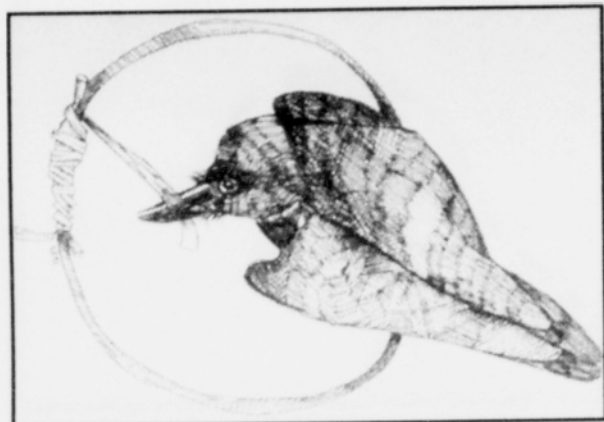


TRIBAL PROGRAM NEWS



Ask Raven

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

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

Dear Raven: Recently I had a drinking dream. It is very real from the details of the bar I was in to how I felt as I took that drink. I have been in recovery for over a year now. What does it mean that I had this dream? Dreamer

Dear Dreamer: There can be many reasons why a person has a drinking or using dream. People with years of recovery can have them. And there can be as many reasons why the dreams come.

You could be having unresolved issues about the time you were living in your addiction that you were working out in your dream. There may be a part of you that misses something you experienced from using alcohol.

Some people believe dreams can be premonitions. I don't know about that but I do think it's important to pay attention to the messages we get in our dreams and take them seriously. They may come from someplace deep within you, your intuition or what some call the unconscious mind.

A very old and wise raven told me once that alcohol has a spirit and when people are in recovery and dream about alcohol, it's good to thank that spirit for visiting and tell it you do not need it in your life anymore. If this way is not a part of your belief system spiritually, it's still a good affirmation to do as you continue in your recovery.

It's also good that you are talking with people about this dream and I am honored that you would share it with me. Stay in touch. Raven

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

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

Nov. 5 • 5:30 p.m.

Siletz Community Health Clinic Conference Room

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

The Good News Report from Prevention

by DeAnna Pearl, A&D Prevention

Every day we are bombarded by the news and statistics of drug and alcohol abuse, youth violence and parental apathy. It's time to reflect on the positive changes that have happened for our youth, families and communities.

This last summer more than 200 youth participated in ATOD-free (alcohol-, tobacco- and other drug-free) activities 589 times. More than half of the youth attended 65 percent of every scheduled activity.

Every parent and youth signed agreement to the following rules:

1. I will not use or possess any alcohol, drugs, tobacco or cigarettes.
2. I will listen and follow the safety guidelines of the activity.
3. I will do my best to fully participate in the planned activity.
4. I will treat others and myself with respect and kindness.

Because of this, youth reported they felt safe in one activity or more. Further, one-quarter of attendees hadn't participated before and requested they get "signed up" for more.

In October 2007, more than 500 bulbs were planted by youth and adults to pledge their promise to live ATOD-free. Further, 10 businesses and community organizations planted bulbs to support an ATOD-free community. The bloom in April was breathtaking.

During this last year, more than 35 youth and adults volunteered their time to

Elder's woodcutting, memorial cemetery cleanup, planting flowers, community beautification, Honey Do's for Elders, street cleanups, canned food drives and more – little things that make a difference and attach youth to their communities while helping others.

More than 50 families participated in monthly Family Game & Bingo Nights, where each month had a prevention theme. Most of the families, when asked, would come back to participate because they thought this would help strengthen their family structure.

Self-reported reduction in environmental tobacco smoke exposure for children has continued to stay at a low percentage since 2002. Cessation attempts by patients of the Siletz Community Health Clinic are skyrocketing and quit rates are steadily climbing.

Rob Bovett, chair of the Oregon Meth Task Force and a member of CEDARR (Community Efforts Demonstrating the Ability to Rebuild and Restore), reports that in the last two years:

1. No meth labs have been reported in Siletz.
2. Only one dumpsite has been reported in Lincoln County.
3. Meth arrests are down everywhere.
4. Admissions for meth addiction treatment are down.
5. Deaths related to meth abuse are down.
6. Meth distribution is at an all-time low.

These statistics remind us that we are putting up a good fight and making healthier choices in our lives. Youth, Elders, families and adults are really stepping up and stepping out to help support a safe and healthy community.

Be a part of the change. Watch for winter youth and family activities in the mail, on the Tribal website and on flyers coming home from school with youth. Further, if you want more good news, suggestions on what you can do in your community or where to go for viable information to give to your kids, contact me at 541-444-8267 or 800-600-5599; or e-mail me at adprev@ctsi.nsn.us.

General Council Meeting

Nov. 1, 2008

Siletz Tribal
Community Center

Siletz, Oregon

Agenda

- 1 p.m. Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes
Programs:
EPR Budget
Tribal Council Committee Reports
Tribal Members' Concerns
Candidates' Declarations
Chairman's Report
Announcements
Adjourn

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/