



ACTIVITIES – Darmani (left) drums during morning circle.

The paint crew in Salem (right): Teacher Jayne, Lori, Alex, Teacher Debbie, Julie, Aaron and Jalaine.

Makaia and Josefina (below left) play in the sensory table filled with sand during free time.

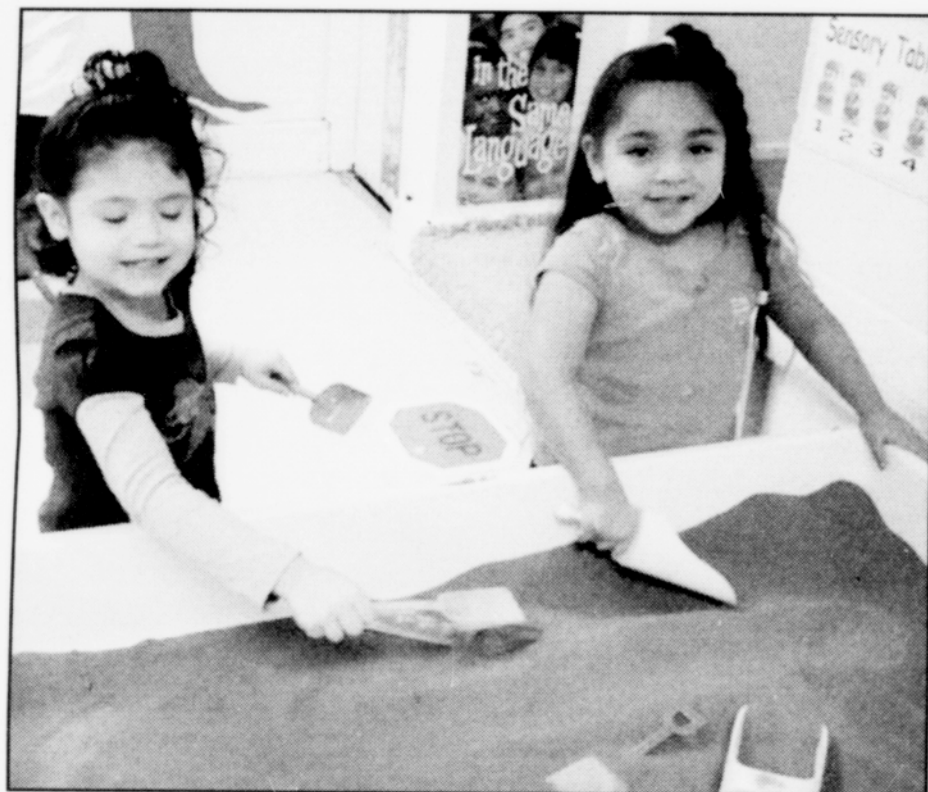


Courtesy photos by Head Start staff

Kids Learn Fire Safety

The theme this particular week at the Siletz Tribal Head Start in Salem was fire safety (photo below right), with dramatic play transformed into a fire station. The children also visited a fire station and learned how to stop, drop and roll.

They also had popcorn and movie day, when they watched a movie about Elmo visiting a fire station and everyone had popcorn.



2009/2010 Hunting/Fishing Incentives

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk and salmon to the Natural Resources Department. The name on the tag will be submitted into a drawing after the season's end and could receive one of the following WalMart gift card incentives.

Hunting Incentives

\$100 ~ \$75 ~ \$50
WalMart Gift Cards

Fishing Incentive

\$50
WalMart Gift Card

Please report all harvests:

Mike Kennedy at
541-444-8232; 800-922-1399, ext. 1232
mikek@ctsi.nsn.us

or

Kelley Ellis at
541-444-8227; 800-922-1399, ext. 1227
kelleye@ctsi.nsn.us

2009 Siletz Tribal Salmon Season Now Open

Oct. 16, 2009, Through Dec. 16, 2009

Salmon fishing tags may only be used to fish for salmon at the Siletz Tribe's three fishing sites:

Euchre Creek Falls, Dewey Creek Falls or Little Rock Creek (hatchery)

Using only the following gear:
Dip Net, Spear, Gaff Hook

Salmon tags are issued by the Natural Resources Department on Monday – Friday from 8 a.m. – 4:30 p.m.

Questions, please contact:

Mike Kennedy
541-444-8232; 800-922-1399, ext. 1232
mikek@ctsi.nsn.us

TLC Attitudes of Gratitude: A New Look at Thanksgiving

By Lynn Whitlow

November – recognized by many as the “Thanksgiving” month. Although I like the family time and the goodies cooked up that day, I have a little different thought on “thanksgiving.”

It is my belief that thanksgiving should be practiced every month, not as a “stuff yourself as full as a turkey and watch football or take a nap day,” but as a daily practice of recognizing those things, people and events in our lives for which we can practice gratitude.

Gratitude is not always about the joyous good things that happen in our lives, but also about our attitude surrounding the sadder occasions and events we experience. We can be very upset or sad about something that has happened that adversely affects our life, yet be able to muster an attitude of gratitude for the help and/or support that is offered us.

I've been sad all week at the disappearance of a lifetime community member while hunting. I've prayed every day for him and

his family. Sadder even was the news a few hours ago that he was found, deceased.

How can there be gratitude around this? Despite my sorrow, I am grateful he was found. I am grateful I can be proud of being part of a community that didn't give up and kept on searching when the officials gave up. Grateful for a community that responded with support, food for searchers and prayers for all involved. Grateful that we have local heroes.

TLC residents practice gratitude every day. Some of their gratitudes are: For not dwelling on bad things. For fall. For soccer season! For the soccer coach. For unity. For my counselor. The Recovery/Wellbriety day! Joining Hands Across the Bridge! To help emcee the recovery events. For my friend whom I call 10 times a day. To be alive! (7-year-old). To have my blood sugar under control.

I am grateful for: A good book. My life (7-year-old). Crispy grey winter mornings. To be a clean mommy today. That I believe I am worth it today! Good friends

who help me in my time of need. Halloween costume! (7-year-old). For my son, who loves to participate in my meetings and groups. For walking, every day!

Appreciation for volunteers Alice McCain and Denise Riding In! Much thankfulness for our new volunteer, Dee Haddon, who trained in September and started in October. We are thankful for Sunshine Keck, who occasionally brings the TLC little gifts.

We are filled with thanksgiving that these women are in our lives. We are grateful that we should be moving into our new TLC house sometime this month!

We are grateful for these crisp yet sunny days of fall. I figured out why they call it fall. It's because we are on an unstoppable free-fall into winter. Let's not talk about that just yet. Rather concentrate and love these last warming rays. Happy Thanksgiving, however you celebrate it!

Call me at 541-444-8238 or 800-600-5599 for information about volunteering or our monthly Women's Talking Circle.