

Tribal Head Start says watch out for stress in children

By Lori Jay-Linstrom, Parent Involvement Coordinator

December can be a busy and stressful month for families. Whatever your special holiday is, the holiday season can cause stress in our young children.

They respond to stress in their own ways – crying, tantrums, clinging, excessive energy or temporary regression such as thumb sucking. Here are some tips you might find helpful for your young children:

- Establish predictable routines. Eat regular meals. Make sure children get enough sleep. Plan for rest time. Children need to know what is going to happen. Take time to explain the day's activities.
- Prepare ahead for a hectic day. Put your children's clothes out the night

before. Plan for snacks. Quick take-along snacks such as crackers, veggies and fruit require no refrigeration and can be shared when shopping lines are long or hunger makes tempers flare.

- Allow time for children to play. Plan frequent activity breaks. Find fun things you can do together.

Check your child's weekly Head Start packet for more holiday stress tips.

On Dec. 10-11, all Head Start classrooms will invite parents in to make Christmas crafts. This is a fun activity for all and the crafted items are things families will cherish for years to come.

Before the end of the year, our Head Start programs will have completed all 45- and 90-day requirements of developmental testing, health screens, dental screens, heights, weights and BP.

We have had our first parent meetings with a volunteer training and the selection of Policy Council and Parent Committee positions. Thank you to all parents who self-nominated at the parent orientation and first home visits.

We will have a Policy Council training Dec. 8 at the Salem Head Start Center.

Some important dates to keep in mind:

- Portland Head Start – no classes from Dec. 17, 2012, through Jan. 1, 2013. Classes resume Jan. 2, 2013.
- Salem Head Start – no classes from Dec. 19, 2012, through Jan. 3, 2013. Classes resume Jan. 7, 2013.
- Siletz, Tenas and Lincoln City Head Starts –last day of classes is Dec. 20, 2012; classes resume Jan. 7, 2013.

In January, the Parent Committee will start preparing for the program-wide annual Head Start raffle. If you would like to participate or have anything you would like to donate, please call 800-922-1399, ext. 1376, or 541-444-8376.

Do you have a child who turned 3 or 4 before Sept. 1, 2012? Have you applied for our Siletz Tribal Head Start program? We have locations in Siletz, Portland, Salem and Lincoln City and we are always accepting applications.

Please call the numbers above and we will be glad to send you an application.

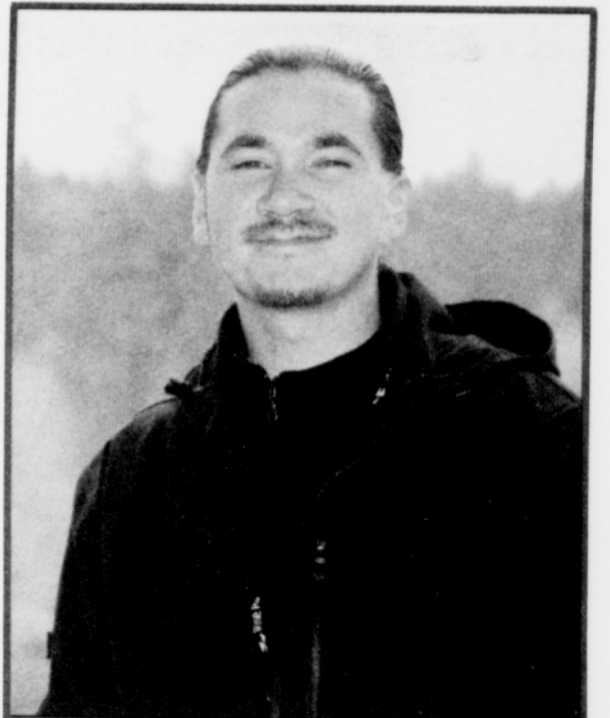


Photo by Natasha Kavanaugh
Rusty Butler

Hello, my name is Rusty Butler and I am currently working as the Prevention coordinator for the Tribe.

There are many struggles in life and I believe if we are given the opportunity and support, we can make a difference in our lives and community. I also believe that through our culture and teachings, we have the power to heal.

It is difficult to do this type of work without the help, support and guidance from our community. I will focus on prevention and intervention strategies, cultural awareness and positive alternatives. I am currently looking within our Tribal programs and community to see if there are people willing to work together to achieve some of these goals. I also will engage in school activities as allowed.

If we can utilize resources and be consistent with any plan of action, I feel we will be successful. Volunteers are needed and welcomed, following the approval through your program. I am open to any suggestions from the community and look forward to working together.

2012/2013 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 seasons end and could receive one of the following Cabela's gift card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELA'S GIFT CARDS

FISHING INCENTIVE

\$50
CABELA'S GIFT CARD

Please report all harvests to:

Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us

or

Rosie Williams at
541-444-8227
rosiew@ctsi.nsn.us

2012 ARCHERY TAGS LATE SEASON

Deer and Elk

First Distribution
Oct. 22 – Nov. 4, 2012
Issued to those who have not received a deer archery tag or any elk tag in 2012

Second Distribution
Nov. 5 – Dec. 9, 2012
Remaining tags issued to any eligible Siletz Tribal member

Questions, please contact:
Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us

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.

Annual native plant sale for conservation

The Lincoln Soil and Water Conservation District's annual native plant sale is set for Dec. 7-8 from 10 a.m. to 4 p.m. at the JC Market parking lot near the Newport Candies Ice Cream Parlor and Quilter's Cove stores (corner of Highway 101 and Highway 20).

More than 500 plants will be for sale with more than 25 native trees, shrubs, ferns, wildflowers and graminoids (grasses) chosen for riparian, urban garden, coastal headland and forestland areas. Stock will be 1 gallon down to plugs.

All proceeds will support restoration efforts, low-impact development projects like rain gardens, surface water quality monitoring, native fish habitat inventory and many other great conservation-based projects throughout Lincoln County.

Call Josh at 541-265-2631 for more details.

2012 SILETZ TRIBAL SALMON SEASON

OPEN

OCT. 19, 2012 THROUGH DEC. 18, 2012

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
Little Rock Creek (hatchery)

Using only the following gear:
Dip Net
Spear
Gaff Hook

Salmon tags are issued by the Natural Resource Department
Monday – Friday / 8 a.m. – 4:30 p.m.

Questions, please contact:
Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us

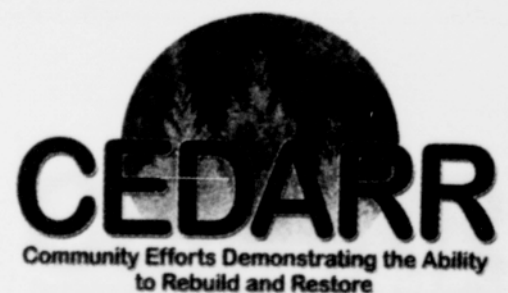
CEDARR

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.

Dec. 5
Noon

Siletz Public Library
255 SE Gaither, Siletz



Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men'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