

## Reminders

### Nesika Illahee Pow-Wow

The Nesika Illahee Pow-Wow hiring date is Aug. 8 from 10 a.m. to 4:30 p.m. at the community center on Government Hill.

Jobs to be filled include security, maintenance and kitchen positions.



### Run to the Rogue – Sept. 7-9

Registration forms are available on the Tribal website or at your area office.



For questions or more information, contact Buddy Lane at 541-444-8230; 800-922-1399, ext. 1230; or buddy1@ctsi.nsn.us.

For more information about the Siletz Tribe, visit [ctsi.nsn.us](http://ctsi.nsn.us).

# If it doesn't challenge you, it doesn't change you

By Adrienne Crookes, Community Health Advocate

This is a success story about Siletz Tribal elder Dixie Lee, who participated in the Siletz Diabetes Program's 100 Mile Wellness Challenge. Dixie says she is healthier and happier today after completing the 18-week challenge and logging in 384 miles.

In the beginning, she was doubtful she could ever succeed in completing 100 miles, so she dismissed the newsletter article about the challenge. But she eventually changed her mind and decided to sign up.

She made positive changes to her health by revving up her workouts at the gym and changing her nutritional habits. Today she weighs 8 pounds less and says she feels so much better. Way to go, Dixie!

### Why did you decide to join the 100 Mile Wellness Challenge?

"I have diabetes in my family and decided to do this challenge for my health.

When I first saw the Siletz newsletter ad inviting people to join the challenge, I dismissed it because I thought there was no way I could do 100 miles. Then after Easter holiday, I was at my brother's house and found out that he had signed up for the challenge, and his wife said he was doing really well with it. So I thought maybe I should try it also, just to see what I could do. I really didn't know if I could do it, but at least I could try."

Dixie contacted the Siletz community health advocate and received a fitness tracker and journal to track her activity.

### Did you need exercise motivation?

"Yes. I had been going to the gym three times a week already, but I felt stuck in my routine. The challenge gave me the motivation to think, Hey, I want to see what I can do, and I pushed myself to do more. I even got excited about tracking numbers on my fitness bracelet."

### Did you set goals? Were your goals realistic?

"I set a goal to do 8,000 steps a day. There were only six days out of the 18-week challenge that I didn't meet that goal."

Dixie also set a goal to make healthier food choices and to limit fast foods.

### What is your exercise routine like?

"I go to the gym three times a week and start out with an hour of cardio exercise. That is a combination of treadmill, elliptical, rowing machine and water wheel (resistance machine). I really like the rowing machine. I added three more exercise machines to my routine since starting the challenge."

### Did you challenge yourself?

"I had to get into the mindset of good health. Before the challenge, I wasn't really pushing myself to work harder. But now I have increased the intensity of exercise and am working up a sweat while I'm on the machines."

### Did you experience weight loss while participating in the challenge?

"Not as much as I was hoping for, but I did lose 8 pounds. I really needed this



Courtesy photo

Dixie Lee

push to help me lose the weight that I had been working on for quite a while. I feel so much better now."

### How have you benefited from the 100 Mile Wellness Challenge?

"My health means a great deal to me. This challenge has really been a blessing in disguise. It gave me a real sense of satisfaction just knowing that I'm doing good things for my health. My blood work numbers are really good. It's been really beneficial in the way that I feel and look. I had clothes in my closet that I couldn't fit into anymore, but now I can wear them again because of my weight loss."

### Will you continue with your exercise now that the Wellness Challenge is over?

"You'd better believe it. My health really depends on it!"

Your story is an inspiration to all of us, Dixie. Thank you for sharing!

The Tribe's Eugene area office participated in the 100 Mile Wellness Challenge and 24 participants logged in a whopping 4,738 miles during an 18-week period (March-June). Thank you to everyone who participated and keep up the good work!

Thanks also to Chris Sherrod, Siletz Diabetes Program director, for coordinating this challenge!

## USDA distribution dates for August

	Siletz		
Wednesday	Aug. 1	9 a.m. – 3 p.m.	
Thursday	Aug. 2	9 a.m. – 3 p.m.	
Friday	Aug. 3	9 a.m. – 3 p.m.	
Monday	Aug. 6	9 a.m. – 3 p.m.	
Tuesday	Aug. 7	9 a.m. – 3 p.m.	

	Salem		
Monday	Aug. 20	1:30 – 6:30 p.m.	
Tuesday	Aug. 21	9 a.m. – 6:30 p.m.	
Wednesday	Aug. 22	9 a.m. – 6:30 p.m.	
Thursday	Aug. 23	By appt only	

At the Siletz warehouse, we have started distributing the applesauce cups!

How do you like them? Are they more useful than the canned applesauce?

What other changes/conveniences would you like to see in the food package? Let us know your wants and we can submit them to the food package review team.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.



Joyce Retherford, FDP Director  
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman  
541-444-8279

## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12

weeks, please submit an application for the temp pool.

### Send applications to:

Confederated Tribes of Siletz Indians  
Attn: Human Resources Department  
P.O. Box 549  
Siletz, OR 97380-0549

Fax number: 541-444-8375 or 800-922-1399, ext. 1375

Human Resources: 800-922-1399, ext. 1274, or 541-444-8274

Website: [ctsi.nsn.us](http://ctsi.nsn.us)

Email: [hrdepartment@ctsi.nsn.us](mailto:hrdepartment@ctsi.nsn.us)

Opening Date: July 9, 2018

Closing Date: Aug. 13, 2018

Job Title: Staff Attorney

Salary/Wage: Negotiable

Location: Siletz, Ore.

Classification: Full Time, Exempt

Job Posting Number: 201832

Introduction: The CTSI Legal Department provides comprehensive legal solutions for the Tribal administration. The staff attorney leads the Legal Department in supporting the Tribal executive branch by offering proactive counseling and advice; drafting and review of legal and business documents; and representing the Tribal administration in problem-solving, negotiation and litigation. The Tribal attorney (outside counsel) represents the Tribe overall and provides guidance, coordination of legal strategies and assistance. Complex Indian law and inter-governmental matters, and issues which may obligate the Tribe are referred to the Tribal attorney, or

coordinated with the Tribal attorney, at the Tribal attorney's discretion.

Requirements: Graduate from an accredited school of law, three years' experience in the practice of law and current membership in a state bar association. Incumbent from out of state will have one year from date of hire to become a member of the Oregon State Bar Association. Experience in: Legal experience with Tribal program operations (for example, business, construction, housing, education, health, natural resources, social sciences), preferred. Ability to: Communicate clearly, whether verbally or in writing. "Legalese" or other unnecessarily fancy language may be counted against an applicant. Work with a wide variety of people and able to communicate effectively and relate to Tribal and community members, staff, state and local agencies. Other: Must possess a valid Oregon state driver's license, insurance and be eligible to drive a GSA vehicle.