



New Items at Smokehouse

If you haven't stopped by the Siletz Tribal Smokehouse in a while, you're missing out on all the changes. The exterior and interior has been undergoing some much needed painting. Dan and his crew have done an excellent job of sprucing up the Smokehouse.

Also, the merchandise is in a constant state of change to attract a wider base of customers. New items include:

- * Pewter Jewelry
- * Pewter Letter Openers
- * Tie Tacs & Bolo Ties
- * Beaded Bolo Ties
- * Beaded Hatbands
- * Hand-Milled Natural Soaps
- * Antler Bolo Ties
- * Antler Belt Buckles
- * Pottery Night Lights

Additionally, the Smokehouse carries an array of pow-wow and flute music on cassettes and CD's. We have in stock the 1996 pow-wow calendar listing pow-wows all over the United States and Canada. The Smokehouse has a wide variety of smoked salmon and seafoods always at hand for your eating pleasure.

The Smokehouse is always looking for quality beadwork, jewelry and arts & crafts to add to the inventory. Our first priority is buying from Siletz Tribal Members, other Native Americans, and lastly, Native American theme items. Tribal members can contact Tina Retasket at STEDCO, (541) 444-1347 if they have items to sell. Purchase is based on price and quality.

The Siletz Tribal Smokehouse hosted an Open House on April 23rd for Tribal Elders giving out snacks and tours of the facility. The Smokehouse appreciates the patronage of ALL tribal members, especially the Elders throughout the years. Stop by to visit and pick up a gift for someone special in your life. Remember, tribal members receive a 30% discount on non-sale items.



Victoria Johnson

"Wake Up Call" for Tribal Employees

by Jane Thacker

Over fifty Tribal employees had the pleasure of interacting with health, fitness and lifestyle activist Victoria Johnson on Tuesday, March 19th. The group met at the Tribal Center for Victoria's presentation titled, "Wake Up Call."

Victoria is an internationally-acclaimed motivational speaker, lecturer, trainer and consultant on topics including self-development, goal-achieving, and attitudes of excellence to corporations, trade associations and fitness professionals. As a health video celebrity, she has starred in and produced over fourteen Dance Fitness Videos, of which four were nominated Fitness video of the year. Victoria has appeared on major TV talk shows, infomercials and the home shopping network. She is the author of the acclaimed



Wood Carving by Tribal Member Ken Hatch

book, "Attitude," a consumer guide to complete health and attitude adjustments. Her professional background is extensive as it is impressive.

From her humble beginnings as a child of a migrant farm family, Victoria Johnson has overcome poverty, race discrimination and eating disorders including obesity, anorexia and bulimia to become the nation's premier health and fitness "activist."

Victoria was born in Louisiana where her own grandmother was the daughter of a slave. Her family relocated to the Yakima Valley to work as migrant workers. It was in the fields of central Washington that Victoria grew up with ten brothers and sisters, and it was during her childhood that she began a cycle of bingeing, purging - gaining and losing. For more than a decade, Victoria struggled with compulsive eating and bulimia.

Seeing her today, it is hard to imagine she once carried 170 pounds on her 5-foot-3-inch frame. Glowing with good health and energy, Victoria is living proof that a long-

term cycle of poor health can be broken. "In my classes and on my videos I always tell my students to get the right attitude," says Johnson. "So many times people get discouraged, so I really push confidence. Don't work out for how it makes you look, work out for how it makes you feel. Exercise means energy and a longer life, which is the bottom line."

Victoria is living proof that gaining control of your life is the key to happiness and success. She stated that it hadn't been easy for her, but through counseling, nutrition classes and a lot of self-examination, she overcame her obstacles and is the person she was meant to be.

During her ninety-minute captivating presentation, Victoria shared her tools of self-empowerment: **VISUALIZE, ENERGIZE AND REALIZE!** You must ask the right question to get the right answer. "Is what you're doing today bringing you closer to where you want to be tomorrow?"

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