



S.T.A.N. Plans 2007 Workshops

Have you taken a Siletz Tribal Action Network (S.T.A.N.) class? If you haven't, you are missing a great opportunity to improve your skills and develop new ones that will help you in your career or prepare to start your own business.

The workshops are free to Siletz Tribal members, their spouses, and young adults over 16 years of age.

Workshops also are open to non-tribal Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort employees for a fee of \$10 per workshop. There is a \$20 charge per workshop for others without tribal or tribal employment affiliation.

Classes planned for 2007 will include: Excel, I, II and III; Power Point; Publisher; Business Plan Development; Goal Setting; Communication Skills; Basic Computer Skills; Using E-mail and the Internet; and Organizing Your Computer Files.

All S.T.A.N. workshops last approximately two hours and are held at the S.T.A.N. Training Center, located in the Siletz Tribal Business Corporation office at 2120 NW 44th St., Suite D, Lincoln City, Ore.

Be the best you can be with S.T.A.N.!



Two S.T.A.N. Classes Available in December

If you aren't taking advantage of the opportunities available through the Siletz Tribal Action Network (S.T.A.N.), you are missing a great chance to learn new things and improve your skills.

Whether you are applying for a new job or thinking about starting your own business, the more you know, the easier it will be for you to be successful.

S.T.A.N. classes are free to Siletz Tribal members and their families. There is a \$10 charge per workshop for Chinook Winds Casino Resort and Confederated Tribes of Siletz Indians non-tribal employees. There is a \$20 fee per workshop for members of the community with no tribal or tribal employee affiliation.

Workshops set for December are:

Dec. 11 – Resume Development
Dec. 12 – Goal Setting

For more information or to register for classes, contact Rosie Sufficool at 1-877-564-7298 or 541-994-2141.

Business and You!

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

The Road to Becoming a Successful Business Owner

The road to becoming a successful business owner can be filled with many curves, potholes, and unexpected challenges.

But the journey is worth it if you take the time to anticipate and plan for some of the situations that might occur along the way.

One of the keys to becoming a successful business owner is "being prepared." Too many new business owners jump into business ownership without a thought about how they are going to actually run the business or how they are going to handle situations that might come up.

It's much better to take the time **before** you plunge into business to learn about what it takes to be a successful business owner, rather than waiting until you are faced with an unexpected situation that you aren't prepared for.

Before you start your business, learn everything you can. Consider taking some business classes at your local community college or through the Siletz Tribal Action Network (S.T.A.N.).

The S.T.A.N. program offers a wide variety of business and personal development classes that can help you improve your skills or develop the new ones you will need to be successful. S.T.A.N. classes are **free** to Siletz Tribal members and their families.

You can do several other things to prepare yourself for business ownership, including:

- Contact the local Chamber of Commerce or other professional business organizations in your community.
- Contact the Senior Corp of Retired Executives (SCORE). They provide free business counseling for business owners.
- Network with other business owners.
- Visit your community college business center to find out what resources are available for small business owners.

Remember, as a potential new business owner, you can never have too much information. Everything you learn will help you to develop your business and give you a greater chance for success.

If you have a business question or topic you would like to see covered in this column, please send an e-mail to me at rsufficool@stbcorp.net or call 1-877-564-7298 or 541-994-2141.



TLC Attitudes of Gratitude

by Lynn Whitlow

This morning at the TLC there is gratitude for a lull in the wind and a light fall of rain, in contrast to the deluge that we survived the last couple days. The Siletz Bridge still stands!

Another thank you, thank you, thank you is due to the fact that **election** spin and rhetoric are **over**. Now we can have more music on the radio and less waste in our recycle bins. Now we can look forward to the holidays ahead. Or not.

The holidays can cause undue stress and triggers for some folks that make life harder to face. These can be caused by past traumas around holiday events, by unmet expectations, family situations, time crunches, and a myriad of other stressors.

If you are aware of what causes you to dread those days between Dec. 1 and Jan. 2, you are at the first step of causing change in your life. Find a good counselor, form more realistic expectations, rearrange your schedule, or cut something from it to make life more manageable. Try eating regular nutritious meals and getting a few more hours sleep.

If you are in recovery and want to continue there, plan ahead for what holiday celebrations you can safely attend. You cannot change how family members will be or what they will do. What you can do is change your attitude and how you react.

As writer James M. Barrie advises, "Always try to be a little kinder than is necessary." Good advice in any situation. And if you still believe in Santa, it fits right in!

It's proven that reaching out and getting beyond ourselves is as much

benefit to us as it is to those we help. When we were small children, we might have come away with the idea that the Christmas season is about getting, often with little thought of giving. With that focus, we set ourselves up to disappointment when our expectations aren't met.

We can err in the other direction too by trying to give so much that we overtax our budget. That leads to more stress. Balance is the answer.

Giving can come in many forms, often with little financial output. Split wood or kindling for an elder and stack it. Volunteer at the Siletz community dinner on Mondays or one in your community. Pick a request tag off a giving tree – perhaps fill it with help from a friend (there is a tree at the Siletz administration building and also in some area churches and social service agencies).

Other low cost "gifts" that can mean so much include giving a ride to a car-less neighbor (trusted) or offering to take a load to the dump for a friend or family member. You can combine it with your own trash drop. You pay \$8 for 200 or less pounds. That's a lot of trash and a considerate gift!

Be creative, be practical, but give! It's good for the spirit! Tennis great Arthur Ashe, now departed, said in his book *Days of Grace*, "From what we get, we can make a living; what we give, however, makes a life." Make your life better by what you give!

Input from TLC residents portrays an attitude of gratitude. Recent "things I'm grateful for" include my friends, being in recovery, having a place to live, my child, being around people who

care, being able to give back to my community, and living in a good community. It's all in the attitude!

Thank you also to our faithful volunteers: Alice McCain, Trish Morningstar, and Levi Simmons. You make life here so much better. Santa should be good to you this year!

Appreciation to Mary Parker for the lovely baby afghan. It will keep a wee one cozy.

Thanks to funds granted us by Tribal Council, we have lovely new bedding and towels to replace well-worn ones, each color-coordinated for their respective rooms. Lovely surroundings can make our residents feel respected and valued. That's important!

Our wish for you is that you can enjoy your holiday time this year! Bob Stanley, a Wisconsin journalist, wrote, "An informal survey shows that what most people want for Christmas is two more weeks to prepare for it." May you get what you want. Merry Christmas! Happy New Year!

Portland Area Office has New A&D Counselor

The A&D Program is happy to welcome Allen Nelsen, the new Portland Area Office counselor.

Allen is a **great** addition to our team!