

**Celebrate National Recovery/Wellbriety Month in Siletz with a 5K run/walk**

**Run for Wellbriety**

Sept. 18, 2011 • 10 a.m.  
Siletz, Oregon

Registration forms are available at [ctsi.nsn.us](http://ctsi.nsn.us).  
At this time, there is no online registration.

\$5 – Run/walk only or \$15 – Run/walk and T-shirt

For more information, please contact Jenifer Metcalf at 541-444-9618; Delina John at 541-444-8286, or either of them at 800-600-5599.

**Celebrate National Recovery/Wellbriety Month in Newport**

**Hands Across the Bridge**

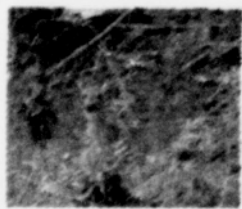
Sept. 17, 2011  
Newport, Oregon

Lincoln County and Siletz Behavioral Health will host the third annual Hands Across the Bridge event.

For more information, please contact Jenifer Metcalf 541-444-9618 or 800-600-5599; or Jennifer Versteeg at 541-574-3305

**HUNTING & FISHING INFORMATION**

**DRAWINGS**



**YOUTH ANTLERLESS DEER HUNT**

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card. Applications due by 4:30 p.m. on Friday, Sept. 2, 2011.



**ELK LOTTERY DRAWING**

Applications are due by 4:30 p.m. on Friday, Sept. 30, 2011. Drawing will be on Monday, Oct. 10, 2011, at 5 p.m. at the Siletz admin building

Each person must fill out, sign and turn in his or her own application. We have 25 tags each for the first and second season bull hunts and a total of 31 tags for the various cow hunts.

Applications available at the Natural Resources office and on the Tribal website under Tribal Services, Other Departments, Natural Resources.

Questions? Please call Kelley Ellis at 800-922-1399, ext. 1227, or 541-444-8227; or e-mail at [kelleye@ctsi.nsn.us](mailto:kelleye@ctsi.nsn.us).

**HUNTING & FISHING INFORMATION**

**NOW ISSUING**

**GENERAL DEER RIFLE TAGS**

Season 10/1 – 11/4/2011



**EARLY DEER ARCHERY TAGS**

Season 8/27 – 9/25/2011



**SALMON TAGS**

Season dates will be posted at a later date.

Tags can be mailed to Tribal members by contacting Kelley Ellis at 800-922-1399, ext. 1227, or 541-444-8227; or e-mail at [kelleye@ctsi.nsn.us](mailto:kelleye@ctsi.nsn.us) and providing name, roll number, phone number, address and tags/applications requesting.

**INCENTIVES**

Remember to report the harvest of all tags within 3 business days. All persons reporting will be entered into a drawing in April 2012 for a chance to win Walmart gift cards.

**TLC Attitudes of Gratitude: Find the positive attitude in you and feel good**

By Lynn Whitlow

Gratitude and a positive attitude go a long way in promoting quality of life. I see that from a personal perspective as well as seeing the effects on others.

Being stuck in anger and resentment does not make for a peaceful existence. There is no way to keep objective thinking and problem solving intact when our life is bombarded by irritants and continuous thoughts about how to get back at someone for any wrongs, real or imagined, they may have done to us.

One of my favorite sayings, that came to me in the last couple months, is by an unknown but very wise author: "Holding resentment is like eating poison and waiting for the other person to keel over." We all know that is not going to happen.

While we get stuck sitting in our resentment, trapped by our negativity, the person(s) our feelings are directed toward probably have totally forgotten about the issue, if they even were aware of it in the first place. So who are we hurting? Only ourselves and perhaps the friends and family who are in close contact to us who get hit by our "fallout."

What to do about changing? Obviously a change in attitude is necessary. But it's not easy to do when we've made it a habit to be angry all the time.

A certain amount of adrenaline is released when we get in a rant. Those adrenaline highs can become addictive in themselves, which makes it harder for us to let go. If we are serious about making the positive changes we need to bring peace and serenity into our life and find that trying to do it on our own is not working, making an appointment with a counselor to guide us through the process can help.

And if you believe in the power of prayer, pray a lot. Ask for prayer from trusted people in your life. Move on to a better quality life.

Be grateful for life and all that is good in your life. It's too short to waste on negativity.

If you have any time in your busy life and are interested in helping make a difference in the lives of women in recovery and in your community, please call us to talk about volunteering at the TLC. You can reach me at 541-444-8238, Janet Wicklund at 541-444-8286 or either of us at 800-600-5599.

**Recovery (Wellbriety) Month**

September is National Recovery (Wellbriety) Month. In Lincoln County, we will celebrate with many others in recovery.

Our activities include meeting in Newport on Sept. 17 for our annual Hands Across the Bridge. The more hands that stretch across the Yaquina Bay Bridge, the better. We add folks every year with the goal of having a line of folks in recovery and those who support folks in recovery all the way across the bridge.

We also have other activities, including speakers, a barbecue, door prizes, kid activities, a countdown and music. All are welcome.

On Sept. 18, Tribal Behavioral Health and a big handful of other Tribal programs and community organizations/entities will sponsor a 5K Run for Wellbriety, a race/walk/run for all ages.

Registration only is \$5; registration and a T-shirt is \$15 (must pre-register; shirts to the first 100 registrants). All proceeds go to the men's and women's safe and drug-free Transitional Living Centers. A barbecue celebration will follow for participants.

For more information, call Delina John at 541-444-8286 or 800-600-5599.

Enjoy the remainder of the sunshine Creator shines down upon us!

**Siletz Tribal Behavioral Health 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: [aa-oregon.org](http://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 the barriers to treatment and support those who choose abstinence.

Sept. 7 • 5:30 p.m.

Behavioral Health Conf. Room

Siletz Community Health Clinic

200 Gwee-Shut Road, Siletz

Topics to be discussed: Run for Wellbriety and Hands Across the Bridge