



Photo by Diane Rodriguez

Delores Pigsley greets Kurt Schrader, Democratic candidate for Congress from the 5th District, and Jean Cowan, a Democrat who is running unopposed for re-election as a state representative from the 10th District, at the Candidate's Fair held at Chinook Winds Casino Resort on Oct. 19. More than 20 candidates or their representatives, running in federal, state, county and city races, attended the fair, sponsored by the Siletz Tribe, Chinook Winds, the Lincoln City Chamber of Commerce and the Kiwanis Club of Lincoln City.

November Notes from Healthy Family Healthy Child Project

White Bison is coming! The Healthy Family Healthy Child Project is bringing White Bison to the Siletz area.

This important event is scheduled for Dec. 9-11. It will be held at Chinook Winds Casino Resort at no cost to those wishing to attend. All high school-aged or older members of Siletz Tribal families and anyone providing services to Siletz Tribal members in the 11-county service area are encouraged to attend this event.

White Bison is an American Indian non-profit organization based in Colorado Springs, Colo. It was founded and is directed by Don Coyhis of the Mohawk Nation, who authored *The Red Road to Wellbriety – In the Native American Way*.

White Bison's focus is wellness or Wellbriety, which means to nurture the whole person, the whole family and the whole community – to move people beyond survival to thriving in a cultural way. The "well" part of Wellbriety means to live the healthy parts of the principles, laws and values of traditional culture.

Coyhis was in Siletz on Oct. 4 to provide an overview of the White Bison trainings; 16 people attended. He described the way cultural values and practices promoted healthy Tribal families

and communities prior to contact with non-Tribal people.

He walked the audience through the history of traumas inflicted by early settlers and the federal government through their attempts to erase Tribal culture – placing Tribes on reservations, removing children from their families and sending them to boarding schools, relocation programs, forbidding the speaking of Native language, religion and ceremony, etc.

Coyhis described how the impact of these traumas on generations of Tribal families and communities is similar to the grieving process. He explained that when the healthy cultural foundation is broken down, it results in symptoms of neglect, addiction, violence, abuse and other unhealthy behaviors.

The goal of a Wellbriety movement is to help individuals, families and communities find their path to healing by learning how to coach one another through recovery and by reconnecting culturally to traditional values, practices and ceremonies that strengthen individuals, families and communities and allows them to flourish.

White Bison has been a part of the Native sobriety movement, which began to evolve in the late 1960s and early 1970s, since its founding in 1988. In the 1990s, White Bison began to realize that most people wanted to find sobriety and recovery from alcohol and drugs and then go on to live lives of wellness and wholeness, rooted both in their own Tribal cultures as well as the mainstream world.

The Wellbriety movement teaches that "culture is prevention," prevention of chemical dependency and other dysfunctional behaviors. The movement uses the Daughters of Tradition prevention program to help girls and young women avoid negative behaviors before they start. The movement also uses the Sons of Tradition program for boys and young men to bring preventative attitudes and behaviors to young American Indians.

The coming of White Bison to our community is a wonderful opportunity for those people in our Tribe and our community who recognize that they need to begin a recovery program, to strengthen their own recovery, to better support someone in recovery and to end hurtful behavior patterns by establishing or re-establishing cultural connections to traditional healing.

Anyone needing transportation to this training should contact the Tribal services specialist or outpatient counselor in their area office or the Indian Child Welfare or Healthy Family Healthy Child staff in Siletz.

For more information and a better understanding of the philosophy of White Bison, visit its website at www.WhiteBison.org and if you have the time, check out the Wellbriety online magazine button on the left of the page.

Elders' Council Meeting

Nov. 8
2 p.m. to 5 p.m.
Portland Area Office
12790 SE Stark,
Suite 102

For more information, please contact Danise Barker at 800-922-1399, ext. 1225; 541-444-8225; or daniseb@ctsi.nsn.us

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All letters must include the author's signature, address, and phone number in order to be considered for publication. *Siletz News* reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks, or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of *Siletz News*.

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- Siletz Alcohol and Drug
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- Chinook Winds Casino Resort
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