

Siletz Tribal Language Project – Naa-ditlh-nvsh (We are Working)

by Cova St. Onge, Project Coordinator

On Sept. 29, 2010, the Siletz Tribe concluded the two-year language project funded by an Administration for Native Americans Language Preservation grant. The project was successful in completing the objectives of the grant, accomplishing more than originally proposed in the grant application.

Our efforts successfully produced 320 curriculum lesson files, supported by

audio files, games, stories, songs and video. To make language learning accessible, the language project has funded the construction of a website for access to learning materials at www.siletzlanguage.org.

Additionally, a working partnership with the Living Tongues Institute for Endangered Languages has created an audio-supported dictionary, which can be accessed from the language project website.

The dictionary is a work in progress that has approximately 8,250 entries to date. The Talking Dictionary is a valuable learning tool the project is fortunate to have available for language learning use.

Our partnership with Siletz Valley School continues to support the activities of the language project, which makes our presence at the school possible. With limited funding and continued partnerships, the language project will continue to seek

additional funding and build on the existing language program.

It is our goal that language learning will continue to be accessible and fun for many years to come.

Nuu-wvn srxii-xe xuu-srxii-xe hii-chu xuu-srxii-xe hii-chu xaa-ma

(For our children, their children and their children)

Hvm'-chi'

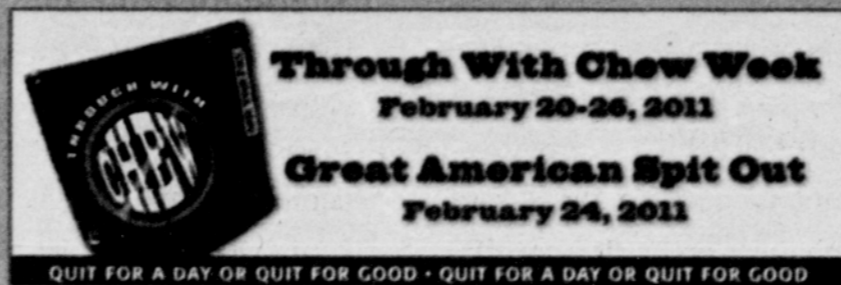
Through With Chew Week Feb. 20-26, 2011

What is the purpose of Through With Chew Week?

Through With Chew Week is an educational campaign to decrease spit tobacco use and increase awareness of the negative health effects of using these products.

Tasha Mason
Tobacco Prevention
541.444.9659
800-648-0449, ext. 1659
tasham@ctsi.nsn.us

Oregon Quit Line
800-QUIT-NOW



Great American Spit Out Feb. 24, 2011

Great American Spit Out is a day for those who chew tobacco to go without their nicotine habit and even break it for good. Join the Great American Spit Out and say goodbye to smokeless tobacco once and for all. All tobacco products are highly addictive.

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TLC attitudes of gratitude: Brightening your day with the little things

By Lynn Whitlow

I'm always looking for new ways to brighten my day(s) when they don't seem very bright. Some days I can wake up feeling sad or down for no apparent reason. Or maybe I know the reason but want to lift my spirits and shake it off.

Usually, I give myself some time to process what is going on, feel the feelings, try to understand and work through them, but ultimately I get no enjoyment out of feeling miserable and look for healthy ways to lift the spirit.

Not long ago I read somewhere about creating a box or a drawer that contains objects that trigger good memories or just make you feel good. You can do this at home and/or at work.

I actually have space on my desk and on a windowsill at the office for precious objects that bring me small and great

pleasures: crystals and a fossil, mementos from a trip to Anchorage, remembrances from special times, small gifts from friends, tiny books, feathers picked up on a walk, a red glass heart. All make me smile and elevate my heart. So passing on this tool is my valentine to you.

Residents at the TLC look for things in their lives they are grateful for and are happy to share them with you. "I'm grateful for today, a new day. I'm grateful my grandma is getting better and still has faith in me. I'm grateful that I have wonderful people in my life."

"I'm grateful for the whole A&D staff, for all of my support friends in recovery who have filled my heart with hope and inspiration." "I'm grateful for my higher power, for clean time, for my job and my boss."

"I'm grateful for all my blessings and my babies that God gave me. I'm grateful for my mom and family who still love me. I'm grateful for my new life in recovery and learning to be free."

"I'm grateful for my son, for being a mom and for my family, dad, and sister. I'm thankful for the TLC, for NA and for friends. I am so grateful for being able to forgive. I am very appreciative of my sponsor and of my A&D counselor."

"I'm grateful for the TLC and what it gives me; it's more than words can say. I'm so blessed to have such powerful women a part of my life."

All of us at the TLC are grateful for the folks who help us out of dilemmas and other tight spots. Thank you to Mike Metcalf for replanting the "uprooted" rhododendron, to Selina Rilatos for going above and beyond

to provide a client service and to Sammy Bayya and Tony Whitehead for mounting all those bulletin boards. They look great and everyone is grateful to be able to put up their calendars and photos.

Those little acts of kindness mean a lot. Thank you to Tracy B. for continuing to troubleshoot for us and to Fawn for checking out the heating issues. We appreciate you all.

We appreciate Alice McCain for her faithful overnight coverage at the TLC and Denise Riding In for putting herself back on the volunteer list. Yippee!

We are so happy our outdoor picnic shelter and storage shed have been completed. We look forward to warm sunny weather when we can really enjoy the space.

Happy Valentine's Day to you and yours!

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

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce barriers to treatment and support those who choose abstinence.

Feb. 2 • Noon

Behavioral Health Conf. Room

Siletz Community Health Clinic

200 Gwee-Shut Road, Siletz

Topics to be discussed:

Bullying and ATOD community recruitment for coalition