

Letters to the editor

From the W.S. IHS Pharmacy

The Warm Springs Indian Health Service Pharmacy has moved back inside the clinic. Pharmacy hours are 8 a.m. to 4:15 p.m., closed for lunch at noon. They ask that folks:

- Call before coming, 541-553-1196; or the refill hotline, 541-553-2475 to ask for refills. Please check on your medications before coming to the clinic. Refill requests will not be accepted inside the clinic.

- Check in when you arrive: Call 541-419-4371. Or if you have no phone check in at the Green Tent before you enter the building. You should wait in your car or in the Green Tent waiting area until a room is open for medication pick up.

The Warm Springs IHS Pharmacy.

Great for youth

Dear Warm Springs Families and Community,

You may know someone 16 to 24 years old who needs extra support in school, or maybe wants to gain work experience in construction, or child and youth development.

With YouthBuild, the student can earn a paycheck, and a scholarship for college or trade school. Applications for this program are due January 25.

Heart of Oregon Corps' YouthBuild program may be the right fit for the young person you have in mind.

Heart of Oregon YouthBuild is a registered BOLI—the Bureau of Labor and Industries—pre-apprenticeship program for the construction trades.

Young people will leave our program with their core construction certification; or Child and Youth Care Certificate. They earn one of these, plus an OSHA 10 Safety Certificate, CPR and First Aid and Food Handler's Certificate—All while gaining valuable work experience in one of the fields.

In the construction field youth will be building, repairing and renovating homes, and learning apprenticeship skills.

In the field of Child and Youth Development, they will be working in childcare facilities—assisting teachers and learning positive youth development skills and practices.

All youth will work towards earning service hours towards an AmeriCorps

Education Award and Scholarship for college or vocational school.

Apply by January 25. Upcoming introductory sessions are set for this Thursday, January 13; and the following Thursday, January 20; and Tuesday, January 25.

The introduction is from 5 to 6:30 p.m. at the YouthBuild home office: 68797 George Cyrus Road, Sisters. All interested applicants must attend one pre-enrollment session.

Virtual pre-enrollment sessions are available by appointment: Call 541-526-1380.

Sessions can be held at YouthBuild partner sites upon request: Call the number above.

The Mental Toughness Orientation begins January 31. See the website: heartoforegon.org

Sincerely, **HOC YouthBuild.**

Action Team tax help

The Warm Springs Community Action Team will be offering Tax Aide again this year. You can schedule an appointment for February by calling 541-553-3148.

The service will be drop off and pick up so you will need to gather everything needed for your income taxes and then drop it off on your appointment date.

Tribal law

Karnopp Petersen is the long-time firm representing among its clients The Confederated Tribes of Warm Springs.

This month, Karnopp Petersen merged with Best & Krieger. The combined firm will continue to be known as Best & Krieger. This merger is right for many reasons, including our complimentary practices and culture, and aligned views on client service, community, diversity, work ethic and more.

The combination provides the firm's public and private sector clients with new resources, greater bench strength and expanded geographical reach. Clients will benefit from the many firm synergies across key practice areas, including business, energy, environmental, health care, real estate, trusts and estates, and more. Additionally, BB&K expands its services with the addition of Karnopp Petersen's widely respected Native American Law practice. **BB&K**

Howlak Tichum

Catherine Ann Katchia Tul-puh – Chit-si-ak ~ 1957-2021

Catherine Ann Katchia Tul-puh-Chit-si-ak—Cassie, as she preferred to be called—was born in Redmond to Prosanna Tohet Katchia and Cyrus Katchia. She was the sixth of seven children.

Her parents, older brother Daniel Katchia, and older sister Sharon Katchia preceded her in death. She left an only child James Ray Katchia, and siblings John Katchia, Louise Katchia, Lyle Katchia and William Katchia; and four grandchildren, two great-grandchildren and numerous cousins, nieces and nephews.

Her working life began in Sandy, each summer on a berry picking farm, where her family and others from Warm Springs lived for the berry season. Fondest memories were on the ranch at the end of Upper Dry Creek valley with her grandparents, parents and lots of cousins. Helping from childhood with all the cousins with the cattle and horses. At the ranch and the Agency Longhouse Cassie began the lifelong 'Way Of Life' that our people live with every day.

This developed the strong roots and commitment that led to her being appointed as our Leader of the Agency Longhouse, by our late Wasco Chief, Udwai Nelson Wallulatum, Udwai Bernice Mitchell and Udwai Adeline Miller. Cassie maintained

this leadership until her death, calling her sister and others from her hospital bed to make sure certain things were taken care of in the traditional manner for Feasts and other spiritual ceremonies.

As a child, her maternal grandfather Udwai Alex Tohet encouraged his children to send his grandchildren to the Warm Springs Baptist Church, to learn the Bible teachings. After the church services were over, they all went to the Agency Longhouse to finish Sunday services in our traditional way.

She graduated from Madras High School in 1975 and flew off to college in Kansas with her cousin and best friend. They both later returned and enrolled at Central Oregon Community College to continue their college education.

In high school she enjoyed playing volleyball with Mr. Wiles as her coach. She was an active member of the Native American Club, that was earlier established, in 1970-1971, at the high school, and for a week the club shared a lot of fun things about our Native culture: Tipi set up race, Stick Game, Pow Wow and of course a traditional meal.

Back then there was no Little League softball, so Cassie played with the Warm Springs Bravettes Fast Pitch Softball Team, and travelled many places to compete in tournaments. They went to Portland twice a week for league games in the summer.

As a COCC student in

the early '80s she began work for the Confederated Tribes of Warm Springs Finance Department. This led to a permanent position, and she broke into her job fast because it was time for the annual audit.

The Confederated Tribes was the first to establish a Joint Venture Project with the U.S. Department of Defense-Veterans Affairs/Department of Health and Human Services, and built the Warm Springs Health and Wellness Center. The tribe provided the building and Health and Human Services, Indian Health Service provided the funding for its operation, with doctors, nurses, support staff for medical, dental, vision care, etc. for its service area.

When Udwai Kenneth Smith was the assistant director of the Department of Interior, he laid the groundwork for establishing this joint venture relationship. In 1994 Cassie was assigned as the Joint Venture Budget Analyst to monitor the federal appropriations to make sure that the money allocated for Warm Springs stayed in Warm Springs.

She took training in Washington, DC for the federal appropriations, and learned the law that goes with the funding. She showed our IHS Service Unit director Russ Alger at that time, that the IHS Regional Office could not pull back any unspent appropriation of funds back to the Regional Office, proving that all funds appropriated to Warm Springs, stayed in

Warm Springs.

She worked until her retirement in 2018. Being an advocate for promoting Our Way of Life and healthy living, she coordinated the New Year's Eve Safe Night Out, which offers families a night of games, activities and snacks. She organized all holiday meals and events at the Agency Longhouse for the community to partake in.

When the Warm Springs Nation Little League was established, Cassie was on the board to support all our children involved. Actively involved with her grandchildren's lives, she enjoyed watching Little League games, taking them to the State Fair, attending school activities and watching news with them. She was very disciplined about keeping up with all news, reading newspapers, watching CNN throughout the day.

Being a descendent of the original founders of the Pi-Ume-Sha Treaty Days Pow Wow, she was the committee's treasurer-vendor boss-organizer. The work for this annual commemoration of our Treaty of 1855 begins each year in March or April, gathering tipi poles, until the last day of the Pow Wow.

When she had down time, she kept busy stringing beads, fringing shawls and spending time with family. She was a mother of one, grandmother to many and teacher of all. She will be truly missed.

Josiah George Thompson ~ 1990-2021

Josiah George Thompson, age 31 years old, passed away on December 20, 2021 in Warm Springs, Oregon.

Josiah is survived by: His two young children Josephine and Jevon Thompson. Mother to children Emily Seidaman. His father Curtis Thompson Sr., and mother Sarah Frank. Brothers Curtis Thompson Jr., Devon Thompson and Kanet Wolfe Jr. And grandparents Calvin and Barbara Poncho.

He has numerous family members in both Warm Springs and Nixyaawii. Josiah was preceded in death by paternal grandparents Leland Sr. and Deanna Thompson, and his maternal grandparents Elvis Frank and Carol

Burke.

Josiah grew up in Warm Springs until age 17 when his family moved to Pendleton, where he graduated from Pendleton High School. Josiah also attended Walla Walla Community College.

As a Youth Worker, Josiah worked all four years at the Kah-Nee-Ta Golf Pro Shop.

As an adult Josiah worked at Wildhorse Resort & Casino at the Golf Shop, Theatre and Custodian Department. His last job was at Brightwood in Madras.

Josiah enjoyed being a father, playing golf, fishing, riding horses and skateboarding.

As a child Josiah was both a Traditional Dancer and Grass Dancer at Powwows.

Throughout his life he attended Living Hope Christian Center, Warm Springs Full Gospel, Warm Springs Baptist Church, and Mission Assembly of God churches.

Josiah learned to play golf his freshman year and put his heart into the game. He led Pendleton High School to State in 2008.

He also played for Team Oregon at the National Indigenous Games in Denver Colorado in 2006, and Cowichan British Columbia in Canada 2007, where he earned a Silver and a Bronze Medals. (These medals were recently stolen from West Hills. The family would greatly appreciate them returned).

Josiah also represented Team Oregon in Winnipeg, Manitoba in June 2007.

Dressing service took place at Living Hope Chris-

tian Center in Madras. Family took him back to the Umatilla Indian Reservation, where he was buried at the Agency Cemetery. Carlos Calica officiated Traditional service in Madras.

Pastor Brigham Brown shared a message at Living Hope. Grandfather Fred Hill officiated Traditional burial services on the Umatilla Indian Reservation.

Josiah was remembered as a quiet, respectful, hard working young man who loved his son and daughter and didn't speak bad about others.

He was loved by many and will be missed greatly.

(Please note: Any information regarding the medals can be sent to: sarahfrank3170@gmail.com)

Spilyay Tymoo
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Most important now to get your flu vaccine

Flu is still circulating, and you still have time to get protected against it.

Health professionals anticipate an increase in flu activity over the coming months. This is because low flu activity last year means less community protection this year, plus we don't have the restrictions we had last year—kids are in school and businesses are open.

But there is still time to get vaccinated against the flu,

and you can often get flu and Covid-19 vaccinations at the same time.

Getting vaccinated against both is important, especially for people at higher risk of illness, such as children and pregnant people.

CDC recommendations for the current flu season:

- Get a flu vaccine as soon as possible. There's still time to protect yourself from the flu this season. A vaccination is the best tool

for preventing the flu and can reduce the risk of hospitalization and death associated with flu.

- Take everyday preventive actions that can help reduce the spread of germs, including flu.

- Stay home when sick. Cover coughs and sneezes. Wash your hands often.

Although the CDC does not recommend wearing a face mask to protect you from getting flu, wearing a

face mask is recommended to protect you and others against Covid-19 at this time.

If you develop flu symptoms—which can be similar to those of other respiratory viruses—contact your healthcare provider who may advise testing to determine whether your sickness is due to flu or another virus that has similar symptoms, such as covid. Take antiviral drugs for flu if prescribed by your healthcare provider.