajo Nation, former Oregon Poet Laureate.

"With the power of the word, and the ability to carry it across generations through song, prayer, utterance and the Ancestors' determination, we have our present-day Indigenous Literatures," Ms. Woody says. "Everyone has a song or a story—but more important is the challenge to pass on these songs and sto-

ries to the next generations."

"This exciting and timely program brings together four award-winning poet-storytellers with a focus on Native literature—past, present and future," Ms. Woody says.

"We envision this as an inspiring, once-in-a-lifetime event; and we are also extending a special invitation to youth who are interested in Indigenous literature to attend."

Individual event tickets are \$25. There are two levels of sponsorship: \$5,000 (Laureate Level) and \$2,500 (Storyteller Level).

To register for the Honor dinner, visit: <https://bit.ly/3yu9jNT>

To register for "Morning with the Laureates," visit: <https://bit.ly/2TXoJLm>

For more information about both events and table and sponsor benefits: maws@museumatwarm-springs.org

Or call 541-553-3331.

Summaries of Tribal Council

August 2, 2021

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

- Bureau of Indian Affairs update with Brenda Bremner.
- State and federal legislative update calls.
- Indian Health Service update with Hyllis Dauphinais.
- Covid update with the Response Team:

Motion by Brigitte approving the recommendations from the Team (see page 1). Second by Wilson. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Jay/yes, 6/0/0, Chairman not voting. Motion carried. Protocols take effect August 9 for all tribal buildings, enterprises and the community.

- Tribal attorney update

with John Ogan.

• AT&T Beaver Butte update with Michele Stacona, Raymond Moody and Tim York:

Motion by Brigitte declining AT&T's offer. Second by Jay. Discussion. Glendon/yes, Joe/yes, Brigitte/yes, Delvis/yes, Captain/yes, Anita/yes, Jay/yes, 7/0/0, Chairman not voting; Motion carried.

Motion by Brigitte to adjourn at 3:10 p.m.

August 3

The meeting was called to order at 9 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Glendon Smith, Lincoln Jay Suppah, Anita Jackson, Wilson Wewa Jr., Raymond Moody, Brigitte McConville, Chief Delvis Heath, Chief Joseph Moses. Sharisa Thompson, Recorder.

- CARES Act procurement funds discussion with Michele Stacona.
- Fish and Wildlife Committee Off Reservation up-

date with Bruce Jim.

• Irrigation and Ag Committee update with Terry Squiemphen and Dustin Suppah.

• Health and Welfare Committee update with Eugene Greene Jr.

• Timber Committee update with Yvette Picard.

• Education Committee update with Ardis Clark, TJ Foltz, Laurie Danzuka and Jay Mathisen.

• Land Use and Planning Committee update with Jonathan W. Smith and Lyle Katchia.

• Culture and Heritage Committee update with Deanie Johnson, off the record 3:30 to 3:45.

• With no further discussion the meeting adjourned at 3:45 p.m.

August 4

The meeting was called to order at 9:25 by Vice Chair Brigitte McConville. Roll call: Glendon Smith, Anita Jackson, Lincoln Jay Suppah, Wilson Wewa Jr., Chief Delvis Heath, Chief Joseph Moses.

Minnie Yahtin, Recorder.

• Public Utilities update with Chico Holliday.

• Purchasing update with Raymond Shike: Issues and concerns will be shared with Libby.

• Labor agreement/TERO update with Wendell Jim and Wayne Gilbert:

• TERO Office will not pursue a Tribal Labor Agreement at this point.

• Bluestone discussion: Bluestone will be scheduled on the agenda as soon as possible.

• Travel delegations added for the August agenda, subject to change Tribal Council:

Oregon Tribes zoom meeting, August 6.

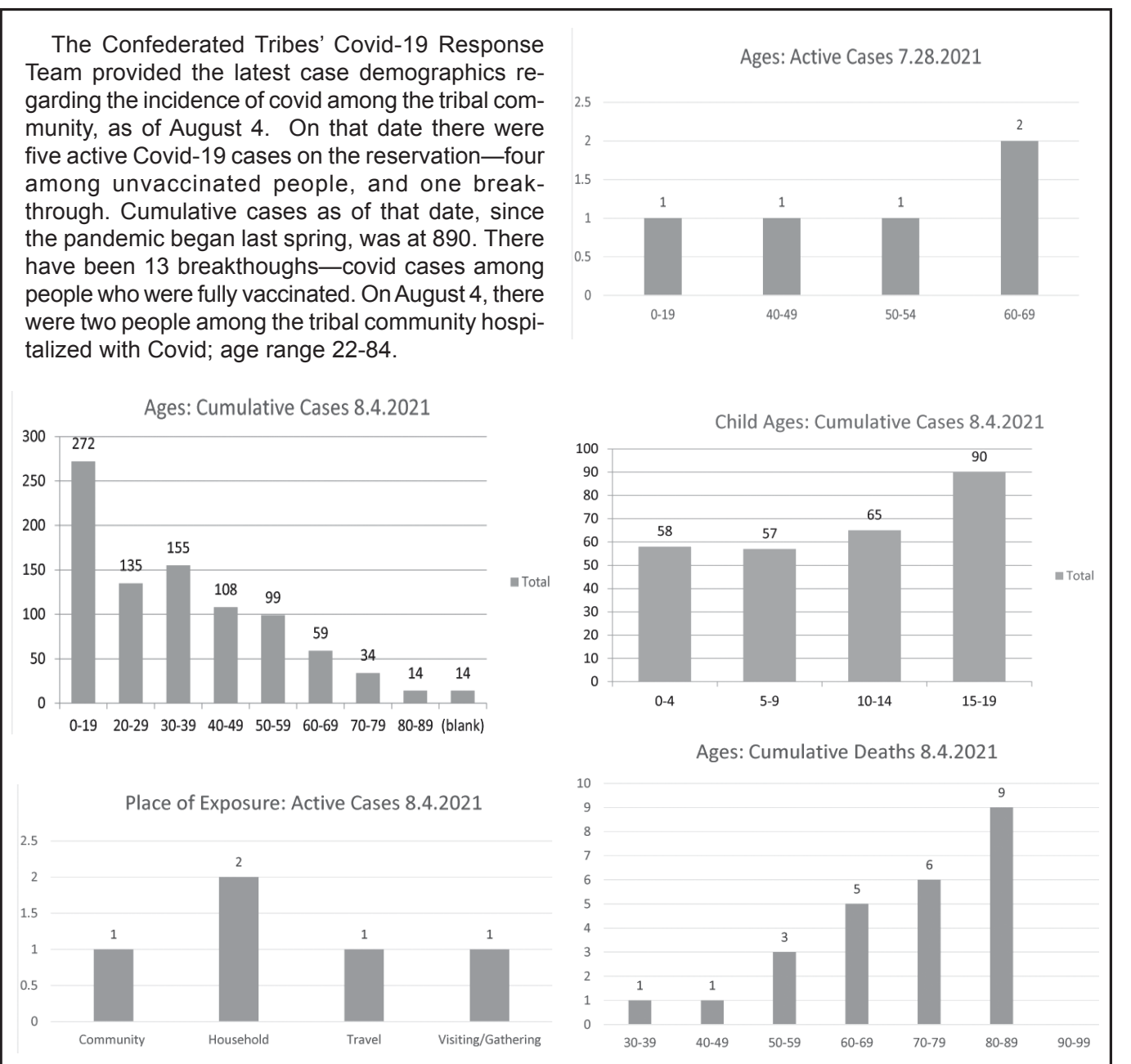
The Museum At Warm Springs Honor Dinner.

2021 Northwest Indian Gaming Conference and EXPO.

National Indian Education Association.

Great Basin Anthropology Conference.

Motion by Anita to adjourn at 11:35 a.m.



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Any written materials submitted to **Spilyay Tymoo** should be addressed to:

Spilyay Tymoo, P.O. Box 489, Warm Springs, OR 97761.

Phone: 541-553-2210 or 541-771-7521

E-Mail: david.mcmechan@wstribes.org
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