

TRIBAL PROGRAM NEWS

Spiritual Message to America

As we stand before the dawn of a new millennium, we pray for America's survival, our survival. We pray that we will be given strength by the Creator to follow the footsteps of our forefathers – to share our love, respect, and compassion for one another. There is good in everyone because our Creator has put a little of himself in all of us.

We pray for forgiveness for the pain and suffering we have caused one another. We pray that our children will not repeat our mistakes.

We pray that we can respect the diversity of America. All life is sacred. Every child born is a precious gift of our Creator.

It is our sacred trust to embrace children from all walks of life because we are part of the same family.

We pray that children will honor and respect their elders. That is where the wisdom comes from. This respect will not allow forgotten elders.

We are all equal, with each having our own special gift to contribute. These values allow our youths to become leaders and workers in our society.

Children: You are our future and our hope for the people. Stand and be courageous.

We pray to learn and use the wisdom of all that has come before us to achieve personal successes and to contribute to those of others. Only when our young ones learn respect for everything can they evolve.

We pray for respect and love of Mother Earth, because she is the foundation of human survival.

We must keep her pollution free for those who will travel after us. Protect her water, air, soil, trees, forests, plants, and animals.

Do not just take and waste resources. Make it a priority to conserve. The land is given to us by the Creator to care for, not to own. If we take care of the land, the land will take care of us.

We should have respect for each other. We pray for commitment and responsible behavior in order to help those in need and to give them support and friendship. Be an example in life that others may follow. Serve people, community, and country.

We should all strive to be a leader and contributor. Do not sit back and let others plan and do all the thinking.

Let us unite together so that we may have the strength to protect our future. Strength comes from working through trials and tribulations.

Spiritual health is the key to holistic health. We pray to have the discipline to set healthy examples for our children to follow. Respecting everyone and everything in the universe starts with self-respect. Take time to listen and take care of your body and spirit.

Family is important and precious. Always let them know they are loved. Let your children and grandchildren know you are always there to love and support them, and that they mean the world to you no matter what they do or say. Children are of infinite value.

Live what you teach. Spiritual values, honesty, and integrity start in the home.

We pray for the youth. We must teach the youth to work together and respect all that is living on our Mother Earth. We need to convey to our younger generations that the survival of our people lies in the spirituality.

We pray to learn ways to settle differences peacefully. Teach respect for each other's ideas. Value honesty on all levels, from children to parents to communities to governments. We will be happy when we create peace with each other.

And to the seventh generation:

Survive. Keep hopes and dreams. Take care of yourself. Remember your spirit. Be there for each other. Respect courage. Share knowledge. Always keep learning. Remember your true values.

Welcome to the Prevention Dimension

Shu'-yi'de-ghayt-nin'sh

Shu'-yi-de-ghayt-nin'sh means "We are getting well." Shu' (sounds like "shoe"), yi ("i" long "e" sound), de (short "e" like in "den"), ghayt (sounds like "kite"), nin'sh (long "e").

The articles and information you see here are a way to increase communication and share information, knowledge, and humor. We welcome questions, suggestions, and artwork from youth age 12 to 17.

Please contact Lisa Brown at 1-800-922-1399, ext. 238, or 541-444-8238 if you have articles or information for the next issue of Siletz News. Special thanks to the Umatilla Recreation Department for Jiselle Halfmoon's article.

**Town Hall Meeting
State Capitol, Salem
Oct. 23, 4 to 6 p.m.**

Topic: Underage Drinking

We would like to invite you to participate in a gathering at the state capitol. A group of tribal elders and community members plan to travel to support the youth who attended a national MADD conference in Washington, D.C.

Please contact Lisa Brown if you would like help with educating our community or have ideas to enhance the awareness of this topic.

Wellbriety Walk a Success!

Special thanks to all the people who participated in the Wellbriety Walk and dinner. Forty people came together to learn about the concept of wellbriety.

Tribal programs staff participated and provided information. Linda Kreutzer provided details about dental wellness, Danelle Zosel-Sanderson discussed tobacco prevention, A&D staff offered information about alcohol/drug prevention and sobriety, and Ursela Marinelli of the

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