

Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and
Women's Transitional

Siletz: 1-800-600-5599 or 541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

Announcement

On March 10, the Alcohol and Drug Program staff will have a Ropes Course day for current clients and alumni. To find out more, call 1-800-600-5599 or 541-444-8286.

Tribal Members Invited to Training on "Fish Toxics"

The Natural Resources Department of the Confederated Tribes of Siletz Indians of Oregon recently received a grant from the Oregon Department of Human Services to conduct staff training sessions on the impact of fish toxics on tribal health. **Tribal members are invited to attend one of these two-hour trainings at Chemawa Indian School in Salem, Ore., on March 15, either at 10 a.m. or 1 p.m.** Chemawa is located at 3700 Chemawa Road NE.

The training sessions are intended to pull together environmental and health employees as well as tribal educators to provide information on the state of the Portland Harbor Superfund

Site, risks to tribal members who fish the Willamette River, and fish preparation methods to reduce human exposure to toxics.

A panel of ODHS, EPA, and tribal professionals will make PowerPoint presentations, answer questions, and distribute materials. In turn, training coordinators ask that the attendees share the information presented at the training sessions with their co-workers, clients, and students.

To reserve a spot in one of the training sessions, contact Tom Downey, environmental protection, at 541-444-8226 or 1-800-922-1399, ext. 1226.

Siletz Spring Basketball Tournament

March 19-21, 2004 – Siletz Valley School – Big Gym
Co-Ed Format (4 girls, 4 boys)

Three brackets – four teams in each bracket – Grades: 4th, 5th, and 6th; 7th, 8th, and 9th; 10th, 11th, and 12th

Each bracket will award:

1st – eight hooded sweatshirts and trophy

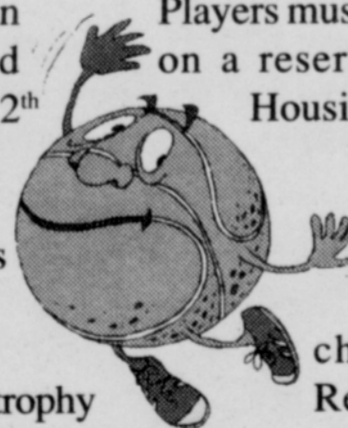
2nd – eight jerseys and trophy

3rd – eight long sleeve t-shirts and trophy

One MVP – v-neck pullover and trophy; plus five All-Stars – sport bag and trophy

One Team Sportsmanship Award

The tournament is sponsored by the Resident Organization, Siletz Tribe.



Players must be of Indian decent or live on a reservation or live in Indian Housing to be player eligible.

First four entry fees paid qualify – entry fee \$150.

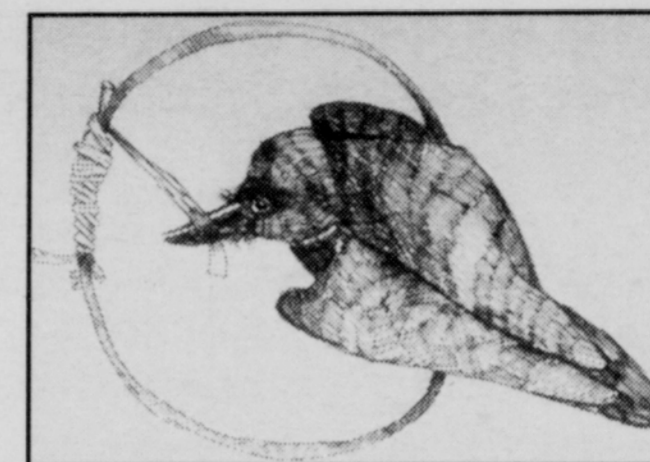
Make payments by money order or cashier check payable to Siletz Resident Organization and mail to Siletz Tribal Housing Department, P.O. Box 549, Siletz, OR 97380.

For more information, call Tamara Morrow at 1-800-922-1399, ext. 1259, or 541-444-8259; or Shannon Case at ext. 1646, or 541-444-9646.

Ask Raven

The following is the first of a monthly column featuring Raven, who will answer your questions about problems associated with alcohol, tobacco, and other drugs.

Look for boxes in tribal offices with Raven's picture. You can leave your questions for Raven in these boxes. Those questions suitable for the newsletter will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.



required to keep everything that is told to them confidential. The only time that they can give out information is if you give them written permission.

There are exceptions to these laws. One has to do with child abuse. If a counselor is told about child abuse, he/she is required to report that abuse so that it will not continue to happen. It's important that you feel free to talk with someone you trust about the things that are bothering you. Please contact someone soon at A&D Program and he/she will give you more information about confidentiality laws.

Dear Raven: My parents are so strict because they worry I'll use drugs. I think they probably tried it when they were young, but I'm afraid they won't tell me the truth if I ask them. What should I do? Signed, 15 and Bored

Dear Bored: This might be a question that's hard for your parents to answer. It's okay to ask them. If they aren't comfortable talking with you about it, they may be waiting for you to get older. Be patient and ask again later.

If they choose to share their story with you, listen respectfully. Even if you find out that your parents used to use alcohol or other drugs, that would not be an excuse for you to use them now. You have the power within to make healthy choices for yourself.

I encourage you to communicate your drug-free and other responsible choices to your parents. As you do, they might begin to feel more comfortable giving you the freedom you're looking for. There are lots of things to do that will help you with boredom. Call Crista and she can tell you about them, 541-444-8267 or 1-800-600-5599.

I'm glad you wrote to me. Let me know how it goes when you talk to your parents.

Dear Raven: How long does it take for marijuana to leave a person's system? Signed, Worried

Dear Worried: It depends on how much and how long you have been using marijuana. For light smokers, it usually will take one to three days and for heavy smokers, it will take 10 to 21 days. For others, it's somewhere in between.

This is a good time for you to quit. Talk to a counselor or a friend who's drug-free. It helps to have lots of support.

Dear Raven: I've been wanting to talk to a counselor about my problem, but I'm afraid people will find out. What should I do? Signed, Mouse

Dear Mouse: There are laws to protect your privacy. All counselors are

Tribal Veterans Memorial

The Veterans Memorial located in the Paul Washington Cemetery on Government Hill in Siletz, Ore., will be updated with tribal veterans names this spring.

If you're a tribal member who has served in the United States Armed Forces and would like your name engraved on the Veterans Memorial, please submit your name, branch of service, and tribal roll number to: Darlene Carkhuff, Confederated Tribes of Siletz Indians of Oregon, P.O. Box 549, Siletz, OR 97380, or 541-444-8201 or 1-800-922-1399, ext. 1201.

Deadline: March 31, 2004