

TRIBAL PROGRAM NEWS

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" is a long "a" sound)
de (short "e" like in "den")
ghayt (sounds like "kite")
nin'sh (long "e")

The articles and information you see here are offered as 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 541-444-8286 to turn in articles or information that may be printed in an upcoming issue of Siletz News. You also may e-mail documents of interest to lisab@ctsi.nsn.us.

Walt's Words of Wit and Wisdom

Well here it is nice and cool again. About 12 years ago close to this time of year, we first started having sweats at Logsdon.

We were going to have a workshop with Eddie Bellerose. He had been doing local workshops for many years, but this was the second for me in Siletz. During the first, I was working for Lincoln County and happened to walk through the community center. I heard him talking about how AA people have a lingo that other AA members understand, so I walked over and spoke with him for awhile. He convinced me against my better judgment to attend the workshop. I tried to convince him that I worked nights and needed my rest and all that good stuff, but he was not open to all my rational alibis.

That was the beginning of my getting involved with any type of cultural things. As time went on, I volunteered with Janet to do AA stuff. Eddie came back that year and Janet suggested that we have a sweat. Well good 'nuff, but how does one make a sweat lodge? Well, Kevin knows how. I don't know if Kevin did or not, but we built one. It took maybe 45 minutes (didn't last much longer, either). Then I think Janet and George built one for the women.

Now before anything great happened, I was hired as a counselor. The workshop started. We had a sweat. Now a big problem arose. How does one sweat? What does one do? A 7-year-old boy who had been sweating for some time was there with his mother, Karen Timentwa. He was the sweat elder; he led the sweat.

I think we held a sweat each day of the workshop, the men in one and the women in the other. Dang, they were hot. We were using 12 to 16 rocks. We went through maybe six or eight sweat lodges that year. Eddie came the following year and said that someone needed to show us how to build a lodge. He didn't normally do it, but said that since no one here seemed interested in teaching us, he would. OK, I have it all on video.

We went to the lodge site that was on my sister's property and he proceeded to show us how. Now, instead of 45 minutes, it took eight hours for Eddie, Frank Petersen, and me to build it. We build lodges the

(See Walt on page 21)

Resources for Youth

Freevibe Web Site – www.freevibe.com is an interactive teen-targeted Web media campaign with support from Sony Pictures Digital Entertainment.

National Youth Crisis Hotline – 1-800-422-HOPE (4673). Operates 24 hours, seven days a week.

Boys Town Crisis Line – 1-800-448-3000 or 1-800-448-1833 (TDD). Provides short-term crisis intervention, counseling, and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week.

Covenant House Hotline – 1-800-999-9999. Crisis line for youth, teens, and families. Gives callers locally based referrals throughout the United States. Provides help for youth and parents regarding drugs, abuse, homelessness, runaway children, and message relays. Operates 24 hours, seven days a week.

Alateen – 1-800-344-2666 (national worldwide meetings phone number). Alateen is a fellowship of young Al-Anon members, usually teen-agers, whose lives have been affected by someone else's drinking.

"My Anti-Drug"

In collaboration with the White House Office of National Drug Control Policy, we encourage kids to stay drug free. "My Anti-Drug" is a drug prevention initiative that allows young people to express their alternatives to drug use:

Youth are encouraged to answer a simple, provocative question: "What's your anti-drug?" What's in it for kids? You can be part of an historic nationwide movement that could change the way all kids think about drugs forever. Plus, you could become famous! If your entry is chosen, it might be considered for a national TV public service announcement or for use on the Web site.

How do youth participate? By writing your "anti-drug" on a 4"x6" postcard, or submitting an anonymous entry at www.WhatsYourAntiDrug.com.

Youth can anonymously submit their "anti-drug" either through the mail to Siletz Tribal Prevention Program, 565 Old River Road, P.O. Box 549, Siletz, OR 97380; fax at 541-444-8280; or e-mail at lisab@ctsi.nsn.us. "My Voice Postcard" is available at the Siletz Tribal administration building located at 201 SE Swan Ave.

You also may write, sing, record, draw, paint, or film your message, **provided you receive parental consent and include the written consent with your submission.**

Your participation will be bolstered by a massive, national awareness campaign aimed at reaching youth wherever they hang out – movie theaters, playgrounds, basketball courts, at home, at malls, and on the Web. Ads will appear in entertainment, music, sports, and youth-targeted publications, as well as on television, radio, and the Internet – all designed to motivate kids to identify their anti-drugs. The result will receive nationwide exposure and give kids a national forum to share ideas.

Together as a community, we can find ways to better youth development and provide a positive and healthy atmosphere for the generations to come. Questions or comments? Contact Lisa Brown or Rusty Butler at 1-800-922-1399, ext. 238, or 541-444-8286.