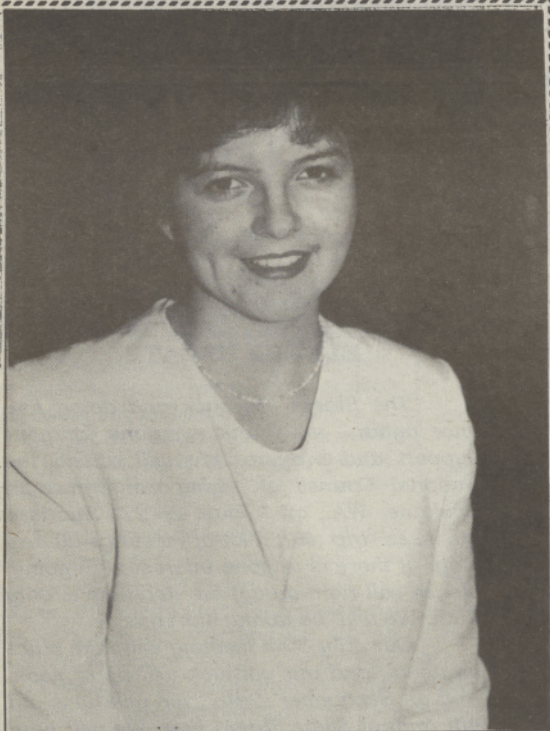




First Siletz Doctor!

Siletz tribal Member, Theresa (Kentta) Monteverdi, became the Tribe's first M.D. June 10, 1994, when she graduated from Oregon Health Sciences University with her Doctor of Medicine degree. This was the culmination of nine years of school: four years as an undergraduate at Portland State University and five years as a medical student at OHSU (she took an extra year to have a baby).

Theresa now starts the final stage of her specialty training in family medicine; on July first, she begins three years of work as a resident physician at OHSU's Family Medicine Department. As Theresa says, "The best part of residency over Medical School, is that now instead of me having to pay them, they pay me!"

Theresa is the grand-daughter of Adelaide (Adams) Karnowski. Theresa "Dr. Mom" Monteverdi has two daughters, Lena 6, and Jennifer 2. Her husband, Tony, just completed two years of school himself, at Portland Community College and will be a psychology major at Portland State University this fall. He hopes to eventually graduate with a masters degree in social work.

Many Tribal Members may remember Theresa from the six weeks she worked with Drs. Forsyth and Burns at the Siletz Community Health Clinic in the summer of 1992, as part of her training. In fact, Theresa liked the experience so much that her dream is to return to the Clinic some day to practice medicine for the Tribe.

Congratulations!

Retreat

by: Walt Klamath, Outpatient Counselor

Last week the entire staff had a retreat at Seaside, OR. I don't really know how much was accomplished, maybe alot, maybe not, business wise. To me, it was a huge success. The whole staff getting together and having fun, not being bothered by phones or messages. In many instances our staff was meeting members that have been contacted by phone only. It is good to make personal contact and find out that there really is a body connected to that voice on the phone.

We get together on mandatory basis for staff assemblies, but then the phone connection is always there and we are never away from our work. At the retreat for two work days we had no worries of our clients, there was nothing we could have done anyway, which I think is one of many reasons for having a retreat a distance away from our workplace.

This was an ideal place for those who have young families, and not quite so young, and a bank account with a guaranteed checking account. There were all kinds of things for the children of all ages to do... sand tricycles, street tricycles, and quadrecycles (I guess that is what they are called), bumper cars, and other goofy things to ride on.

That town, as I see it has a carnival like atmosphere. I don't think that I have seen a place with so many little nicks with vendors in them crowded into such a small area. This probably adds to the excitement and people just line up and buy.

It was most enjoyable to see our staff out there laughing and joking and having a whale of a time.

When it is over, the reality begins to set in and tomorrow we will be at our desks, the phone will be ringing, people will be coming in, and we will have to start all over again. I can't say for anyone else, but I begin to get edgy about time to leave, in a hurry to get back, don't know why. If we are to leave by 4:00 and the time is set to leave at 2:30 then I want out of there by 1:30 or 2:00 at the latest.

Then I find it hard to get back into a routine again, just after two days. I haven't figured out why this is psychologically different than coming back from a vacation or an extended conference somewhere, but to me it is different.

I enjoyed it. I enjoyed being with Tribal Staff that I don't get to see often enough. I liked seeing Council members there, Rosemary and JoAnn, gives me a feeling that they are interested in the Tribal Staff and what the staff is accomplishing.



Lethal Lightning

More lightning deaths occur in July than any other month of the year, reports the National Climatic Data Center. Because summer storms can rise suddenly, people may find themselves caught away from shelter. Here's advice from the National Safety Council and the Texas Medical Association on how to protect yourself during a storm.

- * Get away from hill tops, open spaces and tall objects that might conduct electricity, like trees and poles. Take shelter in a ditch or in brush that isn't more than a few feet high.
- * Get away from water.
- * Drop metal objects immediately, including baseball bats, fishing rods and golf clubs.
- * If you feel your hair standing on end or your skin tingling, this is a sign that lightning may be about to strike. Crouch down into a small ball, keeping your feet close together, your head bent low and your hands resting on your knees.

The National Safety Council warns against lying flat on the ground during a lightning storm since you could be exposed to electricity if a bolt strikes the ground near you.

It's possible to resuscitate lightning victims using CPR. Since the body does not retain an electrical charge, it's safe to begin CPR immediately.

