

TRIBAL PROGRAM NEWS

TLC Attitudes of Gratitude

by Lynn Whitlow

When February raises its bow and arrow, we associate it with Cupid, that little naked cherub who goes around shooting love potions into hearts.

How does he get away with that anyway? Must be because he looks like an innocent babe or maybe because we all want to have that potion shot into the person of our affection.

It's sure a good thing that there are a lot more types and degrees of love than that little short-timer has to offer. He sure hasn't been in my neighborhood for a long time. I think he needs a job evaluation!

Anyway, most of us need to look a little closer to home when it comes to the topic of love. How can we love others or know whether or not someone else truly loves us if we don't love ourselves first?

It's so easy to look at others and feel like we don't measure up – then we verbally and emotionally beat ourselves up. **Ouch!** And all for naught. Just makes us feel worse about ourselves.

If truth be known, all people make mistakes and all people do things right. Most people don't look like runway models. I was going to say movie stars, but a bunch of them look less attractive than some of us.

What sets those less-than-perfect folks apart from those of us who are focusing on what is **not** right about us, however, is that they are focusing on what **is** right about them. They are loving and accepting themselves for who they are and where they are right now.

This does not mean that we stop striving for self-improvement. It means that we lovingly are ourselves for now and patch the cracks as we recognize them. Each of us is a unique and special human being. **Yes, you are!**

For this Valentine's Day, love yourself **first!** Give yourself a big hug, a couple of (dark, high in anti-oxidants, good for you!) Hershey's kisses, a bouquet of flowers, a good book, or some other gift. Smile at yourself in the mirror and say, "I love you!" ... even if it's hard to say. Then practice it every day.

Have gratitude for those folks who love you, whether they are friends, family, or a romantic interest. Show your gratitude. You know how important it is to feel appreciated and loved. So go love and appreciate someone else. If enough of us do it, it could become an epidemic!

The TLC residents and staff have gratitude for a number of folks in our community. Appreciation to Natural Resources for the wonderful Christmas tree and some meat for our residents. Thanks to Anita Wheeler for the beautiful, glittery snowflakes that flurried onto our Christmas tree and to Joan Fisher for the warm comforter.

Thank you to Public Works for keeping our outdoors lit and for cleaning the leaves out of those high, overflowing gutters. You guys are great!

We are so grateful to Ada White for providing two boxes of groceries for residents' dining pleasure, to an anonymous source for shoes, and to Sharon Taylor for the special lotions she brought by that put a smile on an already beautiful face.

Of course, we continue to hold a heart of gratitude for our very valued volunteers. Hugs and Valentine's kisses to Jackie Ashley, Alice McCain, Jenifer Metcalf, Denise Riding In, Lisa Brown, and Elizabeth Kosydar.

Happy Valentine's Day to each of you readers. Work on loving yourself and extend that love to those around you every day!

Certified List of Candidates

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

Certified by Dan Van Otten, CTSI Election Director
Certified on Dec. 27, 2005



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 VanOtten is this year's election director.

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

4 p.m., Dec. 21, 2005

4 p.m., Dec. 21, 2005

4 p.m., Dec. 26, 2005

Week of Jan. 6, 2006

4 p.m., Jan. 27, 2006

10 a.m.-4 p.m., Feb. 4, 2006

4 p.m., Feb. 4, 2006

Deadline to file for candidacy

Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet

Deadline to withdraw name from candidacy and not have your name appear on the ballot

Absentee ballots mailed out

Deadline to request a mail-in ballot

In-Person Voting – Tribal Elections, Tribal Community Center, Siletz. **Must bring photo ID to vote in person, no exceptions.**

Deadline for returning absentee ballots

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

Walt's Words of Wit and Wisdom

by Walt Klamath

Gee gosh, but time does fly. It's said that the older we get the faster time goes, but this is ridiculous.

Missed last month, couldn't think of anything to write about. Several tribal members and others have said to write about the old times and homesteads. Well I have on several occasions, I think. I do see people in the woods who like to talk about the old-time people and I can relate with them to a certain extent.

Last hunting season, I was somewhere driving the roads and came across some character standing by his pickup drinking coffee. Not seeing anything interesting to hunt, I did stop and we did have a warm toast, so to speak.

He introduced himself, but names and me are very distant. As we were yakking, he mentioned something about some old-timers hunting and by golly, I did happen to know who he was talking about, though he was too young to have known him personally, I think.

Anyway, as we were talking I did mention that since the logging operations and clear cuts and all, I cannot find the

places that my dad, Lester Simmons, and Herb Kennison used to hunt somewhere up here. I said we used to leave the fish hatchery and follow a hog's back. Seemed like hours but we would end up at a place called Indian Gap. I have no idea where that may be now.

The fellow said you are there now. This is Indian Gap? He pulled out a map and sure enough, Indian Gap to boot. It also showed Millers Gap; still don't know where that is but guess I had either been by it or in it or something.

It seemed like a long way when I was 8 and it still seems like a long way. For the life of me, I cannot reason any justification for us walking all that distance and packing a tom fool deer that distance, even out of season.

Course, I didn't have to help pack the stupid deer but had to pack an extra rifle. I don't remember all the hairy details, but I'm sure that I was not happy with the outcome. Also can't figure out why in the sam heck I would want to go with those hunters anyway.

Today it goes through my mind: How did the names come up? Was there a meaning to Indian Gap and what was the significance, if any. Was Millers Gap named after the Miller family?

Seeing as how I did not go to Eastern Oregon this year to elk hunt, I thought well, I will just kinda live a little like it would be maybe east. Several years ago – in fact many, like 30 – I spent quite a few nights sleeping in my truck. As I remember, it was fairly comfortable.

So I figured that I would just stay a few nights up in the hills and rough it while waiting for an unwary elk to show. Well, this lasted one night.

There was nothing comfortable about it at all. It was not cold, but the darn cab was too narrow. It was cold outside, though, so I didn't leave the door open for my feet to stick out. The wind blew late at night and I had to move away from any trees.

The cars were going by; I don't know where they came from. The direction they came from, the road was closed. Anyway, it was one miserable night – neck

was stiff, all joints creaked, ran out of hot coffee, didn't have a camp stove with me.

Of course my wife, being of a more sensible nature, said why don't you sleep in bed and leave early in the morning. Hah – that makes too much sense; it will never work. I have to be there when the sun comes up.

But in the end, I did follow her advice and left at 3 in the morning and waited I don't know how long for the sun to come up.

All through deer season, I never saw a deer. I waited at some what I thought to be perfect spots, but apparently the deer had other ideas. During elk season, though, they were in that area like crazy.

Now there are big bucks and does in my back yard. I have a fence that is about a foot and a half above the ground in places and the top wire is about 8 feet above ground. By golly, them deer go under that fence.

I guess I will have to put the electric wire down closer to the ground. Deer do not like electric fences. Guess I don't like to get bit either, especially with 11,000 volts, no amperage though.