

New Baby!



Annabelle Ulrich

Annabelle Dorothy Ulrich (one more beautiful Tribal member!) was born June 5, 2012, to Heather and Brian Ulrich in Eugene, Ore.

Annabelle's grandmother is Verdene M. McGuire. Her great-grandmother is Esther Annabelle Simmons McGuire; great-great-grandfather is Lester Simmons; and great-great-great-grandfather is Hoxie A. Simmons.

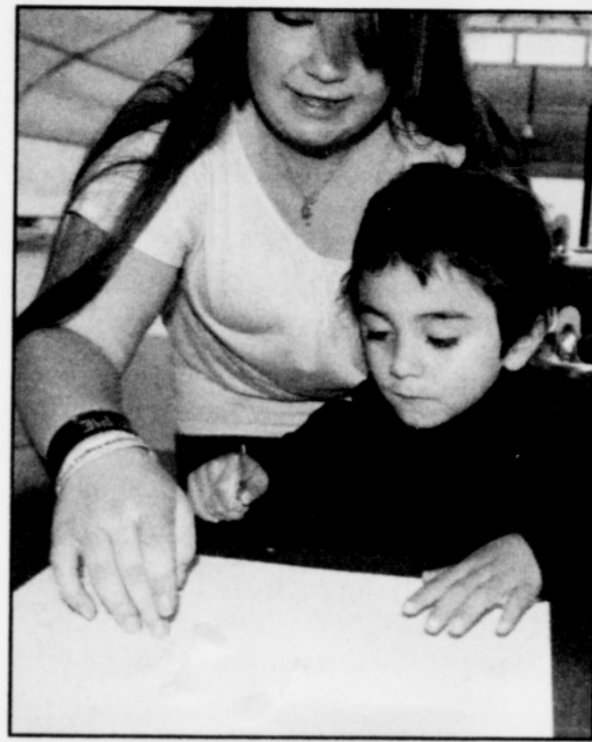
Emergency dental visits available

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. The staff will do everything possible to see you as soon as reasonably possible.

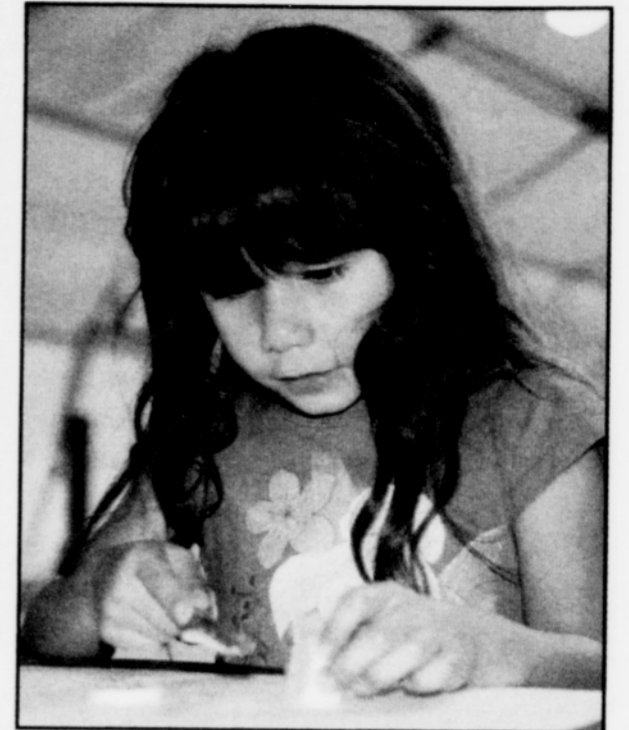
Check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m. Afternoon check-in time is Monday-Friday from 1-1:30 p.m.



Sunny Jimenez tries her hand at drying fruit.



Windy Hill helps Zaiden Howard (above) as Zoey Howard (right) also works at drying fruit.



Healthy Traditions gets traditional with Siletz youth

By Morgan Crawford, TYEE in the Public Information Department

The Healthy Traditions project plans activities to teach Tribal children, Elders and everyone in between the importance of eating right.

"Our ancestors had very healthy lifestyles, but as we've moved into more modern times we've adapted to unhealthy ways of living and the Healthy Traditions project wants to get kids excited about leading healthier lifestyles again," said Sharla Robinson, project coordinator, who feels very strongly about this program and the positive impact it has had on the Siletz community so far.

Between the community garden, posters, fishing trips and Hands on Food activities that include lessons in canning,

cooking, gathering and dehydrating, the people of Siletz – children and adults alike – seem to be embracing the foods and trips originally thought of as gross or unnecessary.

The garden is a plot of land near the Tenas Illahee Childcare Center in Siletz where everything from tomatoes to lavender grows with the help of many volunteers. One TYEE (Tribal Youth Education and Employment, a summer employment program for Tribal youth) worker even went so far as to say, "The food that gets grown in the garden tastes better than the stuff we get in stores."

"Food is really just a culture all its own and every day people make a choice about how they live their lives based on

what kind of food they put in their bodies," said Robinson.

So how do we pick between food that is chemical-based and tastes good but is bad for us and food that is plant-based and has a reputation for tasting bad but in the long run is good for us? The answer is simple – we don't.

"The Healthy Traditions project wants to focus on teaching people how to get the most out of their food by mixing conservative modern food with that of our ancestors to get the most taste and nutrition for your body," Robinson commented at a Hands on Food event in August. "There are plenty of healthy options out there; the only problem we face is trying to teach people why knowing where our food comes from matters."

Tribal veterans rep asks Tribal veterans to call in

All Siletz Tribal veterans are asked to call Tony Molina, Honor Guard director and Tribal veterans representative, to verify their DD214s and enrollment numbers so he can process their names to be placed on the Veterans Memorial on Government Hill. Molina can be reached at 541-444-8330 or 800-922-1399, ext. 1330.

Domestic Violence: Warning signs of an abuser, behavior to be aware of

Before an abuser starts physically assaulting his victim, he typically demonstrates his abusive tactics through certain behaviors. The following are five major warning signs and some common examples:

Charm	Isolation	Jealousy	Emotional Abuse	Control
Abusers can be very charming. He can be very engaging, thoughtful, considerate and charismatic. He may use that charm to gain very personal information about her. He will use that information later to his advantage.	Abusers isolate their victims geographically and socially. Geographic isolation includes moving the victim from her friends, family and support system; moving frequently in the same area; and/or relocating to a rural area. Social isolation usually begins with wanting the woman to spend time with him and not her family, friends or co-workers. He will then slowly isolate her from any person who is a support to her. He dictates whom she can talk to; he tells her she cannot have contact with her friends or family.	Jealousy is a tool abusers use to control the victim. He constantly accuses her of having affairs. If she goes to the grocery store, he accuses her of having an affair with the grocery clerk. If she goes to the bank, he accuses her of having an affair with the bank teller. Abusers routinely call their victims whores or sluts.	The goal of emotional abuse is to destroy the victim's self-esteem. He blames her for his violence, puts her down, calls her names and makes threats against her. Over time, she no longer believes she deserves to be treated with respect and blames herself for his violence. For some survivors of domestic violence, the emotional abuse may be more difficult to heal from than the physical abuse.	Abusers are very controlled and very controlling people. In time, the abuser will control every aspect of the victim's life: where she goes, how she wears her hair, what clothes she wears, whom she talks to. He will control the money and access to money. Abusers are also very controlled people. While they appear to go into a rage or be out of control, we know they are very much in control of their behavior. The abuser very often escalates from pushing and shoving to hitting in places where the bruises and marks will not show.

If you or a family member or friends are experiencing domestic violence, dating violence, sexual assault or stalking, please contact the Siletz Tribal Violence Against Women Act (STVAWA) Program for more information and/or assistance. All contact with this program is confidential! Meetings can be scheduled in the community or in private to protect you and your family. Services also are available evenings and weekends.

Kelley Ellis, Coordinator/Advocate
541-444-9680 or 541-270-9010