

TRIBAL PROGRAM NEWS

Cut Wood for the Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor another "Cut Wood for the Elders Day" on **June 17**.

The woodcut will be held at the woodpile located along Gwee Shut Road behind the Tribal Public Works shop in Siletz. We need lots of volunteers to help cut and split firewood for tribal elders.

Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those, we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8 a.m.**

There is a long list of elders who burn wood for their winter heat. People willing to haul firewood to elders out-

side of the Siletz area should contact Elders Coordinator Angela Ramirez at 541-444-8225 or 1-800-922-1399, ext. 1225, and she will pair you up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas.

Previous woodcuts have seen more elders showing up to work than young folks! **This is a challenge to all you "youngsters" (in body and/or spirit) out there to come out and show your respect for the elders by providing them with the means to keep warm during the cold months.**

Children and grandchildren of all elders who rely on wood for their heat need to come to this event.



The Lincoln County Food Share purchased a cargo van to deliver food stock to pantries in the county. The purchase was funded in part by the Siletz Tribal Charitable Contribution Fund.

Underage Drinking Awareness

by Delina John, Prevention Coordinator

For this month's article, I have chosen to give parents facts about alcohol, what it is and what it does to our bodies when consumed and also the health hazards for our youth.

I want the truth to be known so that if you as a parent are faced with your children using alcohol, you can tell them what the results can be if they choose to continue, as I have stated in the past.

The message is very clear: Alcohol use is very risky business for young people. The longer you delay alcohol use in your children, the less likely they are to develop any problems associated with it.

The information given here was gathered from different Web sites that are listed below. Please check them out; they are great resources for you parents to help with any problems you may have.

I also am available to help if needed and can be reached at 1-800-600-5599 or 541-444-8267.

Alcohol

Alcohol is a depressant that comes from organic sources, including grapes, grains, and berries. These are fermented or distilled into a liquid.

Alcohol affects every part of the body. It's carried through the bloodstream to the brain, stomach, internal organs, liver, kidneys, and muscles – everywhere. It's absorbed very quickly (as short as five to 10 minutes) and can stay in the body for several hours.

Alcohol affects the central nervous system and brain. It can make users loosen up, relax, and feel more comfortable or can make them more aggressive.

Unfortunately, it also lowers their inhibitions, which can set them up for dangerous or embarrassing behavior. Alcohol is a drug and is legal only for people over age 21.

According to the Substance Abuse and Mental Health Services Administration (SAMSHA), 2.6 million young people do not know that a person can

die from an overdose of alcohol. Alcohol poisoning occurs when a person drinks a large quantity of alcohol in a short amount of time.

A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Health Hazards

- People who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who wait until age 21. Each additional year of delayed drinking onset reduces the probability of alcohol dependence by 14 percent.
- Adolescents who drink heavily assume the same long-term health risks as adults who drink heavily. This means they are at increased risk of developing cirrhosis of the liver, pancreatitis, hemorrhagic stroke, and certain forms of cancer.
- Adolescents who use alcohol are more likely to become sexually active, which places them at greater risk of HIV infection and other sexually transmitted diseases.
- One study showed that students diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.
- Alcohol use among adolescents has been associated with considering, planning, attempting, and completing suicide.

For more information about talking with your children about alcohol, tips for handling peer pressure, and warning signs of a drinking problem, please visit these Web sites:

www.niaaa.nih.gov
www.freevibe.com
www.theantidrug.com
Keyword: Drug Help

Firewood News

As of early May, the tribe's Sam Creek and Dry Creek firewood areas are **closed**. A new unit, however – **North Fork #2** – is expected to open by early June and will remain open until fire season begins.

This unit has a mixture of fir, hemlock, cedar, and a little bit of hardwood located in decks at two landings. The unit was logged this past winter.

Permits are required and may be obtained at the Tribal Natural Resources office in the administration building in Siletz from 8 a.m. to 4:30 p.m. weekdays. Maps and directions also are available at the same location.

Permits will be issued to tribal members only, who will need to show their tribal ID card and provide the license number of the vehicle they will use to haul the wood. Out-of-the-Siletz-area woodcutters can call the numbers below to have a permit mailed to them.

The permits are for tribal member woodcutting for **personal use only**. This firewood **may not be sold**. The person named on the permit must be present when cutting and hauling the firewood.

Tribal members wishing to cut wood for tribal elders must present a signed note from the elder stating that the individual is authorized to cut firewood on their behalf. The note must include the elder's tribal ID number.

Permits are good for two weeks and allow up to two cords of wood to be cut on each permit. Each tribal member is allowed up to five cords total per year from tribal firewood units.

The North Fork #2 unit may be burned at any time to prepare for planting, so get your firewood now.

For more information, stop by the Natural Resources Office or call Tribal Forester Mike Kennedy at 541-444-8232 or 1-800-922-1399, ext. 1232.



Summer Internships Available

by Tina Retasket

The tribe once again is offering summer internship opportunities for higher education students.

Applications will be mailed automatically to higher education program participants. If you are attending college and would like an application mailed to you, please contact the education specialist in your service area or call Darlene Carkhuff at 541-444-8201 or 1-800-922-1399, ext. 1201.

Summer internships are paid positions that offer real-life experience with a job at the tribe or at a position in the area where you reside. The tribe is in-

terested in giving our college students work experience to supplement their education in hopes that students will return to work for the tribe in the future.

By working within a tribal organizational structure, students get a better idea about the broad range of positions within the tribe that might be of interest to them in the future.

Deadline for applications is June 9, 2006. Applications must include an **unofficial copy** of the student's transcripts.

Selections will be made the week of June 12-16, with a projected start date of June 19.