

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

TLC Attitudes of Gratitude

Despite the fact that as I write it's pouring rain, I have to be grateful for that "liquid sunshine," Western Oregon's specialty! When it lasts too long, I sure get tired of it, but with the rainfall index behind this year, this helps catch up.

We all do like the green we see, or a river high enough to fish in, wells that don't run dry before summer's end, and reduced fire danger. It keeps the vegetation lush up here at A&D/TLC.

Those rhododendrons and azaleas planted last summer **all** survived! Most are in bloom or showing color right now. By the time this is printed, there may be a few blossoms left.

The huge transplants from Newport are a marvel! Not only did they survive being transplanted at the worst time of year, all three are covered with buds and blooms!

Again, I have to thank Sam, Dell, and Joe for their hard labor and Mark for his persistent watering! These youth have made a difference with their work, the evidence of which will increase in size and beauty for years to come.

This past month, donors bless us with needed and nice items. Mary Parker pro-

vided two much-needed Farberware saucepans with lids, food storage containers, and other kitchenware. Janet Cominsky donated nail brushes and bath supplies.

Lynn Whitlow spruced up the bathroom with coordinating vanity accessories. Debbie Boardman of Toledo Florist passed on some very nice clothing and Dorothy Chandler provided a variety of cleaning supplies.

We host a Women's Talking Circle each and every month on the second Wednesday. All women in recovery are encouraged to participate. We begin with a potluck dinner at 5:45 p.m. and continue with the Talking Circle at 6:30 p.m.

We continue to appreciate our volunteers: Jackie Ashley, Alice McCain, Jen Metcalf, Joan Hartung, Denise Riding In, Carrie White, Lisa Brown, Crista Whittington, and Selene Rilatos.

If you are a clean and sober woman who wants to give back to your community, volunteering with TLC can be a very rewarding experience. Call Lynn Whitlow at 541-444-8238 or 1-800-922-1399, ext. 1238, if you would like to become a volunteer or donate to the TLC.

June USDA Distribution Dates

Siletz

Wednesday, June 1	9 a.m. - 3 p.m.
Thursday, June 2	9 a.m. - 3 p.m.
Friday, June 3	9 a.m. - 3 p.m.
Monday, June 6	9 a.m. - 3 p.m.

Salem

Monday, June 13	1:30 p.m. - 7 p.m.
Tuesday, June 14	9 a.m. - 7 p.m.
Wednesday, June 15	9 a.m. - 5 p.m.

Please note the change in distribution dates for the Siletz warehouse. It will be a very busy month for USDA staff, so please make every attempt to keep your scheduled appointments.

May 30 is Memorial Day and the USDA office will be closed. May 31 is our end-of-the-month report day, so we will begin distribution June 1 and go into the next week.

June 13 begins our Salem distribution and on June 20, staff will attend the National Conference of Food Distribution Programs on Indian Reservations (NAFDPIR) in Rapid City, S.D.

We would like to welcome Alan Butler to our Salem warehouse. He began working with us in April. He has been a great addition and is a very hard worker. Thank you to Ron Hudson for placing him with us. Happy meals!

Nu-wee-ya'

(our words)

Introduction to the
Athabaskan Language
Open to tribal members of all ages

Siletz

Siletz Tribal Community Center
June 1 - 6 p.m. to 8 p.m.
July 14 - 6 p.m. to 8 p.m.

Portland

Portland Area Office
June 2 - 6 p.m. to 8 p.m.
July 6 - 6 p.m. to 8 p.m.

Salem

Salem Area Office
June 7 - 6 p.m. to 8 p.m.
July 12 - 6 p.m. to 8 p.m.

Eugene

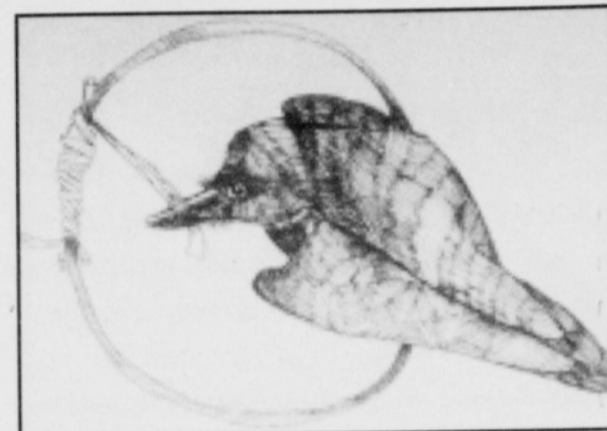
Eugene Area Office
June 6 - 6 p.m. to 8 p.m.
July 11 - 6 p.m. to 8 p.m.

Tribal members who need help on cultural projects should contact the Siletz Culture Department. We can assist you prior to the language classes.

For more information, contact Bud Lane at the Siletz Culture Department at 541-444-8320 or 1-800-922-1399, ext. 1320; or e-mail budl@ctsi.nsn.us.

Ask Raven

Raven 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 Siletz News will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.



all of them, but everyone will experience some of them:

Dear Raven: Why are people so worried about marijuana? It's natural. It's calming and really doesn't hurt anyone. Herbie

Dear Herbie: There are scientific facts about the risks and harms of marijuana, or THC, so I'm glad you asked this question. Here is some information for you:

- Regular marijuana users have shortened attention spans, decreased energy and ambition, lack of judgment, are easily distracted, and have difficulty communicating and relating to others. Doctors call these symptoms "amotivational syndrome."
- Regular marijuana use can lead to breathing problems and greater exposure to cancerous chemicals than from tobacco. In fact, one marijuana cigarette can deliver four times as much cancer-causing tar as one tobacco cigarette.

With this information, imagine how marijuana use interferes with school, work, developing a career, parenting, other relationships, and lung health.

If this information causes you to think about quitting marijuana use, I hope you will give it a try. Set a quit date and let others know so they can support your decision.

Your detoxification time will depend on how much and how often you use marijuana. Here are retention times so you will have an idea about how long marijuana will stay in your system:

- Light Smoker: 1-3 days
- Moderate Use (4 times a week): 3-5 days
- Heavy Smoker (daily): 10 days
- Heavy, chronic use (5+ joints a day): 10-21+ days
- Oral ingestion: 1-5 days

Although the major effects of marijuana only last four to six hours after smoking, the withdrawal is more drawn out because most of the THC is retained in the body's fat cells. These withdrawal effects will appear only after a period of abstinence. Not everyone will experience

- Anger, irritability, and aggression
- Aches, pains, and chills
- Depression
- Inability to concentrate
- Slight tremors (shakes)
- Sleep disturbance
- Decreased appetite
- Sweating
- Craving

Another important thing marijuana users and those who associate with them need to know is that marijuana use affects a person's ability to drive. It impairs the ability to react properly to complex situations, induces drowsiness and impairs judgment, and appears in the blood and urine three to five times more frequently in fatal drivers than in the general population.

Herbie, if you set a quit date and find that you are not able to meet your goal of abstinence, call and discuss your experience with a counselor. Support can help a lot.

Thanks for writing to me and take care of yourself. Raven

ATOD, Youth Delinquency Prevention

Parents, if you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina or Crista at 1-800-600-5599 or 541-444-8286.

One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They will help you develop a prevention plan that will support you as a parent and provide your child with support for making good choices.

Male Volunteers Needed

Men! We still need adult male volunteers, even once a year, to chaperone a youth prevention activity. Please contact us if you have any interest!

Meth Task Force Meeting

June 7, 2005 - Noon

Siletz Tribal Housing Department Conference Room

The Meth Task Force is open to all community members, youth, and adults. We know that a lot of people are concerned about the methamphetamine epidemic in this community. You can make a difference!

Please join us!

Evening meetings will start happening every other month, beginning in July.