

Duu Lhlan Wee-ya'

Duu Lhlan Wee-ya', "not many words" or "in so many words," is mailed to Lincoln and Tillamook County tribal members each month. Information includes youth activities, events, meetings, program updates, and more.



August 2009

Public Information Department
800-922-1399, ext. 1293, or 444-8293
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Census 2010

by Claire Wood, CTSI Planning Data Coordinator

Did you know that state and federal resources are often distributed to Tribal and local governments and other organizations based on census information? The Census Bureau estimates that for each individual not counted, \$1,000 per year is lost to Tribes and other organizations. That's \$10,000 until the new census is taken in 10 years. Not counting just 100 people could result in \$1 million in lost funding.

Census questionnaires will be delivered in mid-March 2010. Please fill out your questionnaire; it should only take 10 minutes or so. Spending just a few minutes to fill out your census form will help ensure your Tribal community gets its fair share of federal and state funding.

Keep watching future issues of this publication for more information and remember, "It's in our hands."

The U.S. Census Bureau will have an informational booth at the pow-wows in August and November. Please stop by for more information. If you can't see us there, you can check the Census website at <http://2010.census.gov/2010census/> or call me with questions at 444-8276.

August Youth Activities

For more information, contact: **Alissa Lane - 444-8373,**
Rachelle Endres - 444-8311 or Jamie Mason - 444-9659.

You must be pre-registered for all activities the day before activity. Hope to see you all there! All permission slip forms need to be returned to the administration building front desk.

- Aug. 4: McKenzie River Rafting – Siletz youth 10 and older. 8 a.m. – 8 p.m.
- Aug. 5: Lincoln City Recreation Center – Time: TBA. Wall climbing, swimming and basketball. Lunch provided.
- Aug. 6: Come build a youth float for the pow-wow parade! Time & place: TBA.
- Aug. 8: Siletz pow-wow parade. 10 a.m.
- Aug. 11: Euchre Creek Day with Walt Klamath. 10 a.m. – Noon. Come learn the history of Euchre Creek. Snacks provided.
- Aug. 11: Smoke-free bingo at the grange. 6-8 p.m. Dinner provided.
- Aug. 13 & 27: Golfing at Chinook Winds Golf Course. Limit – first 12 youth to sign up. 10 a.m. – 2 p.m. Lunch provided.
- Aug. 17: Pick Up a Butt Day. 10 a.m. – 1 p.m. Incentives and lunch provided.
- Aug. 18: Siletz River Float. 10 a.m.
- Aug. 19: Osborn Aquatic Center – Corvallis. 11 a.m. – 3 p.m. Lunch provided.
- Aug. 26: Day at Ona Beach. 11 a.m. – 3 p.m. Lunch provided.

Tribal Firewood Areas Closed

Because of increasing fire danger, all Tribal firewood cutting areas are now closed.

We will re-open them in the fall after fire season is over.

CTSI Jobs

CTSI employment information is available at www.ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

Youth Services

Youth Services

Gymnasium Hours

Tuesday through Saturday

11 a.m. to 7 p.m.

444-8209

The Confederated Tribes of Siletz Indians invites you to join us
at our Annual Nesika Illahee Pow-Wow!

Agenda

- Aug. 6
Royalty Pageant • 6 p.m.
- Aug. 7
Memorials/Giveaways •
Noon-6 p.m.
(Contact Nick Sixkiller)
Presentation of crowns •
6 p.m.
Grand Entry • 7 p.m.
- Aug. 8
Parade • 10 a.m.
(Contact Mona Fisher)
Grand Entry • 1 & 7 p.m.
- Aug. 9
Pow-Wow Wellness Walk •
9 a.m.
Grand Entry • Noon



Dance categories include male and female traditional, fancy, grass and jingle

Adult & Golden Age:	1 st – \$500	2 nd – \$400	3 rd – \$300	4 th – \$200	5 th – \$100
Teen:	1 st – \$300	2 nd – \$250	3 rd – \$200	4 th – \$150	5 th – \$100
Youth:	1 st – \$150	2 nd – \$100	3 rd – \$75	4 th – \$50	5 th – \$25

Specials Tiny Tot Memorial – Sherry Eddings

Women's Basket Cap:	1 st – \$500	2 nd – \$400	3 rd – \$300	2 nd – \$200	1 st – \$100
Round Bustle (open):	1 st – \$500	2 nd – \$400	3 rd – \$300	2 nd – \$200	1 st – \$100

The Nesika Illahee Pow-Wow is a drug- and alcohol-free event.

All dancers and drummers are welcome • drummers, please bring your own chairs!

We are not responsible for accidents and lost or stolen items.

Vendor registration is required • Camping: \$25 for three days per campsite

For more information, contact Nick Sixkiller or Mona Fisher at
800-922-1399, ext. 1230 or 541-444-8230.

Co-sponsored by Pepsi-Cola Bottling Company & Chinook Winds Casino Resort

August is National Cataract Month

By Sharon L. Mason, CHAI

A cataract is a clouding of the natural lens of the eye. Your eye becomes like a window that is frosted or yellow. Your vision will slowly become blurry over a period of time. How quickly a cataract develops varies between each patient and no two eyes become blurry the same way.

Did you know that a cataract is actually not a film? A cataract is not caused by overuse of the eyes. Cataracts do not spread from one eye to the other. Other cataracts, especially in younger people and people with diabetes, may progress rapidly over a short time. It is not possible to predict exactly

how fast cataracts will develop in any given person. Cataract is not a cause of irreversible blindness.

Common symptoms are as follows: clouded or blurry vision; sensitivity to light, both nighttime glare and daylight; double vision; difficulty reading; and colors fading.

Surgery is the most effective treatment. If symptoms are not bothering you however, surgery may not be needed. Sometimes, with your eye doctor's approval, changing your eyeglass prescription may be helpful. Using UV-safe sunglasses and UV-safe prescription glasses may slow the progression of cataracts.

During cataract surgery, the cloudy lens is removed from the eye. In most cases, a permanent intraocular lens is implanted. Other conditions may prevent you from having much or any improvement in vision after cataract surgery. Your eye doctor will discuss if surgery is necessary.

The most common type of cataract is related to aging. In an age-related cataract, the center of the lens gradually hardens and becomes cloudy. Over time, the cloudiness will become thicker and whiter, causing a person to be unable to identify colors and to see at a distance.

Other causes of cataract include: family history of cataracts; medical problems, like diabetes; injury to the eye; medications especially steroids; radiation; long-term unprotected exposure to sunlight; and previous eye surgery. Problems with other parts of the eye, such as the cornea, retina or optic nerve, can be responsible for vision loss.

No medications, dietary supplements or exercises have been shown to prevent or cure cataracts.

For any concerns, call the Siletz Clinic to make an appointment with your provider.



Elders' Council Meeting

Aug. 15 • 2 p.m. to 5 p.m.

Chinook Winds Casino Resort

For more information, contact Angela Ramirez at 444-8255.



CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

Aug. 5 • Noon

Siletz Community Health Clinic Conference Room



Tribal Children

Need You

Do you value Siletz Native culture and want to help preserve it? If so, please consider fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas.

If you are interested, please contact Shawna Henarie, foster care certifier, at 444-8275 or visit www.ctsi.nsn.us/icw.html.

Siletz Farmers Market of Sacred Ground Outreach

Just north of the Siletz Valley Grange
on Gaither Street in Siletz

Proceeds for SGO Building Fund (Siletz Foursquare Church)

First and third Saturday through October

Plants, homegrown produce, sewn items, baked goods and more!

\$10 vendor's fee (proceeds for future church building
of Sacred Ground Outreach)

For information/registration, please contact
Kelli Albright at 444-2017.

USDA Information

By Margo Hudson

USDA food distribution serves clients in Siletz and Salem. Set appointments are needed for both warehouses.

We can be reached at 444-8393 or 444-8279.

We are changing our schedule for the Salem warehouse to better accommodate clients. We will schedule appointments during distribution week (full third week of the month):

- Monday Noon – 6:30 p.m.
- Tuesday 9 a.m. – 6:30 p.m.
- Wednesday 9 a.m. – 6:30 p.m.
- Thursday 9 a.m. – 1 p.m.

Call to make an appointment for Siletz (full first week in the month) dates and times.

Upcoming events at USDA include food demonstrations for new commodity

users to learn to cook with commodities. You do not have to be a new commodity user to join the fun. If you are someone who has used commodities and would like to help, please contact us. This should be fun and anyone who would like to help with a dish will receive a small stipend. We can be reached at the numbers above.

If you have community service hours you need to get done, are in the self sufficiency program or are just a concerned citizen of the community, we can use assistance with volunteer time. There is an application process, so please call if you are interested.

Upcoming distribution weeks:

Siletz – Aug. 4-6 and Sept. 8-11

Salem – Aug. 17-20 and Sept. 21-24

Nuu-wee-ya'

(our words)

Introduction to the Athabaskan Language
Open to Tribal members of all ages

Eugene Area Office

Aug. 3 – 6 p.m. to 8 p.m.

Siletz Tribal Community Center

Aug. 4 – 6 p.m. to 8 p.m.

Portland Area Office

Aug. 10 – 6 p.m. to 8 p.m.

Salem Area Office

Aug. 11 – 6 p.m. to 8 p.m.

Come and join other members of your community and Tribe in learning to speak one of our ancient languages.

For more information, contact Bud Lane at the Siletz Cultural Department at 444-8320 or e-mail budl@ctsi.nsn.us.

Duu Lhlan Wee-ya'

CTSI - Public Information Department

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