

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: I am 15 years old and I have been using drugs and drinking a lot. I've isolated myself from my friends. What should I do? Desperate

Dear Desperate: Glad you wrote. You can go ahead and talk to someone who can help you, like an alcohol and drug counselor. You can talk to him or her about what alcohol and drugs are doing to you.

He or she also can, with your permission, share with your parents about how you are feeling and what you are doing, and help your parents understand what it is you are going through. Having an alcohol and drug counselor means you will have someone who can sit and listen to you and help you have a better life.

The important thing is that you do it now, don't wait. The effects on young people are more harmful than older people. Thank you for writing, Raven

ATOD and Youth Delinquency Prevention

The Siletz Community Youth Center has an ATOD-free atmosphere. All youth are welcome and encouraged to come to the youth center. Games, Internet, cultural activities, crafts, movies, snacks, outdoor activities, and tutoring are available. It's open Monday-Friday from 2 p.m. to 6 p.m. (times are subject to change).

Walt's Words, con't from previous page

Valsetz road first was the Christianson place, then the Blosser place.

Going up the hill just into Polk County was the Shantell place. Then to the left another trail went to the Phillips place. Was told that there were 12 kids in that family in a two-room house.

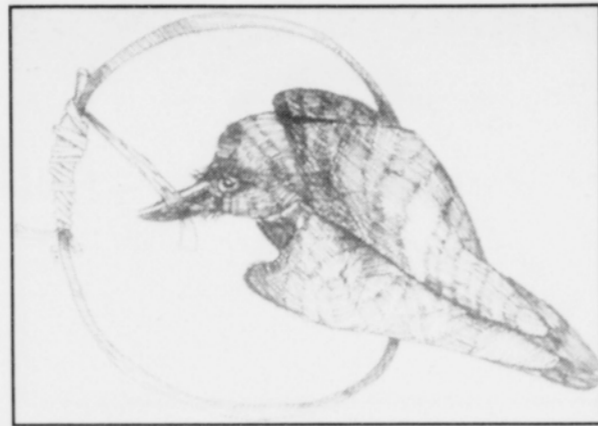
On toward Valsetz, by a tractor rail or four-wheel-drive road, we came to another orchard, the Schaffer place. I never saw any buildings there.

Where Serene Creek Road comes to the Valsetz road was the Eddie Donkel place with an old four-cylinder Buick in the barn.

The house toward Rock Creek was made of hardwood, an immaculate building. He was a gold panner. He said that where there is granite, there is gold, and there is a granite mountain up there.

One time, according to Bob Borton, when the talk of building Bonneville Dam was taking place, it's said that Eddie said that clay will hold good if it's puddled right.

There was a huge plum tree on



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.

Attitudes of Gratitude

by Lynn Whitlow

Autumn is definitely here – evidence in cooler nights, honking geese overhead, colorful and falling leaves, harvested green tomatoes, excited deer hunters, and Monday night sweats.

As of this writing, the torrential rains have **not** begun, so I can be truly grateful for the rest. I love honking geese, colorful leaves, and Monday night sweats. It's the cold and wet I have to look for reasons to be thankful for.

Washing clothes at the Laundromat, I have run into folks, late September and early October, who have wells as their water source – wells that have dried up. These folks are praying for rain. I'll join them and be grateful when they have a water source again.

Cold is real hard for me. I know that tulip and daffodil bulbs need it to trigger growth. I love their spring cheer and only tolerate the necessary chill by piling on layers of clothing and bedding, then count the days to July. I live with cold, endure it, but do not embrace it.

Rock Creek on his place. During hunting season, the plums were ripe. I cannot even find where the house was now.

Then farther up was a lot of timber then. One could not see very far, like they say, "can't see the forest because of the trees." There was the old schoolhouse, the teacher was Maggie Hampton. Some of us teen-agers used to walk up there to hunt bear, which during the daytime sounded like a good idea.

Come night, though, it was quite a different story. We preferred not to encounter a bear or anything else for that matter. We did not get much sleep.

The logging companies burned all the buildings, bladed out many of the orchards. I think that it was a crying shame to destroy all that history.

Covered just a few of the people on Rock Creek. Next month if I think about it, will go up Sam's Creek.

This may not be real accurate; most of the talking and stories were told when I was about 6. The places are real tough.

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

One of them will talk with you about risk factors and the 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.

CEDARR
Community Efforts
Demonstrating the Ability to
Rebuild and Restore

Nov. 1, 5:30 p.m.
Siletz Community Health Clinic
Everyone is encouraged
to attend!

We also have a new mission statement that describes our efforts as a community coalition to help make this a healthy community:

Working together as a whole community, we will utilize our resources to eradicate and prevent the use of all illegal drugs, underage drinking and abusive use of alcohol, delinquency, and community violence. Understanding that addiction is a multifaceted disease, we will seek to reduce barriers to treatment and support those who choose abstinence.

CEDARR 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!

So it can be with people. To tolerate someone else or a situation means to recognize and respect the rights, beliefs, and practices of others. We don't have to like them or what they do. We do need to show respect and courtesy to the person or put up with the situation as long as the situation isn't harming ourselves or others.

It can be so hard to live with, work with, or socialize with another who refuses to be or do what you think is the best way to be or do. It can be downright annoying and frustrating. You can start a feud or a cold war if you try to tell folks how you think they should be or what you think they should do.

If gentle suggestions are met with silence, protest, or hostility, evaluate the situation. Is the problem really what's going on or is it your need to have it your way? Be honest! Is it really that important? Put yourself in the other person's place. Try being tolerant. Really try!

Be grateful that we are not all alike, that it's our differences that "flavor" life, spice it up or sweeten it. If nothing else, be grateful you are not like that being you dislike. An attitude of gratitude can help you to be accepting.

Attitudes of gratitude to Mary Parker for the lovely quilt, throw pillows, and baby afghan; and to Melissa Butler for the clothing and shoes. We appreciate you, as well as our wonderful volunteers. Thanks again for another month to Alice McCain, Pat Darcy, Trish Morningstar, and Denise Riding In.

Ladies, don't forget we would love to have you volunteer an overnight one or more nights a month at the TLC. We also would like to invite you to our Women's Talking Circle, held at the TLC. It's normally held on the second Wednesday of the month. Occasionally, however, it's scheduled for a different Wednesday.

That is the case for this month. The date is Nov. 15. Potluck is at 5:45 p.m., with Talking Circle at 6:30 p.m. Hope to see you there.

Call me at 541-444-8238 or 1-800-922-1399, ext. 1238, to volunteer or for more information about Talking Circle.

We Need You!

The Siletz Tribal Women's Transitional Living Center needs all clean and sober, caring women to become volunteers!

We need to have shift coverage on weekends and on the graveyard shifts.

If you can volunteer for one shift a month, you can really make a difference in your community and in the lives of the women with whom you come into contact.

If you can help us out, call the Alcohol and Drug Department at 1-800-600-5599, ext. 1238, or 541-444-8238.

This could be a great experience for all of us! **Please call today!**