

TRIBAL PROGRAM NEWS

TLC Attitudes of Gratitude

by Lynn Whitlow

Every month I ask myself, "What should I write about this month?" The answer is always the same: Gratitude!

But what about gratitude? There are so many ways to look at gratitude. One aspect has been nagging at me lately.

We all have things for which to be grateful. Sometimes they come in the form of miracles or near-miracles.

Yet so often folks who receive those blessings forget so soon and whine around about other trivial matters. They appear to have lost their heart and attitude of gratitude.

We are probably all guilty of this at one time or another. Some folks I've witnessed seem to totally forget they have just been saved from an unpleasant fate by an unexpected intervention. As soon as the fear, anxiety and adrenaline rush fade away, so does gratitude. Fear and anxiety are transferred onto some other life happening and focused on diminishing all else.

One thing I've learned in my "aging" – when I start getting anxious over an event, it's best to focus on positives, on gratitude, on prayer to take the power away from my worries and fears, many of which **never** happen.

Then I'm even **more** grateful for not wasting time wallowing in worry. It does take practice, but **it works!** Try it out for yourself.

Some thank yous this month go to Sunshine Keck for your splendid donation of Splenda to the household. It's gratefully received.

We also are very grateful, up here at A&D/TLC, for the TYEE workers we have assigned to help with the grounds and yard, plus various other jobs that need attention. A few extra hands sure make a difference! Thanks Dillon, Aden and Darod!

We still need to train some more adult volunteers for the TLC. If you are a woman, age 18 or older, who has been clean and sober for nine months or longer and has a heart to serve your community and your sisters in need, please give me a call at 541-444-8238 or 1-800-922-1399, ext. 1238.

Also, our Women's Talking Circle is held monthly at the TLC. Usually we meet on the second Wednesday of the month, with a few exceptions when other bigger community events are scheduled. In those cases we usually opt to meet on the third Wednesday.

We have a potluck dinner at 5:45 p.m., followed by Talking Circle at 6:30 p.m. Call the number above for more information.

Enjoy this real summer weather and pray for just enough rain to keep wells from going dry and fires from starting! And wear sunscreen!



Tribal youth and adults tour Nike headquarters, including Cody Blacketer, Chris Garza, Jeff Sweet, Chasta Marceau, Heather Moore, RaeLoni Belgarde, Tristan Metcalf and Kiesha Metcalf

Youth Tour Nike World Campus

On June 26, youth from the Siletz area joined others from Portland and Salem to tour the Nike World Campus in Beaverton, Ore.

More than 45 youth and adults learned about the history of Nike and potential careers with the organization,

and just had a lot of fun touring the gigantic campus.

Katy Kaady, education specialist from the Portland Area office, scheduled the tour and provided lunches for all attendees.

Thank you Delina John, Youth Prevention, for sponsoring the Siletz Area youth to attend this awesome day and DeAnna Pearl, Jen Metcalf and Chasta Marceau for driving youth from Siletz.

A large contingent of tribal youth and adults enjoy a visit to the Nike World Campus in Beaverton, Ore.



August USDA Distribution Dates

Siletz

| | |
|-------------------|-----------------|
| Wednesday, Aug. 1 | 9 a.m. – 3 p.m. |
| Thursday, Aug. 2 | 9 a.m. – 3 p.m. |
| Friday, Aug. 3 | 9 a.m. – 3 p.m. |
| Monday, Aug. 6 | 9 a.m. – 3 p.m. |
| Tuesday, Aug. 7 | 9 a.m. – 3 p.m. |

Salem

| | |
|--------------------|--------------------|
| Monday, Aug. 20 | 1:30 p.m. – 7 p.m. |
| Tuesday, Aug. 21 | 9 a.m. – 7 p.m. |
| Wednesday, Aug. 22 | 9 a.m. – 4 p.m. |

Okay, I have finally experienced humidity at its finest. The trip to San Antonio for our national conference was very **hot!** And **humid!** I hope to never experience it again. It's a beautiful place to visit, though.

With summer here and school out, we have some new faces at USDA. We have, as usual, Spencer Hatch as a summer youth employee. He is a veteran and does a good job. This year we have Dakota Burgins and Jon Benedict helping too. What a great crew!

Happy meals!



Kitti Navarro, USDA FDP Director
541-444-8393

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