

TRIBAL PROGRAM NEWS

TLC Attitudes of Gratitude

by Lynn Whitlow

"Tis the season to be jolly ..." Reality is not that simple. We often encounter stressors that make it difficult to feel jolly during the holidays.

We have plans and hectic schedules, trying to fit the extra shopping and festivities into our already busy lives. We cannot know what unexpected events can mar our best-laid plans.

What we can do, despite unwelcome events in our lives, is continue to identify the things and events for which we can be grateful. Gratitude for both small and big blessings can help us deal with the less-joyful occurrences that could wreck our day.

During this time of year, there are two emerging focuses: give-a-tude and get-a-tude. While most of us experience both of these attitudes, our degree of gratitude is directly in proportion to where our focus is.

Receiving gifts is wonderful! But if our main enjoyment of the holidays is in what and how much we receive, we can set ourselves up for some big disappointment. When your focus is on your wish list that includes an Ipod, an X-box, three CDs and a leather jacket, and you receive a DVD, a pair of jeans, and a Hershey bar, you might forget the meaning of gratitude.

If what you receive is on the back burner, however, and you focus on what you can give others with a genuine heart of giving, you gift yourself as well. The original "two for one!"

Even if you don't have much, you can always find a gift that matches

your recipient. If you are short on cash, give a "gift certificate" of a service you can offer that your dear one needs, such as eight hours of babysitting, three weeks of grass mowing or a day of housecleaning.

Use your heart and your imagination! The importance is, in giving to others we usually lift our own spirits and focus on gratitude. Give it a shot!

In talking with a TLC resident about what she was thankful for, she said she was grateful to have lived through her surgery and she was thankful for having given birth to a healthy baby. Both major gratitudes. She "gifted" us with the presence of this new life.

At TLC we are appreciative of our volunteers - those women who give of themselves and their time to assure someone is here at night. Their presence makes the house feel more secure to TLC residents. Thank you, Alice McCain, Linda Olsen, Lisa Brown, and Laurel Johnson! May your blessings be many!

If you would like to give of yourself where your service will be appreciated and you can spare a night or few nights a month sleeping away from home, please give a call! The TLC office number is 541-444-8238 or 800-922-1399, ext. 1238. The training is simple if you bring a big heart.

A big thank you to all who have contributed to the well-being of the TLC this past year. You are cherished! A wish to all for a Merry Christmas and a Happy New Year!



Members of the Sacred Ground Singers perform bluegrass gospel music in the Siletz Tribal Community Center at a concert headlined by Cheryl Bear from the First Nations Bible College in Los Angeles. (photo by Rachael Croucher)

Scare Squad Spooks Youth Center

Ikt Tillicum, Aleatha V. Simmons

Halloween activities initiated by the Siletz Youth Center, the "Spooky Tunnel" and "Haunted Trail," were successfully completed with the cooperative efforts of Housing Department staff and the Youth Services Network. Approximately 420 youth with parents attended these combined events.

Eight volunteers enlisted to engage themselves as the "ghouls" for these festivities: Danny Alvarez-Chatterson, Summer Burrus, Axl Goodell, Sage Hatch, Bekki Lundy, Michelle Runyon, Theresa Ueland, and Josh Van Horbeck.

We thank the "Scare Squad" for their exuberant participation!

Chinook Jargon

The Chinook Jargon linguistics course continues to be held at the Youth Center; however, the hours have changed to between 6-7 p.m.

Half-Day Club activities for December involve the decoration and dispersion of Christmas wreaths with a Native theme.

Again, thank you so much for making these activities a success!

Missing Moccasins

Montie	Gene	ANDERSON	Amber	Rachelle	HILL	Dakota	Shayne	OSMOND	Tosh	Anthony	ST. ONGE
Andrew	Michael	ARDEN	Nicole	Louise	HILL	Austin	Drew	PALOMO	Ronell	Fay	STONE-BUTLER
Steven	Christopher	ASHLEY	Windy	Elaine	HILL	Karen	Mary	PARKER	Jacquelyn	Doreen	TAYLOR
Lawrence	Robert Gabriel	BACHICHA	Dennis	Calvin	HOLMES	Daniel	Arthur	PEARSON	Tiana	Virginia Marie	THOMAS
Benjamin	Wayne	BEAL	Sheri	Lynn	HOOVER	Delisa	Marie	PETERSON	Alliesha	Marie	TIPPS
Nicholas	S.	BELGARD	Lorne	Craig	HURT	Aundrea	Jean	PIRTLE	Amanda		TORRES
Johnny	Michael	BLACKETER	Angela	Christine	HUSBERG	Bradford	Robert	PRATHER	Wilbur	Wayne	TOWNER
Johathan	William	BLALOCK	Gary Jr.	Duane	HUTCHINSON	Christopher	Lee	RAY	Dwayne	E.	UPCHURCH
Noel	Christina Marie	BUTLER	Jolisa	Pauline	JACKSON	Heather	Shy	RICE	Fernando		VERA-SIMMONS
Randy Jr.	Lee	BUTLER	Nicole	Amber	JENKINS	Charles	Eugene	RICHARDSON	Yolanda	Gheit'Sigh	VERA-SIMMONS
Tausha	Marie	BUTLER	Angelique	Rae	KIRK	Robert	Carl	RICHARDSON	Yvette	Teianna	VERA-SIMMONS
Elsie	Marie	COOK	Colinda	Kay	KNIGHT	Debra	Sue	RIDING IN	Ilsa	Marie	WATSON
Sarah	Jean	COOK	William	Andrew	LACY	Darin	T.	RILATOS	Jaden	David	WATSON
Ruben, Jr.	Edward	CORTEZ	Alisa	Dawn	LANE	Philip, III	Walter	RILATOS	Charles	Arthur	WILCOX
Edward	Lee	COURVILLE	Charla	Anne	LEONARD	Jeffrey	Jerome	ROBERTSON	Daniel	Fayne	WILCOX
Michael	Gene	DOWNEY	Nanette		LOGAN	Quiana	Shanice	RODRIGUEZ	Timothy	Shane	WRIGHT
Colton	Quinn	FISHER	Rachael	Angelique	LONG	Christopher Jr.	Michael	RUPERT	Donald, Jr.	Burl	YARBOUR
Hallie	Elizabeth	FISHER	Brianna	Ann	LOPEZ	Mercedes	Karmelle	RUPERT	Robert	Vernon	YARBOUR
Mason	Lee	FORTY	Corey, Jr.	Douglas	LOVING	Jennifer	Louise	RUSSELL	Chad	Everett	ZIGLER
Sonja	Rae	FOSTER	Dennis, Jr.	Ray	LUCAS	Roberta	Pauline	RUSSELL	Rayawna	Shea	ZIGLER
Marcello	Riley	GAYTON	Dustin	Todd	MARTIN	Richard	Claude	SAGRAVES	Travis	Ryan	ZIGLER
Ronnie	Jeanne	GIDDINGS	Gloria	Santana	MARTIN	Diane	Lee	SERVICE			
Joseph, Jr.	Jesse	GILBERT	Samantha	Jo	MASSIE	Jerome	Ameer	SHAMSUD-DIN			
Kathy	Jo	GREEN	Westman	Alexander	MATHEWS	Miakoda	Mark	SIENKIEWICZ			
Zena	Lillie	GREENAWALD	James	Franklin	McCLINTOCK	Anthony	Jay	SIMMONS			
Jerry, Jr.	Lee	GREINER	Kristine	Marie	MCCORD	Carolina	Vera	SIMMONS			
Shannon	Ginger	GUILLEN	Jason	Henry	MCKNIGHT	Benjamin Jr.	Dewey	SMITH			
Melia	Madeline	GUZMAN	Gabriel	Andrea	MICHAEL	Monica	Jay	SMITH			
Mackenzie	Lilly	HANEY	Stacey	Lee	MILLMAN	Dixie	Rae	SNIDER			
Jordan	Nicole	HARDER	Jacy	Allen	MORRIS	Edwin	Dale	SONDENAA			
Vanessa	Joy	HEDRICK	Vicki	Sue	NIEMI	Tama	Jay	ST. ONGE			

If you or anyone you know is on this list (remember your children when updating your address), please contact Loraine Butler in the Enrollment office at 1-800-922-1399, ext. 1258, or 541-444-8258; or e-mail loraineb@ctsi.nsn.us.