

TRIBAL PROGRAM NEWS

TLC Attitudes of Gratitude

by Lynn Whitlow

Happy New Year!

I'm grateful to be greeting you in 2006 and facing whatever challenges and joys the new year brings. I decided a long time ago that New Year's resolutions are made to be broken, so I stopped making them.

On New Year's Day 2004, I attended Grandfather Walt's recovery sweat. Walt brought commitment sticks for those of us attending the sweat and talked with us about the responsibility attached to acceptance of the stick.

I treasure that commitment stick. I have it where I can see it every day and it reminds me to stick with whatever commitments I have made. It has worked much better than any resolution. Perhaps it's because that stick is a visual reminder of a promise I made. The important thing

is to ask yourself, "What is going to work for me?" Then go for it.

I have a heart of gratitude to and for everyone who helped make the past year a good one for the TLC.

I'm grateful for the volunteers who served our residents with the gift of their time; for the community members who donated items, food, clothing, and services; for Housing staff for physical improvements to house and grounds; to Tribal Council for approving funds for TLC needs; and to A&D staff for their support of TLC clients and myself.

Thank you to all of you and to anyone else I may have missed who made life better for our service and residents. The best to you!

Uncertified* List of Candidates

| Candidate | Roll # | Candidate | Roll # |
|--------------------|--------|-------------------------|--------|
| Lisa Brown | 1087 | Marita "Selene" Rilatos | 780 |
| Reginald M. Butler | 164 | Derek Simmons | 843 |
| Shannon L. Case | 188 | Franklin D. Simmons | 847 |
| Jessie Davis | 235 | George F. Siniscal | 867 |
| David R. Hatch | 387 | Darlene Smith | 871 |
| Amanda Jeter | 4643 | Cheryl Staggs-Ben | 82 |
| Jane I. John | 456 | Shirley Walker | 973 |
| JoAnn Miller | 661 | | |

*As of press time, the individuals listed above had filed to run for Tribal Council. A certified list of candidates will appear in the Tribal Voter's Pamphlet, which will be mailed to voters during the week of Jan. 2, 2006.



Election News

Tribal Council has appointed Christine Goodell, Lisa Norton, Stephanie Morrow, and Tina Retasket (alternate) to this year's Election Board.

They can be reached at 541-444-2532 or 1-800-922-1399; or by leaving a message on the election director's telephone at 541-444-8256 or 1-800-922-1399, ext. 1256. Dan VanOttten is this year's election director.

The deadlines for this year's election are listed below:

| | |
|------------------------------|--|
| 4 p.m., Dec. 21, 2005 | Deadline to file for candidacy |
| 4 p.m., Dec. 21, 2005 | Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet |
| 4 p.m., Dec. 26, 2005 | Deadline to withdraw name from candidacy and not have your name appear on the ballot |
| Week of Jan. 6, 2006 | Absentee ballots mailed out |
| 4 p.m., Jan. 27, 2006 | Deadline to request a mail-in ballot |
| 10 a.m.-4 p.m., Feb. 4, 2006 | In-Person Voting – Tribal Elections, Tribal Community Center, Siletz. Must bring photo ID to vote in person, no exceptions. |
| 4 p.m., Feb. 4, 2006 | Deadline for returning absentee ballots |

Candidate's Fair – Jan. 14, 2006 – 1 p.m.,
Tribal Council Chambers, Administration Building, Siletz

Signs and Symptoms of Teen Drinking and Drug Use

How can you tell if your child is using drugs or alcohol? It's difficult because changes in mood or attitudes, unusual temper outbursts, changes in sleeping habits, and changes in hobbies or other interests are common in teens. What should you look for?

Here is a watch list for parents:

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using "coded" language
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household

products); rags and paper bags are sometimes used as accessories

- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs – especially narcotics and mood stabilizers

You also can look for signs of depression, withdrawal, and carelessness with grooming or hostility. Also ask yourself, is your child doing well in school, getting along with friends, taking part in sports or other activities?

These changes often signal that something harmful is going on – and often that involves alcohol and/or other drugs. Be on the watch for these signs so you can spot trouble before it goes too far!

If this is something that you have been dealing with, I encourage you to seek help. For more information you can contact me, Delina John, prevention coordinator at the Siletz A&D Department, at 542-444-8267 or 1-800-600-5599.



Walt Klamath at the all-staff meeting in December

Walking On

Tribal Members Who Passed in 2005 Gone, But Not Forgotten

| | |
|---------------------------|-------------------------|
| Vern Gerald Belgarde | 10/25/1946 – 11/9/2005 |
| Linda (Flanary) Bennett | 10/8/1951 – 10/13/2005 |
| Bruce Butler III | 11/19/1945 – 10/14/2005 |
| Thomas Fred Courtwright | 5/25/1952 – 1/13/2005 |
| Emmett Cleland Douthit | 1/6/1922 – 7/29/2005 |
| Margery Evangeline Finley | 7/22/1912 – 2/17/2005 |
| Marvin Gilbert Jordan Sr. | 7/14/1931 – 9/24/2005 |
| Marsaida Marie Lee | 5/3/1953 – 2/5/2005 |
| Fredie Lamont McClintock | 9/23/1951 – 8/27/2005 |
| Karen (Powell) McCormick | 2/12/1939 – 10/10/2005 |
| Martha (Case) Moody | 10/27/1926 – 7/23/2005 |
| Carl Edwin Myrland | 11/16/1955 – 9/24/2005 |
| Anna (Brown) Sabin | 11/25/1952 – 9/11/2005 |
| Tyrone Roman Scott | 1/21/1977 – 1/22/2005 |
| Loney Dale Sondena | 4/19/1963 – 11/21/2005 |
| Timothy Damon Washington | 4/21/1965 – 8/2/2005 |