

New Year's Eve Clean And Sober Pow-Wow

By: Walt Klamath, Outpatient Counselor

The Siletz Tribal Alcohol and Drug Program and the Siletz Dancing Again Singers and Dancers will be sponsoring a Clean and Sober Pow Wow, Thursday, December 31, 1992. This event will take place at the Siletz School. The Grand Entry will be at 7 pm. The Pow Wow is expected to last till 1 am. Vendors welcome, we will open the doors early.

Anyone that needs a place to sleep, (it will not be the most comfortable place that I can think of), but we do have the Tribal Community Center where one can throw down a sleeping bag. I don't think the custodian would appreciate it if we threw some baled straw on the floor.

Rick Bartow, an artist working out of South Beach, has donated some articles for a raffle. Rick has donated 5 paintings that he has done. These are approximately 12 by 14 inches, and 3 smaller ones about 4 by 5. Also a gaff hook made from a beaver chewed club, an elk horn hook, and a carved wooden hammer that he calls a fish knocker. During hunting season we had the chance to get a bunch of deer hooves, so we will have at least two rattles made with deer hooves to be in the raffle.

We plan to have chili and fry bread in the school cafeteria. This will start at four.

Craig Whitehead is getting drummers and singers together.

Participants are not permitted to wear heavy boots while dancing. The drum groups will have to have blankets or some kind of protection for the gym floor.

SEE YOU THERE!!

Gambling in Tahoe

By: Walt Klamath, Outpatient Counselor

While at the conference in Tahoe, Frances contributed to the economy of Nevada. Of course after the sessions were over I did add also. It was interesting watching these stupid machines operate.

I have it figured out how they work. Our bodies work through electrical impulses. Our brains operate on electricity. When we think, if we do, there is an electrical surge somewhere. These machines are very high tech, they pick up these electrical impulses.

When we are playing these one arm bandits and we are not winning, in our minds we think, "I am going to quit". Immediately the electrical impulse is sent to this built-in computer and the machine will now start paying off maybe 2 quarters for every three put in. Well, this is still a losing game but the hopes are up, the electricity is flowing. WE make up our minds, (more electricity), to quit soon as the coins run out. This is a strong thought. The machine picks it up and WHAMMO a big one is hit, well not too big, maybe seventy dollars. That's a lot of quarters. More power is sent out, the machine has a fuse built in that kicks out. The computer in the machine now knows that it has the player hooked for a while and it can cool off until the impulses start again and then the whole series starts again. Now the machine adds insult to injury. Just as one leaves the machine, the next person steps up drops three quarters and gets 500. Then the wife says, "I told you it was ready to pay". Hah, the urge to backhand! It was fun though I am not a good gambler. When I am three quarters ahead I am willing to quit, but like other things in the three days, I quit a 100 times. It was easy to quit.



Inhalant Conference

By: Walt Klamath, Outpatient Counselor

November 9 through 11, I went to Lake Tahoe for an inhalant abuse conference. This was not the greatest conference that I have attended. The Information that was given out was good and timely. The offset was that the facilitators on most of the sessions spent too darn much time talking about statistics, nationally. These things we can read anytime at our own leisure, if we even do so.

To me this was a waste of time. Several of us protested a little about using so much time talking about goings on in even different countries.

Dr. Max Schnieder was one of the keynote speakers. He was pretty good. He used quite a bit of humor during his talk. This is something that I always appreciate.

He said that he was going to step on some toes today. Cigarettes, he says, are the worst inhalant that is in America today. Less than a thousand people die a year from substance inhaling, glue, gasoline, propane etc. But a thousand a day die from tobacco caused problems.

There were some pictures of the brain of youth that had died as a result substance inhaling, like spray paint. The brain of a 19 year old was comparable to the brain of a late, late stage of Alzheimer's or Parkinson's Disease patient. What it actually looked like was a late stage dried walnut.

There is not very much known about the effects of inhalants on the body. There is very little research that is being done due to lack of funding. There is only one Inhalant Treatment Center in the United States at this time. Canada has two or three. It takes up to sixty days sometimes just to detox from inhalants, with alcohol 3 to 7 days, other drugs 10 days.

It seems that recreational therapy works the best with these clients, keeping them busy mentally and physically. From what is known, it takes from one year to three years to recover from inhalant addiction, that is from gasoline, glue, and such.

Inhaling is quite unpre-dictable, especially for the first time user. The first time can be lethal. After the first time the person does survive, then it seems that they can "huff" for some time, with the effects of the substances building up in the fatty tissues (not the spare tire around our middle) in the liver and the central nerve fibers. The paints will build up in the lungs to where they will not operate.

Dr. Schneider used electrical cord as an example of the damage that occurs in the body. The central nerve fibers have a fatty tissue protecting the nerve centers, like the insulation on an electrical cord. When the fatty tissue is saturated with these chemicals, the fatty tissue dissolves leaving the nerves bare, like scraping the rubber off the wires. Consequently, messages to different parts of the body are rerouted and what happens is not what was originally intended.

I sure hope that the next conference that I attend they do not spend half of the time talking about how many people there are in Kalamazoo or whatever.

Elk Feet

By: Walt Klamath

This year Rick Bartow and I had the good fortune of getting many deer legs, probably seventy or eighty of them. This makes for a lot of hooves and duclaws. We boiled them up by the creekside and Rick shucked them kinda like oysters. Out of these he made some rattles, some of which are in the New Year's raffle.

Now I have not heard anything about Elk Hooves. Rick has nothing about them, in fact no one that we talked to knew of anything to do with elk hooves. Well, they are a little larger than deer. So, lets try some to see what they would sound like. We boiled one, a little heavy, a rattle would weigh quite a bit, but maybe a leg rattle.

Anyway, I got a whole bunch from Joe, the butcher here in Siletz, and I proceeded to cook them up preparing to shuck them. After they had cooked for a few hours I called Rick. He came up and the shucking was not the same. Elk hooves do not pop out. They are hard and then the odor set in. That is the stinkiest mess that I have ever got involved with. Now these were not overripe either, them elk just don't wash their feet very often. I did not handle the feet much, Rick did the shucking, everywhere he went he stunk. He tried washing his hands with soap. No good. Rubbed his hands in sage, everything he tried, and he still smelled like dirty feet.

I can't understand him. He says to me, "Our partnership is dissolved, the I of we is no longer." How do you like that for gratitude?

Fire Prevention Week

By: Walt Klamath, Engineer, Engine 802
Siletz Rural Fire District

Last month we talked quite a bit about fire prevention, especially smoke alarms. I hope that everybody did check the batteries in their alarms, actually have replaced them. After a battery has been in service for a year, replace it. That particular battery has done its duty.

Some people change the batteries when they change from daylight saving time, others change on some special occasion. Regardless of what occasion one changes the battery, the important thing is **TO DO IT**.

There are still smoke detectors available through the CHR's. If you do not have one, be sure to contact the CHR in your area.

Also there are bikers helmets available through the same program, the CHR's. These are good to have for all that ride bikes. Most of the injuries from bicycle accidents are head injuries and most of these are preventable by the use of helmets.

I have personally seen a motorcycle accident where the cyclist hit the pavement and slid along the road, head and shoulder. The rider was a little shaken up, a little bruised, (well, quite a bit bruised), but had it not been for the helmet he probably would not have had a head. Helmets do save lives and do prevent some serious head injuries.

All that ride bikes should wear them, the pedaler and the little ones riding in the rumble seat. There are sizes for all.

In Siletz Contact Maxine Rilatos; in Salem, Arliss Chattersen; in Springfield, Cheryl Ben; and in Portland the CHN, Irene Holland.