

# Tribal team needs people to participate in 2011 Relay For Life in Newport

The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost and fight back against the disease.

At Relay, teams of people camp out at a local high school, park or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length.

Relay began in 1985 when Dr. Gordy Klatt, a colorectal surgeon in Tacoma, Wash., ran and walked around a track for 24 hours to raise money for the American Cancer Society. Since then, Relay has grown from a single man's passion to fight cancer into the world's largest movement to end the disease.

Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries, gather to

take part in this global phenomenon and raise much-needed funds and awareness to save lives from cancer.

Thanks to Relay participants, the American Cancer Society continues to save lives.

## Survivors: Celebrating Life

Survivors are the reason we Relay.

Our goal is to create a world where more people survive cancer so they can celebrate another birthday.

This year, more than 11 million people will be able to do that thanks to the support of dedicated Relay participants.

Survivors are the guests of honor at Relay. The 2011 Relay in Newport opens with the Survivors Lap, where survivors lead the way around the track while being honored and applauded by all participants.

Being a part of the Survivors Lap allows survivors to celebrate what they've overcome while inspiring and motivating their community to fight. Survivors are proof that cancer can be defeated.



## Our local efforts

The Siletz Tillicum Cancer Support Group has formed a team for the 2011 Relay in Newport. Carol Blomstrom is the team captain and currently is looking for teammates.

If you are interested in getting involved in this worthy cause as a fundraiser, a walking participant or a support person for the Relay team, please call Blomstrom at 541-444-4518 or Sharon Mason at 541-444-9609.

There is a small \$10 donation to become a team member and receive your T-shirt. Walking participants will take turns on the Newport High School track on July 29 at 6 p.m. until July 30 at noon. Volunteer walkers will solicit donations for \$1 per quarter-mile track lap.

Additional information can be found at [http://main.acevents.org/site/TR?pg=entry&fr\\_id=34059](http://main.acevents.org/site/TR?pg=entry&fr_id=34059) or by searching for 2011 Newport Relay For Life.

## Siletz Tribal Charitable Contribution Fund (STCCF) Tribal Member Advisory Board Member Recruitment

The Siletz Tribal Charitable Contribution Fund Board is currently accepting applications from Tribal members for a three-year appointment beginning June 2011 through May 2014. Applications must be received before June 3, 2011.

The Siletz Tribal Charitable Contribution Fund Advisory Board is composed of seven unpaid members including a Siletz Tribal Council representative; three Siletz Tribal members; two non-Tribal members agreed upon by the governor and Tribal chairman and approved by the Tribal Council; and one non-Tribal member selected by the Tribal chairman and approved by the Tribal Council from a list submitted by the governor.

The Board receives travel reimbursement only for attendance at meetings, distributions and other approved public relation events. The Advisory Board meets quarterly (January, April, July and October) to review approximately 100 applications received from charitable organizations or local governments.

For more detailed information, please review the website – [www.ctsi.nsn.us/Charitable-Contribution-Fund](http://www.ctsi.nsn.us/Charitable-Contribution-Fund) – or contact Kelley Ellis, STCCF staff secretary.

### Siletz Tribal Charitable Contribution Fund Advisory Board Member Application

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Telephone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

E-mail: \_\_\_\_\_

Applications must be submitted by June 3, 2011, to the address below to be considered for appointment at the Regular Tribal Council meeting in June.

Return form to: Kelley Ellis  
STCCF  
P.O. Box 549  
Siletz, OR 97380-0549

Contact Information: 800-922-1399, ext. 1227, or 541-444-8227  
kelleye@ctsi.nsn.us

## Saving energy this summer is easy

- Nearly 5 percent of all the electricity purchased in the United States is used to air condition homes. Set the thermostat to 78 degrees. It should be warm enough that you know it is summer, but still feel comfortable. You save 3 percent to 5 percent on your air conditioning costs for each degree you raise the thermostat during the summer. To save energy and money, use fans instead of air conditioning when possible.
- Turn on a fan before turning on the air conditioner. Fans use just 10 percent of the energy air conditioners do. If you have a ceiling fan, make sure it's turning counterclockwise in the summer to blow the air downward and create a cooling effect.
- Replace or clean the filter on your air conditioner regularly. Keeping the filter clean can lower your system's energy use between 5 percent and 15 percent. You should do this every month or two during the cooling season, but more frequently if the machine is in constant use, if you live in a dusty area or if you have pets that shed a lot.
- During a summer day, close window coverings on south-, west- and east-facing windows. This summer, consider planting trees that lose their leaves in the fall on the south, west and east sides of your home. This protects your home from the summer sun and will keep you cooler in years to come. If you live in a hot climate, consider painting your home a light color. Painting with light colors and having light-colored roofs can reduce peak cooling demand by as much as 10 percent.
- If you don't have one yet, consider purchasing a programmable thermostat. Look for one with the Energy Star rating. You save money by adjusting the air conditioning temperature up while you are away from home during the day. Buying a programmable thermostat makes this easy because it can automatically change the settings, saving up to \$150 every year, according to Energy Star.
- Look at your appliances; older, inefficient ones produce high levels of heat. Unplug and dispose of the second refrigerator you have. Doing so can save up to \$250 on annual electricity costs. You might even get a rebate from your electric or disposal company for getting rid of it.
- Using the stove and oven can heat your home as well, so consider having cold meals in the summer or cooking outside. Using the microwave or a crock pot also will keep your home cooler as they generate less heat than the stove or oven.
- Use the sun to dry your clothes. It's free and the only energy it requires is your own energy to hang them on the line. Don't forget to wash full loads and use cold water wash as often as possible. Always rinse with cold water, regardless of wash temperature.

The information in this article is from *Your Home Energy Savers Book* by Project Energy Savers, LLC. To get your free copy, please contact us at 541-444-8271 or [step@ctsi.nsn.us](mailto:step@ctsi.nsn.us) or follow us on Facebook. Just search for Siletz Tribal Energy Program and "like" us

The Siletz Tribal Energy Program (STEP) is an energy management program that works with federal, state and local partners, Tribal members and others to learn about and implement the conservation of natural resources.

The program's goal is to empower Tribal members to maintain healthier, more livable homes; control utility costs; and conserve natural resources. The program provides education and assistance for home weatherization, conserving energy and preventing lead poisoning.