



## Tamora Lightens Up!

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This is part of an ongoing series of articles profiling Siletz Tribal member participants of our Diabetes Exercise Program. Tamora Herrmann of West Salem has been participating in the Diabetes Exercise Program and has lost 63 pounds so far. She says she would like to lose another 20 pounds.

### What motivated you to change your habits?

“Being as overweight as I was, it was really scary to think of all the ailments associated with being overweight, and diabetes was a major concern. I definitely weighed more than I wanted to and wanted to get in better shape.”

### How have you achieved your weight loss?

“I exercise at Curves three times a week and try to stay as active as possible. I eat more fruits and vegetables now and always practice moderation. Once a week, usually on Sundays, I treat myself to whatever I have been craving for that week. Just one serving, though! This really helps me a lot because I don’t feel deprived and it gives me something to look forward to during the week – kind of like a reward for doing so well!”

### What kinds of exercise do you enjoy?

“I love swimming, roller skating, walking, and riding my bike to the park with my kids.”

### What is your exercise routine like?

“I exercise after work at Curves for one half hour, three times a week, and I love it! It’s very convenient because the workout is only half an hour. The circuit training machines I use work every major part of the body, plus it’s an all-women’s club, so you don’t have to worry about being so self-conscious.”

### How has exercise improved your life?

“I am really happy that the tribe gave me the opportunity to participate in the Diabetes Exercise Program. I’ve lost 63 pounds, have a lot more energy, and feel so alive! I just love all the



Tamora Herrmann

compliments from everyone. They really keep me going in a positive direction.”

### What advice would you give to other tribal members who might want to make changes to be healthier and more active?

“Some of us just need that extra little boost to help us get back on track. This program helped me get back on the track of caring for myself again. A workout program like this, or any other one, is very beneficial. Staying active and practicing moderation is the key to success. My Grandma Bolton always said, ‘Just practice moderation and stay active and you will be OK.’ Those are definitely words of wisdom!”

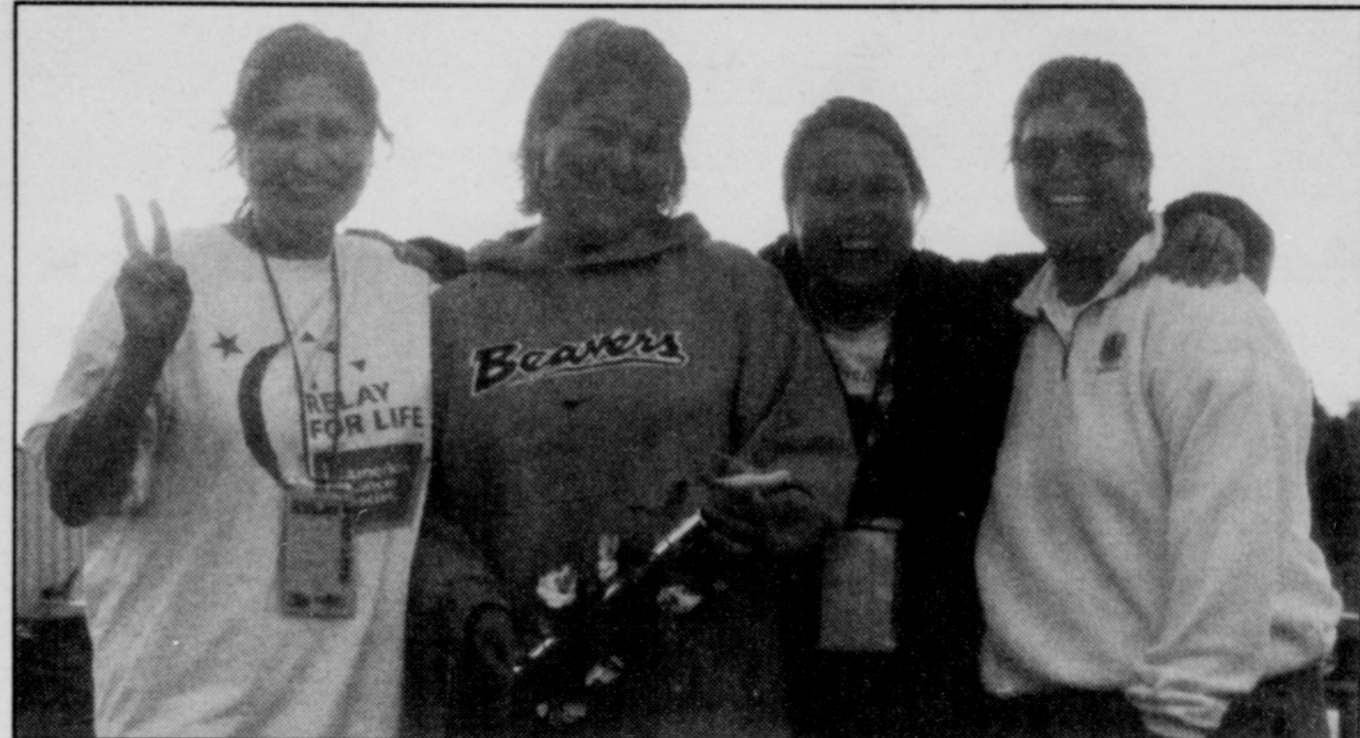
## First Aid Kits

It’s essential to have a first aid kit at home and in your car. You can buy packaged kits or make one yourself.

The most essential items in a first aid kit include adhesive bandages, sterile gauze pads, adhesive surgical tape, elastic bandages, antiseptic ointment, scissors, tweezers, cold pack, small flashlight, disposable gloves, and an emergency phone number list including poison control.

If you are injured, seek medical attention. In the case of an emergency, be sure to call 911 immediately.

Source: <http://www.emazing.com/>



Diane Troyer, Monica Bessette, Cindy Urbach, and Tamara Morrow hit the track during the Relay For Life in Lincoln City, Ore.



Nick Sixkiller sings an honor song during the survivor’s lap. He followed with a song that accompanied survivors, family, friends, and caretakers on a lap around the track.

## Tribal Team Supports Relay For Life

Several Siletz Tribal members and members of their families formed the Siletz Hummingbirds and took part in the American Cancer Society’s Relay For Life in Lincoln City, Ore. They helped raise \$18,000 for cancer research, programs, and outreach.

Hummingbirds team members included Monica Bessette, Judy Payne, Cindy Urbach, Diane Troyer, Tamara Morrow, Charmaine Bessette, Chyann Payne, Brittney Payne, Abra, Cathy Rasmussen, Miranda Strong, Nora Moore, Billy Moore, Kay Stainbrook, Jennifer Flores, and Casey Flores.

The 24-hour relay started at noon on July 11 and ended at noon on July 12. One person from each of the 17 participating teams was on the Taft High

School track during each hour of the relay.

A special lap was reserved for cancer survivors. Nick Sixkiller, Education specialist in the Eugene area office, sang an honor song as these individuals made their way around the track that was temporarily clear of other walkers. They were joined on the next lap by family, friends, and caretakers.

Luminaria lined the entire track later in the evening. The candles in these small bags filled partway with sand were all that lit the track for several hours. Each luminaria held the name of someone who has passed on from cancer, is still fighting it, or has suffered from it.

Thank you to the Hummingbirds for their dedication to the fight against cancer.