

You, Activated: A program for bariatric success based on treating your spirit

By Odessa Henriksen

Many people think that bariatric surgery, also known as weight loss surgery, is a magic “cure” for obesity. That afterward your excess weight will just disappear forever.

But if that was the case, why are so many people who have it not successful? Why do long-term studies show that many bariatric patients won’t keep even HALF of their excess weight off?

I used to weigh more than 300 pounds. I had bariatric surgery and at first things were great. I lost 165 pounds, I was at a healthy weight and I thought I had won.

Then the weight started coming back and I feared I was going to be another “regain” statistic like other people I knew who had had surgery. I had to put the brakes on.

It took a lot of work, but what I discovered is we are pointing our finger at the wrong thing. Obesity is a disease and weight loss is not the cure. We think our excess weight is the problem and if we could just get rid of it, all would be well.

But the sickness is inside of us, in our spirit. It just happens to be visually represented on the outside. We have to become healthy not just in body, but in our mind, hearts and lives. A doctor can give you medicine for your body, but what about treating your spirit?

When I talk about the spirit, I’m not talking about religion. I’m talking about looking inside yourself and discovering

the reasons why you self-sabotage, why it seems you are unable to stay motivated, why you don’t make your health a priority.

Is it shame, fear, feeling unworthy, low confidence, unhealthy boundaries with others, feeling hopeless and stuck or any combination of other limiting thoughts and feelings? People often dismiss it as laziness or a lack of self-control. It’s not.

There is a reason you turn to food even though you know it hurts you. If you learn to awaken your spirit, nothing will hold you back. Then the diet changes and exercise changes come easily and will be something you enjoy instead of dreading. It will be empowering and give you inspiration moving forward.

American Indians have higher risks of being overweight and developing devastating illnesses like diabetes and heart disease. We are losing our lives because of it. Those of us who have had bariatric surgery have treated our bodies and now we need to treat our spirit as well.

If we don’t learn to drop the weight in our hearts and minds that keeps us anchored down, the weight on our bodies will continue to manifest itself over and over again. No surgery, diet pill, special diet or exercise plan will fix it.

To my bariatric surgery people: It’s time for you to become You, Activated – In your Body, Mind and Life. You are worth it. Let’s not lose another Tribal member to



Courtesy photo from Odessa Henriksen

Odessa Henriksen in before and after photos

obesity if we can help it.

If you are ready to awaken your spirit, I’m ready to help you activate the power

within. Contact me via Facebook on the You, Activated page or send an email to odessa@youactivated.com.

Do you need assistance with working in Oregon’s legal marijuana industry?

The 477 Self-Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon’s legal marijuana industry.

With funding provided by the Siletz Tribal Council, we are able to assist American Indians (enrolled in a federally recognized Tribe or descendant) who

reside within the service area with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance.

For more information on how to access this service, please contact the 477 Self-Sufficiency Program located in each of the four area offices or email 477SSP@ctsi.nsn.us.

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2021. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. The winning artist will have their logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the cultural education director’s office at the Tribal Community Center or mail it to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than March 1, 2021

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2021-2022 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than March 1, 2021.

Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

How to access language materials online

Ch’ee-la xwii-t’i
(Greetings everyone)

To assist Tribal members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed. I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes.

Go to www.ctsi.nsn.us. Enter in your roll number and last four digits of your Social security number to log on

to the Tribal member access area. Click on “Our Heritage.” On the drop down, click on “Language.”

Lots of written and recorded materials are available in this section. The Nuw-wee-ya’ (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on “Study Materials” and scroll down. Volume 1 contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of the

word’s pronunciation. Volume 2 contains animals, birds, colors, fish, greetings and goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on www.siletzlanguage.org, go to the Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words “Search for” is an empty white box. Type in the word you are searching for and click on the “search” button. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the www.siletzlanguage.org website are 14 Language learning videos and many other culture-related videos, materials and curriculum.