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no. 4
April
2002

SILETZ NEWS

Quarterly publication by the Confederated Tribes of Siletz Indians

Vol. 30, No. 4, April 2002



Diabetes Group Recruits Siletz Youth for Conference

Several Siletz youth were recruited as presenters by the American Diabetes Association for the Winter Diabetes Day Conference held at Salishan Lodge in Gleneden Beach, Ore., in mid-February.

The six youth presenters were Matt Williams, 16; Richard Lafferty, 13; Shantel Hostler, 13; Kent Kaiser Jr., 12; Lynetta Benedict, 11; and Danielle Clark, 7.

They were joined by Maria Westervelt, Siletz Tribal elder; and Siletz Tribal staff members Lisa Brown, Prevention Program coordinator; Conrad Douma, Salem A&D counselor;

George Nagel, Siletz Community Health Clinic mental health counselor; and volunteer Debra Douma.

The diabetes workshop is an example of the Prevention Program's goal of fostering collaborations between groups that serve to educate communities and individuals. The event is just one example of this successful effort. Others include Oregon State University's Violence Prevention Conference and the Northwest Portland Area Indian Health Board's National Tobacco Prevention Conference.

It was an awesome example of tribal culture, "the whole village" so to speak,



Lynetta Benedict (left photo) and Shantel Hostler (right photo) help children make bracelets at the Winter Diabetes Day conference.



teaching others about being healthy and living in a way that respects our mind, body, and spirit. Maria said she enjoyed watching the youth at the workshop.

"All of the youth participated with great vim and vigor. They enjoyed teaching other youth bracelet making, and the workshop was lots of fun and enjoyed by everyone," she said.

Although the kids were having a good time, they realized the importance of knowing something about diabetes.

"It is important for me to learn about diabetes because it runs in my family," said Kent. "I enjoyed being a speaker and a leader and it was fun helping kids to make bracelets."

"This program is extremely important to my children to stay aware of the common problem, which is prominent in our community," wrote one parent, "This conference was impressionable to my child. Even though she does not have diabetes, this allowed her to share time with children who have special needs."

The Siletz youth are interested in opportunities to be presenters at workshops and plan to submit a proposal to Tribal Council to cover expenses. The group needs adult chaperones and mentors to attend conferences and help with transportation.

The group works together to make bracelets, which are sold for \$2 each, and T-shirts with the four healing principles are available for \$9. The youth use a portion of the sales proceeds (75 percent for bracelets and 36 percent for T-shirts) to cover expenses for non-tribal youth to participate in group activities and for coordinating community alcohol- and drug-free activities.

If you are interested in receiving more info, please feel free to contact Lisa Brown at 1-800-600-5599, ext. 267, or 541-444-8286, or e-mail nadosh2@yahoo.com.

See another article and more photos on page 6.



Brenda and Chris Fisher (l), Lisa Norton, and Dan Lundy

Fishers Receive First SBDC Grant

Chris and Brenda Fisher, owners of CD Central in Lincoln City, Ore., are the first to receive a small business grant from the Siletz Business Development Center.

The Fishers buy, sell, and trade CDs, DVDs, cassettes, records, video games, rock T-shirts, hats, and more at their store at the Factory Stores @ Lincoln City.

They plan to use the \$10,000 grant to expand their inventory. They also pride themselves on special orders. With a one- to three-day wait for delivery, you can get what you're looking for. They give a 10 percent discount to all tribal members.

"It's not every day that someone gives you \$10,000 to fulfill your dreams. I feel very lucky to be a tribal member," says Chris. He and Brenda also would like to thank the Siletz Business Development Center for all of its help.

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Siletz News
Confederated Tribes of Siletz
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Siletz, OR 97380

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University of Oregon Library
Received on: 04-02-02
Siletz news

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