

## Letters to the editor

### IHS lifts mask requirement

Warm Springs Indian Health Service has lifted mandatory masking requirements for patients, staff and visitors at the clinic.

Because community transmission and infection rates for covid have remained low, the masking requirement has been dropped.

If transmission rates increase to high levels again, masking may be resumed. Masks will remain available at the clinic.

**Please note:** For anyone entering the Health and Wellness Center with respiratory symptoms, you are asked to mask, cover your cough and, clean your hands frequently to help prevent the spread of illness.

### Chieftainship

I am Raymond Tsumpti Jr., son of Wauna Calica (Wasco) and Raymond Tsumpti Sr. (Warm Springs). I've learned that certain members of the Wasco community have stood up to claim that an election should take place for our next Chief of the Wasco people. Unfortunately, the claim has come very late in the process because our late chief had already selected a sub-chief in August 2016 without any objection from the community.

According to the Tribal Constitution, Article four, section eight, the taking of the Oath of Office is subject to all Tribal Council members who are elected into office, and any tribal

executive officers appointed by Tribal Council shall uphold and defend the United State Constitution and the Tribal Constitution and By-Laws. In addition, these Tribal Council members can enforce the due process clause and equal protection clause for all tribal members of the Confederated Tribes of Warm Springs Indian Reservation of Oregon.

Since the late Chief selected a sub-chief by traditional norms and customs of the Wasco Tribe, and with his passing the duly appointed sub-Chief is now our Wasco Chief, and shall be sworn in as soon as possible to protect the U.S. Constitutional rights to equal protection under the laws of the U.S. Constitution, and shall not be denied due process of the law in life, liberty and property. In this case, Wissie Smith was selected by the late Chief in our accepted customs and norms of the Wasco Tribe in 2016 without any objection from anyone.

Now, during 2022 and in 2023, we have a group of tribal members who are forcefully attempting to impose their will on the rest of the Wasco Tribe by circumventing established tribal traditions and norms of the Wasco people to disenfranchise and unconstitutionally unseat the current sub-Chief Wissie Smith. The group or groups of people unlawfully trying to impose an election for our Wasco Chief is not supported by any organic legal document to establish such claims of elections. Our Tribal Constitution does not

specify a procedure to support their claim of an elected Chief of the tribe.

Our Tribal Constitution supports the actions taken by the late Chief to select a successor by allowing the sub-Chief ceremony to take place as recognized by our tribal customs and traditions. Under Constitutional laws, the opposing parties violate the sub-chief's Constitutional protected rights of equal protection. Therefore, they shall not deny him the life of Chief without due process of law.

Since there was a vast amount of time when the sub-chief ceremony took place roughly six to seven years ago, the opposition of the selected sub-chief should have known that a timely objection should have taken place at that time. And the doctrine of Laches prohibits untimely protests in this instance. Therefore, I call upon the representatives of the Wasco people to officially recognize our next Chief Wissie Smith and swear him into office as soon as possible. Respectfully submitted,

**Raymond Tsumpti Jr.**, enrollment no. 2040, Wasco/Warm Springs tribal member.

### For veterans

The Jefferson County Veterans of Foreign Wars is hosting their annual Welcome Home Vietnam Veterans Day spaghetti dinner. The gathering will be this Saturday, March 25 from 4:30 to 7:30 p.m. at the Jefferson County Community Center, and is open to the community.

The evening will feature the spaghetti dinner, silent auction and raffles for an e-bike and other items. There is a \$10 suggested donation. For more information contact Leonard Hellwig at 541-777-1453. Or call Richard Lohman, 541-513-4689. Also coming up for veterans:

A **Veterans Town Hall** is coming up on Thursday, March 30 at the Jefferson County Community Center. The event, starting at 1 p.m., will feature questions and answers concerning access to community health care programs, Veterans benefits, and the rural healthcare transportation program.

The town hall will provide a guide to the community care network, dispel misinformation and offer adversity recourse. The event is open to all prior and present

service members and families, and is hosted by the VA Community Care, Bend Clinic Advocacy Specialists, CET Rural Transportation specialists, and local Veterans Service officers and community advocates.

### To artists

The months of April and May at the Art Adventure Gallery in Madras will feature the many talented artists who live in and around Jefferson County. Artists may submit up to four pieces in any medium. Two dimensional work should be framed, wired and ready for hanging. Application forms are available at the gallery or may be downloaded from the website: [artadventuregallery.com](http://artadventuregallery.com)

Work can be dropped off at any time during business hours, Wednesday through Friday, 12 noon to 4 p.m., during the last week of March. This is the annual celebration of the gallery of the artists who live here. The opening reception for the All Jefferson County exhibit will be from 5:30 to 7 p.m. on Thursday, April 5.

### At Voc Rehab

Warm Springs Vocational Rehabilitation will be out of the office through this Friday, March 24, for staff training. Thank you from **Wayne, Michele and Katrina, Vocational Rehabilitation.**

### Pi-Ume-Sha

For the Pi-Ume-Sha Treaty Days Powwow and Parade this year:

Vendors who are interested in setting up for the June event can call Louise Katchia at 541-460-0224. Ask for a vendor contract to be mailed to you.

Pi-Ume-Sha Queen candidates can contact Louise at the number above; or call Sharon Katchia at 541-295-6046.

**Dance Specials:** For those sponsoring Dance Specials, the committee would like to put the Specials, sponsored by families and friends, on the Pi-Ume-Sha Treaty Days flyer and posters.

Please contact Sharon or Louise at the number mentioned above; or Ramona Baez at 541-460-0077.

## Seeking OHSU On Track! Warm Springs liaison

The Oregon Health Sciences University—OHSU—seeks to hire a Warm Springs liaison for the program, *On Track OHSU!*

The position is the OHSU tribal representative, helping recruit young people into the health care field.

This is a full-time job, Monday through Friday; though hours will vary with some nights and weekends required. The salary range is \$25.61 to \$34.63 per hour, depending on education and experience.

*On Track OHSU!* is part of OHSU's Office of Science Education Opportunities; and is a health science pathway program working to increase the racial diversity of OHSU's schools and programs, and in Oregon's biomedical workforce.

*On Track!* works with students starting in sixth grade, and stays with those same students through high school and college.

*On Track!* has been working with students since 2013, and is currently partnering with communities in Warm Springs, North Portland, Woodburn, Chiloquin, and Klamath Falls, focusing on tribal, black, and latinx students.

As a member of the Office of Science Education Opportunities team, the *On Track OHSU!* Warm Springs community liaison will be based in Warm Springs and responsible for creating a direct connection between OHSU and the Warm Springs community.



With a commitment to the *On Track!* values of 'People First, Integrity, Curiosity, Commitment, and Empowered,' the Community Liaison works in partnership and with guidance from the Warm Springs Education Committee.

The community liaison engages with Warm Springs middle and high school students, recent high school graduates and post-secondary students, in order to help *On Track!* better reach the goal of increasing student interest in, awareness of, and preparation for health and science degrees and careers.

The community liaison also creates connections with families and Warm Springs resources, to engage families and the community in the *On Track!* program.

The community liaison is responsible for helping adapt program materials and lessons with a culturally responsive lens to best fit the needs of students from the Warm Springs community. Job requirements:

Four years of general office or secretarial experience; or an Associate's degree or certificate in office occupations or office technology and two years of general office or secretarial experience; or a Bachelor's degree and two years of general office

or secretarial experience; or an equivalent combination of training and lived experience.

Minimum 2 years' experience working with tribal communities.

Demonstrated experience creating culturally responsive activities and events.

Demonstrated experience working with tribal educational resources.

Ability to mentor and advise students in high school or college.

Demonstrated knowledge, skills and ability with planning events.

Comfortable collaborating and communicating with multiple community and OHSU partners including families, tribal, school district, and professional entities.

Demonstrated experience presenting to student and family groups.

Knowledge of college and scholarship application requirements and strategies.

Highly organized, with proven ability to manage time.

Strong communication and writing skills: cover letter required

Reliable access to a car for travel to Madras, local community colleges and universities, other *On Track!*

sites and OHSU. Travel expenses are reimbursed. Valid Oregon Driver's License.

Preferred experience: Background in STEM—Science, Technology, Engineering and Mathematics—field. Knowledge of FAFSA process. Familiarity with Oregon colleges and universities. Understanding of college transfer process and bridge programs such as TRiO and CAMP.

A cover letter explaining your interest in this position is required.

OHSU is an equal opportunity, affirmative action institution. All qualified applicants will receive consideration for employment and will not be discriminated against on the basis of disability or protected veteran status. Applicants with disabilities can request reasonable accommodation by contacting the Affirmative Action and Equal Opportunity Department at 503-494-5148.

As an organization devoted to the health and well-being of people in Oregon and beyond, OHSU requires its employees to be fully vaccinated against Covid-19.

How to apply: Go to the website: [ohsu.edu/jobs](http://ohsu.edu/jobs)

And click on the yellow button marked 'All Jobs.' Scroll to 'Job Listings.' In the box marked 'Start your job search here,' enter '2023-22281.' Be sure to upload a resume and a cover letter with your application.

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Spilyay Tymoo  
(Coyote News, Est. 1976)

Publisher Emeritus in Memoriam: 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.

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

## Problem solving strategies for every day life

*Note: This is the first in a series of articles, by Dr. Shilo Tippet and posted by KWSO, regarding Suicide Prevention.*

Problem solving skills are important tools for managing stress and reducing the feeling of being overwhelmed.

Having these skills has also been shown to reduce feelings of stress, suicidality and substance abuse, while increasing feelings of competency and fulfillment.

Here are four ways to build your problem solving skills:

- Identify the problem you are facing. Write it down in basic terms.
- Decide that you want to address the problem. Write down why you want to.
- Seek ways to understand the problem more fully. Write down ideas you have that will help you with

this.

- Identify solutions that will work.

Now you are ready to take action and resolve the problem. Sometimes having a timeline and support will help.

*Just remember, You can do this!*