

## February USDA Distribution Dates

### Siletz

Wednesday, Feb. 1 9 a.m. – 3 p.m.  
 Thursday, Feb. 2 9 a.m. – 3 p.m.  
 Friday, Feb. 3 9 a.m. – 3 p.m.  
 Monday, Feb. 6 9 a.m. – 3 p.m.

### Salem

Tuesday, Feb. 21 9 a.m. – 7 p.m.  
 Wednesday, Feb. 22 9 a.m. – 5 p.m.  
 Thursday, Feb. 23 9 a.m. – 5 p.m.

If you would like to find out if you are eligible to receive USDA commodities, please call us at 1-800-922-1399 or 541-444-2532 and ask to speak to Kitti Hostler, USDA director, or Joyce Retherford, USDA clerk.

We hope you are eating nutritious and well-balanced meals.

Happy meals!



## Business and You!

by Rosie Sufficool, STBC Business Information Counselor

### Motivation – One of the Keys to Business Success

Are you motivated to succeed? If you are thinking about becoming an entrepreneur and opening your own business, you must be motivated!

According to Webster's dictionary, "Motivation is a strong desire or passion for doing something you want to do."

Without a strong passion about your business idea, the chances of your success are limited. If you aren't sure if you are motivated or not, answer these questions:

- Do you complete tasks in a timely manner?
- Is it important to you to meet deadlines?
- Are you willing to do what it takes to achieve your goal?
- Do you believe that you will be successful?

Positive responses to these questions usually indicate that you are a motivated individual. If you answered "no" to these questions, then you may want to spend a little more time thinking about going into business for yourself.

Becoming an entrepreneur and owning your own business can be a lot of hard work. It takes perseverance and motivation to keep yourself on track and focused.

Even if you have a great idea, financial resources, and the moral support of your family and friends, without personal motivation ... succeeding in business can be difficult.

So ask yourself, "Am I ready to give my all to my business? Am I motivated to succeed?"

If you are, contact me for help. Free business counseling services are provided to Siletz Tribal members and a business loan program is available.

## Business and You!

by Rosie Sufficool, STBC Business Information Counselor and S.T.A.N. Coordinator

### Don't be Afraid to Follow Your Dream!

How many times have you read about the development of a new business and thought to yourself, "I could do that?"

Most of us have dreams about things we would like to do, but "dreaming" and actually putting our ideas into action is the difference between becoming an "entrepreneur" and being someone who sits on the sidelines and regrets never trying.

There are many reasons that people don't try to make their dreams a reality. They can include:

- Fear of failure
- Limited financial resources
- Need for security
- Lack of confidence in their own abilities
- Lack of time

Even if these are valid reasons to be "skeptical" about following your dreams, the reality is that many people take a chance and become very successful small-business owners.

The key to turning your dreams into a reality is to thoroughly research your business idea and be as prepared as possible for any obstacles that may come your way.

The Small Business Program is here to help you. So if you have a business idea that you would like to explore, contact me and we can talk about it. You might be able to make your dream of owning a small business a reality. Don't be afraid to follow your dream!

For more information about the Small Business Program for Siletz Tribal members, call me at 541-994-2142 or (toll-free) 1-877-564-7298, or e-mail [rsufficool@stbcorp.net](mailto:rsufficool@stbcorp.net).

## S.T.A.N. Workshops Now Open to Tribal and Casino Employees

In response to many requests, the Siletz Tribal Action Network (S.T.A.N.) is now offering training workshops to employees of Chinook Winds Casino Resort and the Confederated Tribes of Siletz Indians.

Workshops also will be open to American Indians living in the area who are not Siletz Tribal members.

There will be a \$10 charge per workshop for all participants who are not Siletz Tribal members.

S.T.A.N. workshops offer a wide variety of professional and personal development opportunities, including:

bookkeeping, computer classes, identifying your skills, and goal setting.

Classes are held at the S.T.A.N. Training Center located at the Siletz Tribal Business Corporation office (near Human Resources) at 2120 NW 44<sup>th</sup> St., Suite D, in Lincoln City.

Workshop space is limited and classes require pre-registration. Siletz Tribal members will be given enrollment preference.

For more information or a schedule of classes, please contact Rosie Sufficool, business information counselor and S.T.A.N. coordinator, at 541-994-2142 or 1-877-564-7298 (toll-free).

## Sign up for the "Identifying Your Skills" Workshop

What kinds of skills do you have and how can they help you in your job?

If you are unsure of the kinds of skills you have, sign up for the "Identifying Your Skills" workshop offered by the Siletz Tribal Action Network (S.T.A.N.) at 6 p.m. on Feb. 6.

The workshop will offer information on identifying the skills you have and how to make them work for you in your job.

All S.T.A.N. workshops begin at 6 p.m. and last approximately two hours. They include a variety of classes designed to help you be the best you can be!

They are held at the S.T.A.N. Training Center in the Siletz Tribal Business Corporation office at 2120 NW 44<sup>th</sup> St., Suite D, in Lincoln City.

S.T.A.N. workshops are free to Siletz Tribal members, their non-tribal spouses and children 16 and older.

The workshops also are now available for American Indians who are not members of the Siletz Tribe and for employees of the tribe and Chinook Winds Casino Resort. For all non-Siletz Tribal members, there is a \$10 fee per workshop that will be collected at the time of registration.

Registration is required for all workshops and tribal preference will



be given to Siletz Tribal members and their families.

Future classes include:

- Feb. 13 – Basic Computer Skills
- Mar. 21 – How to Repair Damaged Credit
- Mar. 22 – Introduction to MS Word
- Mar. 29 – Introduction to Excel
- April 12 – How to Improve Communication Skills
- April 21 – Goal Setting
- May 10 – Setting Up Your Office for Success: Basic Office Procedures
- May 24 – Introduction to Excel

To register, get more information, or obtain a schedule of upcoming classes, contact Rosie Sufficool, S.T.A.N. coordinator, at 541-994-2142 or 1-877-564-7298 (toll-free).

## Use Computers at S.T.A.N. Center

To help Siletz Tribal members become the best they can be, there are now six new computers available for use at the Siletz Tribal Action Network (S.T.A.N.) Training Center in Lincoln City.

Free computer use is available for tribal members, their non-tribal spouses, and adult children.

If you are interested in learning more about computers, just stop in during regular business hours from 8 a.m. to 5 p.m., Monday through Friday. Staff will provide assistance as needed.

The S.T.A.N. training center is located in the Siletz Tribal Business Corporation office at 2120 NW 44<sup>th</sup> St., Suite D, near the Chinook Winds Human Resources Department in Lincoln City.

So if you have children or grandchildren who know more about using a computer than you do, this is a great opportunity to catch up with technology and learn how to use a computer.

For more information, contact Rosie Sufficool, business information counselor and S.T.A.N. coordinator, at 541-994-2142 or 1-877-564-7298 (toll-free).