

## Letters to the editor

### Buffalos at hoops Shootout

The Madras White Buffalo girls and boys varsity basketball teams are playing this week at the Sisters Holiday Shootout, this Wednesday through Friday, December 28-30.

The girls first kick off their play at 3 p.m. this Wednesday against Klamath Union. The Buffalo girls are 5-2 in pre-season play. Klamath Union is 4-2. Other teams participating are Sisters, Junction City, Henley, Crook County, Banks and La Grande.

In the boys bracket the White Buffalos open up tournament play this Wednesday at 5 p.m. against Banks.

Other teams competing on the boys side are Junction City, Henley, Mazama, Gladstone, Klamath Union and Sisters.

### Attention Housing Authority Tenants

Due to the increased cost for key blanks, replacement keys will be \$20 per key, effective immediately. Keys must be paid in full when picked up. Thank you.

Warm Springs Housing Authority.

### Dam spill

Several major Pelton-Round Butte dam maintenance projects coming up in 2023 and 2024. The work will require spilling water at Round Butte dam, rather than passing it through the powerhouse.

To better protect fish in Lake Billy Chinook from

getting pulled into the spillway, the tribal-PGE team designed and constructed an exclusion net.

The net was deployed and successfully tested in November, with no fish observed and appropriate levels of dissolved oxygen downstream.

### On New Year's

*Wishing all my family a safe and Happy New Year! Watch out for those dangerous drivers... Love Y'all ~ Donna and Bubba*

### Birth

Ryan Keven Thomas and Shaylene Nicole Craig of Warm Springs are pleased to announce the birth of their son Ryan Keven Thomas Jr., born on December 23, 2022.

Ryan joins sister Riyan, 13. Grandparents on the father's side are Everette Windy Boy of Warm Springs, and the late Sharold Thomas.

Grandparents on the mother's side are Kathy Smith of Madras, and Joel Queahpama-Craig of Klamath Falls.

### Stay healthy

Covid 19 and flu vaccines are available at Warm Springs Community Health. You can call to schedule an appointment at 541-553-2610. Vaccinations are the best way to protect from both illnesses.

Everyone should have several Covid-19 home test kits on hand. See the site: covid.gov/tests

Or stop by Warm Springs Emergency Management during the work day to get some free tests.

## Great food at the Commodities warehouse

This is one of the busier times of year at Warm Springs Commodities, including a big Free Food Market coming up on Tuesday, January 3 at the Community Center.

Meanwhile, the Commodities storehouse—on Holiday Street at the industrial park—is open Monday through Friday, 9 a.m. to 4 p.m., closed during the lunch hour.

Commodities offers all kinds of top-quality items—meats and fish, fresh fruits and vegetables, canned goods, milk and eggs, cooking oils—mostly anything a



By the Commodities freezer area, including a new freezer, are George Picard Jr. and Theodore Zamora.

family would need for many healthy and nutritious meals.

Theodore Perez Zamora is the Commodities director,

working there with George Picard Jr., Raymond Anderson and Chester VanPelt III.

An addition to Commodities that Mr. Zamora is working

on is a nutrition and cooking education program. "We're looking for people who have a knack for cooking with Commodities foods, who can share their skills with the community," Theodore said.

As an idea of the popularity of Commodities: Last month, the team helped 1,800 community households meet their food needs.

The frozen foods at Commodities are kept in two secure freezers, one of which is brand new. These are for some of the meats, for instance.

## Energy project would harm tribal resources, study finds

A proposed energy storage project at Goldendale, Washington would significantly impact tribal cultural resources, with no ways around those impacts. That is the finding of a state government study on the ways the renewable energy project could harm the environment.

The Yakama Nation, the Confederated Tribes of Warm Springs and the Umatilla tribes are opposed to the development.

The Washington State Department of Ecology released its final environmental impact statement this month after almost a year of studying concerns about the project raised by tribes, other state agencies, citizens, and advocacy groups.

In its final statement, the department called the harms

*More than 15,000 years ago, the height of these hills protected Ka-milt-pah members from water that cascaded down the gorge...*

to tribes significant, unavoidable and adverse.

The statement also found potential harm to plants and wildlife, including golden eagles, little brown bats and smooth desert parsley. However, planners could account for any loss of habitat or mortalities the project causes through mitigation measures like wildlife deterrents and additional land purchases for wildlife habitat.

The Goldendale Energy Storage Project would be the

largest pumped storage project in the Pacific Northwest. If built, the Goldendale Energy Storage Project would provide 1,200 megawatts of electricity on demand, the equivalent of roughly 12 hours of electricity for people living in a city the size of Seattle.

According to the proposal: A reservoir would be built high atop Goodnoe Hills on private land in south-central Washington. More than 2,000 feet below, a second reservoir would stretch across a small section of a former aluminum smelter site.

The reservoirs would act as batteries, pumping water up the hillside when there is excess energy and storing the water until there is more demand on the grid.

While the natural geogra-

phy makes this site a perfect fit for the Goldendale project, it also makes this site sacred to tribal members.

To the Ka-milt-pah members, or the Rock Creek Band of the Yakama Nation, Goodnoe Hills is a sacred area known as Put-a-lish. During the Ice Age Floods more than 15,000 years ago, the height of these hills protected Ka-milt-pah members from water that cascaded down the gorge.

Now, traditional plants and medicines grow in the area. Tribes also raised concerns over potential visual changes in the landscape that could impact cultural and spiritual practices.

The Yakama Nation, the Warm Springs and Umatilla repeatedly have said no mitigation measures would help.

## On facing a sudden loss

by Dr. Shilo Shaw Tippett for KWSO

It is very normal to experience a variety of extraordinarily strong and extremely difficult emotions such as shock, disbelief, extreme sadness, anger, rage, panic, and other feelings. It is also normal to go from one extreme emotion to another without knowing why.

You may experience sudden unpleasant memories, sleep disturbance and nightmares, lack of concentration and focus, and feelings of guilt or shame. Some people will experience hearing the voice of the person you lost, being drawn to places and things associated with your lost loved one, feeling guilty to be alive, having great difficulty caring about or trusting others, a preoccupation with thought of your lost loved one, and feeling that life is empty and lacks meaning.

These reactions are expected when experiencing grief. You are not going crazy. You will work through these on your own time; there is no set timeframe for mourning the loss of people you love.

Grief is a deeply painful process, and it is normal to want to stop or numb the process for ourselves or someone close to us. Losing a loved one makes us feel powerless and vulnerable, but the grieving process is a particularly important part of healing. You are not alone, if you need support dial 988 for the national crisis hotline.

*Note: This is the first in a four-part series by Dr. Shaw Tippett on Facing Sudden Loss.*

## Housing assistance available at WSHA

Regarding the Bureau of Indian Affairs Housing Improvement Program, HIP: To apply for assistance, submit the following to the Warm Springs Housing Authority.

Applications can be picked up at the Housing office during regular business hours, or call 541-553-3250. To apply:

Complete the HIP application. Make a copy of your



tribal enrollment card (your tribal ID), plus:

Proof of income for entire household.

Proof of land or obtain a land lease.

Proof of disability (if claiming disability in HIP ap-

plication).

Proof of veteran status (veteran card, discharge papers, veteran assistance).

There are four categories of available housing grants:

**Category (A):** \$7,500 in safety or sanitation repairs to the house.

**Category (B):** \$60,000 renovation to bring your house to standard housing condition.

**Category (C):** A modest

house. Can only be provided once.

**Category (D):** Maximum of \$75,000 assistance towards the purchase of a modest house.

Please fill out and provide all documentation to the Housing office no later than December 28, 2022.

Thank you.

**Chet VanPelt**, Warm Springs Housing Authority.

**Pioneer Rock & Monument**  
201 Crafton Rd - PO Box 348 509-773-4702  
**GOLDENDALE, WA 98620**

**Family owned business, making custom HEADSTONES for the people of Warm Springs for 31 years**

**SPECIALIZING IN NATIVE AMERICAN DESIGN**

**Something for every budget; payment plans available**

**Check out our work in the GALLERY at**  
**www.pioneerrock.com**

**Spilyay Tymoo**  
(Coyote News, Est. 1976)

**Publisher Emeritus in Memorium: Sid Miller**  
**Editor: Dave McMechan**

**Spilyay Tymoo** is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

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.  
Annual Subscription rates: Within U.S.: \$20.00

NEIGHBORIMPACT

### LESS COST, MORE COMFORT

Reduce your energy bills with FREE energy saving measures like:

**To Apply, You'll Need:**

- 1 Proof of income (paystubs, social security benefits letter or unemployment benefits letter. Households with no income can also qualify)
- 2 Copy of utility bill (electric and gas, no water needed)
- 3 An application (submitted online or in-person)

**If you own the home:**  
Proof of homeownership: mortgage statement, deed or ownership document.

**If you rent the home:**  
Homeowner's proof of ownership and signature on the supplemental form included in the application

Applications are available online at neighborimpact.org/weatherization or in-person at the Family Resource Center. Photos of documents can be uploaded using your phone. Something missing? Don't let it stop you from submitting an application! We will help you to identify and secure the required documents, and can waive certain requirements under special circumstances. Please be sure to include a working phone number that is set up to receive voicemail.

neighborimpact.org/weatherization **(541) 316-2034**

NeighborImpact is an equal opportunity provider and employer. If you require accommodation, please contact 541-548-2380 or reception@neighborimpact.org. If you are hearing impaired, please dial 7-1-1 or 1-800-735-2900.

- 1 Attic, floor and wall insulation
- 2 Duct sealing and insulation
- 3 Air sealing
- 4 Replacement or repair of inefficient appliances such as furnaces, water heaters and/or refrigerators