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.

March 2020

Winter weather hampering your fitness goals?

Do you want to walk without getting wet?

Join **walking groups** at the Siletz Recreation Center **every Thursday at 10:00 a.m.**

for a free group walk!

And if you feel a little more fiery,

you can run instead!

Welcome New CTSI Employees

Bensell Breon Jr. – Administrative Support Clerk
Misti Warren – Business Office Clerk
Katrina Hudson – Web Content Specialist
Kimberlee Thomas - Bookkeeper I (Payroll & 401k)
Jesse Boe – IT Systems Administrator
Jeffrey Green – Transportation Coordinator

Thank you for joining our team!

Siletz Tribal Easter Egg Hunt!
Saturday 4/11/2020
Siletz Tribal Community Center
Outside grounds

The Easter egg hunt starts promptly at 10 a.m.

Meet the Easter Bunny!

Age groups: 0-4 yrs. | 5-8 yrs. | 9-13 yrs.

Sponsored by: C.T.S.I. Culture and Education Departments
Contact: Buddy Lane - Cultural Education Director at 541-444-8320
Alissa Lane-Keene – Education Specialist at 541-444-8373

JOM AND/OR Tribal Housing Resident Youth

Spring Break 2020

Monday, March 23
- **Event: Splash Water Park**
- **Depart: CTSI Recreation Center**
- **Time: Leave Rec at 9:30 a.m.**
- **Return: Approximately 5 p.m.**
Swim from 12 p.m. – 2:30 p.m.
*See detailed flyer for more info.

Tuesday, March 24
- **Event: Toledo Clay Works**
- **Depart: CTSI Recreation Center**
- **Time: 10:40 a.m.**
- **Return: Approximately 12:45 p.m.**
Paint from 11 a.m. – 12:30 p.m.
Must be pre-registered by March 18.
15 youth maximum.

Wednesday, March 25
- **Event: Toledo Clay Works**
- **Depart: CTSI Recreation Center**
- **Time: 10:40 a.m.**
- **Return: Approximately 12:45pm**
Paint Time from 11 a.m. – 12:30 p.m.
Must be pre-registered by March 18.
15 youth maximum.

Thursday, March 26
- **Event: Defy Eugene Trampoline Park**
- **Depart: CTSI Recreation Center @**
- **Time: 7:30 a.m.**
- **Return Home Approximately 2:30 p.m.**
Jump from 10 a.m. – 12 p.m.
*See detailed flyer for more info.

Friday, March 27
- **Event: Rec Games w/crafts and snacks w/ Kathy from Healthy Trations**
- **Location: CTSI Recreation Center**
- **Time: 11 a.m. – 2 p.m.**
*Snacks Provided

Contact
Jeff Sweet 541-444-8207

Sponsored by,
CTSI Youth Services,
Education, Housing, Diabetes,
Healthy Traditions, 477/SSP
and Behavioral Health

Enjoy Your SPRING BREAK

Game Night

Ages: 8-12 · Wednesdays
Siletz Library: 4-6 p.m.

Open to the community. Interactive games, crafts, outdoor sports and play, snacks, friends and fun!

For more info call Jacob Reid 541-444-9659

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Language Class - Siletz Culture Craft Night - Siletz USDA Distribution - Siletz	3 USDA Distribution - Siletz Dental Walk-In Day Community Health - Siletz Swim	4 Trauma Support Group Youth Game Night USDA Distribution - Siletz CEDARR	5 LGBTQ Safe Space Pow-Wow Dance Class USDA Distribution - Siletz	6 USDA Distribution - Siletz	7
8 *Spring Forward!*	9	10 Community Health - Siletz Swim	11 CEDARR Trauma Support Group Youth Game Night	12 Pow-Wow Dance Class LGBTQ Safe Space	13	14
15 STEP - Fish hatchery meeting	16	17 Community Health - Siletz Swim Dental Walk-In Day *St. Patrick's Day*	18 Trauma Support Group Youth Game Night	19 Pow-Wow Dance Class LGBTQ Safe Space	20	21 Round Dance
22	23 Spring Break - Splash Water Park	24 Community Health - Siletz Swim Spring Break - Toledo Clay Works	25 Trauma Support Group Youth Game Night Spring Break - Toledo Clay Wroks	26 Pow-Wow Dance Class LGBTQ Safe Space Wellness Luncheon Optometry Walk-In Day Spring Break - Defy Eugene Trampoline Park	27 Spring Break - Rec Games & Crafts	28
29	30	31 Community Health - Siletz Swim Dental Walk-In Day				

Cooking Matters - Teen Class — (spanning Tue 10 through Thu 12 and Tue 17 through Thu 19)

Youth Digital Storytelling Workshop — (spanning Tue 24 through Thu 26)

Sexual Assault
Awareness Month
April 2020

Mondays: 1:30-5pm Siletz Clinic Yurt
Apron Making - please contact Jen Metcalf if you are interested in getting on the list 444-9615
Siletz Clinic Yurt

Teal Tuesdays
Wear teal every Tuesday for your chance to win a raffle prize!

Shawl Making: April 2, 16 & 30, 4pm-6pm
Help the CARE Program make shawls as part of the Red Shawl Project these shawls will become part of the CARE Program & used by dancers to honor Missing & Murdered Indigenous Women
Siletz Clinic Shell Room

Ribbon Skirt Making: April 8, 10am-2pm
Learn to make ribbon skirts with the CARE Program
Siletz Clinic Shell Room

Women's Talking Circle: April 8, 5:30pm
Join the CARE Program in gathering together for a women's talking circle
Siletz Clinic Yurt

Beading: April 9 & 23, 4pm-6pm
Learn to bead red dress earrings to wear in support of Missing & Murdered Indigenous Women
Siletz Clinic Shell Room

I Believe Survivors 5K: April 18, 10am
Show the Siletz Community that you believe and support survivors of sexual assault
Siletz Fitness Center

Ribbon Skirt Making: April 22, 5pm-7pm
Learn to make ribbon skirts with the CARE Program
Siletz Clinic Shell Room

Women's Sweat: April 29, 5:30pm
Dinner to follow

Denim Day: April 29 all day
Wear denim to work to show your support for survivors

For more information please contact the Siletz CARE Program: (541) 444-9680

Duu Lhlan Wee-ya'
P.O. Box 549
Siletz, OR 97380-0549