

## Empowerment

by Crista Whittington

Remember, the more "assets" you have, the likelier your young ones will grow up making healthy choices free from alcohol and other drugs. Last month, I talked about the six assets that describe **support**; the second set is four assets around **empowerment**.

A great example comes to mind for me. I personally felt the collective power of the Siletz people as I joined others who ran with the staff on the 10<sup>th</sup> Annual Run to the Rogue in September.

The day before RTR started, I found out that they needed runners to help get through the Cape Creek Tunnel past Yachats before it was closed by road construction. Then later again that night, on an "uphill-middle-of-the-night" section done previously by a recently deceased tribal member, I appreciated and felt supported by all the honks, waves, water, and words of encouragement along the way. It made the pain in my knees, the thirst, and tiredness all worth it.

It was an honor to participate because I was contributing to something larger than myself. I know I share this sentiment with all who have and will run and walk in RTR because of the supportive efforts of many, a community of people remembering and re-living a tragic horrific time was spiritually transformed into an empowering experience. (And yes, we got through the tunnel with time to spare!)

**When one feels supported, it allows one to find the power within and be empowered to accept the next challenge life gives you.** As American Indian people, you are living in a time of increased support from your tribe. As a self-governing people, you are growing your collective power in each supportive and empowering act you do for your neighbors and your own children.

**Whether you are young or old, parent or child, look at the list below and see what you are thankful for and how you could be more empowered!** Working to make any one of these a reality is truly a great gift to give yourself and the young ones in your life.

Some of these "assets" are choices you make and some are circumstances

you have less control over. Keep in mind the Serenity Prayer as you read these, and say "thanks" to each other and to the youth in your life.

**God grant me the serenity  
to accept the things I  
cannot change  
The courage to change the  
things I can  
And the wisdom to know  
the difference.**

7. My Community Values Youth – I perceive adults in my community valuing youth.

8. Youth as Resource – Young people are given useful roles in the community.

9. Service to Others – As a young person, I serve the community one or more hours per week.

10. Safety – As a young person, I feel safe at home, school, and in the neighborhood.

If you would like to become involved as a participant or volunteer in Siletz Tribal Prevention efforts, contact Delina John or myself at 541-444-8267 or 1-800-600-5599.



## CTSI Jobs

### CTSI Employment Job Line

541-444-8296 or  
1-800-922-1399,  
ext. 1296

Visit our Web site at  
<http://ctsi.nsn.us>

**Note:** "Open Until Filled" vacancies may close at any time. The tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

## Sufficool Named Business Counselor at STBC

Rosie Sufficool has joined the Siletz Tribal Business Corporation as the new business information counselor.

Rosie can help tribal members with such things as researching new businesses, developing the potential of a business, obtaining and analyzing market research, developing a business plan, and securing financing.

She works with both new and existing businesses.

"I want to help people learn for themselves what they need to know," says Rosie. "We can talk over their ideas of what they perceive their business to be, look for comparable businesses in the area, and what skills are necessary to succeed."

Rosie is located at the STBC offices, 2120 NW 44<sup>th</sup> St., Suite D, in Lincoln



Rosie Sufficool

City, Ore. She can be reached at 541-994-2142; fax 541-994-5142; or e-mail at [rsufficool@stbcorp.com](mailto:rsufficool@stbcorp.com).

Her office hours are Tuesdays and Wednesdays from 8 a.m. to 5 p.m., and Thursdays from 8 a.m. to noon.

## SVS Students of the Month

Siletz Valley School has announced the Students of the Month for October. On the first Monday of every month, students are recognized at our morning assembly for attendance, academic achievements, citizenship, and positive behavior. Based on performance, teachers nominated the following students:

- K Illeana Blacketer, Samuel Imbler-Bremner, Anita Jo Knott, William Whitehead  
1<sup>st</sup> Ellie Fox-Ward, Skyler Larson, Frankie Rilatos  
2<sup>nd</sup> Anna Hendrix, Anthony Moore  
3<sup>rd</sup> Crissy Joe Perkins, San Poil Whitehead  
4<sup>th</sup> Danielle Clark, Jeff Paul  
6<sup>th</sup> Derek Frame, Nicole Oliphant  
7<sup>th</sup> Cheyenne Varner, Tim Lindstrom  
8<sup>th</sup> Jennifer Easter, James Nelson

### PE

- K Bobby Butler, Felisha Chavez  
1<sup>st</sup> Frankie Rilatos, Kateri Whitehead  
2<sup>nd</sup> Anthony Moore, Britany Robertson  
3<sup>rd</sup> Logan Butler, Samantha Messer  
4<sup>th</sup> Danielle Clark, John Pullam  
5<sup>th</sup> Kiesha Bremner, Jordan Young  
6<sup>th</sup> Aaron Wawrak, Tyrie Westbrook  
7<sup>th</sup> Tristan (T-Man) Metcalf, Chelsea Wawrak  
8<sup>th</sup> Tabietha Little, James Nelson

## Thanks to our Volunteers

We would like to recognize Darla Grove, Annette Merrett, Mary Parker, Candy Spelbrink, and Kris Whitehead for volunteering numerous hours to our classes during October, and the rest of our volunteers. Without them, we would not have been able to reach 319 volunteer hours for that month.

We also would like to give a big thank you to the local businesses that continue to support our school and students: Little Chief Restaurant, Noel's Market, Sweet River Corner Café, and Siletz Gas & Mini-Mart. They have agreed to donate ice cream, hot dogs, corn dogs, soft drinks, or hot cocoa certificates for the rest of the school year. We raffle the certificates during the Student of the Month ceremonies as an incentive for the students.

The Siletz Tribal Charitable Contribution Fund awarded \$50,000 to Siletz Valley School to help defray operational costs for the 2004-2005 school year. This much-needed funding is greatly appreciated by the students and staff and we thank you for your generosity in supporting our school.