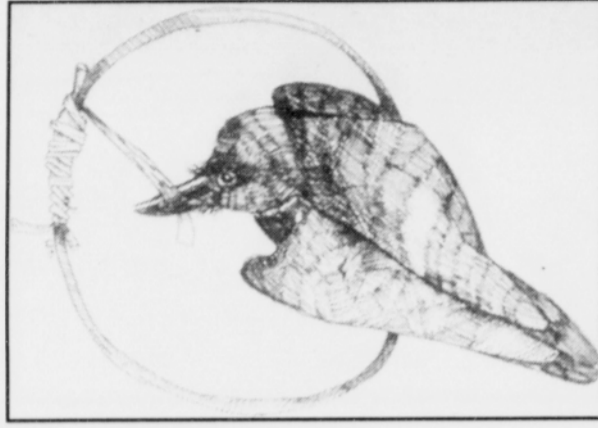


# TRIBAL PROGRAM NEWS

## 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.



## 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

**Dear Community Members: I would like to share some good information with you in honor of those who have worked hard to make this a safe community.**

### Oregon Meth Lab Stats

2003: 473 labs were discovered  
2004: 448 labs were discovered  
2005: 185 labs were discovered  
2006: 26 labs have been discovered so far this year

Why are we seeing a 76 percent reduction? One of the biggest reason is the new legislation that requires pseudoephedrine products be kept behind the counter and requires picture ID for each sale.

Other things that are helping are community efforts like the one we have in Siletz, where concerned citizens are working together to make a difference!

From, A Grateful Raven

## 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.

A summer activities calendar is still in the developmental phase. If you would like to be notified about summer prevention activities, please contact Jenifer and Delina.



We still plan to have a weekly river day this summer. If you are a youth who is interested in learning how to use a kayak or a canoe, please contact Jenifer or Delina to sign up. Space is limited and participation will be on a "first-come, first-served" basis. We will try to help everyone who is interested have some river experience!

Ahhhhhh! Sitting in a car next to the curb on a Newport street, awaiting my passenger to finish her appointment. I could be feeling impatient and anxious for her business to end and to get back on the road so I can finish some other tasks on my never-ending list.

I have chosen, however, to enjoy this moment, this opportunity. The mid-afternoon sun is kissing my cheek and embracing me in its warmth, which could be too much were it not for a little breeze that dances through the open windows at random intervals.

I've been thinking that I am responsible for my own "Attitude of Gratitude," that it's my point of view – the way I see things – that controls, to some extent, my reaction to people, situations, and events.

So I can choose to look at the "bright side" or the "dark side" of any occurrence in my life. My experience dictates that it's a heck of a lot easier on myself to look at the "bright side." Most of the time I choose to look for the positive and the "bright."

When I don't and get on my "pitty pot," it either makes me more miserable or it helps me to move through the situation faster just to get it over with. Either way, I come out appreciating what is good in my life, vowing to keep a positive attitude.

I wish to express gratitude for TLC residents who continue to work on their recovery, who want a better life for themselves, and who ask for help to get what they need.

I also experience gratitude when I see that residents have grown enough to reach out to each other when they can offer a shoulder or a helping hand. It's good to achieve some level of self-sufficiency, however, we need to recognize that "no man (woman) is an is-

land" – we all need others in our life and others need us.

When asked to contribute some things they were grateful for, TLC residents supplied the following responses: "self, son, recovery, friends at the TLC, finding a 'mom,' working with another resident, today, and having a future!"

Gratitude can be found in both the large and small in our lives. Attitude makes the difference.

Thank you to those volunteers who give of themselves to make life more pleasant and less stressful at the TLC. We so appreciate you. Welcome to our newest volunteer, Trish Morningstar. Your energy and enthusiasm is much valued.

## TLC Attitudes of Gratitude

by Lynn Whitlow

## Walt's Words of Wit and Wisdom

by Walt Klamath

Well by golly, how time does fly. Don't even have to be having fun, well maybe. Missed last month, heard about it. Hard to think about what to write about that I haven't written before.

Guess today will kinda revisit some things. One thing that keeps popping up to me are numbers on mailboxes and houses. I know this has been discussed several times.

I don't know how many tribal members live in the Logsdan area; the part that I will respond to is from milepost 5. I notice that the numbers are too small to read on some boxes and others don't even have numbers or a name.

Another thing is the numbers are from the Siletz side on a lot of boxes. If Logsdan is responding, the numbers should be visible from that direction too. As has been stated before, if a home is on fire it's possible we can see it, but not always so.

Course, firemen or first responders are like everyone else when these pagers go off – the adrenaline runs fast and we get excited. We know what to do, but sometimes it's hard to find where to go. I know myself I have sometimes missed the place entirely for some reason.

Time is important. Really, there is no time. And being in rural communities, it's very wise to have everything as visible as possible. We are working with time against us; time is our enemy. So everything helps – the No. 1 thing is numbers on the house or box. If one does not have a mailbox, put a post with something on it for identification.

Another interesting item is these drug-free workplaces. I have heard of

We so look forward to Pat Darcy bringing her "auntie" skills to our house and are ever grateful for Alice McCain's contributions and for Denise Riding In "sleeping over," as well as her invaluable weekend service.

We would appreciate you too, especially if you are a woman who could volunteer to spend one, two, or more nights a month helping to keep our house emotionally secure. Call me at 541-444-8238 or 1-800-922-1399, ext. 1238, for more information.

Enjoy summer. When you get hot and sweaty and want to complain, remember a dark and dismal January day, and give thanks for your blessings!

people losing their employment for drug use. I myself believe that drug use is a disease and should be treated as such.

For instance, I have been on several calls in my earlier years in the fire department that were heart- or diabetes- or some other disease-related calls. I cannot ever remember telling or hearing an EMT tell the person that if you continue to do these things we are not going to take care of you.

We do what we can, then when the ambulance gets there, the patient is taken to the hospital. Patients are evaluated and a way of life is recommended.

We currently are looking to get a smoke alarm program going once again. We did this several years ago and it seemed pretty successful. One tribal member told me it did save him; I don't remember who it was.

The fire marshal would like to know these kinds of stories; makes it possible to get other grants. Some have asked about fire extinguishers. That is a possibility also; time will tell the story.

Our fire chief will apply for the grants. We (Siletz Tribal A/D) will be involved so that the area offices can be eligible for the detectors and/or extinguishers if we get them. This is all premature at this time, just thinking.

One time an Arkansas farmer was lying in bed relaxing. His wife came running in saying, "Amos! The barn is on fire!"

Ole Amos just lay there resting. His wife became irritated with him and said, "Amos! Do something!"

Ole Amos said, "I am." His wife, very annoyed, said, "What are you doing?" "Ma," he says, "I am praying for rain."

### Meth Task Force Meeting

July 5, 5:30 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!