

Head Start keeps busy schedule with families as end of school year nears

By Lori Jay-Linstrom, Parent Involvement Coordinator

It is a busy time of year for the Siletz Tribal Head Start program as we near the end of the program year and get ready to recruit for the new school year of 2013-2014.

We have Head Start centers in Salem, Portland, Lincoln City and Siletz.

If you have a child who will be age 3 or 4 by Sept. 1, 2013, please call 800-922-1399, ext. 1376, or 541-444-8376 and ask for the 2013-2014 application to be sent to you. Please tell your friends and other family members whose children will be old enough to attend to call for an application too. It is never too early to fill out an application and send it in.

The parents have been gathering raffle items and selling tickets for the fourth annual Head Start raffle. If you would



Courtesy photo

Head Start families in Portland enjoy a dip at a local pool.

like tickets, please contact any Head Start parent or classroom. If you would like to donate an item for the raffle, please call 800-922-1399 or 541-444-2532 and ask

for Stephanie Chamberlin or Alicia Keene to find out how you can donate.

The families have enjoyed some awesome field trips and family fun nights.

Families went swimming and bowling and visited libraries and aquariums. Wonderful community professionals presented nutrition, literacy activities and cultural activities. Our Family Fun Nights just keep getting better.

In closing, I would like to thank our teachers and support staff for another year of hard work and being part of the Head Start program.

We encourage volunteers to participate in our Head Start program. Volunteers make a meaningful difference for students. Each day in every classroom, volunteers support and encourage staff and students and have a powerful role in helping every student achieve.

If you would like to be a volunteer, please contact the classroom teacher and ask for a volunteer packet or call 800-922-1399, ext. 1376, or 541-444-8376 and ask for a packet to be sent to you.

Two firewood areas now open, get your wood before summer fire season

The Natural Resources Department now has two areas open for Tribal member personal use firewood cutting.

In addition to the Rock Creek #2 unit (12 miles from Siletz) that reopened last fall, we also have reopened the South Fork #3 unit (16½ miles from Siletz) with more landings available for firewood cutting. Both units will be open until summer fire season heats up, depending on how dry it gets, so now is the time to get your firewood for next season.

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

Permits will be issued to Siletz 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. Woodcutters who are out of the Siletz area 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 cannot 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 his or her behalf when requesting a permit.

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.

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

U.S. Department of Health and Human Services Physical Activity Guidelines for Americans

From health.gov/paguidelines/guidelines/summary.aspx

➤ Regular physical activity reduces the risk of many adverse health outcomes.

➤ Some physical activity is better than none.

➤ For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency and/or longer duration.

➤ Most health benefits occur with at least 150 minutes a week of moderate-

intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.

➤ Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.

➤ Health benefits occur for children and adolescents, young and middle-aged

adults and those in every studied racial and ethnic group.

➤ The health benefits of physical activity occur for people with disabilities.

➤ The benefits of physical activity far outweigh the possibility of adverse outcomes.

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place where I feel second-most comfortable and I think about it all of the time.”

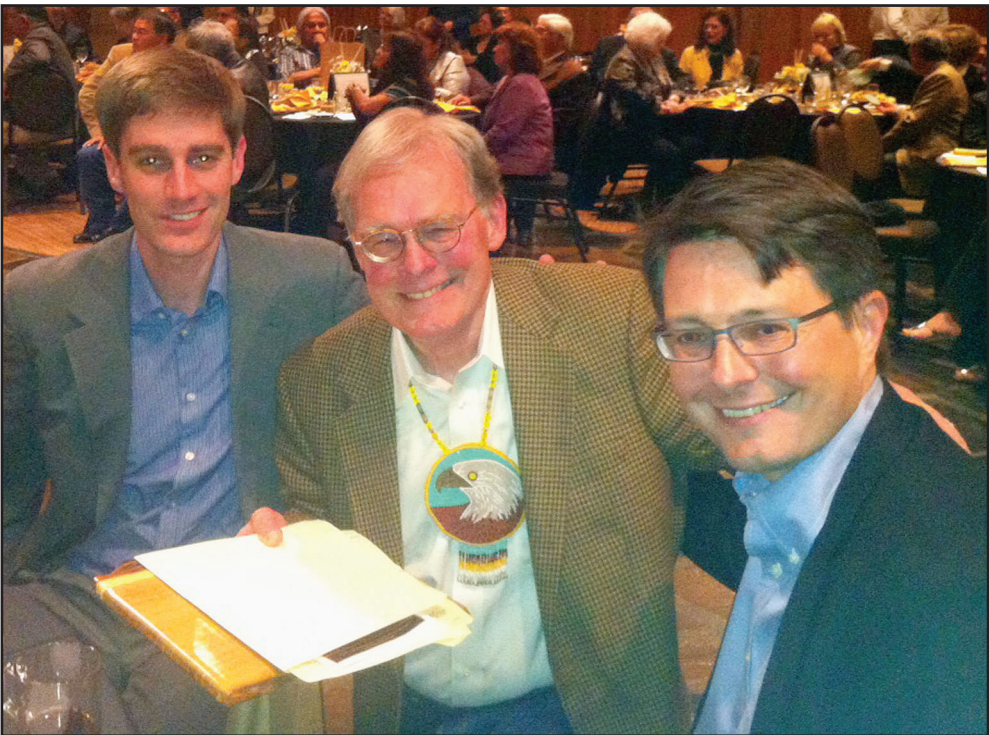
The museum board also honored Stephen Wright, recently retired CEO of the Bonneville Power Administration, with the organizations’ Lifetime Achievement Award, which recognizes the contributions of individuals and groups who support the arts and heritage of Oregon’s American Indian communities.

Wrights’ tenure as CEO is the second-longest for an administrator in BPA’s history. He was recognized for his “strategic vision, dedication, leadership and passion.”

The Siletz Tribe received the Lifetime Achievement Award in 2011.

The Honor Dinner is a fundraising event that helps support the mission of the Museum at Warm Springs, the educational institution of this Tribe.

The museum’s mission is to preserve, advance and share the knowledge of the cultural, traditional and artistic heritage of the Warm Springs Tribe. The museum achieves this through educational exhibitions and programs that raise awareness



Courtesy photo

Charles Wilkinson, center, and his sons, David (left) and Seth (right)

of the of the Warm Springs and other indigenous Tribes.

For more information, visit museum-atwarmsprings.org.

When you call the Siletz Community Health Clinic at 541-444-1030 or 800-648-0449, you can choose from the following:

- Schedule or confirm a dental appointment, press 1
- Schedule or confirm an optometry appointment, press 2
- Schedule or confirm a medical appointment, press 3
- Pharmacy refill line, press 4
- Pharmacy staff, press 5
- Contract Health Services, press 6
- Behavioral Health, press 7
- Address, phone and fax, press 8
- Listen to options again, press 9
- All other options, dial 0