

# Duu Lhlan Wee-ya'

Duu Lhlan Wee-ya', "not many words" or "in so many words," is mailed to Lincoln and Tillamook County Tribal members each month. Information includes youth activities, events, meetings, program updates and more.



## Public Information Department

P.O. Box 549  
Siletz, OR 97380-0549  
Phone: 541-444-8291  
Fax: 541-444-2307  
E-mail: [pias@ctsi.nsn.us](mailto:pias@ctsi.nsn.us)

**February 2018**

## 2018 Diabetes Luncheon

The Diabetes Program hosts a monthly Diabetes Luncheon. This event is open to the Community. These monthly events include a guest speaker and open forum for attendees to discuss diabetes issues and information. Join us in these educational lunches.

For more Information call Chris Sherrod (541)444-9647

### DATES

Thursdays as posted

### TIMES

From 12:00pm To 1:00pm

### LOCATION

Siletz Tribal Community Center



If you are a Tribal Member living in the Siletz area and need a ride, please contact the Community Health Transportation Line at (541) 444-9633 and leave a message.

**January 18**  
**February 22**  
**March 29**  
**April 26**  
**May 31**  
**June 28**  
**July 19**  
**August 30**  
**September 27**  
**October 25**  
**November 29**  
**December 27**

## Welcome New Employees

### January

Christina Helstowski – Patient Care Coordinator (Medical)

Sarah Butler – Head Start Classroom Aide (Siletz)

Marilyn Thompson – Pharmacy Technician I

Midge Gilbert – Insurance Verification Specialist

Kent Kaiser Sr. – Administrative Support Clerk

Danielle Mason – Head Start Assistant Teacher Bus/Driver (Siletz)

Charlotte Mathews – Head Start Assistant Teacher Bus/Driver (Salem)

### December

Gail Barker – CHS Clerk Trainee

Judy Imbler – Patient Care Coordinator-Medical

**Thank you for joining our team!**

**CTSI Jobs – Employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).**

Parents and Children Thriving Together

# CHANGE LIVES. SHARE WHAT YOU KNOW.

You are invited to a parent meeting to discuss:

- Parents as caregivers
- Parents as breadwinners
- Children's healthy development and school attendance

## FEB. 22, 5-7:00 P.M.

Confederated Tribes of Siletz Indians  
Tribal Community Center | Siletz, Oregon  
Refreshments will be provided

- *This information is being collected for the governor in order to improve the lives of Lincoln County residents*

Please contact Alissa Lane by 2/20/18 to RSVP: [alissal@ctsi.nsn.us](mailto:alissal@ctsi.nsn.us); 541.444.8373

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



## Valentines

 **Shop & Dine** 

➔ February 3rd, Saturday 9am - 4pm 

Location: **Siletz Valley Grange**  *Kitchen Open: Breakfast & Lunch*

Vendors: Pink Zebra, LueLaRoe, Pampered Chef, Watkins, Smidgen Soaps, T.J.'s Jewelry Designs, Thirty-One, Avon, Tribal Wood Carvings and many more....

## Tillicum Fitness Center



Free weights • Weight machines  
Treadmills • Ellipticals  
Stationary bikes • Stair climber  
Exercise video routines

EMPOWERING THE INDIVIDUALS OF THE  
**COMMUNITY**

TO BELIEVE IN THEMSELVES THROUGH  
**STRENGTHENING**

THE **MIND** AND **BODY**  
FOR THE PURPOSE OF BUILDING A

**BETTER LIFE**  
FOR THEMSELVES AND OTHERS

Pilates: M & W, 5:15-6:15 p.m.

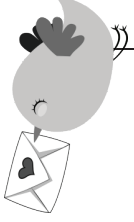
Move To The Music: T & Th, 10-11 a.m.


Tai Chai: M & W, 10-11 a.m.

Nit-dash: T & Th, 5:30-6:30 p.m.  
(Dance Lets)



# February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 •Girls Group ⇒USDA	2 ⇒USDA	3 -Tribal Election Day -General Council Meeting
4 -Swearing In Ceremony	5 *Language Class *Rope/String making class ⇒USDA	6 ⇒USDA	7 •Trauma Support Group ⇒USDA	8	9	10 ♦Elders Council Meeting
11	12	13	14 <i>Happy Valentines Day</i>	15 •Girls Group	16 -Regular Tribal Council Meeting	17
18	19 <i>Tribal Offices Closed</i>	20	21 •Trauma Support Group	22 +Diabetes Luncheon	23	24
25	26 	27	28			

**For more information contact,**

- CARE Program 541-444-9680 ⇒USDA Program 541-444-8393
- ♦Elders Program 541-444-8261 - Admin. Building 541-444-2532
- \*Language Program 541-444-8320 +Clinic 541-444-1030

# Sunday Fun-Day February

Join us every Sunday in February  
for fun games and activities!

Activities will take place every Sunday from 10 a.m.-1p.m.  
Ages 2nd Grade + and family members are welcome to come and join.

\*Pick up and drop off available for Siletz Tribal/ Housing Resident Youth. Please contact me the Friday before the event before 4:30 p.m. if you need transportation.

- **Sunday Feb 4th** 10 a.m.-1 p.m.
- **Sunday Feb 11th** 10 a.m.-1 p.m.
- **Sunday Feb 18th** 10 a.m.-1 p.m.
- **Sunday Feb 25th** 10 a.m.-1 p.m.

**Location: Siletz Tribal Rec Center**

**Games:** Dodge ball, indoor soccer, baseball, mat ball,  
indoor hockey, ultimate football & board games.

**Other Activities:** Music, books, snacks and prizes.

Contact: Jeff Sweet 541-444-8207  
Sponsored by: CTSI Education & Youth Services

## Come to St. Patrick's Day Dinner in Logsdan

LOGSDEN, Ore. – The Logsdan Community Club invites members of the community to enjoy a St. Patrick's Day dinner on Saturday, March 10, at 6:30 p.m.

Corned beef and cabbage will be provided by the club. Desserts and side dishes are welcome. Wear green and bring your favorite leprechaun to enjoy dinner with old friends and new acquaintances.

The Logsdan Community Club is a non-profit 501 C-3 that donates a portion of its profits back to the community, including the Siletz Valley Volunteer Firefighters. Located at the junction of the Logsdan/Siletz Highway and Moonshine Park Road, the Logsdan Community Center is situated on a historic site where the local school once stood.

For more information, contact Teresa Simmons at 541-557-1695 or e-mail logsden1@gmail.com.

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Siletz, OR 97380-0549

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