

## AGAIN A DISEASE

By: Walt Klamath, Outpatient Counselor

Quite regular the question on the disease of alcoholism comes up, if it is or not. Some will have it, that it is a moral issue, others will claim that it is a character defect. Some will say that if the affected person would go to a certain denomination of organized religion this would not happen or would get "cured". Yet others will say that all it takes is will power.

I personally know many religious men and women that are addicts. Now these people attend the churches of their choice regularly, yet they were afflicted with the disease of addiction. By attending a twelve step program many of them did find their higher power, and are stable members of their church, some of them are ministers. Now, these people had the moral character, yet they were addicted to a chemical. They possibly didn't do some of the things that I did, yet they were morally bankrupt.

When it comes to will power, very few normal folks have the will power of an addict. An addict can stand against a mountain of obstacles to accomplish getting another bottle or fix, so will power is not really an issue. How many people with cancer or diabetes or heart trouble can will it away? None. Nor can we that have addictions will it away. It just can't be done. Some will say that it is a self inflicted problem. Maybe it is to a certain extent, as is heart disease and diabetes. These diseases can to some degree be prevented. Does that make it any less a disease?

Alcoholics Anonymous has a good definition of Alcoholism, "The phenomona of craving sets in", this is where the chemical abuser and chemically addicted separate. The abuser can stop any time they wish at any point, the addicted cannot, they must go into the abyss.

People with heart problems, cancer or diabetes do not heal, the disease can in many cases be arrested, the same with chemical addictions. People with cancer take chemotherapy, people with diabetes take insulin and we use twelve step programs to arrest our disease.

If we put all we know about addictions, leave out the biases, look at all the diseases and compare fact for fact, I believe that it is a full fledged, life threatening disease that needs attention. It cannot be treated as many others can, it cannot be removed by surgery, the addiction cannot be removed by prescription, the only way possible is complete abstinence from the substance. This is accomplished by attending twelve step programs.

This disease is very treatable, this is the good news, the bad news is that few will get treatment, some will be lucky and be motivated by a judge, and when they are convinced that it is a disease and that it can

be arrested where its at, then recovery will begin.

However, because it is a disease does not relieve us of the fact that we are responsible for our actions, we are responsible for all that we do. In treatment this is one of the factors, that we are responsible, this is the fourth step.

JANUARY 1990

NATIVE AMERICAN  
OPEN

A. A. MEETINGS  
SATURDAYS

7:30 - 9:00 P.M.

SILETZ TRIBAL COMMUNITY CENTER

### SCHEDULE

Jan. 6. VIDEO: Under the Influence  
Court Cases involving blackouts

Jan. 13. Regular Sharing/Big Book

Jan. 20. Regular Sharing/Big Book

Jan. 27. SPEAKER MEETING  
Irene H. of Portland

Sweats every Sunday afternoon at four o'clock

FOR MORE INFORMATION CALL JANICE 444-1367

## USDA NEWS

The USDA food distribution for Salem is January 3, 4 & 5, 1990. NOTICE THESE DAYS ARE DIFFERENT: WEDNESDAY, THURSDAY AND FRIDAY (DUE TO THE SHIPMENT). PLEASE KEEP SCHEDULED APPOINTMENTS. Distribution dates for Siletz are January 16, 17, 18, 19, 22 and 23, 1990. We will not be serving after the 23rd. We will be doing our reports the last week of every month. (New clients will be served during this time.)

We would like a SPECIAL THANKS given to Donald Jay for helping us unload the double semi trucks during our last shipment. Your help was greatly appreciated. "We are sorry about the bruised arms."

This facility is operated in accordance with U.S. Department of Agriculture Policy, which prohibits discrimination on the basis of race, color, sex, age, handicap, religion, or national origin. Any person who believes he or she has been discriminated against in any USDA-related activity should write to:  
ADMINISTRATOR Food & Nutrition Service  
3101 Park Park Center Drive  
Alexandria, VA 22302

## STEDCO COMMISSIONER NEEDED

The Siletz Tribal Economic Development Commission has seats open for Tribal Members. If you are interested, please call STEDCO's office at 444-1347 to request an application.

## REGULAR COUNCIL MEETING MINUTES

MEETING: Regular Council Meeting

DATE: October 21, 1989

TIME: 9:00 a.m.

PLACE: Siletz Tribal Community Center

### COUNCIL MEMBERS PRESENT:

Delores Pigsley, Chairman  
Alfred "Bud" Lane III, Vice-Chairman  
Jessie Davis, Secretary  
Pat Morrell  
Manuel Rilatos  
Frank D. Simmons  
Gladys Staggs  
Mary "Dolly" Fisher  
Jane I. John (9:12 a.m.)

### OTHERS PRESENT:

Tina M. Retasket, Secretary  
Craig J. Dorsay, Attorney  
Delphine Wallace  
Mick Stam  
Beverly Vogel  
Nelson Witt, BIA Spt.  
Bonnie Petersen  
Bunny Petersen  
Phil Rilatos, General Manager  
Teresa M. Miller, Newsletter  
Patricia Whetstone  
Steve Vogel  
Joe Lane  
Kristi Martin-Bayya, ICW  
Arlissa Rhoan

Chairman, Delores Pigsley, called the meeting to order at 9:05 a.m. Roll Call was taken with 8 Council Members present and none absent. Invocation was given by Tina Retasket.

MOTION #1 - Frank Simmons moved to approve the amended Agenda with the addition of Election of Tribal Council Secretary, Tribal Member - Joe Lane, and Election Board Report. Seconded by Dolly Fisher. Motion approved, 8-0-0.

Council asked for a clarification in the minutes that Judy John was transferred to the Health Director position and not promoted, and clarification on the Bureau including items purchased under 638 contract. Tina will do this.

MOTION #2 - Dolly Fisher moved to approve the amended minutes of the 9/16/89 Council Meeting. Seconded by Bud Lane. Motion approved, 8-0-0.

Council Vacancy Appointment - Dee recommended Manuel Rilatos to fill the completion of Bonnie's term. Pat noted that some tribal members wanted the vacancy filled until the next election and have that appointment placed on the ballot along with the usual 3 vacancies. Frank noted the Constitution gives the Chairman authority to recommend a replacement for the vacancy. It would be a Constitutional change otherwise. Dee suggested the Council get the Constitution printed in