

TRIBAL PROGRAM NEWS

TLC Attitudes of Gratitude

by Lynn Whitlow

Valentine's Day is upon us! A special time to remember those we hold dear to our hearts, be they sweethearts, family members, or good friends.

Some of us like to do and give nice surprises to those we care about at unplanned, random times. Others need little nudges, like scheduled holidays, to remember to show appreciation to those who add quality and joy to their life.

Why, oh why, is it so hard to recognize those who add so much to us and our lives? What in our life experience makes it difficult to say, "Thank you, I love you and appreciate you," except on designated calendar days? For some, it's hard on any day.

Anne Wilson Schaef, in *Meditations For Living In Balance*, says that often when it comes to showing tenderness, we have a mistaken belief that it can make us vulnerable and we have a fear of vulnerability. We believe that tenderness is not strong. The reality is that feeling tenderness and expressing it requires greater strength than avoiding it.

Love is such a precious gift. We have so many expectations of what we want and need that we often don't realize what a gift we are being given. Step back and take an inventory of the love that is given to you: the gentle trust of a child, the unconditional love of your pet, the loyalty of your friend, the support of a parent or sibling, and the time and affection of your significant other.

Count your blessings and take a chance. Reach out with tenderness, gratitude, and generosity of spirit to those whom you love and who love you.

At the TLC, we are so grateful for those folks who demonstrate that they care about us – our families; our friends; the A&D staff; those folks who work in support service offices and the clinic, who sometimes go beyond what they "have to" to help us; and to the volunteers who stay with us, support us, and serve us.

Thank you Trish Morningstar, Alice McCain, and Levi Simmons!

We still could use a few more volunteers to help out. Give me a call at 541-444-8238 or 1-800-922-1399, ext. 1238, to volunteer.

Happy Valentine's Day and love be yours!

Are drugs a problem in your life?

Narcotics Anonymous

We can help. You are not alone.

Please call 1-877-ADDICTS to get meeting times and places.

February USDA Distribution Dates

Siletz

Monday, Feb. 5	9 a.m. – 3 p.m.
Tuesday, Feb. 6	9 a.m. – 3 p.m.
Wednesday, Feb. 7	9 a.m. – 3 p.m.
Thursday, Feb. 8	9 a.m. – 3 p.m.
Friday, Feb. 9	9 a.m. – 3 p.m.

Salem

Tuesday, Feb. 20	1:30 p.m. – 7 p.m.
Wednesday, Feb. 21	9 a.m. – 7 p.m.
Thursday, Feb. 22	9 a.m. – 5 p.m.

Many people who are receiving food stamps have suddenly been cut to \$10 per month. We know how im-



possible it would be to try to feed yourself for a full month with that amount.

Just remember that the Siletz Tribal USDA Food Distribution Program is available to all federally recognized

tribes. You don't have to be a Siletz or Grand Ronde tribal member.

If you have a tribal ID that says you are a member of any federally recognized tribe and you are within the guidelines set by the USDA Food & Nutrition Service, you are eligible to receive commodities.

If you or anybody you know is having a hard time feeding their families, please let them know about our program.

Kitti Navarro, USDA FDP Director
Joyce Retherford, USDA FDP Clerk
1-800-922-1399, ext. 1279,
or 541-444-8279

Happy Meals!

Cut Wood for the Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor a "Cut Wood for the Elders Day" on **Feb. 10**. The woodcut will be held at the old log yard at the tribe's **Toledo Mill property**.

We need lots of volunteers to help cut and split firewood for tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those, we can use the moral support!

Lunch, drinks, and snacks will be provided. We will meet at the tribal administration building at **8 a.m.** and caravan to the mill. For anyone wishing to

come later, directions to the mill will be posted on the front door of the building.

The goal of this event will be to stockpile firewood for future delivery to elders. There is a long list of elders who burn wood for their winter heat.

People willing to haul firewood to elders outside of the Siletz area should contact Elders Coordinator Angela Ramirez at 1-800-922-1399, ext. 1225, or 541-444-8225 and she will pair you up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas.

Previous woodcuts have seen more elders showing up to work than young

folks. **This is a challenge to all you "youngsters" (in body and/or spirit) out there to come out and show your respect for the elders by providing them with the means to keep warm during the cold months.**

If your parents or grandparents are elders and burn wood, you need to be at this event!



Walt's Words of Wit and Wisdom

by Walt Klamath

Hello again – by darn time does fly. I don't quite know where it's going, but it sure is in a hurry to get there.

Well, the main hunting seasons are over for last year. Comes now the time to start planning for this year. Things are much like they were several years ago, like what we don't have and need greatly, though we haven't brought down any big game in years but still need the equipment just in case.

You know it could happen! While back in the mind, we know this is going to be the year, can feel it in the bones, or maybe it's cold weather we are feeling.

The planning takes place over the kitchen table or on the easy chairs, but we are not like the fishermen, though. We don't talk about the one that got away. It's more about the big one we seen too far away or the yellow rumps going through brush that was so thick we couldn't get through.

In a group, say maybe three or four or more hunters, a little advice here. Don't be the first 'cause it's hard to change the story. As we all know, each is going to have a bigger elk/deer/bear than the previous storyteller.

After all is settled down and the game is in the freezer, had to give over half away 'cause the 30-foot freezer was not big enough.

Then comes the distance shot. My goodness, those mile shots are hard to top. Then getting two deer or elk with one shot at 800 yards is hard to top. Most of us can't even see 800 yards let alone shoot that far.

At least hunting on the coast here where we live, some of us anyway, we really don't have to plan on meals. Those of us who go over the mountain 'cause there are more and bigger game, we think, takes some deep planning.

The bacon, eggs, chili beans, hard-boiled eggs, not really a good combination for a cramped tent or a 12-foot camper. Above all, there has to be coffee.

One does need a five-gallon coffee pot and several pounds of coffee. You know – when someone comes by the campsite, the neighborly thing to do is offer them coffee.

Once they have tried it, they will go way around the campsite so as not to be offered coffee. Course, theirs is no better and we know it, so we also take the long way around but invari-

ably will come across some dang fool drinking that "mud" and in order to get rid of it, offer anyone who comes by. In fact, it's almost a demand.

After the hunt the same thing starts over again – the big one seen, the long-distance shot, the whole works. Get tired of hearing it in our own camp, so go visit another. That same old coffee, the same stories told by different people.

Course, I don't do those things. Everything I say is the gospel, according to Walt, and it's hard to keep quiet and not tell them the truth of how bigga one I got and is in the cooler waiting to be transported home.

But like every hunter I know, we love the companionship, the camaraderie, the fun of being out in the open complaining about how cold it is.

Ah yes, it's good to be out in the woods, the plains, get away to rest for a few days, then come home and boy, that big 7x8 bull we missed at almost a thousand yards. Really, it probably was a spike missed at 50 yards. Been there, done that.

Next year, me and my old jeep will be seen climbing hills looking for something.