

TRIBAL MEMBER NEWS



Margo and Don Hudson married for the third and final time on Feb. 14 in Reno, Nev.

Tribal Members Attend Fitness Training at Nike

by Darcy Trego

Cindy Urbach, Miranda Strong, Nora Moore, and Kaye Stainbrook attended a Native fitness training at Nike's world headquarters in Beaverton, Ore., in February.

They learned basic skills in fitness training, including aerobics, strength training, and flexibility exercises. It was a busy two days on Nike's beautiful campus.

Watch for upcoming announcements on how they will share their new exercise expertise.

Nike is a corporate sponsor of the Native Fitness Committee, which includes representatives from the Indian Health Service, Native American Rehabilitation Association, Native Wellness Institute, and the Northwest Portland Area Indian Health Board.

Exercise is an important cornerstone in slowing the epidemic of diabetes and obesity in Native communities. Thanks to the Siletz Tribal Diabetes Program for making it possible for these women to attend the training.



Shared Commitment

by Eva E. Clayton

There can be many things that can separate and divide us, but never in the history of the people are there so many things we share.

We have become a multi-million dollar nation with the opportunity and potential of securing the future of the family.

With careful progressive manage-

ment we need to seek out individuals who have the expertise to visualize and the tools of achievement.

With the right choices, priority in order, along with determination we can obtain financial security that builds upon itself.

Support, encouragement, strengthens commitment.

Van Pelt Honored by MAC

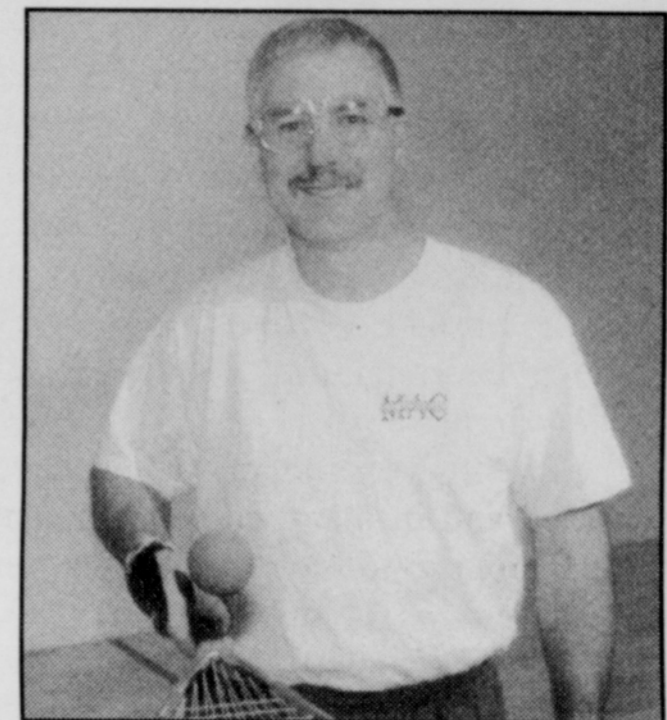
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Ken Van Pelt, age 47, racquetball

"Although being a top competitor is not a prerequisite for this award, Ken certainly is," says Racquetball Committee member Joan Whittemore. "He has been club open champion twice and is notable for being the oldest club champion on record," Whittemore continues. "Ken is a top-level competitor in our intramural league and is a regular fixture in the finals of any of our in-house tournaments."

As far as the club's other racquetball players can recall, Van Pelt has participated in every intramural league, every in-club tournament, every racquetball dinner, clinic, traveling league, and anything else related to the sport. Van Pelt has also served on the Racquetball Committee for more than 10 years and has served as the chair twice. Every June for the Rose Festival racquetball tournament (now known as the Portland Pro-Am), he volunteers to run the tournament desk.

"More than anything else, Ken leads by example," Whittemore says. "He is usually one of the first to arrive every league night, greeting players and introducing them to their opponents,



Ken Van Pelt

and often the last to leave, having given lessons or coaching tips after his match is over.

"Ken plays hard, often leaving the court spouting blood from some part of his body," Whittemore continues. "But he also plays fair. He plays by the rules, even to his detriment at times, and is always positive and congratulatory to his opponent, win or lose."

Editor's note: Ken Van Pelt was one of six nominees for the Joe Loprinzi Inspirational Award in January.

Bead Classes Set

Make a bracelet or necklace for a special gift for Mother's Day!

April 10 – 10 a.m. to 7 p.m.
Siletz Tribal Community Center

Native Creations <> Water of Life
Artisans will collaborate to provide the following bead classes:

Earrings
Flexible wire two-strand bracelet
Memory wire choker and bracelet
Single-strand multiple accent necklace

Please bring a sack lunch and your smile! Coffee and tea provided.

For more information, please call Lisa Brown at 541-444-1290 or e-mail nadosh2@yahoo.com.

\$10 registration fee, plus the cost of the kit for the project you choose (\$5 non-refundable). Please mail to Lisa Brown, P.O. Box 586, Siletz, OR 97380.

Check Out Healthy Living Web Site

Check out this new worksite health promotion Web site – <http://getfit.samhsa.gov/>. It provides employees and their families with credible, reliable information and resources about alcohol, drugs, mental health, and physical health.