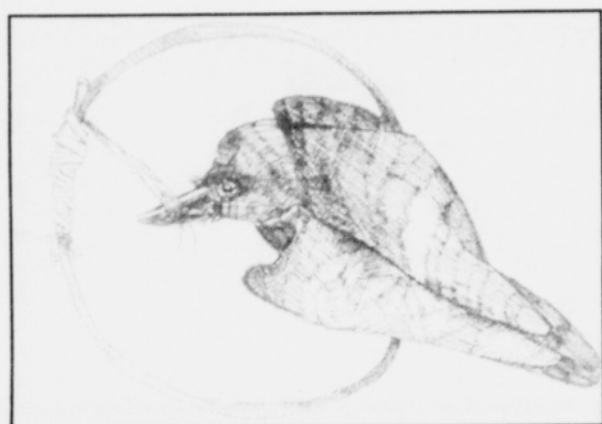


TRIBAL PROGRAM NEWS



Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco and other drugs. You can call in your questions to the above numbers or mail them to:

Raven
P.O. Box 549
Siletz, OR 97380-0549

Dear Raven: Right now there is a big debate about lowering the drinking age to 18. Some people say this might get people to drink less. They say it might promote moderation, but I am confused about that. When I was younger, I was in another state where the drinking age was 19. My cousin who lived there and her high school friends liked to skip school and go sit in the local bar and drink all afternoon. The 15- to 18-year-old kids borrowed their friends' ID to get into the bar. At the time I thought it was pretty cool, but now that I am a parent, I see it is dangerous. What are your thoughts on this issue? Chickadee

Dear Chickadee: From my perch in this tree, I see that the primary people who are working to get the drinking age reduced are the heads of colleges and universities. They experience problems with college students binge drinking and as a result, students are having serious health problems and even deaths related to alcohol poisoning and accidents. They hope that if alcohol is readily available to college students, they will drink less and not in large amounts.

I completely share your concerns and am very glad you wrote to me about this issue. It's **very important** and I hope all parents, grandparents, aunts, uncles and anyone concerned about youth will pay close attention to this effort.

It's also very timely that you wrote about it this month. Our Prevention staff has included an article (see page 7) you will hopefully find very interesting. So,

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment and Women's Transitional

Siletz: 800-600-5599 or 541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

read on and know, Chickadee, I am with you on this one!

Thanks for writing. Raven

October 18-26 is the 2008 Red Ribbon Campaign!

The theme of this year's campaign is:

**Step It Up:
A Call to Action!
No use of illegal drugs.
No illegal use of legal drugs.**

Red Ribbon Week began after the kidnapping, torture and brutal murder of drug enforcement agent Enrique "Kiki" Camarena in 1985.

Agent Camarena had worked undercover in Guadalajara, Mexico, for more than four years. His efforts led to a tip that resulted in the discovery of a multimillion-dollar narcotics manufacturing operation in Chihuahua, Mexico.

Today the Red Ribbon Celebration brings millions of people together to raise awareness of the need for alcohol, tobacco, other drug and violence prevention, early intervention and treatment services. It's the largest and most visible prevention awareness event observed annually in the United States.

Siletz Tribal Prevention staff work with Siletz Valley School to celebrate Red Ribbon Week. Activities at the school during Red Ribbon Week will include a poster contest, red tulip bulb planting, classroom visits by Prevention staff, and Wear Red day.

If you are interested in participating in Red Ribbon Week, please contact DeAnna Pearl at 541-444-8267 or 800-600-5599.

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Oct. 1 • Noon

Siletz Community Health Clinic Conference Room

The CEDARR coalition currently is working on updating goals and would welcome all community participation.

TLC Attitudes of Gratitude

by Lynn Whitlow

Autumn is upon us. I've always dreaded autumn because it means that winter is knocking on the door. I hate being cold, especially cold and wet.

Today, however, I was thinking that one of my pleasures is having my socks knocked off by brilliant displays of autumn leaves. Scarlet! Red orange! Deep gold! Light yellow! A red, green, and gold mottled pattern. The impact of some is surreal and overwhelming. Sometimes I yearn to preserve the beauty forever.

The joke is, next week that tree will be naked, with maybe a few stragglers shivering in the breeze. The blaze of glory is gone again for another year.

Lesson learned: Enjoy what you are given today. Be grateful now and look forward to new joys, pleasures and opportunities. Go pick a bouquet of sunset and enjoy it in your home. If you don't add water, you will have a dried bouquet in a few days.

At the TLC, we find things, people and events to be thankful for every day.

When a 6-year-old told his mother he was grateful for toilet paper, she reminded him he had already said that last month. He said, "But Mom, I use it every day." I too am grateful to not run out of that product.

A recent quote I put on the gratitude board got a favorable reaction: Start every morning by saying, "I believe something wonderful is going to happen to me today." Repeat it over and over. Excitedly, one resident asked to write it on the bathroom mirror so it can be seen several times a day. A good affirmation!

Some other resident gratitudes include: I am grateful we have a weekend person, volunteers, for being able to still learn and go to school. That I get to see _____ dance and go to pow-wows.

I'm grateful for the friends I've made here at TLC. I am happy for mom, aunts and other family. That school is gonna start. I am grateful for my kids, my Tribe, and the support of my NA family. I'm grateful for my mother, whom I love with my heart and soul and for my auntie who has my son.

I am grateful for A&D, who made me what I am today in my recovery. For housing. I am grateful to receive an eagle feather for my one-year sobriety. It was a gratifying and humbling experience. I am grateful that I have progressed enough in my life that I feel that I could accept it.

We are happy and grateful to welcome Jackie Ashley, past TLC volunteer, as our weekend TLC aide. She also transports residents to 12-step meetings and grocery shopping. So nice for the ladies and gives the TLC coordinator a break!

Of course, we continue to love and appreciate our volunteers. Thank you for your gifts of time and love to us. Alice McCain, Lisa Brown, Denise Riding In and Vanessa Jackson - we are grateful for you. And Sunshine Keck, your gift to the women was right on and so appreciated by all, as was that of an anonymous benefactor.

Again, if there are any women in recovery out there who would like to share of yourself, we can still use overnight volunteers at the TLC, even if it's only one or two nights a month. Once a week would be great! Call me at 541-444-8238 or 800-600-5599.

Also, our monthly Women's Talking Circle is usually held the second Wednesday of the month at the TLC. We enjoy a potluck meal together, then gather for our circle. All women in recovery are welcome to join us. Call the number above for more details.

Grab a couple or three of those brilliant-colored fall leaves. Stick them between the pages of a book to dry flat. Display them in a picture frame or on a window sill to scare away the winter doldrums in a few months. Be grateful for life and the wonders that befall you.

Have a happily spooky Halloween!

N.A. Meetings

Monday - 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101), Newport

Tuesday - 7:30-8:30 p.m.
Siletz VFW
143 SE Egbert St., Siletz

Tuesday - 7:30-8:30 p.m.
St. Peter the Fisherman Lutheran Church
1226 SW 13th St., Lincoln City

Thursday - 8-9 p.m.
St. Peter the Fisherman Lutheran Church
1226 SW 13th St., Lincoln City

Friday - 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101), Newport

Saturday - 6-7 p.m.
Siletz VFW
143 SE Egbert St., Siletz

Saturday - 6:30-7:30 p.m.
St. James Episcopal Church
2490 NE Hwy 101, Lincoln City

Toll-Free Help Line - 877-233-4287



For information on Alcoholics Anonymous: www.aa-oregon.org/