

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.



July 2009

Public Information Department
800-922-1399, ext. 1293, or 444-8293
Fax: 444-2307
Email: pias@ctsi.nsn.us

Strengthening Tribal Families

The Siletz Tribal Youth Services Team invites Tribal youth and their families to take part in summer activities! Look for a detailed calendar of events and sign-up information to come. Pre-registration will be required and strictly enforced for summer activities to accommodate as many families and youth as possible with enough food, transportation and activity fees. Thank you!

July Highlights

Smoke-free Bowling
Street Dance
Pick Up a Butt Day
River Float
Bike Rodeo
Field Day

Calendars and permission forms will be available at the following locations:

Tribal Administration Building – front desk
Housing – front desk
Clinic – Tobacco Prevention desk
A&D – front desk

Return permission forms to the Tribal administration building only, please!

Contacts: Alissa Lane – 444-8373
Jamie Mason – 444-9659
Angela Martin – 444-8310
DeAnna Pearl – 444-8267

General Council Meeting

Aug. 1, 2009 • 1 p.m.
Siletz Tribal Community Center
Siletz, Oregon
Agenda

Call to Order
Invocation
Flag Salute
Programs:
2008 Tribal Audit: Gregg Gubuan
Housing – Over-Income Drawing:
Terry Fisher
Tribal Members' Concerns
Chairman's Report
Announcements
Adjourn

Cut Wood for the Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor another Cut Wood for the Elders Day on July 11. The woodcut will be held at the old log yard at the Tribe's Toledo Mill property.

We need lots of volunteers to help split firewood for Tribal elders. Bring your hydraulic wood splitters, splitting mauls, axes and lots of energy. Even if you don't have any of those, we can use the moral support!

Lunch, drinks and snacks will be provided. We will meet at the Tribal administration building at 8 a.m. and caravan to the mill. For anyone wishing to come later, directions to the mill will be posted on the front door of the building.



The goal of this event is to stockpile firewood for future delivery to elders. Elders' Coordinator Danise Barker maintains a list of elders who burn wood for their winter heat.

People willing to haul firewood to elders outside of the Siletz area should contact Danise at 444-8225 and she will pair you up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem and Portland areas.

If you have parents or grandparents who burn wood in the winter to stay warm, you need to help out at this event! Also mark your calendars for a future Cut Wood for the Elders Day on Sept. 19.

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.

July is Ultraviolet (UV) Safety Month

by Sharon L. Mason, CHAI

Sunlight is essential for health, but it also carries risks. Solar ultraviolet radiation can cause a range of diseases, but there are effective ways to prevent these problems and also enjoy the sun!

Health risks of overexposure:

- Sunburn and skin changes.
- Cataract of the eye lens; can eventually lead to decreased vision or blindness.
- Skin cancers. Several types of malignant skin tumors of the non-melanoma type are caused by UV rays.
- Malignant melanoma of the skin. This type of cancer is very severe and takes many years of over-exposure of the sun to develop.

UV exposure is accumulated in childhood when the risk of sunburn is greatest. It is important to:

- Protect children. If children are under 12 months, keep them in the shade.
- Limit UV rays. The rays are strongest between 10 a.m. and 2 p.m. Keep children in the shade or limit amount of time in direct sunlight.
- The shadow rule: Watch your shadow during the day. A short shadow means the rays are the most intense at this time. Get into the shade or go in the house.
- Wear protective clothing. Use a wide-brimmed hat that is tightly woven and loose-fitting clothing. Also use UV-safe sunglasses.
- Use a SPF 15+ sunscreen. Use lots of it and reapply every two hours or after getting in and out of the water. Use it whenever you or your body causes the sunscreen to come off (i.e., sweating or scraping). Wearing sunscreen does not mean it is all right to stay in the sun for hours.

With all of this information, please have safe and fun summer-filled days.

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July Notes from Healthy Family Healthy Child

It is with great pleasure that the Healthy Family Healthy Child Project announces to all that White Bison is returning to Siletz. Actually, White Bison will be in our community three times in July and August. It has been a long time coming, but the important thing is that it's finally going to happen.

Don Coyhis, founder, director and motivating leader of White Bison, will initially come to Siletz in mid-July to spend one day working in a closed-door session with the Tribal community coalition, CEDARR. For those of you who are not familiar with that acronym, CEDARR stands for Community Efforts Demonstrating the Ability to Rebuild and Restore.

The stated purpose of this first visit is "White Bison will provide a Vision Training to the Coalition members of the Confederated Tribes of Siletz. This training will provide Coalition members with the knowledge, skills and strategies to implement the Community Vision Day. Coalition members will learn how to facilitate the mind mapping process to create a vision for a healthy community."

One week later, White Bison will return for three days, July 21-23. The community is encouraged to participate in these days, which have the stated purpose of, "White Bison will conduct a training for the Confederated Tribes of Siletz. This training provides tools, builds relationships, addresses intergenerational healing and helps participants create a vision and strategic plan for their community. The program is based

on the teachings of the Elders and emphasizes the traditional role of clans in organizing communities."

Coyhis then will return on Aug. 19 to present the Vision Book to the Siletz community.

The July 21-23 visit should be of particular interest to those who participated in the training hosted by HFHCP at Chinook Winds last December. At that time, it was intended that the return of White Bison be accomplished within 45 days of that event.

Many things interfered with accomplishing that goal, primarily funding on our part and Coyhis' very busy schedule, which included a meeting with the president of the United States, a ceremony at which the Methodist Church formally apologized for its roll in the abuses perpetrated upon Native children during the boarding school era and Coyhis' recent Journey of Forgiveness.

It is hoped that the community will take advantage of this opportunity to learn from Coyhis and the White Bison movement. Everybody is invited to attend the July 21-23 and the Aug. 19 events. All of the above will be held at the Siletz Tribal Community Center except for the training on July 21, for which we are looking for an appropriate venue.

For an update of where we might gather on July 21 and for any questions you might have about White Bison, feel free to contact either Bekki Lundy, HFHCP manager, at 444-8262 or Mark Kimball, HFHCP specialist, at 444-8233.

July USDA Distribution Dates

Siletz		Salem	
Monday, July 6	9 a.m. – 3 p.m.	Monday, July 20	1:30 p.m. – 7 p.m.
Tuesday, July 7	9 a.m. – 3 p.m.	Tuesday, July 21	9 a.m. – 7 p.m.
Wednesday, July 8	9 a.m. – 3 p.m.	Wednesday, July 22	9 a.m. – 4 p.m.
Thursday, July 9	9 a.m. – 3 p.m.		
Friday, July 10	9 a.m. – 3 p.m.		

We'd like to send a big thank you to Rosie Williams, who cooked up a fantastic meal of Tamale Pie Casserole! If you would like the recipe, please call April or Joyce.

Would you like a \$25 gift card for Fred Meyer? All you have to do is come in and prepare a healthy meal using commodities, leave your recipe and you will receive a \$25 gift card. Please call to schedule an appointment!

If you or someone you know would like to get signed up for commodity foods, you can find the application packet on the Tribal website – www.ctsi.nsn.us – and look under social services. You can print the entire packet and mail it to us at CTSI – USDA, P.O. Box 549, Siletz, OR 97380; Or you can fax it to USDA, 444-8306.

Happy Meals!

Joyce Retherford, FDP Director, 444-8393

April Scoggins, FDP Clerk, 444-8279

Elders' Council Meeting

July 11 • 2 p.m. to 5 p.m.

Chinook Winds Casino Resort

For more information, contact Danise Barker at
444-8225 or daniseb@ctsi.nsn.us

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

July 1 • 5:30 p.m.

Siletz Community Health Clinic Conference Room

Please attend!

Narcotics Anonymous

Toll-Free Help Line - 877-233-4287

For information on Alcoholics Anonymous

www.aa-oregon.org/

Siletz Tribal Language Project

The Siletz Tribe is pleased to announce the award of a two-year Administration for Native Americans' Native Language Preservation and Maintenance Category II grant to develop an Athabaskan language curriculum for Head Start through the fifth grade.

As a Tribe, we have lost more than 90 percent of the ability to speak the Native language, Athabaskan. This is the first step of many on a long path to address this tragedy.

Curriculum development began in January 2009. To date, the following curriculum has been developed:

103	Core Curriculum Lessons
4	Games
4	Story Activities
4	Translated Songs
1	Teacher Orientation Lesson

The project has been making great progress toward the finished product, a complete curriculum package for each grade of Head Start through the fifth grade. Curriculum testing will begin in the 2009-10 school year.

It is the goal that the curriculum developed at the pilot project site, Siletz Valley School, will be largely available upon the completion of a successful project.

Community involvement and input is always encouraged. It is the interest of the Siletz Tribal Language Project to address the needs of the community the Language Project is intended to serve

Please bring your interests and comments to Bud Lane at any of the community language classes or contact him at 444-8320 or Cova St. Onge at 444-1036.

Hvm'-Chi'

Over-Income Grant Program

The Over Income Rehabilitation Construction program funds over-income families with a \$5,000 grant for construction rehabilitation on the primary residence they own or families who have possessor rights to their home.

Rehabilitation refers to repairs or renovations to the home, but does not include appliances, saunas, hot tubs, swimming pools, etc.

Over-Income refers to Tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self-Determination Act (NAHASDA). These are listed below.

<u>1</u>	<u>2</u>	<u>3</u>	<u>Base 4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
39,650	45,300	51,000	56,650	61,200	65,700	70,250	74,800

If you are a Siletz Tribal member and have not received an over-income grant, call the Housing office to request an application.

Applications, including proof of income, enrollment and mortgage statements, must be submitted to the Housing Office by July 31, 2009, at 4:30 p.m. Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department.

Qualified applicants will be placed in the lottery drawing, which will be held during August on a date approved by the Tribal Council.

If you have any questions, please call Jeanette Aradoz at 444-8316.



Nuu-wee-ya'

(our words)

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

Eugene Area Office

July 6 – 6 p.m. to 8 p.m.

Siletz Tribal Community Center

July 7 – 6 p.m. to 8 p.m.

Portland Area Office

July 22 – 6 p.m. to 8 p.m.

Salem Area Office

July 9 – 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

P.O. Box 549

Siletz, OR 97380-0549

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