

## Our Families

by Kelli Brugh, Youth Mental Health Specialist

*"If the family were a container, it would be a nest, an enduring nest, loosely woven, expansive, and open. If the family were a fruit, it would be an orange, a circle of sections, held together but separable – each segment distinct.*

*If the family were a boat, it would be a canoe that makes no progress unless everyone paddles. If the family were a sport, it would be baseball: a long, slow, non-violent game that is never over until the last out.*

*If the family were a building, it would be an old but solid structure that contains human history and appeals to those who see the carved moldings under all the plaster, the wide plank floors under the linoleum, – the possibilities."*

Letty Collin Pogrebin, *Family and Politics* (1983)

At the Healthy Relationships workshop at the first Siletz Tribal Youth Conference, I asked the participants who was their favorite Native American.

I thought this would prompt a discussion about the positive contributions and Native American role models to which our youth were exposed. To my delight, every youth identified a family member as his or her favorite Native American.

We are our children's role models. When we speak, they listen. But more importantly, when we act, they watch us. We probably will never be as central a person to anyone else in our lives as we are to our children.

It's an awesome responsibility and there will be times when most of us will question whether or not we have done the right things as parents. It's hard to know whether or not our children will leave our homes some 18 to 25 years later as healthy, well-adjusted, productive adults.

What can we do to help our children?

- Listen to them.
- Play with them.
- Set age-appropriate boundaries and limitations.
- Limit television and video game time.
- Ask and value their opinions.
- Eat together.
- Participate in activities that give back to the tribe or community.
- Participate as much as possible in school activities.
- Involve them in sports.
- Read to them or have them read to you.
- Create art.
- When possible, allow for natural consequences for acts/behavior.
- Have family meetings to discuss family members' successes or challenges, or do fun activities (i.e. game night, story time, movie night, etc.).
- Take care of yourself emotionally, physically, mentally, and spiritually.
- Get help when you need it.
- Set the example of expected behavior.

Numerous tribal activities and programs also are available to your family:

**Education:** Head Start/preschool, Culture Camp, Easter egg hunt, regalia making classes, cultural activities, Run to the Rogue, field trips, traditional arts and language classes, employment awareness and summer work experience placement, youth center activities, tutoring, advocacy, extra-curricular activities and school supplies assistance, financial aid workshops, higher education counseling and assistance, support for tribal activities involving youth, and community cleanup.

**Housing:** Helps families access and maintain affordable housing – low-rent apartments, Mutual Help homeownership, rental assistance, down payment assistance, Section 184 loan guarantee (to purchase, rehab, construct, or re-finance a home), rehabilitation construction of homes, handicap accessibility rehabilitation, and emergency assistance.

The Residents Organization sponsors various activities that include youth who reside in the tribe's low-rent or Mutual Help housing, including basketball tournaments, sponsorships for youth and cultural activities, community cleanup, and financial and staff support for tribal activities involving youth.

**Health:** General health and dental care for children and families; case management, advocacy, mental health assessments, and individual and/or family counseling; challenge/ropes course and recreational activities; support for tribal activities involving youth; liaison and treatment resource for court-involved youth; education and/or treatment resource to schools; and tobacco prevention and education.

**A&D:** Case management, advocacy, prevention activities, resource to schools, services to groups, parenting classes, wilderness and kayak/canoe activities, challenge/ropes course, annual Wellbriety celebration, recreational activities, juvenile crime prevention assessment and services, outpatient assessment and counseling, and MIP education/counseling.

For more information about services available in your area, contact your tribal office or the identified program.

Siletz Tribal summer internships for up to 10 college-level students are available. The internships are paid positions (TL-4) for nine weeks at 40 hours per week.

The internships are intended as a learning experience for the college student and assistance for project-specific activities of the departments in which they are placed. All current students will receive an application.

### Criteria for Selection

- Summer internships are limited to all enrolled Siletz Tribal members, with

## Enter the Siletz Tribal Action Network Logo Contest

**Goal:** To develop a logo for an exciting new training/work program, the Siletz Tribal Action Network (STAN)

**Process:** Conduct a contest open to all members of the Confederated Tribe of Siletz Indians who are interested in participating

### Rules:

1. All entries must be the original artwork of the person making the submission. Written documentation of the originality of the design will be required for participation in the contest.
2. Artists submitting original artwork must sign an agreement allowing the Siletz Tribal Action Network permanent use of the design.
3. The logo design must be in good taste and reflect a positive image that can be associated with the Confederated Tribe of Siletz Indians' Siletz Tribal Action Network.
4. Artists' logo submissions must be no larger than 4 inches by 5 inches in

size and can be done in any medium that can be reproduced effectively on signage, brochures, and related materials.

5. Artists submitting contest entries will be asked to supply their tribal enrollment number to verify their status as a Siletz Tribal member.

**Prizes:** 1<sup>st</sup> Prize – \$250, 2<sup>nd</sup> Prize – \$100, 3<sup>rd</sup> Prize – \$75

**Deadline** for submissions is Aug. 1, 2005.

**Selection process:** After carefully reviewing all submissions, logo selection will be made by members of the Siletz Tribal Business Corporation staff. They reserve the right to eliminate inappropriate submissions from consideration.

Winners will be notified no later than Sept. 1, 2005

Send submissions to Rosie Sufficool, Siletz Tribal Business Corporation, 2120 NW 44<sup>th</sup> St., Suite D, Lincoln City, OR 97367.

## Business And You!

by Rosie Sufficool, STBC Business Information Counselor

As a business information counselor, I'm often asked, "What kind of business should I open?" Or, "What kind of business do you think I would be good at?"

The answer isn't the same for everyone. There are all kinds of business opportunities out there and all kinds of entrepreneurs with varying levels of skills and professional expertise. A business opportunity that is right for you may or may not be right for someone else.

How can you determine the right business opportunity for you?

First of all, what do you like to do? Often, people can turn their hobby or something they love doing into a successful business. People are usually happier and more successful doing something they love or get great satisfaction from doing.

But that fact that you like doing something does not always guarantee business success.

For example, a person might say, "I like to cook, so I should own a restaurant." But what many would-be restaurant owners

fail to realize is that cooking at home for your family and friends is a lot different than cooking for several customers who all have varying tastes and expectations.

To find out what kind of business you are suited for, talk to people who own different types of businesses. Ask them what they like and dislike about the business they are in. Ask them how they got started and what they would do differently if they were starting again.

Use resources like the Internet and the library to help you research a variety of businesses that interest you. The more research and planning that you do before you open a business, the better chance you have for success!

For more information about how to research a business or if you have a question about business that you would like to have answered in this column, contact me at the Siletz Tribal Business Corporation – 1-877-564-7298 (toll-free), 541-994-2142, or rsufficool@stbcorp.net.

## Summer Tribal Internships Available

a preference for those students who are entering or have entered their third year of studies or above; or students required to fulfill a practicum or internship for graduation.

- Students must file an application by close of business June 17, 2005.
- Students will be hired on a temporary basis, not to exceed 360 hours or nine weeks total.
- All work developed by the intern becomes the property of the Siletz Tribe.

- Selection of interns will be based on a match probability between project availability and student's field of study.
- Interns will be subject to pre-employment UAs, criminal history checks, and other appropriate background checks based on placement.

Selections for the internships will be made during the week of June 20-24, with an expected start date of July 5, 2005.

Please mail applications to Summer Interns, CTSI, P.O. Box 549, Siletz, OR 97380-0549.