

Join Activities of National Recovery/Wellbriety Month in September

First Annual Recovery/Wellbriety Celebration • Sept. 19, 2009 • Newport, Oregon

10 a.m. – Hands Across the Bridge

We will join other cities across the United States in having a Hands Across the Bridge, including the Golden Gate Bridge; the Brooklyn Bridge; the Historic Tenth Street Pedestrian Bridge in Great Falls, Mont.; a bridge in Boston; and the Interstate Bridge in Portland that connects Oregon and Washington.

Hands Across the Bridge provides a community with the opportunity to celebrate our own recovery, celebrate the recovery of a family member or friend, show our support to the recovering community and celebrate the continuing hope for total community wellness.

Participants will start at the south end of Newport's Yaquina Bay Bridge. Shuttle service and other transportation assistance will be available on a limited basis as we are not able to estimate how many people will participate.

If you would like help with transportation, please call Janet at 541-444-8282.

Noon to 5:30 p.m. Celebration

Please join us for an afternoon of celebration at the Nazarene Church in Newport, 227 NW 12th. There will be booths and live music, including Gus Willemin's Clean Slate band and singer Krysten Flowers. Food will be provided at no cost to participants, including a dessert bar provided by staff and clients of the Trueman Recovery Center.

Please celebrate your recovery and demonstrate your support by participating in this event!

Making a Difference with Language

by Cova St. Onge, Siletz Tribal Language Project

On Oct. 1, 2008, the Siletz Tribe was awarded an Administration for Native Americans Language Preservation grant. Since that time, the language project has made great strides toward a common goal – to preserve our Tribal language for our children and their children's children.

Year one has been packed with efforts to develop curriculum for Head Start through fifth grade. Multiple lessons have been developed for each grade with the intention of integrating those lessons into daily classroom activities.

Each lesson is documented for alignment with the benchmarks teachers are required to adhere to, making integration easier for the teacher. All lessons are accompanied by an activity the students do using the language, which makes the language lesson fun, interesting and functional for the students.

During the first year, the language project was assigned the task of establishing an Elder Advisory Committee to guide the project through the curriculum development process. The project made no hesitation in contacting possible interested individuals and kept a running announcement in *Siletz News* for any other Elders who might be interested.

Each month the committee has met for a luncheon to review curriculum and supporting materials and to speak on current project status. The language project staff coordinated with Siletz Valley Early College Academy (SVECA) to assist in preparing the luncheon during the school year.

High school students had the opportunity to learn menu planning, table setting and proper serving techniques, which are not part of the regular cooking class. In addition to learning new components of food service, high school students earned a collective total of 61.25 hours of community service credit needed to meet high school graduation requirements.

Looking to the future, year two goals will include loading the curriculum and supporting files onto a server, establishing web access, training classroom teachers and the start of testing the curriculum in classrooms.

Thank you to our Elder Advisory Committee members Ed Ben, Eddie Collins, Elouise Case, James Swanson, Kay Steele, Lorna Scott and Nancy Simmons for your dedication to the Siletz Tribal Language Project. Thank you to Mark Scott, Frank Aspria and other volunteers for your assistance with the luncheon.

Shu' nuu-xwa nuu-xu'-la (We thank you all).

Hvm'-chi'

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore
Sept. 2 • 5:30 p.m. • Siletz Community Health Clinic Conference Room

We will have the results of our community visioning to look at and use to help us start the discussion of "Where do we go from here?"

Your involvement is valued and appreciated.

Please join us!

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

Anyone interested in having a booth with information, donated items for participants of the celebration or activities for children is invited to join in. For booth information, contact Karianne at 541-574-2995.

We are still in the planning process and since this is the first annual event, you can expect other surprising and fun activities!

Wellbriety and Recovery

Wellbriety signifies a holistic view of recovery, including physical, mental, emotional and spiritual wellness. It was developed by Don Coyhis of White Bison and is used as a cultural expression by Tribes across the United States in celebrating National Recovery Month.

As the rest of Lincoln County partners with the Siletz Tribe in celebrating this year, we are honoring diversity among recovering people and those who support them. Recovery is a lifelong process that involves rebuilding one's life to live sober and drug-free. It also includes those who have changed their lives related to other addictions, including gambling, codependency and overeating.

We all know someone facing problems with addiction. Addiction and recovery affect every family. People in recovery/wellbriety are our sons, daughters, mothers, fathers, sisters, brothers, friends and neighbors.

TLC Attitudes of Gratitude: Time to Celebrate Wellbriety Month

By Lynn Whitlow

September is Wellbriety Month! Locally, we are putting a big emphasis on recovery – recovery of the individual, recovery of the community. My prayer is that this recovery movement happens in many communities throughout our nation.

Recovery is such a healing word. One definition of recovery is to get back or regain (health) through sobriety.

Two TLC residents and Tribal members have been living recovery in a safe environment, each for well over a year. They both submitted to me what recovery means to them. They both gave permission for their names to be used.

What recovery means to me: "To live a well-balanced life – physically, spiritually, mentally and socially. Each day I live to the best of my ability for myself and my son. I stay honest, open-minded and willing, and believe no matter what, I don't have to use." Natasha K.

What recovery means to me: "Recovery means stopping and enjoying a sunset, laughing with my son over silly things and finally being able to recognize my feelings and emotions and talk about them. Recovery means I can hold my head up high and finally be proud of who I am and what I have done. Because of recovery, I am a good mom." Elaine G.

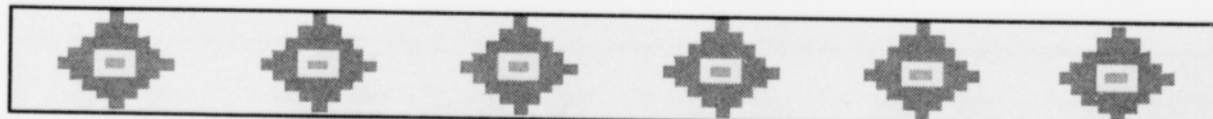
Every month, every week, every day we try to practice gratitude. It's a good habit to get into. This month TLC residents are grateful for laughter, for humor, for Steak and Baby Steak making it home safe.

They are thankful for air conditioning and for going to the river. Grateful for my community, for my family in the community, for rededication to my sobriety, for the White Bison teachings and for lunch with good friends.

Women, I want to remind you of our monthly Women's Talking Circle at the TLC. Normally, it's held the second Wednesday of the month. This month, however, because of Run to the Rogue activities it will be Sept. 16. We have a potluck dinner at 5:45 p.m. followed by the Talking Circle at 6:30 p.m.

If you cannot come for dinner, you still are welcome to participate in the circle. Call me at 541-444-8238 or 800-600-5599 for more information.

Wellbriety wishes to you all – you're worth it!



Narcotics Anonymous Toll-Free
Help Line – 877-233-4287

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

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 below or mail them to Raven, P.O. Box 549, Siletz, OR 97380-0549.

