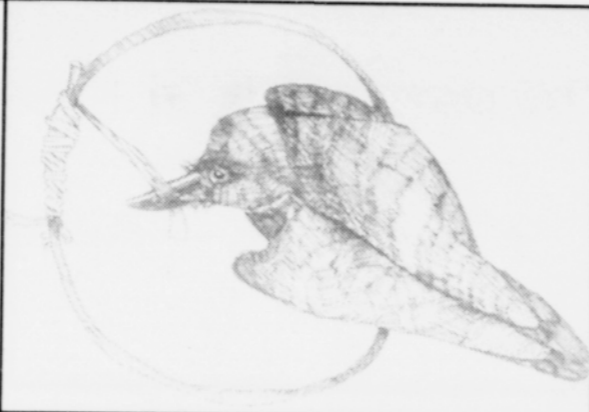


Ask Raven

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.



Dear Raven: I am currently incarcerated with the D.O.C. but soon will be taking part in a drug program. When I get out I hope to go to Siletz for my transitional leave and to live permanently. Are there any transition houses there? What resources are available to me to help me get on my feet? Please let me know.

Thank you,
Ross S. Hayward

Dear Ross: Congratulations on your hard work and good decisions to make the most of your time. I hope we will be able to help you with what you are going to need to make the transition work successfully for you and for the community.

You did not say when you expected to move to the Siletz community. Right now there is not a transitional living house for men in Siletz, just one for women and children. The women will move into a bigger house this month. We have high hopes that the current house will then become a men's house.

There are some renovations that may need to be done first and we do not have an approved plan for staffing a men's house at this time. You will meet the criteria for admission to the men's transitional living center when it opens if you complete the program you mentioned in your letter.

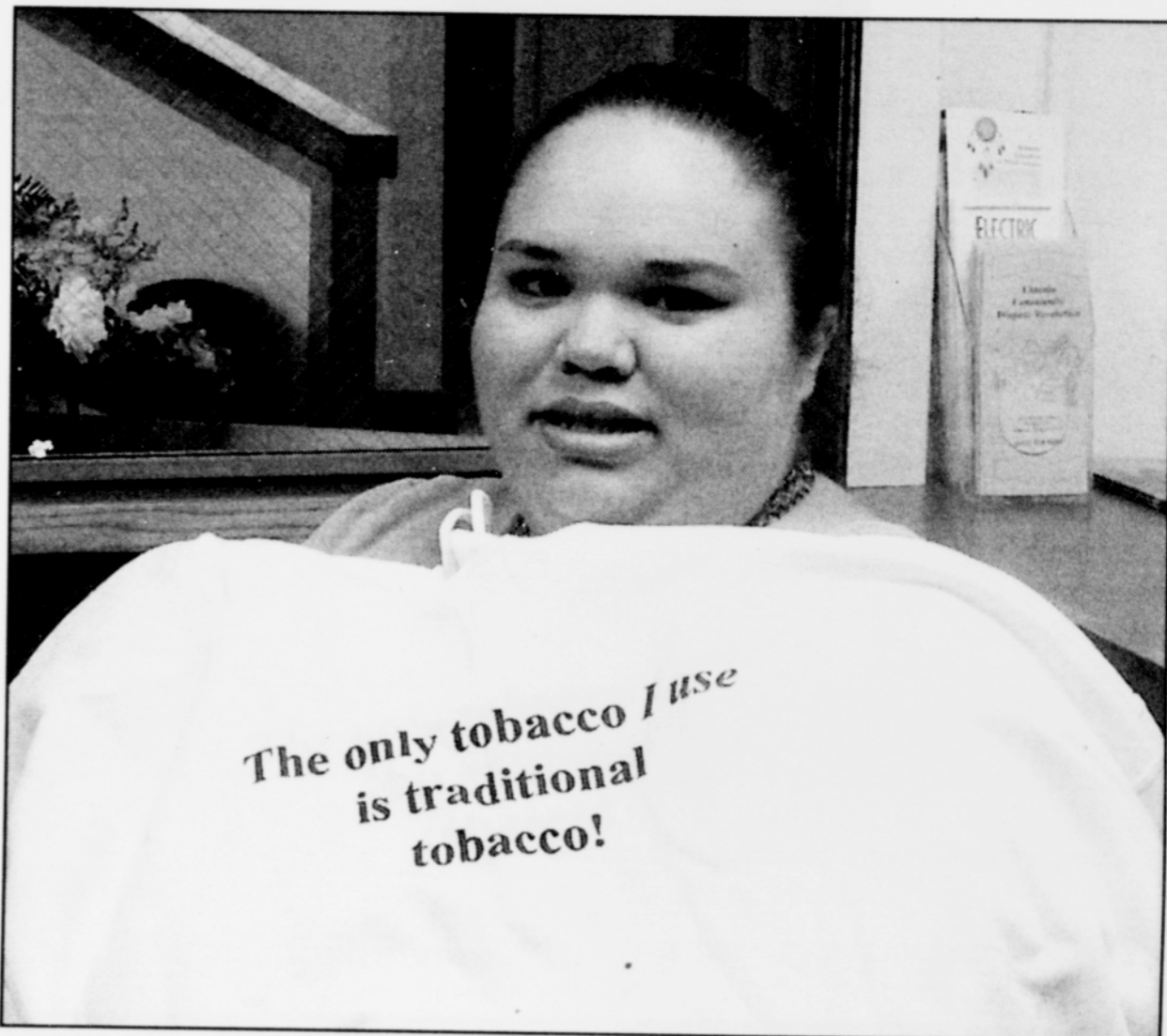
There may be other possibilities for you in Lincoln County if you are interested in living in the county outside of Siletz. I have asked Lynn Whitlow, housing coordinator for people transitioning out of treatment programs, to contact you. You will hear from her this month. Lynn also can help you make contact with other Tribal resources. Hopefully you will be eligible for income and job search assistance through the Tribe's 477 Self-Sufficiency Program.

Counseling services for aftercare are available through the Tribal Alcohol & Drug Program and the mental health specialist at the Siletz Clinic. The Tribe has a full service clinic in Siletz for your health needs, including dental and optical.

There are community self-help resources in Siletz, including AA and NA meetings, White Bison groups, churches and sweat lodge.

Thank you for writing, Ross. We will do all we can to help you and look forward to seeing you.

Sincerely,
Raven



Courtesy photo by Jamie Mason

GOOD JOB – Congratulations to Rosie Williams for being tobacco-free for six months. Also, congratulations to Monique Jackson and Jeff Holland (not pictured).

CEDARR

**Community Efforts Demonstrating the Ability to Rebuild and Restore
Nov. 4 • 5:30 p.m. • Siletz Community Health Clinic Conference Room**

Agenda: Introduce new Prevention Coordinator; White Bison Vision Book; Local, County and National Updates. Hope to see you there!

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

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

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

Walt's Words of Wit and Wisdom: Honor Our Veterans Every Day

By Walt Klamath

Golly how time does fly, makes no difference if one is having fun or not. Haven't written for a while, but I've been thinking, believe it or not!

Veterans Day is coming up Nov. 11. I have heard talk and read about some who hate wars – don't we all – and make it sound like the veterans are some kind of creature rather than an honorable man, a hero.

When I think hero, every man and woman who serves in the Armed Forces is a hero. They are ready to fight for what we believe in and for our freedom.

Freedom did not come free. It cost many lives and we will continue to lose lives to keep our freedom, maybe not for ourselves but for our children and their children.

If one goes out of his/her way to save someone, they are considered a hero. Well, wouldn't that same theory apply to those of us on machine guns covering soldiers taking a hill or returning? The machine gun fire makes it not very comfortable to stand up or fire and give away where they are at. All are heroes in the first degree.

When we are active, the promise is that we will be taken care of the rest of our lives. Sometimes I think they don't think we will make it home. Look around

at how many homeless veterans are on the streets.

I don't think one has to be in actual combat to be traumatized, just seeing what happens to those we are with. Today the conflicts do not affect the general population; there are no hardships in life as usual.

During World War II, everyone was involved in some way. Everything was rationed – gas meat, shoes, sugar, tires. Everyone was involved somehow.

Today, many times our vets are looked down on and feel humiliation. Our vets are the most important people in our society. Why do we shut them out?

When we celebrate Veterans Day on Nov. 11, think about the sacrifices that have been made that enable us to gather together without passports, without having to get permission from someone to be at this good place.

My good friends, freedom is not free. Honor our veterans every day, not just once or twice a year.

Family is an important factor in Indian people's lives. It has been that as the parents become grandparents and Elders, the new generation would take over the chores and take care of the old ones. This story is not of taking care of the old ones, but of family working together.

Long ago, Coyote had caught Rabbit and was preparing to feast on him. Now Rabbit was not particularly fond of this idea and was thinking of how to get out of this situation. Rabbit came up with an idea.

Hey Coyote, let's make this a type of challenge. Coyote responded how's that? I have you now.

Rabbit said how about say we have a race. If you win you can eat me, but if I win I get to eat you.

Now Coyote was a very fast animal that could outrun Rabbit anytime, so why not? Coyote agreed.

They decided to run to the four directions starting to the East. Turtle would start them off.

Rabbit said is it OK for me to run underground? I do better underground.

Now Coyote knew he could run much faster than Rabbit could dig, so Coyote agreed.

Turtle lined them up, set, go. Now Coyote knew that he had Rabbit, so he did not run fast, more of a casual lope. Coyote looked around, did not see Rabbit and felt very confident.

Coyote could see the East and was about 50 feet from the East when Rabbit popped up out of Mother Earth. Coyote thought to himself that I should have gone underground too.

But when they started to the North, Coyote put on some speed. He was a streak and was about 25 feet from the North when Rabbit popped up.

Now Coyote was a little shaken by this. Rabbit is much faster than he thought.

Now as they headed West, Coyote did not waste any time, he literally flew. When he was approaching the West, he could not see Rabbit. This time he knew that he had Rabbit.

Ten feet from the West, Rabbit appeared, grinning.

Now Coyote was upset. How was Rabbit getting so much speed, especially underground and having to dig his tunnel all the way?

Coyote was quite disturbed now as they prepared to head to the South, the point of beginning.

Now Coyote had the ability to change himself into anything he wished, so when Turtle signaled them to start, Coyote changed himself into a Lightning Bolt and was instantly at the South.

But just before he arrived at the South, Rabbit again popped up from Mother Earth. Now Coyote figured it would have been all right for him to eat Rabbit, but he was not going to be there for Rabbit's dinner, so Coyote took off in another direction.