

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.



March 2010

Public Information Department
Phone: 541-444-8293
Fax: 541-444-2307
Email: pias@ctsi.nsn.us

Spring Break Activities

March 22: Splash Wave Pool in Springfield – 10 a.m. to noon, return at 3 p.m. Meet in front of the Siletz Tribal administration building at 7:30 a.m. Pizza and water provided.

March 23: Harmony Lanes Bowling in Toledo – 11 a.m. to 1 p.m., return at 1:30 p.m. Meet in front of the Siletz Tribal administration building at 10:30 a.m. Snacks and water provided.

March 24: Skate World in Springfield – 9:30 a.m. to 11:30 a.m., return at 2 p.m. Meet in front of the Siletz Tribal administration building at 7:30 a.m. Pizza and water provided.

March 25: Swimming Pool in Toledo – 3 p.m. to 4 p.m., return at 4:30 p.m. Meet in front of the administration building at 2:30 p.m. Snacks and water provided.

All activities require a permission form. You can pick one up at the Housing office, administration building and A&D in Siletz

For more information, contact:

Alissa Lane, Education, 541-444-8373

Leah Switter, A&D Prevention, 541-444-8267

Jessica Garcia, Resident Advocate, 541-444-8315

Sponsored by the Youth Services Team

YST activities are designed to be positive and encourage safe and healthy life choices!

White Bison Families of Tradition Group

March 3, 10, 24 and 31

Siletz Public Library

6 p.m. to 8:30 p.m. • Dinner Provided

For more information, please call Bekki Lundy at 541-444-8262.

Fill Out Census 2010 Forms Coming to You This Month

By Claire Wood, Tribal Planning Department, Tribal Liaison to the U.S. Census

The 2010 Census questionnaire:

- Will be distributed this month by mail or to your door
- Is quick, easy and confidential
- Has 10 short questions
- Should take 10 minutes to complete
- Should be returned by April 1

Question No. 9:

- Will ask your race.
- Choose one or more selections.
- Choosing only the "American Indian or Alaska Native" box is best.
- Print the name of your principal or enrolled Tribe in the squares directly below your selection.
- Confederated Tribes of Siletz Indians will not fit in the box, but you also can use the space outside of the boxes.
- Abbreviate CONF TRIBES SILETZ and your response will fit in the boxes.
- List your principal or enrolled Tribe even if you are not an enrolled Tribal member.
- No one will question you.
- No comparisons with the enrollment data of the Tribe will be made.

How can we be counted as an American Indian family?

- List the American Indian member of your family as Person 1 on the census form.
- Doesn't matter if this is a male or female member of the family.
- Remember to choose American Indian or Alaska Native as your race.
- Fill in your Tribal name in question 9.

For more information:

<http://2010.census.gov/2010census/>
www.indiancountrycounts.org

Toll-free number – 800-922-1399, ext. 1276; or 541-444-8276

March is National Kidney Month

By Sharon L. Mason, CHAI

March is National Kidney Month and March 11, 2010, is World Kidney Day. It is estimated that 26 million American adults are living with chronic kidney disease (CKD) and more than 300,000 Americans with end-stage renal disease or kidney failure are on dialysis.

CKD develops when kidneys lose their ability to remove waste and maintain fluid and chemical balances in the body. The degree of CKD depends on how well the kidneys filter wastes from the blood and can progress quickly or take many years to develop.

Did you know that of the 26 million American adults who have CKD, 90 percent of them are not aware of this? Often there are no symptoms until kidney disease reaches the later stages, including kidney failure. Another 20 million more Americans are at risk for kidney disease but do not know it.

People who are at high risk for kidney disease are those with diabetes, high blood pressure and a family history of kidney disease. Diabetes is the No. 1 cause of kidney disease and high blood pressure is the second leading cause of kidney disease.

More than 33 percent of kidney failure patients are African American. The Hispanic population with end-stage renal disease treatment has increased by more than 50 percent in the last decade. High-risk kidney failure groups also include Pacific Islanders, Native Americans and seniors age 65 and older.

Anyone 18 years old or older with diabetes, high blood pressure or a family history of diabetes should be screened for kidney disease. When doctor's draw blood for a kidney test,

they are testing for a creatinine level, a waste product. If creatinine levels increase in the blood, it's because of decreased excretion of creatinine in the urine. The lab company will test for an estimated glomerular filtration rate (GFR), which takes in age, gender, creatinine and nationality. The GFR indicates the patient's stage of chronic kidney disease, which provides an evaluation of the kidney's function.

An article on Nov. 3, 2009, by Dr. Bryan Becker, National Kidney Foundation president, states: "Kidney patients' heart health is getting better. Increased awareness among doctors that cardiovascular complications can be treated – and even prevented – in kidney patients has helped make this progress possible. More attention is still necessary since the death rate from cardiovascular disease for kidney patients still far exceeds the death rate from cardiovascular disease for people who are the same age in the general population."

From 1997 to 2007, the report shows, the likelihood of a

kidney patient having certain types of cardiovascular treatment increased. The rate of angioplasty rose from 12.1 procedures per 1,000 patient years to

14.5 per 1,000 during that time period. Kidney patients also were increasingly likely to receive pacemakers, which are implanted in the chest to restore normal heart rhythm. But the chances of them having open-heart surgery to restore blood flow to the heart actually dropped.

Dr. Becker states, "We can see a downward trend in the U.S. related to cardiovascular complications and mortality for kidney patients, but more work needs to be done."

If you have any concerns, please call the Siletz Clinic and make an appointment with your provider or a nurse.



CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

March 3 • Noon • Siletz Clinic Conference Room

Agenda: Bob Line from Siletz Valley School will join us to discuss how the school is dealing with alcohol/drug use among students.

Computer Program Update

We are now accepting applications for the 2003 replacement desktop computers. Funding also is available for new applicants, for laptops for higher education/AVT students and for 2002 replacement desktop computers.

To request an application, please contact Rosie Williams or Darlene Carkhuff at 541-444-8200 and 541-444-8201.

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment and Women's Transitional

541-444-8286

Elders' Council Meeting

March 13 • 2 p.m. to 5 p.m.
Chinook Winds Golf Resort

For more information, contact April Bender at 541-444-8225 or e-mail aprilb@ctsi.nsn.us

Attention Tribal Artists

The 2010 Nesika Illahee Pow-Wow is having a logo contest for this year. The winner will receive a cash prize and his or her work will be used for pow-wow flyers and merchandise.

Please submit your drawings to Mona Fisher at the Siletz Tribal Community Center or send them to:

Confederated Tribes of Siletz Indians
Attn: Pow-Wow Logo Contest
P.O. Box 549
Siletz, OR 97380-0549

All entries must be received no later than March 26, 2010.

Royalty Crown Proposals Due

The Pow-Wow Committee is now accepting proposals for the 2010-2011 royalty crowns for Miss Siletz, Jr. Miss Siletz and Little Miss Siletz.

All entries must be submitted with a proposed design, including color scheme, size of crown(s), size of beads and total cost.

You can submit a proposal for as many crowns as you would like and they must be received no later than March 26, 2010.

You can send proposals to:

Siletz Pow-Wow Committee
P.O. Box 549
Siletz, OR 97380-0549

Entries also can be dropped off with Mona Fisher at the Siletz Tribal Community Center.

Time to Apply for Royalty

To request an application for Miss Siletz, Jr. Miss Siletz or Little Miss Siletz, you can call Mona Fisher, pow-wow coordinator, at 541-444-8230 or stop by the Siletz Tribal Community Center.

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 at 541-444-8275 or visit www.ctsi.nsn.us/icw.html.

March USDA Distribution Dates

Siletz

Monday, March 1	9 a.m. – 3 p.m.
Tuesday, March 2	9 a.m. – 3 p.m.
Wednesday, March 3	9 a.m. – 3 p.m.
Thursday, March 4	9 a.m. – 3 p.m.
Friday, March 5	9 a.m. – 3 p.m.

Salem

Monday, March 15	1:30 p.m. – 7 p.m.
Tuesday, March 16	9 a.m. – 7 p.m.
Wednesday, March 17	9 a.m. – 3 p.m.
Thursday, March 18	9 a.m. – 11 a.m.

Happy meals!

Joyce Retherford, USDA Food
Program Director, 541-444-8393

Derek Simmons, USDA Food
Program Clerk, 541-444-8279

.....
.....
.....

Nuu-wee-ya' (our words)

Introduction to the
Athabaskan Language

Open to all Tribal members

Siletz Tribal Community Center

March 9 – 6 p.m. to 8 p.m.

Eugene Area Office

March 8 – 6 p.m. to 8 p.m.

Salem Area Office

March 16 – 6 p.m. to 8 p.m.

Portland Area Office

March 15 – 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 541-444-8320 or budl@ctsi.nsn.us.

Siletz Veterans Office Open Daily

Tony Molina is available for all Siletz Tribal veterans. He is in the Tribal administration building in Siletz from Monday through Friday to help you get all the information you need for your VA benefits.

Additionally, he needs your help to update our veterans' roster, especially for those who are currently serving. Call Tony at 541-444-8330.

Committee Spot Available

There currently is a vacancy on the Health Committee to fulfill the remaining term that ends in February 2011.

To request an application for this committee vacancy, please contact Tami Miner, Tribal Council executive secretary, at 541-444-8203.

Deadline for submitting an application is 4:30 p.m. on March 31, 2010.

Take STEPs to Reduce Your Energy Costs with Help from STEP Program

- Are you a Tribal member who needs help cutting your utility costs?
- Did you buy a new energy-efficient major appliance within the last year?
- Do you need help navigating the maze of rebates and credits for which you are eligible?
- Do you want an energy audit but don't know how to get one?

The Siletz Tribal Energy Program (STEP) wants to help you, free of charge. We have information for everyone; you do not need to be low-income eligible to contact us.

We are energy efficiency experts, trained to spot opportunities for cost reductions in energy use in residential and commercial buildings. We're also knowledgeable about rebates from your local electric and gas companies, indi-

vidual and business energy tax credits from the State of Oregon and cash-back incentives from Energy Trust.

We have information about additional funding assistance for energy efficiency projects such as weatherization, lighting, heating, insulation and renewable power.

If you would like our assistance, please call Claire Wood, project coordinator, at 541-444-8276 or Fawn Metcalf, energy technician, at 541-444-8300 during regular business hours. Another way to contact us is by e-mail at clairew@ctsi.nsn.us or fawnm@ctsi.nsn.us.

We are here to help you cut energy costs and reduce energy use without spending too much money. Let us help!

This program is funded by the Administration for Native Americans, the U.S. Department of Energy and the Bonneville Power Administration.

Why Wear a Bicycle Helmet?

By Sharon L. Mason, CHAI

Every year, approximately 500,000 people are treated in emergency rooms for injuries from bicycle crashes and 750 people die. The most common injury to a bicyclist is head injuries, which account for one-third of emergency room visits, two-thirds of which end up in admittance to the hospital and three-fourths of deaths.

Bicycle riding is the greatest risk of injury to children, who often do not practice proper riding habits or wear bicycle helmets. As a result, 30 percent of cyclist deaths occur in the 5- to 14-year-old age group.

At least 125 children die from bicycle-related brain injuries each year. Approximately one-fifth of 100,000 children who sustain a non-fatal injury to the head or face while riding

each year sustain a traumatic brain injury. Ninety percent of all deaths involve collisions with motor vehicles. Falls account for most non-fatal injuries and typically are not reported.

You may be the most careful biker in the world, but you still need a helmet and here's why – accidents happen, no matter how careful you are. If you're smart enough to wear a helmet, you'll save yourself from cuts, bruises, scrapes and lots of other awful things that happen when you crash. So always, always put on your helmet before you ride, even if it's just a cruise around the block.

Fit a helmet by measuring from about one inch above your eyebrows to the point on the back of your head that gives you the largest measurement. Your helmet should fit snugly, yet comfortable. When you buckle the chin strap, make sure it's firmly buckled and fits snug up against the throat but doesn't cut into your skin. The chin strap needs to keep the helmet in place. The front and rear straps on the helmet should form a

"Y" just below and in front of the ears when worn correctly. Make sure all of the straps are adjusted so there isn't any slack when the chin strap is buckled.

While there isn't any federal law regarding bike helmets, many state and local laws are in effect. Regardless of whether or not there are laws in your area, it's simply good common sense to wear a helmet. A bicycle helmet protects your head from scrapes, cuts, bruises, concussions, internal bleeding and lots of other awful injuries you could suffer in a biking accident.

It's a good idea to replace bike helmets about every three years. A child's head can grow, causing the bike helmet to become too small. Also, a bicycle helmet should be replaced after it has been in an accident. Unseen cracks could be underneath the shell of the helmet, causing it to become weakened.

Siletz Tribal members up to age 17 are eligible for bicycle helmets.

To see if your child is eligible for one call, call me at 541-444-9609.



Free Parenting Classes Offered

Do your children have behaviors that drive you crazy?

Join us for free classes!

Free dinner! Free child care!

May 3, 10, 17, and 24

Siletz Valley School

Dinner - 5:45 p.m.

Class - 6:15 p.m.

For more information, please e-mail whitedaisydesign@yahoo.com or call Elaine Greene 541-444-4442.

Grant Offers Trainings

The Siletz Tribal Energy Program (STEP), in partnership with the Siletz Self-Sufficiency Program and the Siletz Education Department, has applied for funding from the Bonneville Power Administration (BPA) to provide training in solar installation and use.

If the BPA awards the Siletz Tribe the requested funds, we will be able to provide training at the Solar Energy International Training Institute for up to four individuals. The individuals will be selected through a competitive process. We will look for individuals who are willing and able to handle the physical and mental work involved in learning this new trade. An application will be available and widely publicized if funds are awarded.

The class will involve out-of-state travel for up to two weeks in a row. On-line, classroom and in-the-field training will be provided if you are selected for this program. We expect to be notified about the outcome of our grant application by April 1, 2010.

For more information, contact Claire Wood, STEP project coordinator, at 541-444-8276 or e-mail clairew@ctsi.nsn.us.

For more information about Solar Energy International, please visit its website at www.solarenergy.org.

Elk Tag Opportunity Available

The Tribal Natural Resources Department again will offer a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season.

As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres the Tribe owns, we can get five additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State License Required?	No	Yes
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the Thompson Creek unit during the Thompson Creek antlerless elk season
Eligible for other State elk tags?	Yes	No*
Give tag to another Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP drawing; if selected, apply to State for tag (list LOP as first choice on State application)
Obtain Tag From	Tribe	State

* Note: If you are drawn for an LOP tag, you are still eligible to apply for and be drawn for a Tribal tag.

Please note that a major difference between the LOP tags and the Tribe's regular tags is that only the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you. Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the five LOP elk tags will be held at the Natural Resources Committee meeting on April 5 at 4:45 p.m. in the Natural Resources Department map room.

Applications are available on the Tribal website and at the Tribal Natural Resources office in Siletz after March 1. Completed applications are due in the Natural Resources office by 4:30 p.m. on March 26, 2010.

For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.

Youth Essay Contest

Target age group is 11-18. Thirty youth will be selected for Blazer tickets! You will be going to the Blazers vs. Golden State Warriors on April 14, 2010.

April is Alcohol Awareness Month and there is an overwhelming issue of underage drinking in Lincoln County and the surrounding area.

A&D Prevention invites you to write an essay about underage drinking and marijuana use. This activity is to get youth involved, get your mind going and hopefully get parents to help do the digging to write about this issue.

A&D Prevention's primary focus is the responsibility to reduce the onset of first use. It has been reported that numerous youth are using alcohol and marijuana beyond experiment.

Jenifer Metcalf, prevention coordinator, says "My thought is if they can do an essay on the risk factors and identify the

protective factors in this essay, we would get a great understanding of what we are dealing with in this community today."

Please keep in mind that substance abuse is not a road to travel. Some get caught up, however, and do not even know it. The youth who engage in this type of behavior are four times more likely to become an alcoholic or drug addict and dependant upon nicotine.

Essay must include the following:

What does underage drinking and marijuana use mean to me?

What are the effects it has on an adolescent brain (using while you are still a minor)?

What affect does underage drinking and marijuana use have on my community?

What roll do I play in underage drinking and marijuana use?

How can I prevent any further use among my peers?

This essay must be at least 1,000 words. Be sure to touch on each question above.

Due: March 30, 2010, by 4:30 p.m. Late essays will not be accepted. Winners will be selected on April 6, 2010.

This essay will allow better service and understanding of needs in this community.

Entries can be dropped off at the Siletz Tribal A&D office at 565 NE Old River Road in Siletz or mailed to Jenifer Metcalf at P.O. Box 549, Siletz, OR 97380.

For more information, please contact Jenifer Metcalf at 541-444-8267.

Duu Lhlan Wee-ya'
CTSI - Public Information Department
P.O. Box 549
Siletz, OR 97380-0549

PRESORTED
FIRST CLASS
U.S. POSTAGE PAID
SILETZ, OR
PERMIT NO. 2