

TRIBAL PROGRAM NEWS

Big Thanks! Siletz Tribal Youth Team

We would like to thank the youth who participated on the Siletz Tribal Youth Team during the 14th Annual Run to the Rogue on Sept. 11-14. These youth combined to run more than 300 miles during the three-day event. With that, the team looks forward to even more next year.

They represented themselves, the Tribe and their team with dignity and respect. In fact, they stepped up and showed true leadership by covering missed miles, honoring attendees at Oak Flat with an honor song and serving elders at Singing Springs.

Rachelle Endres, Jamie Mason and DeAnna Pearl made dentallium necklaces to honor the team members and staff. The materials were purchased at a reduced rate from Native Creations owner Lisa Brown. The youth appreciated them and in fact wore them all day the last day and beyond.

On our way home, these youth took great pleasure in learning and rediscovering their ancestors' experience. In the words of a Siletz Tribal Elder, these youth "helped replace the hearts that were lost during that long journey north."



Photo by Jamie Mason

Left to right, back row: Ron Butler Jr., Darrod Cheek, Kyle Wallace, Aden Perkins, Rachelle John, Ab Williams, Damion Williams, Denis Bosque, Ryan Williams, Josh Rilatos, Avery Perkins and Clinton Black

Left to right, front row: Zak Leckie, Chrissy Perkins; Brianna Goodell, Keisha Metcalf, Raina Johnston, Brittany Goodell, Ardella Parr and Seth Benedict

Not pictured: Rachelle Endres, Jamie Mason and DeAnna Pearl



TLC Attitudes of Gratitude

by Lynn Whitlow

November again – a built-in “remember gratitude” month no matter how we view the origins of the Thanksgiving holiday.

We all have things we can be thankful for every day: life, health, family, friends, a place to live, food to eat, a job or other source of income, recovery support, etc.

Most of us enjoy a special dinner on the fourth Thursday of November. If sweet potatoes, orange or yellow, are part of your holiday feast this year, you might want to look at them with new appreciation and consider enjoying them on the dinner table more often. They are versatile and work well as a soup ingredient or in casseroles, stews or part of quick breads.

Sweet potatoes are rich in beta-carotene. One medium potato fulfills the daily requirement for vitamin A and one-third of your vitamin C requirement, plus they have as much fiber as a half-cup of oatmeal – really good for your health. In addition, they are no fat, no cholesterol if you can forgo the butter. Eat a bunch!

At the TLC, residents are grateful for a lot of things, people and events. These include: beautiful late summer days! Just to know that all of you are here. For that I just want to say “thanks.”

I'm grateful for NA meetings, for sunsets. That I can help my son with homework. For Talking Circles, that today I am clean and sober. For friends. For a power washer. 17 years clean and

sober and White Bison, Ah ho (from a volunteer).

I am grateful for breakfast with friends, completing my stepwork, going on the diabetes walk. I love the turning of the leaves.

I have gratitude for talking with family, to have healthy relationships with friends and adopted family. To have great kids, to have today. The rain – it keeps Mother Earth green and alive.

We are all grateful for Eric of Roby's Furniture and Appliance for going above and beyond to find and install a wall oven that would fit the width of one installed 30-some years ago, plus build a shelf to utilize the unfilled area above. We needed a good space for our cookbooks!

Of course, our volunteers are most appreciated. Thank you Alice McCain, Lisa Brown and Jackie Ashley. We would have a real hard time without your caring and dedication.

Again, we can always use more volunteers to spend a night. If you are interested, please give me a call at 541-444-8238 or 800-600-5599.

Also, you are invited to attend our Women's Talking Circle on the second Wednesday of the month (Nov. 12). We have a potluck dinner together at 5:45 p.m., followed by our circle at 6:30. It's a wonderful time of laughter, tears, caring, and sharing. Please join us.

31st Anniversary Restoration Celebration

Nov. 15, 2008 • Chinook Winds Casino Resort

Agenda

10 a.m.	Welcome
10:30 a.m.	Head Start Kids
11 a.m.	Speakers and Presentations
Noon	Luncheon
1:30 p.m.	Bingo Games
2:30 p.m.	Closing
6 p.m.	Pow-Wow Grand Entry

Special Notice for Elders and Veterans

The Tribal Council and administration are interested in securing more photos of Tribal Elders and veterans. We have put together publications and presentations that discuss Elders and veterans, but often have a hard time locating photographs.

To address this, Tribal Council has asked Chinook Winds Casino Resort staff to take photos of both Elders and veterans in the business center – across from the Convention Center – during the Restoration Day event from 10 a.m. to 2:30 p.m. on Nov. 15. All participants will be e-mailed or mailed one copy of their digital photograph.

For more information, please contact Tina Retasket at 541-444-7923.