

Spilyay Tymoo

Coyote News, est. 1976

June 2, 2021 - Vol. 46, No. 11

June - Atixan - Spring - Wawaxam

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New Covid-19 Protocols

Tribal Council last week approved new covid safety protocols, based on the recommendation of the Covid-19 Response Team.

The new protocols become effective Monday, June 7.

The recommendation and Council resolution align with the state and Centers for Disease Control guidelines, and the reservation Covid-19 data. Provisions of the new protocols include:

- Fully vaccinated individuals will no longer need to wear a mask indoors in public places where the vaccination status of all individuals is checked.

- Your card or a picture of your card will need to be shown to enter tribal buildings. If proof cannot be provided, masks needs to be worn.

Masks will be required in areas where people are not asked about their vaccination status.

- Masks are no longer required for people who are outdoors, though masking is still encouraged, especially in crowded places and for people who are unvaccinated.

- It is managers and supervisors' roles to provide a protective work environment, this includes more stricter rules according to job duties.

- Continue with 100 percent workforce with tribal offices.

- Each building will be required to submit a plan to their general manager or director with how they will slowly return back to opening buildings.

Hours open to the public needs to be posted.

- Temperature taken daily and logs needs to be kept on file in case there is an exposure in the building so contact tracers can access if necessary.

- Buildings no longer will be closed when there is an exposure. Each case will be reviewed and evaluated separately and sections will be sanitized.

- Those who use tribal vehicles as part of their job and have passengers need to wear masks at all time.

- If any tribal employee travels out of state and they have no covid symptoms, they can report to work, but if they had not been vaccinated they are required to take a Covid-19 test within four days upon their return with documentation that they are negative.

Some of the other recent Covid-19 news:

Last Friday, May 28, IHS and the tribes' Covid Response Team reported there were eight active cases of the disease on the reservation; and 12 close contacts receiving daily monitoring.

You can call to schedule a vaccination at the Warm Springs Health and Wellness Center at 541-553-2131.

Anyone 12 and older who is Indian Health Service eligible, or who lives or works in Warm Springs can be vaccinated.

Class of 2021 graduation Saturday

The Madras High School graduation is coming up this Saturday, June 5 at the football stadium. The day will begin with the Bridges Graduation at 9 a.m. at the stadium, followed by the other MHS Seniors Graduation at 11:30 a.m.

Some other graduation activities coming up this week for the seniors include the Senior Awards and Scholarship Ceremony, and the Walk the Halls visit to the Warm Springs Academy and other schools of the district. (See pages 4 and 5 of this publication for more on the MHS Class of 2021.)

Details on some of the graduation events coming up this week and weekend at the high school:

This Thursday, June 3, seniors must report to the high

school by 7:45 a.m. for line-up instructions. The Senior Awards and Scholarship Ceremony starts at 10 a.m. at the Performing Arts Center. Seniors will be wearing their cap and gowns for this event—cap and gowns only, please, no stoles, cords or tassels.

The Senior Awards and Scholarship Ceremony is mandatory for seniors wanting to walk at the graduation ceremony. The Thursday ceremony is not open to family and friends, due to covid restrictions.

Walk the Halls: Directly following the Senior Awards and Scholarship Ceremony, seniors will have the opportunity to visit previous 509-J schools to Walk the Halls in celebration of your success with former teachers, staff and students.

This Friday, June 4 is Gradua-

tion Practice. This event is mandatory for seniors wanting to walk at the Graduation Ceremony. Seniors must report to the high school by 8 a.m. for graduation practice.

Students, Please do not wear your cap and gown to practice. It's recommended that you bring sunglasses, baseball caps and sunscreen, as this event will be outside most of the day.

The **Graduation Barbecue** for Seniors will follow directly after graduation practice. Due to covid restrictions, this event is only open to seniors.

Graduation: Saturday, June 5. Bridges at 9 a.m. MHS Seniors Graduation Ceremony at 11:30 a.m. at the Madras High School Stadium. Additional Graduation Day information:

Seniors must have approval



from the principal prior to decorating your caps in any way. Students who do not get the appropriate approval prior to the ceremony will not be allowed to walk during the graduation ceremony.

Graduation tickets for each Madras High School senior will be given out after graduation practice on June 4. Handicapped seating is available upon request. Please contact Cassie Piercy at 541-475-7265 ext. 2316; or option 3, by this Thursday, June 3 to guarantee reserved seating.

New home loan program for membership

The Warm Springs Community Action Team and Tribal Council this week announced a new home loan program for tribal members. The HUD-184 Native American Home Loan Program is for any member of a federally recognized tribe, to be used on or off the reservation.

Applicants can build a home, purchase a home, purchase and rehabilitate a home, rehabilitate your current home, or refinance.

The Action Team and Council have been working on this project for about three years, said Dustin Seyler, Small Business Program manager with WSCAT.

During that time, in order to meet the program standards, Tribal Council had to update some of the reservation housing policies, based on WSCAT recommendations and tribal attorney counsel. The changes were in regard to certain tribal lease provisions, and any potential foreclosure

‘ In a few months we should start seeing new home building on the reservation... ’

Dustin Seyler, WSCAT

situation, for example. Then last year the pandemic also slowed the process, plus the new administration in January brought some changes to HUD.

The HUD-184 Home Loan Program is now available. In fact, 13 families are already working with on financing through the program. In a few months, “We should start seeing new home building on the reservation,” Mr. Seyler said.

There are many benefits to members participating in the program. These include:

- A low down payment requirement of 2.25 percent on loans over \$50,000.
- An interest rate based on the current market rate, as opposed to the applicant's credit score.
- A large list of lenders available to provide the loan.

- An upfront one-time loan guarantee fee of 1.5 percent and annual mortgage insurance.

- Protection from predatory lending,

- Access to knowledgeable staff in the U.S. Department of Housing and Urban Development Office of Native American Program (ONAP) to help navigate the special circumstances of home ownership on reservations.

In the event of foreclosure, homes purchased through HUD-184 on the reservation cannot be sold to anyone outside of the tribe.

HUD-184 program managers recommend that applicants enroll in first-time homebuyer classes and receive financial counseling. The Warm Springs Community Action Team offers both of these for free, plus offers individual development accounts—IDAs—in which applicants can save \$1,200 over thirteen months and receive \$6,000 in matching funds—a five-to-one match rate—totaling \$7,200 that can be used for a down payment, building, purchasing or renovating a home.

The ONAP, which is responsible for administering the HUD-184 program, released a statement forecasting they would reach \$1 billion in loan guarantees by the end of this federal fiscal year, September 30, 2021. The office recommends applicants get their applications approved before then, or risk not getting approved until next year.

The Community Action Team has already identified and begun connecting Warm Springs community members with approved lenders, and is happy to provide community members with access to these lenders.

To inquire about HUD-184, or the Action Team's other programs, please call 541-553-3148. Or email Dustin Seyler:

dustin@wscat.org
Other contacts are:
Leah Guliasi at:
leah@wscat.org
And Nettie Dickson at:
nettie@wscat.org

OR-93 GPS collar has gone silent

The California Department of Fish and Wildlife reported recently that the GPS tracking collar on the wolf OR-93 had gone silent. OR-93, originally from the White River wolf pack on the Warm Springs Reservation, for a time became one of the more well-known wild animals in the West.

OR-93 was born on the reservation about three years ago. The animal was among the first of the litter born to a pair of wolves that had traveled, possibly from Idaho, to the reservation. The tribes' Branch of Natural Resources first spot-



Austin Smith Jr./CTWSBNR

Wolf OR-93 on the reservation after receiving the GPS collar.

ted the wolf pair, and then the pups in 2018, said Austin Smith Jr., BNR wildlife biologist. Natural Resources was able to put a GPS collar on OR-93. Then last year the wolf left the reservation, making its way south.

As it traveled in search of a female to start its own pack, the animal crossed major highways, making its way almost as far as Yosemite.

Its progress was tracked by wildlife agencies and various media, including The San Francisco *Chronicle*. This was the first time in more than 100 years that a wolf had been spotted in the Yosemite region.

Then last month the GPS stopped pinging. The cause for this is not yet known. OR-93 may still be alive, though its collar may not be functioning, Mr. Smith said.



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Superman-Wonderwoman event returns

Warm Springs Recreation will host the Third Annual Superman and Wonder Women Endurance Foot Race, and additional competitions coming up on June 27.

Events include the Superman and Wonder Women Challenge, a 3.9 mile event at Camel Back and Iron Man Hill. There will be a Biathalon bike event and endurance foot race, 9.4 miles. The Bike Only Event will be 9.4 miles. The Boot Scootin’ Stroll is a 1.75 mile Fun Run/Walk.

Gathering location is the Forestry parking lot at the Industrial Park, across from Camel Back and Iron Man Hill.

This year’s event, approved by the tribes’ Covid-19 Response Team, is in honor of the original race director, Azar Spino. Divisions are 18 and over, and youth 17 and under.

Start times: Boot Scootin’ Stroll

Fun Run/Walk, 8:30 a.m., June 27. Participants receive ribbons and t-shirts. All other events—Endurance, Biathalon, and Bike Only—start at 9 a.m.

Pre-registration cost for the Boot Scootin’ Stroll is \$15 by Friday, June 18. Pre-registration for the Superman and Wonder Women, Biathalon, and Bike Only are \$20 by Friday, June 18. Day of race registration: Add \$5 after deadline for each event.

Awards: Participation ribbons and t-shirts for all participants in the Boot Scootin’ Fun Run/Walk.

Cash prizes for the Superman and Wonder Women, Biathalon and Bike Only events. First-, Second- and Third Place Prizes, based on entries.

Fundraising, raffle and 50-50 tickets: One bike donated by Azar and drawn on Saturday, June 19. Super 50-50 tickets are \$5 each or

five for \$20. Regular 50-50 tickets are \$1 each or six for \$5. Winning tickets drawn and on Facebook Live on Sunday, June 27, at an awards presentation. Two separate 50-50 ticket poll, and those not selected will be put in the raffle for great prizes.

All tickets sold by June 19 will be in the drawing for the donated bike and free entry in the Bike Event. For ticket sales contact Azar Spino, or race director Austin Greene, or committee members. Here is the information:

Race director Austin Greene, 541-553-3243, Recreation office. Secretary is Sandra Greene. Treasurer is Birney Greene-Boise. Public relations, Nor Sampson. Honor Race Director, Azar Spino. At large committee members: Angie Spino, Margie Tuckta, Jolene Greene, Jermayne Tuckta and Jerry Sampson.

Healing from Grief

The two-day conference *Healing from Grief* is coming up in Warm Springs next Wednesday and Thursday, June 9-10. The event, hosted by Prevention and Health and Human Services, will be in front of Behavioral Health.

“Grief is a natural response to life,” said Rosanna Jackson of Warm Springs Prevention. “Grief is the emotional suffering you feel when something or someone you love is taken away. It can be painful and overwhelming.”

Healing from Grief will share information about the grief process, and how you can support yourself in healing from loss. The conference starts at 8 a.m. both days with lunch provided.

There will be a dinner and walk on Wednesday, June 9, and a Round Dance starting at 3 p.m. on Thursday, June 10. Covid-19 protocols of the Confederated Tribes will be in place for participants.

Drummers are requested for participation at the Round Dance and the conference. If you can help out, please contact Ms. Jackson at Prevention, 541-615-0036.

Part of the activities planned for *Healing from Grief* is to create a Memory Wall to remember those who have been lost. If you wish to help create the Memory Wall, please contact Rosanna. For more information also contact Anita Davis or Judy Charley at Prevention, 541-615-0036.

Community notes...

The Warm Springs Academy will again hold the **Eighth-Grade Car Parade** to recognize students heading to high school in the fall. The parade is set for Wednesday, June 9 at 5:15 p.m.

There is a special **Piano Concert** for Warm Springs Academy students, plus two family members per student, this Friday, June 4 at 1:30 p.m. at the Academy sports

field.

Papalaxsimisha presents Self Care Sundays, a **virtual Talking Circle** every Sunday afternoon from 2-3 on Zoom. Everyone is invited to participate in the discussion of self-care and personal wellness. You can find the Zoom information on the KWSO Community Calendar kwsso.org

The region is experiencing a heat

wave this week, though temperatures are expected to cool somewhat, to the 80s, in time for the Class of 2021 Graduation on Saturday. Meanwhile, the fire season is officially under way, and burn restrictions are enforced: For information call Warm Springs Fire Management, 541-553-1146.

Warm Springs **Holistic Health** provides physical therapy and acupuncture care to the membership, with a focus on compassion, integrity and full-body wellness.

Casino hosting Car Show

You will see some of the most interesting vehicles from around the region as Indian Head Casino presents the Fifth Annual Car Show—*The Best Little Car Show in Central Oregon*—coming up Saturday, June 19. The show will be from 10 a.m. to 3 p.m. at the casino parking areas.

The \$20 registration includes \$20 bonus slot play. The show is open to people of all ages. There

will be a DJ, raffle prizes, and a covered food court. Top Place awards prizes in each vehicle class. Playin’ It Safe protocols are in place.

Free t-shirts for the first 100 registrations. Call for pre-registration information, Monte or Karen at 503-789-8973. Proceeds of the show benefit the Boys and Girls Clubs. Sponsor with Indian Head Casino are the Route 66 Cruisers, of Sandy.

IHS Portland Area shows covid improvement

The Portland Area of the Indian Health Service has seen improvement in its Covid-19 positive testing rate. This good news is reflected in the latest IHS covid data, showing results through May 30.

On the national level across Indian Country: IHS has administered 2.41 million coronavirus tests to its service areas members. Of that total since last spring, 197,459 tests have returned positive.

These numbers show an overall improvement, with an increase of

less than 1 percent from the previous week’s data.

Based on the cumulative percent positive, the highest rates have been seen in three areas: The Navajo Area (15.1 percent positivity among those tested); the Phoenix Area (13.1 percent); and the Oklahoma City Area (12 percent).

The seven-day rolling average positivity column offers a more contemporary look at the impact of the coronavirus: The data shows where Covid-19 cases have been

increasing most recently in Indian Country.

The Portland Area, which includes the Warm Springs Reservation, had been among the top three in positivity for about a month. The most recent data shows the Portland Area is no longer among the top positivity areas in IHS testing. The top two now are the Phoenix Area, and the Bemidji Area, which includes Illinois, Indiana, Michigan, Minnesota and Wisconsin.

Supreme Court sides with tribal police authority

The Supreme Court ruled this week that tribal police officers can stop and search non-Indians on tribal lands for potential violations of state or federal law.

The justices unanimously reversed an appellate ruling in favor of a non-Native motorist who was charged with drug-related crimes after a tribal officer searched his pickup truck on a public road that crosses the Crow reservation in Montana.

The Supreme Court has previously held that tribal police have little authority over non-Indians, but Justice Stephen Breyer wrote for this court, saying that allowing a temporary stop and detention—so that state or federal authorities can be called in—enhances public safety.

“To deny a tribal police officer authority to search and detain for a reasonable time any person he or she believes may commit or has committed a crime would make it difficult for tribes to protect themselves against ongoing threats,” Breyer wrote.

amine.

Saylor called for help from federal and county officers, who eventually arrested Cooley.

The 9th U.S. Circuit Court of Appeals sided with Cooley, saying that non-Indians can be detained

only if evidence of a crime is “apparent” or “obvious.”

The Justice Department appealed, and the Supreme Court agreed with the Justice argument, issuing its ruling on Tuesday of this week.



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Board positions

This Friday, June 4, is the last day to submit a letter of interest and resume for a position on one a number of tribal boards.

There is one vacancy on the Telecom board, for a tribal member.

Tribal Council also seeks to fill three positions on the Warm Springs Cannabis Regulatory Commission; two positions on the Warm Springs Composite Products Board of Directors, and two positions on the Warm Springs Power and Water Enterprises Board of Directors.

Council seeks to fill three positions on the Warm Springs Tribal Employment Rights Office Commission, TERO; and a position on the tribal Court of Appeals.

The letter and resume can be dropped off at tribal administration, addressed to Michele Stacona, Secretary Treasurer/CEO.

The letter and resume may also be mailed to Michele Stacona, PO Box 455, Warm Springs, OR 97761. Or send by email:

michele.stacona@2wstribes.org
With the application please sign a criminal and credit background check. Forms can be emailed or mailed to you. If you mail in your application, the forms will be mailed to you once your letter and resume are received. Information is submitted confidentially to the S-T/CEO.

Summaries of Tribal Council

May 18, 2021

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

Human Services update with Cheryl Tom.

· Motion by Anita to approve pending Personal Time Off donation requests. Raymond: This discussion will be part of a formal policy, reviewed by an Human Resources attorney; and the documents in reference, whether it's confidential or non-confidential, will be determined by input and policy. Second by Brigitte. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, 5/0/0, Chairman not voting. Motion carried.

Finance update with S-T Michele Stacona.

Governmental Affairs update with Louie Pitt.

Managed Care Program update with Michael Collins.

Administrative Services update with Michele Stacona.

Tribal Court update with Judge Lisa Lomas.

High Lookee Lodge update with Greg Tippet.

Public Safety update with Nancy Seyler and Chief Elliott.

Natural Resources update with Brad Houslet.

Veterans Service Office update with Frankie Williams.

Health and Human Service update with Caroline Cruz.

With no more business, Motion by Wilson to adjourn at 4:45 p.m.

May 24

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

Other business discussion with Valerie Fuiava.

Public Utilities update with Chico Holliday.

Tribal Employment Rights Office update with Wendell Jim.

Gaming Commission and Surveillance update with Josephine Johnson.

Covid and School District 509-J update the Response Team and superintendent Ken Parrshall:

· Motion by Captain accepting the recommendations to be implemented on June 7, 2021. Second by Jay. Discussion. Glendon/yes, Joe/yes, Captain/yes, Jay/yes, Delvis/yes, Alfred/yes, Anita/no, 6/1/0, Chairman not voting. Motion carried.

CenturyLink rights of way update with Jim Manion and tribal attorney.

Resolution numbers correction:

· Motion by Captain approving the corrections for the following: Resolution No. 12,804-Spirit Mountain Grant; Resolution No. 12,805-Sublease Electric charging service at the Plateau; Resolution No. 12,806-Tribal Court exercises person jurisdiction of Tribes insurers; Resolution No. 12,807-May Enrollments; Resolution No. 12,808-Relinquishments; Resolution No. 12,809-BIA Shall be owner of the New Warm Springs Detention Facility; Resolution No. 12,810-Home site lease-Jabbar Davis; Resolution No. 12,811-Authorize issues of Series 2021 Bonds WSPWE; Resolution No. 12,812-Bestows official geographic name Toto Creek and Toto's Meadow. Second by Jay. Dis-

cussion. Joe/yes, Captain/yes, Jay/yes, Delvis/yes, Anita/yes, 5/0/0, Chairman not voting. Motion carried.

Landfill update with Joie Simtustus and Said Amali.

The Museum At Warm Springs Charter Amendment discussion with Elizabeth Woody, museum executive director:

· Motion by Anita adopting Resolution No. 12,813 that the Charter for the Middle Oregon Indian Historical Society originally adopted by Resolution No. 4084 subsequently amended by Resolution No. 4422, 7441 and 8467 is hereby amended by the adoption of the attached Amended and Restated Charter for the Museum. Call for a Second. Second by Delvis. Discussion. Glendon/yes, Captain/no, Jay/no, Delvis/yes, Anita/yes, 3/2/0, Chairman not voting. Motion carried.

American Rescue Plan funds discussion with the S-T.

Enterprise Zone resolution with Jim Souers, WSED-Ventures, and tribal attorney.

· Motion by Captain tabling this Resolution for two weeks to give Jim time to contact the Executive Committees for input. Second by Jay. Discussion. Glendon/no, Captain/yes, Jay/yes, Anita/yes, Delvis/yes, 4/1/0, Chairman not voting. Motion carried.

Non-Disclosure Agreement (Kah-Nee-Ta) discussion with the S-T and the Kah-Nee-Ta Board of Directors:

· Motion by Captain authorizing the Chairman to sign a non-disclosure agree-

ment that includes Jim Souers, Ventures general manager; Second by Jay; Discussion; Glendon/yes, Captain/yes, Jay/yes, Anita/yes, Delvis/yes, 5/0/0, Chairman not voting. Motion carried.

Opioid litigation update with attorneys.

Personnel issues with Tribal Council:

· Executive session, 4:18-4:48 p.m.

With no further discussion the meeting adjourned at 4:48 p.m.

Howlak Tichum

Allen Elston of Madras, Oregon, died on March 16, 2021, surrounded by his family. He was 89 years old.

Allen was born on June 13, 1931, in Miami, Texas, to Charles and Myrtle Elston. He lived his early life in Huckabay, Texas, where he met and married Juanita Wylie, in 1949.

Allen attended Hardin-Simmons University and Southwestern Baptist Theological Seminary. On March 15, 1960, he and Juanita moved their young family, which included Marsha and Alicia, to Warm Springs, where Allen became the pastor of the Warm Springs Baptist Church. Donna was added to the family a year later, and the Elstons spent over 33 years living among the wonderful Warm Springs people that they so dearly loved.

Allen is survived by Juanita, his wife of over 71 years; daughters Marsha Martinez and husband James, of Madras, Alicia

Native Literacy achievement



Courtesy Eugenia Stacona

Robert Windy Boy, 2021 graduate of Pendleton High School, member of the Confederated Tribes of Warm Springs: Robert was the only student in the state of Oregon to get the Biliteracy Emblem on his diploma. He passed the literacy test in Nez Perce, the only student to achieve this among the tribal students in the state of Oregon.

Pugh and husband Dale, of Huckabay, Texas, and Donna Scheller and husband Ron, of Bend. He is also survived by his 6 grandchildren and their families: Scott Armstrong and Eve Ooten, of Anchorage, Alaska, Jesse and Jessie Armstrong, of Bend, Aaron and Katie Elston, of Bend, John Pugh and Audrie Ayers, of Bend, Natalie and Jason Villanueva, of Bend, and Mikaela and Michael Bird, of Bend. Allen and Juanita also have the joy of being great-grandparents to Livi and Lyza Armstrong, of Bend. In addition, four younger brothers, Gene, Baldy, Carroll and

Mack, and a large extended family survives in Texas and points beyond.

Food assistance

The Warm Springs Food Bank in the Commodities Building at the industrial park is open Wednesday, Thursday and Friday, 9 a.m. to 4 p.m. You can call to check on eligibility, 541-553-3579.

Warm Springs WIC is offering clients Farmers Market checks that can be used to purchase fruit and vegetables at farmer stands.

From the desk of the W.S. Veterans Representative

by Frankie Williams
Warm Springs Tribal Veterans Representative

Registered Nurses—RN—are one of the nation's top in-demand occupations. And for Native communities, the demand for RNs is particularly important.

Often located in rural areas where there are already shortages of medical facilities and healthcare personnel, Native Americans suffer from chronic conditions such as diabetes and high blood pressure at disproportionate rates.

Native RNs are the key to providing patients with culturally competent and vital care such as wellness check-ups, vaccines, and inoculations, ensuring their communities' overall health.

Salish Kootenai College—or SKC—is a Private tribal land-grant community college in Pablo, Montana. is a private tribal land-grant community college in Pablo, Montana.

SKC has now stepped up to become the first tribal college to offer a four-year registered nursing degree program.

It welcomed its first student cohort in the fall of 2020.

Lisa Harmon, certified nurse educator, is the chair of SKC's nursing program, and a veteran nurse of 43 years. She says the impetus for the program was hospitals phasing out nurses with associate's degrees in Montana and across the nation because many studies show that nurses with a bachelor's degree make fewer errors.

Harmon believes there is too much information to cram into a two-year program and has been "a huge

proponent of bachelor's degree nurses forever."

SKC's associate's degree in nursing program takes three years. Students can also continue for another two years to earn the RN-BSN completion degree for a total of five years of schooling.

For more information on the Salish Kootenai College's Registered Nursing Program, contact Frankie Williams, Warm Springs Tribal Veterans Service Officer at 541-460-0605.

Or email: frankie.williams@wstribes.org

Holistic Health advice on controlling Type 2 diabetes

About one in 10 Americans have diabetes, with 90 to 95 percent of these individuals having Type 2 diabetes.

Type 2 diabetes is caused by an issue known as insulin resistance. Insulin is a hormone made by the pancreas that helps that body convert sugar in the blood to energy that the body can use.

When the cells are resistant to insulin, the body is unable to regulate and use glucose as fuel. Consequently, blood sugar levels rise and can lead to issues with immune, cardiovascular, and neurological function.

Diabetes—when uncon-

trolled—can be very dangerous to the human body. In 2017, it was listed as the seventh leading cause of death in the country.

Overwhelming evidence supports the use of lifestyle based programs focused on physical activity, nutrition, and weight loss to prevent or delay the onset of Type 2 diabetes.

Regular exercise not only helps with blood sugar control, but has also been shown to reduce the risk of associated cardiovascular events.

The American Diabetes Association recommends that aerobic exercise—walk-



ing and biking, for instance—is performed for a total of 150 minutes, or 2.5 hours per week.

An example would be 30 minutes per day, five days per week. For beginners, a good starting point may be three sets of 10 minutes daily, five days per week.

Strength training is also an important component and should be performed at least two days per week for optimal benefits.

Ten exercises to help manage Type 2 diabetes:

Walking. Cycling. Swimming. Jogging. Dancing.

Balance training. Resistance bands.

Weight training (free weights or circuit training).

Yoga. Body weight supported exercises—planks, push ups, bridges, etc.

If you are interested in learning more about how exercise can help in controlling Type 2 diabetes, please reach out to the Physical Therapy Team at Warm Springs Holistic Health for more information. Call 541-777-2663. Or call to make an appointment.

Best Regards, Alicia Oberholzer, Physical Therapist, Warm Springs Holistic Health.

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:

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



Madras High School Class of 2021



Elizabeth Antunez



Michael Belgard



Jeremiah Blackwolf



Justin Borchert



Kylie Borchert



Lakecia Brunoe



Glenn Brunoe



Celiafern Frank



Clarice Clements



William Clements Jr.



Syrus Crane



Kathyrc Danzuka



Harlee David



Jayden Davis



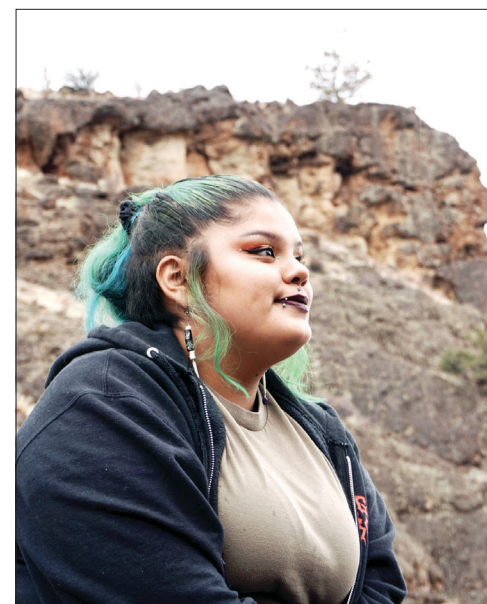
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Derrek Main



Jordan Mitchell



Bradley Perseus



Sequoia Polk



Julian Rosales



Izaiah Ruelas



Alina Smith



Jeremiah Smith



Aurora Squiemphen



Andrew Suppah

~ More 2021 Graduates
of the Tribal community ~

Vallejo Becerra ~
Shain Beymer ~ Wendell
Beymer ~ Ethan Brunoe
~ Kyle Frank Jr. ~
Cameryn Halliday ~
Marjorie Heath ~
Aalliyah Hontopat ~
Frederick Ike III ~
Tarver Ike ~ Shellie Jim
~ Gilbert Moses ~



Natalia Tewee



Jason Tohet Jr.



DaRia White



Donavon Wolfe



Josslyn Wolfe



Katrina Wolfe

Joshua Olney ~
Delleena Plouffe ~
Keala Chereene
Rauschenburg ~
Christopher Rodriguez-
Jim ~ Patricia
Speakthunder ~ Shirlee
Spino ~ Kayla Tewee ~
Carl Tewee Jr. ~ Dolan
Wabeneka III ~ Skyla
Williams ~ Jeremiah
Zacarias ~

Summary of Tribal Council –

May 17, 2021

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

Secretary-Treasurer update with Michele Stacona.

June agenda/review
minutes with the S-T:

• Motion by Wilson approving the June agenda. Second by Glendon. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/abstain; 5/0/1, Chairman not voting. Motion carried.

Federal and state legislative update calls.

State Legislative Update
Call – Michael Mason

Covid-19 Response
Team update with the
Team:

- Motion by Wilson accepting the recommendations. Call for a second. Third call. Motion failed due to lack of a second.

Vehicle charging terminals/insurance claim discussion with Jeffrey Carstensen, Indian Head Casino, and tribal attorneys.

• Motion by Brigitte adopting Resolution No. 12,804 that the Tribal Council approves and consents to the sublease of the property; That the Tribal

Council hereby authorizes the Tribal Chair, Vice Chair, or Secretary-Treasurer/CEO to sign and execute the consent for the sublease on behalf of the Tribe and authorizes the authorized representatives or their delegate to take or cause to be taken all acts on behalf of the Tribe to facilitate the sublease. Second by Glendon. Discussion. Glendon/yes, Joe/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Lola/yes, 7/0/0, Chairman not voting. Motion carried.

- Executive session 1:55-2:35 p.m.

• Motion by Brigitte adopting Resolution No. 12,805 that the Tribal Council resolves that the Warm Springs Tribal Court may exercise personal jurisdiction over the Tribe's insurers in any action by WSCE to recover losses that it, either directly or through Indian Head Casino or the Plateau Travel Plaza, has suffered as a result of the Covid-19 pandemic. Second by Glendon. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Lola/yes, 6/0/0, Chairman not voting. Motion carried.

Enrollments with Lucille
Suppach-Sampson of Vital
Statistics:

• Motion by Brigitte adopting Resolution No. 12,806 enrolling five individuals. Second by Wilson. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/abstain, Anita/yes, Lola/yes, 5/0/1, Chairman

not voting. Motion carried.

• Motion by Brigitte adopting Resolution No. 12,807 approving the relinquishment of an individual so they could enroll in the Confederated Tribes and Bands of the Yakama Nation Reservation. Second by Wilson. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/abstain, Anita/yes, Lola/yes, 5/0/1, Chairman not voting; Motion carried.

Draft Resolutions with
the S-T:

- Executive Session 2:58-3:15 p.m.

* Motion by Glendon adopting Resolution No. 12,808 that the Tribal Council hereby declares that it is the decision of the Tribal Council that the Bureau of Indian Affairs of the U.S. Department of Interior shall be the owner of the new Warm Springs detention facility. Second by Brigitte. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/abstain, Anita/abstain, Lola/yes, 4/0/2, Chairman not voting. Motion carried.

• Motion by Brigitte adopting Resolution No. 12,809 that Jabbar Davis be granted a fifty year home site lease in the Schoolie Flat area on tribal land described herein... Call for second; second call; Second by Glendon; Discussion; Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Lola/yes, 6/0/0, Chairman not voting. Motion carried.

Warm Springs Power and Water Enterprise discussion: Additional one-sixth ownership option with Jim Manion and tribal attorneys.

• Call for motion. Second call. Motion by Brigitte adopting Resolution No. 12,810 by the Twenty-Eighth Tribal Council of the Confederated Tribes of Warm Springs Reservation of Oregon, pursuant to Article V, Section 1(e), (f), and (l) of the Tribal Constitution and By-Laws and the Bond Ordinance of the Tribe, as defined in Section 1-Section 18. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Captain/no, Lola/yes, 6/1/0, Chairman not voting. Motion carried.

Geographic Naming proposal discussion with tribal attorney Howard Arnett:

• Motion by Brigette adopting Resolution No. 12,811 that the Tribal Council hereby bestows the official geographic name on the creek described in this Resolution, and as more fully set out in Exhibit A attached hereto, of 'Toto Creek.' And hereby bestows the official geographic name on the meadow described in this Resolution, and as more fully set out in Exhibit A attached, of 'Toto's Meadow', by the Tribal Council that the tribal attorney and the General Manager of the Tribal Branch of Natural Resources are hereby directed to notify the United States Board on Geographic Names of this

action of the Tribal Council formally naming these geographic features so that the names will be entered into the Federal Government's Geographic Names Information System as the official geographic names for federal map-making purposes and other federal use. Second by Anita. Discussion. Glendon/yes, Brigitte/yes, Wilson/yes, Delvis/yes, Anita/yes, Lola/yes, 6/0/0, Chairman not voting. Motion carried.

Other business – Tribal Council:

- The Secretary-Treasurer will research older Resolutions regarding Tribal Council pay.


Motion by Brigitte to adjourn at 5:40 p.m.

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Fisheries update for Sherars Falls

Due to an upgrade in the number of spring chinook returning to the Columbia River—and the Warm Springs National Fish Hatchery likely meeting brood requirements—the joint Fish and Wildlife Committees have eased fishing restrictions at Sherars Falls.

Fishing is now open from Thursday at 6 p.m. through Monday at 6 a.m. Only adipose marked spring chinook may be kept. Wild fish must be released all year.

All chinook, other than wild spring chinook, may be retained from July 16 through March 31 of the following year.

The remainder of the Deschutes is closed through July 15.

Other salmon species, with the exception of sockeye, maybe kept.

Making a Monument along the river

In the Pacific Northwest, Maya Lin's 'art landscapes' celebrate the river's partnership with Native American tribes.

The Confluence Project commissioned Ms. Lin to design six public 'art landscapes' along 438 miles of the Columbia River system, from the basalt fish-cleaning table engraved with the Chinook creation story at Cape Disappointment State Park on the Washington coast, to the story circles at Sacagawea Historical State Park, and the Listening Circle amphitheater at Chief Timothy Park on an island in the Snake River near Clarkston, Washington.

Each site was chosen by Columbia River tribes to mark a significant confluence—or spot where bodies of water or cultures converge. Five of the six are complete.

"The Confluence Project built that bridge," said Antone Minthorn, chairman of the Confluence Project board and a member of the Confederated Tribes of the Umatilla Indian Reservation.

"You begin to wonder, Well, what is our legacy?"

Mr. Minthorn said the project works to unite a small group of people—Native Americans—with their fellow citizens in learning how to "become American" and how best to steward the land together.

The goal, he said, is to create visual markers, not monuments per se, that are in harmony with the landscape and serve as reminders that "just because you don't see us does not mean

Tribes give statement of unity about dams

Some Native American tribes in the Pacific Northwest are criticizing the suggestion they have competing opinions on how best to save endangered salmon runs, saying tribes are united in pursuing the removal of four hydroelectric dams on the Snake River in order to preserve the iconic fish.

A dozen tribes last week issued a joint press release on Wednesday rejecting the notion that tribes based near Puget Sound might have differing goals than inland tribes.

"Any efforts to divide the indigenous peoples of this region by suggesting that the Puget Sound Tribes don't have the same interests as the Northwest Inland Tribes have been soundly rejected by tribal leaders," Nez Perce Tribe Chairman Samuel Penney said in the release. "We are all salmon people."

The dozen tribes are united behind a controversial proposal by U.S. Rep. Mike Simpson, an Idaho Republican, to spend some \$33 billion on efforts to save salmon that include breaching the four dams.

The dams are located on the lower Snake River between the cities of Pasco and Pullman in eastern Washington state, and are blamed by some for blocking salmon from reaching spawning grounds. Supporters of the dams point to ocean conditions, overfishing and other causes for the decline of salmon numbers.

Simpson's plan to remove the Ice Harbor, Little Goose, Lower Granite and Lower Monumental dams also includes a 35-year moratorium on lawsuits, ending costly litigation over the dams' environmental impact.

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