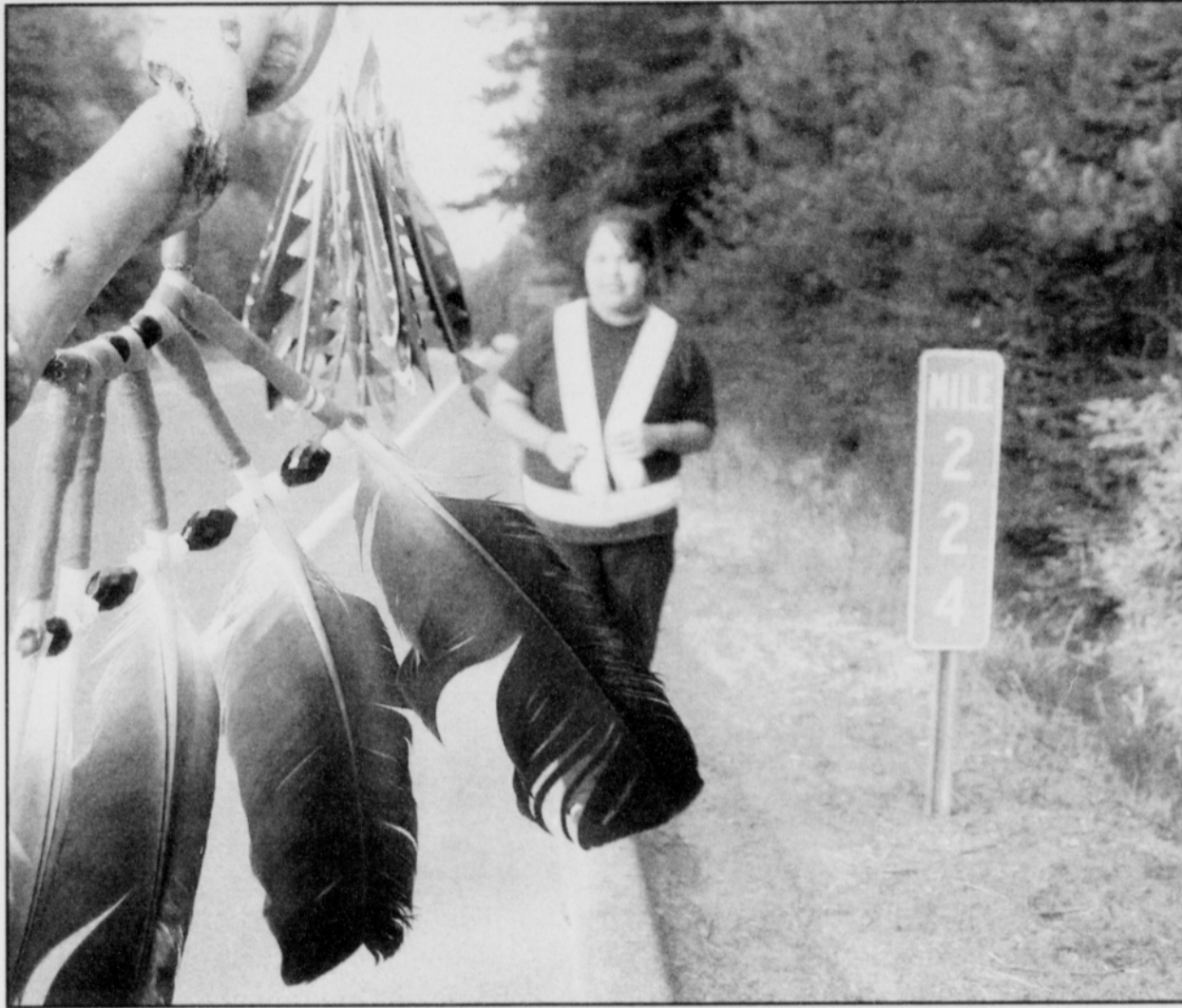


TRIBAL PROGRAM NEWS



Vanessa Jackson awaits the hand-off of the eagle staff.



Cova St. Onge and her daughter, Shish Shee-Ne



Gladys Bolton

Run to the Rogue XI

Right: Robert Kentta and Rosemary Landis

Right, below: A group of elders takes a break along the route.

Siletz News would like to thank Ann Goddard for the Run to the Rogue photos that appear in this issue.



TLC Attitudes of Gratitude

by Lynn Whitlow

It seems that just days ago I was writing this column for the October issue. When I was a child, it seemed like time was dragging its heels all the time and anticipated events were forever in coming.

Not so these days. We get so busy that days seem to blend together. Sometimes that is a good thing – if what we are doing is balanced activity – work and play, exertion and relaxation, healthy and positive.

Things can get out of balance very quickly, however. We get overwhelmed by doing too much, become stressed, get crabby and tired quickly. When we get worn down like that, it's so easy to snap at family, friends, and co-workers, so easy to feel unappreciated, so easy to make mistakes and unhealthy choices for ourselves.

When that happens, we need to step back and take a look at what we are doing and/or **not** doing for ourselves. Grandpa Walt Klamath says we need to take care of ourselves first because if we don't, we can't help anyone else. He is totally right on this one!

Walter is someone I definitely am grateful to and have great respect for. He got his wisdom by living life, listening to other teachers, by making mistakes and figuring them out – then **doing** something about it to not repeat those errors.

So taking a cue from Walt – if you feel overwhelmed and stressed out, stop and think about what is happening in your

life that could be the cause. Then make some other choices.

Cut or alter an activity, call a trusted friend, take a day for yourself, pray, go to the sweat lodge, get a physical, or go see a counselor. Take care of yourself.

Get grateful again – for life and what it brings your way. Then reach out and pass that attitude of gratitude on to someone else. Keep it going.

At TLC, I continue to find things to be grateful for all the time. I love to see personal growth in residents, am so glad there is a safe drug-free place for women to transition into the community from, so appreciative of our faithful volunteers.

Thank you to Elizabeth Kosydar, Alice McCain, Jackie Ashley, and Joan Hartung for being here to serve the TLC and its residents. I am grateful and excited about training some new volunteers in the very near future to fill in some service gaps. The more, the merrier.

We are grateful to the Tribal Council for recognizing some needs at TLC and approving solutions to meet those needs. Thank you, thank you, thank you!

Also, we at the TLC are appreciative of a community donor who provided a wonderful little "touch" lamp that we are using for a nightlight. You, literally, light up our life!

Please join me in looking for things to be thankful for this month, then continue into the next month, year, and beyond.

