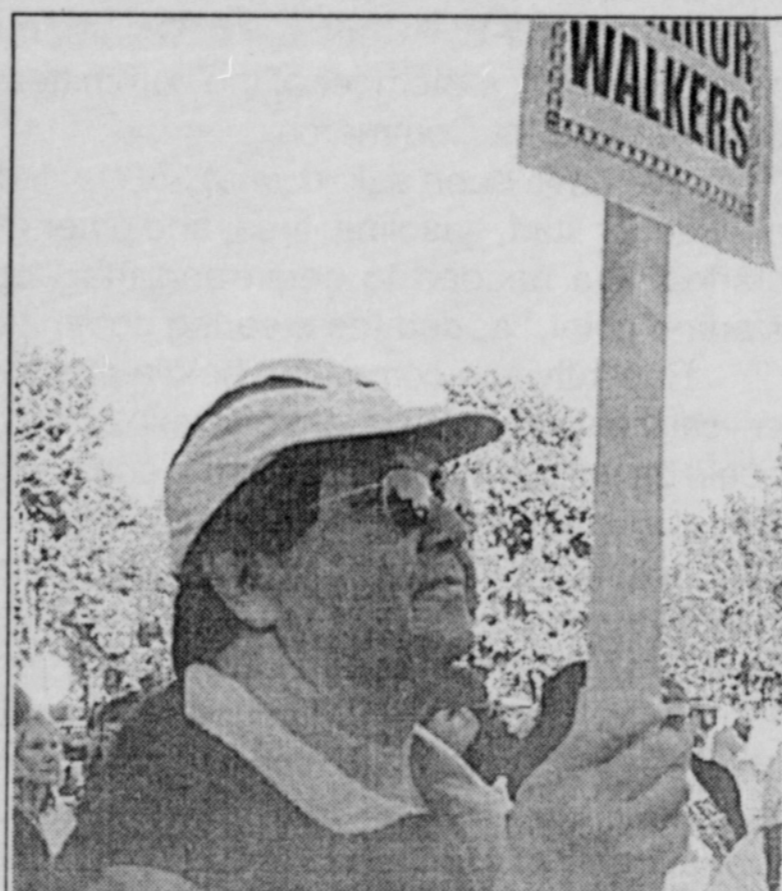
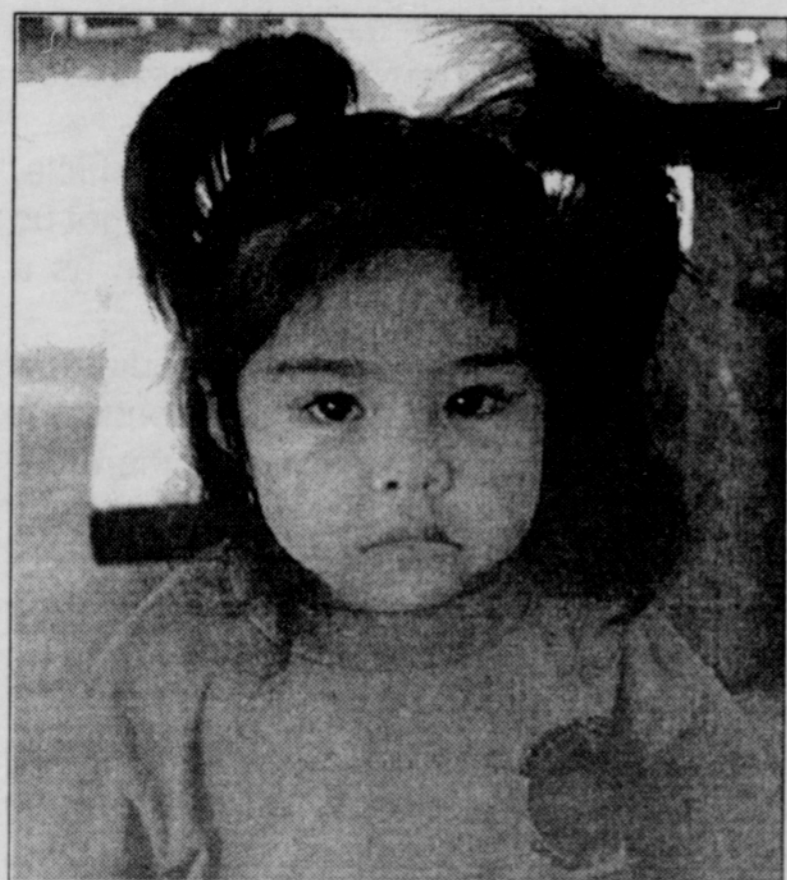


Clockwise from top: Warrior Walkers, Mike Darcy, and Cecillie Butler.



Siletz Warrior Walkers

Oct. 7, 2000, was the annual five-mile Diabetes Walk in Eugene, Ore., at Alton Baker Park. The Siletz group had 50+ walkers.

Bright red t-shirts with moccasins and our team name on the back could be seen all along the five-mile route. It was a beautiful day with lots of sun.

Our group was very enthusiastic and ready to go, led by team captain Rick Leaton. This was the third year for the Siletz Warriors to participate in the Diabetes Walk. We had two 2-year-olds walking for the third time. Congratulations to 2-year-old Samuel Imbler-Bremner and Cecillie Butler for completing their third Diabetes Walk. We are so proud of all the people who came to the walk and support the diabetes program.

An extra special congratulation goes to Darlene Taylor, who did the whole five-mile walk. We are so proud of you!



Bob Jensen (l), Rose Bremner, and Dolly Fisher

Rose Bremner Retires!

Sept. 1, 2000, was the last day at the Siletz Health Clinic for Rose Bremner. After working nine years as the registration clerk, she has retired. While living in Salem, she worked at Chemawa Indian School. A potluck with cake and gifts was held in her honor.

Rose was always ready and willing to take on any projects that needed to be done. She is looking forward to her retirement and plans to do all the things she hasn't had time to do while working, including traveling, crafts, and spending time with her family. We will all miss her smiling face here at the clinic.

Siletz Diabetes Advanced Retreat

The third Diabetes Retreat was held in September at Chinook Winds Casino & Convention Center. This two-day retreat was the first advanced session.

Our first two workshops were for basic diabetes care. The advanced retreat consisted of approximately 27 patients who had attended one of the two beginning workshops.

Cathy Rasmussen and Karen Kozick, dietician, talked about carbohydrate counting and the role of carbohydrates in meal planning. Dr. Trent Warren, our new clinic doctor, also spoke, as did Dr. Darrell Prins, our clinic podiatrist; Lisa Taylor and Megan Evans, our nurse practitioners; and a special guest, Dr. Brad Fortune, who came from Portland. Dr. Fortune is an ophthalmologist and talked about eye care.

It was a busy two days, but the retreat was very successful. We'll have another advanced retreat next spring and also another beginning basics retreat.