

TRIBAL PROGRAM NEWS

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. Look for boxes in tribal offices with Raven's picture. You can leave your questions for Raven in these boxes. Those questions suitable for Siletz News will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.

Dear Raven: Is it true that children can inherit alcohol and drug addiction from their parents? I am a parent who is in recovery and I am trying to prevent my kids from going through what I did. From, Clean and Sober Mom

Dear Mom: First, I always feel good when I hear from people who are in recovery. I also understand your concern. Most recovering parents have the same concerns.

You know that you can't change the past. Today is what matters now and you are giving your children a great gift – your recovery.

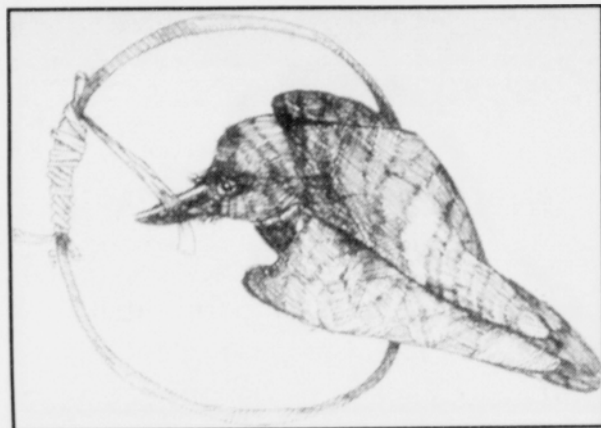
Now for your question – the answer is "yes." Children can inherit alcohol and drug addiction from their parents.

Researchers discovered this quite a number of years ago. They have been working hard and expect that within this year, there will be a simple test that will reveal if a child – even a baby – is what they call "genetically predisposed" to these addictions.

What this means is that like any other disease, some children have a gene that contributes to it. This test will be as simple as a saliva swab and probably will cost only about \$35.

This is really great news. Concerned parents like you will be able to have your children tested and if they find that the children have that gene, they will be able to decide how they want to involve their children with prevention resources.

Research already shows that children of alcoholics are more likely to develop the disease of alcoholism. Recovering families don't want to see this terrible disease continue to strike the next generations. As the president of the National Council on Alcohol and



Drug Dependence says, "The test ... gives parents armor in dealing with kids when they're talking about substance abuse."

Look for announcements about the test being available in your community soon and thanks for writing.

Signed, Raven

Ahhh! Sunshine streams through the window and daffodils brighten the living room of the Women's Transitional Living Center. Spring will be here by the time this edition is printed ... and none too soon after last week's lightning, thunder, hail, and snow performances.

April USDA Distribution Dates

Siletz

Monday, April 3	9 a.m. – 3 p.m.
Tuesday, April 4	9 a.m. – 3 p.m.
Wednesday, April 5	9 a.m. – 3 p.m.
Thursday, April 6	9 a.m. – 3 p.m.
Friday, April 7	9 a.m. – 3 p.m.

Salem

Monday, April 17	1:30 p.m. – 7 p.m.
Tuesday, April 18	9 a.m. – 7 p.m.
Wednesday, April 19	9 a.m. – 5 p.m.



In March, USDA staff attended the annual Western Area Conference of Food Distribution Programs on Indian Reservations, held in Reno, Nev. We appreciate our clients who helped us serve them by showing up on time for their scheduled appointments.

On April 23, staff will catch a train to Seattle for the national conference. Go Mariners!

It will once again be very difficult to catch up with us if you happen to miss your appointment. Call to set up a new time if you need one and we'll get back to you – 1-800-922-1399, ext. 1393, or 541-444-8393; or in Salem please call 503-391-5760.

Happy meals!

Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and Women's Transitional

Siletz: 1-800-600-5599 or
541-444-8286
Eugene: 541-484-4234

Salem: 503-390-9494
Portland: 503-238-1512

ATOD and Youth Delinquency Prevention

Parents, if you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina John or Jenifer Metcalf at 1-800-600-5599 or 541-444-8286.

One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They will help you make a prevention plan that will support you as a parent and provide your child with support for making good choices.

TLC Attitudes of Gratitude

by Lynn Whitlow

Even with Western Oregon's ever-changing weather, last week was rather unusual. Hope to not be that close to lightning balls again soon (or ever!). Too close for comfort for some of our staff.

I want to express my great gratitude for TLC's invaluable volunteers, who commit time to stay overnight at the TLC. Each of these women has other lives and commitments, yet they care enough about helping their sisters in this way, giving of themselves and their time. Thank you Elizabeth, Jackie, Jen, Pat, Alice, and Lisa! We couldn't do it without you!

It's also a good time to recognize the hard work our residents put into their recovery process – staying clean and sober, learning new ways to be, finding new ways to eat and prepare healthier meals and snacks, looking for employment, going to school, attending 12-step groups, and learning to live with other women who have different living styles. None of that is easy, but it leads to a better life.

Life is a journey and the ease of travel is dependent on the paths we

choose. Hopefully, after tripping and falling on that bumpy rutted path, each of them, and all of us, will opt to seek the smoother road, all the while looking out for those occasional potholes that can trip us up.

We also are grateful to our local Tuesday evening NA group that now meets at the TLC house each week. The fact that they are willing to meet here makes it much easier for our women who lack transportation to make required meetings.

It also gives our residents an opportunity to be of service to others by setting up for meetings, having coffee ready when the first folks arrive, and welcoming them. Thanks for your support in the recovery process.

Watch out for those April Fools pranksters. Chances are you already will have been pranked by the time you read this. Usually it's all in good fun and makes us laugh.

Laughter is good for the spirit! May you have many reasons for good laughter.

Mark These Dates for Annual Culture Camp

June 27-29, 2006

Culture Camp is tentatively scheduled for June 27-29, 2006, at the Siletz Tribal Community Center and pow-wow grounds.

Please note that we need to state tentatively because we are awaiting notice of funding allocations. Please see the notice in the May issue of *Siletz News* for confirmation of the dates.

Culture Camp is for Siletz Tribal members only. The camp is intended for tribal families and if children are under age 10, they must be chaperoned by an adult at all times.

Camp planning meetings are under way. Suggested activities include basketweaving, hand drum-making

demonstration, shell necklace making, bead working, moccasin making, language classes, traditional foods preparation, nature walks and exercise challenge, flintknapping, storytelling, and recreational activities.

Overnight camping is available for families that live outside of the Siletz area **only!** Overnight campers should bring tents, sleeping bags, toiletries, etc. Campers can arrive on June 26, however meals are not provided on this day.

If you have any questions, suggestions, ideas, or donations, please call Cultural Programs at 1-800-922-1399, ext. 1246, or 541-444-8246.

Hvm'Chi!

Meth Task Force Meeting

April 5 – Noon to 1 p.m.
Siletz Community Health Clinic
Conference Room

The Meth Task Force is open to all community members – youth and adults. If you have questions or need more information, please call Janet or Delina at 541-444-8286 or 1-800-600-5599. You can make a difference!

Please join us!