

Advice to manage holiday stress

by Dr. Shilo Shaw Tippett
for KWSO

back on very fondly.

Setting boundaries

As we approach the busy and often stressful holiday season, try to keep in mind that the best part of the holidays do not involve money or gifts.

Often, the best part for people is to spend time with family and friends or enjoy the slower paced week between Christmas and the New year with some time alone.

The holidays can be a time that you choose to spend doing things you really love with the people that matter most to you. If you don't have family or friends to spend time with, focusing on your own needs and self-care is also very valuable.

Creating holiday memories that you will look back on fondly (that don't involve spending a lot of money, being with people you don't enjoy, or doing things you regret) requires setting healthy boundaries before the holiday hustle begins.

Spend some time deciding how and who you want to spend your holidays with. Do you want to spend time with just those closest to you? Or does being alone sound best? Would you like to travel, or attend a lot of dinner get togethers? Deciding what you want to do ahead of time will help you set boundaries. Communicate your desires and plans with those you are closest with early on. Be okay knowing some people will be disappointed.

Most of all, plan to make this holiday season one you will look

Creating a mindful holiday season

While many people love the holiday season, many others find it very stressful and chaotic. An excellent approach for all people is to let go of unnecessary holiday stress.

Maybe instead of putting up all 25 boxes of holiday décor, you can just do three this year and use the extra time to relax.

Can you streamline holiday shopping into just a few hours to free up time with the family?

Think of ways to reduce unnecessary stressors and use your free time to be more mindful and present this season.

Being mindful requires us to first slow down. Taking time for a nice walk, to just breathe, or other healthy ways to enjoy the present moment can have a positive impact on stress. Also, try to live fully in the moment when possible.

We tend to get caught up in things that don't matter (worrying the house is a mess, that others won't like what we bought them, if the family is mad at us, etc.) and that takes away from the beauty in each moment.

Try to enjoy the moment when you are wrapping gifts with your kids, shopping for Christmas dinner, or just sitting at home alone.

See if there is something in the present moment that makes you feel good, calm, or satisfied, that you can focus on, if even for a few minutes.

High Desert Artists: Show is *Creations of Spirit*

(Continued from page 1)

Mr. Feddersen is a member of the Colville Confederated Tribal Arts and Humanities board. In 2001, he received the Eiteljorg Fellowship for Native American Fine Art award, and is one of six Indigenous artists to be featured in the 2023 Renwick Gallery Invitational at the Smithsonian's American Art Museum in Washington, D.C.

Feddersen is a well-known regional artist working on the art piece for the center of the *Creations of Spirit* gallery. He grew up in Wenatchee, Washington and is now based in Tacoma.

Phillip Cash Cash, Ph.D., (Cayuse, Nez Perce) is producing traditional Plateau flutes that he will play to help teach others about this culturally significant instrument. Cash Cash is an artist, writer, endangered language advocate and linguistic anthropology scholar. As a fluent Nez Perce speaker, he works with communities and professional organizations on projects of cultural advocacy, identity and communication. He is a co-founder of the Indigenous artist and writer collective luk'upsimemy/North Star Collective. Cash Cash serves on the board of the Endangered Language Fund and the Native Voices Endowment.



High Desert Museum

Jefferson Greene is an avid tribal canoe paddler.

The original exhibit *Creations of Spirit* will be open at the High Desert Museum from January 28 through Sunday, October 1, 2023. Learn more at: highdesertmuseum.org/creations-of-spirit

Creations of Spirit is made possible by Bend Cultural Tourism Fund, Central Oregon Daily, Ford Family Foundation, National Endowment for the Arts, Old Mill District, Oregon Community Foundation and Oregon Heritage Commission with support from Bend Magazine, Cascade A&E and the James F. and Marion L. Miller Foundation.

The High Desert Museum

opened in Bend in 1982. It brings together wildlife, cultures, art, history and the natural world to convey the wonder of North America's High Desert.

The museum is a 501(c)3 non-profit organization accredited by the American Alliance of Museums, is a Smithsonian Affiliate, was the 2019 recipient of the Western Museums Association's Charles Redd Award for Exhibition Excellence and was a 2021 recipient of the National Medal for Museum and Library Service.

To learn more visit highdesertmuseum.org

And follow them on Facebook, Instagram and Twitter.

Year in Review ~ 2022 ~ (from page 1)

February

The plan for the Commissary business project has been around for a few years now: Like many other things, the project met with delay caused by the 2020 arrival of the pandemic.

The business incubator envisions moving the Commissary—the oldest and most historic structure on the reservation—from its current location by the Post Office and Police Station. The move will be to a site by Highway 26. In other news:

Dean Seyler has many years of service to Indian tribes and Native Americans of the West, and especially here at home with the Confederated Tribes of Warm Springs. Mr. Seyler has been serving as the director of the Portland Area of the Indian Health Service.

In February, Mr. Seyler announces his retirement, following

his 27 years with IHS. And in some hopeful health news:

The Oregon Health Authority announced that the statewide **indoor mask mandate for schools** will end on March 31.

This will apply to all schools of the Jefferson County District 509-J; the decision regarding the mask mandate at the Warm Springs Academy will be determined by Tribal Council, the Response Team and tribal health advisors.

March

The Kah-Nee-Ta Resort enterprise is partnering with Mt. Hood Skibowl to bring back the popular Kah-Nee-Ta Village destination and to expand the natural hot springs and recreational experiences for healing the body and soul.

Tribal Council in the spring approved funding of \$4.58 million to bring back the popular Kah-

Nee-Ta Village. The renovation work will include greatly expanding the authentic hot springs soaking experiences in the recreational pool areas and motel, teepee, and RV lodging areas.

Council also approved \$1.5 million of infrastructure funding to repair the wastewater system that serves Kah-Nee-Ta and local community. The tribe is using funds available through the American Rescue Plan Act of 2021 funds.

The Kah-Nee-Ta Resort Enterprise and partner Mt. Hood Skibowl will develop and manage the Kah-Nee-Ta Village, with the opening planned for 2023. Projected employment opportunities are estimated at over 50 full-time and over 80 part-time positions during the six-month busy season, said Jim Souers, chief executive officer of the Warm Springs Economic Development Corp. The rest of the year the new Village is expected to support over 15 full-time and more than 20 part-time employees.

2022 Review *continues on 6*

Employment with the tribes

The following are positions recently advertised with the Confederated Tribes of Warm Springs.

For information, contact the Human Resources office, located in the tribal administration building, 1233 Veterans Street, Warm Springs.

Staff are available to answer questions related to the application process and can be reached at 541-553-3262 or hr@wstribes.org

Tribal Member preference is exercised in hiring processes as defined in Tribal Personnel Policy PER 202.

Fisheries Biologist III (Hood River). Maintenance worker at High Lookee Lodge.

Conservation Area project leader. High Lookee Lodge director.

Conservation properties program supervisor.

Maintenance worker. Public Safety general manager. Deputy clerk. Legal secretary.

Chief of Police. Vocational Rehabilitation office manager. Administrative forester. Tribal Court administrator.

Archaeologist II. Travel accountant. Water technician. Director information systems. Children's Protective Services specialist. Community Health nurse.

Registered Dietician. Gaming commissioner.

Assorted work experience jobs (limited duration). Assorted work experience jobs for youth.



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- Chief Financial Officer \$130-160K
- Watershed Dept Manager \$124-132K
- Fishery Science Dept Manager \$124-132K
- Sr. Fish Biologist/Habitat Lead \$92-102K
- Public Information Specialist \$65-75K
Portland office or remote in OR, WA, or ID
- Sr. Programmer/Analyst \$88-91K
Fully or partially remote in OR, WA, or ID
- Data Architect \$88-91K
Fully or partially remote in OR, WA, or ID
- Police Officers \$53-63K
Hood River or Boardman, OR
- Dispatcher/Comms Officers \$41-45K
Hood River or Boardman, OR

Coming Soon

- Maintenance Workers
The Dalles, OR

All positions based in Portland unless otherwise noted.

11/2022

Jobs with Indian Head and Plateau Travel Plaza

The following is a recent list of job openings with **Indian Head Casino**. For details see the website: indianheadcasino.com

Tule Grill attendant. Cage cashier. Cage main bank cashier. Cage supervisor.

Coffee station attendant. Cook. Count team member. Food and beverage director.

Kitchen steward. Lead cook. Lounge bartender. Player's Club ambassador. Players' Club development supervisor.

Security officer. Slot keyperson. Table games dealer. Tule Grill cook.

The following are jobs advertised recently with the **Plateau Travel Plaza** (see the casino website for details on applying):

Store cashier. Store supervisor. Custodian. Deli cook.

Host cashier/server. Line cook. Security officer. Security supervisor.