

Address: 2468 West 11th Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583
The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

December 2016

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'

(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Community Center	Monday	December 5 th 2016	6:00 - 8:00pm
Eugene Area Office	Tuesday	December 6 th 2016	6:00 - 8:00pm
Portland Area Office	Monday	December 12 th 2016	6:00 - 8:00pm
Salem Area Office	Tuesday	December 13 th 2016	6:00 - 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department at (541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated.

Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

Siletz/Eugene A/O Activities Closures

Oct 15-Dec 12	Cultural Fishing Season Opens
December 6 th	EAO Language Class 6-8pm
December 9 th	Winter All Staff CLOSED
December 16-18 th	Winter Solstice
December 26 th	Christmas Holiday CLOSED
December 28 th	EAO OpenHouse/Farewell to Nick

*See Flyers for information on activities

!!MAIL ORDER SERVICE AVAILABLE!!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions **must be** picked up at the pharmacy. THANK YOU PHARMACY STAFF

Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Kelly Miller at (541) 444-8236 or 800-922-1399 ext. 1236; or visit at www.ctsi.nsn.us/icw.html

**2016
EMERGENCY HOUSING ASSISTANCE (EHA)
~OPEN~**

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

**Low-Income Energy Assistance Program
(LIHEAP)
2016/17 OPEN
Crisis/ Regular heating
All Siletz Tribal Households**

Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 ext 1750

**Notary Public (Free Service)
Call to set up an appointment
Contact: Nora Williams-Wood,
Siletz/Eugene Area Office**

**541-484-4234 or 1800-922-1399 Ext. 1750
(Please make sure document is completely
filled out do not sign. Current ID required)**

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me.
(541) 484-4234 or email: noraw@ctsi.nsn.us

Chinook Winds Casino Resort
Sign up for an electronic newsletter:
www.chinookwindscasino.com

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon
97404

Telephone: (541) 682-4191

Website:
<http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

Can fill out online or mail in if you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.



Eugene Area Office
Eugene Area Office
2016 OPENHOUSE

Farewell - Nick Sixkiller

December 28th from 12:00 - 4:00pm

SILETZ ELDER NEWS

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held on Tuesday December 6, 2016. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Elder Council will meet on Saturday, December 10, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Shasta Room at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399.

Mark your calendars: Tuesday December 13th, 2016 for the Elders Christmas party. More details will be available in your Elders Newsletter.

Winter Solstice (Feather Dance) will be December 16th – 18th in Siletz Oregon. Questions contact Bud Lane at: 1-800-922-1399 x1320

The Chinook Winds Entertainment for December, 2016 is Kelly Pickler. She will be performing on the 9th and 10th with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665 There is a special Comedy on the Coast on the 16th and 17th at 8:00 p.m. You may call 90 days before to request free Elder tickets.

There will be an Open House and goodbye get together for Nick Sixkiller on December 28th 2016 from 12-4pm.

There will be no regular evening Diabetes Support Class held in December. Contact Adrienne Crookes at 541-484-4234 for more information

Jim Swanson, 541-683-8766

jimswanson38@comcast.net

Office Closures: December 9th 2016 for Winter All Staff

December 26th 2016 for Christmas Holiday

SUPPLEMENTAL EDUCATION
NICK SIXKILLER, EDUCATION SPECIALIST



“RETIREMENT”



On January 6, 2017 I will be withdrawing from my position as Education Specialist with the Confederated Tribes of Siletz Indians and from an active working life.

I have many memories as an education specialist that I will carry with me throughout the rest of my lifetime. Helping students find their way through the education system, pre-school/headstart, elementary, middle school, high school and post secondary education will always my favorite highlights.

I have had the pleasure of working with a very talented, intelligent and energetic education staff; Bev Youngman, Alissa Lane, Sonya Moody-Jurado and Katy Holland for the past several years. And the Eugene Area Office staff has been like family for the 21 years I have been employed with the Tribe. Thank you to Lou Carey, Nora Williams-Wood, Adrienne Crookes, Jenifer Jackson, Jessica Phillips and most currently Norma Trefren, for being such awesome co-workers.

Honored and privileged are my feelings to have been employed by CTSI. Thank you to Chairman Dee Pigsley, Tribal Council, Brenda Bremner and all of CTSI staff. I will miss all y'all!

However, I hope to see many of you “down on the Pow Wow Trail”!!

Nick Sixkiller

FAFSA = WWW. FASFA.ED.GOV

Submitting a FAFSA Application by January 31st is a Siletz Tribal Scholarship Requirement and students are asked to provide confirmation of date received by FAFSA in your completed application.

Returning students and new students, please know, a Free Application for Financial Student Aid (FAFSA) needs to be renewed every new school year. New applications for FAFSA 2017 - 2018 have been available since October 1, 2016. Log on to the above web site, for more information. For a faster response and a better chance to be funded, it is highly advisable to submit your FAFSA application as soon as possible after October 1st 2016. For more information about Financial Aid or other questions you may have concerning the tribal education program please contact your respective Education Specialist with the Tribe.

IMPORTANT: FILE FOR FAFSA AS SOON AS POSSIBLE AFTER October 1, 2016 and BEFORE JANUARY 31ST 2017 FOR SCHOOL YEAR 2017/ 2018.

Application Deadline:

Students are funded for the academic year once per year; the deadline for completed applications is June 30, 2017. Adult Vocational Training clock hour schools are considered on a case by case basis.

If you are planning to attend Higher Education or Adult Vocational Training fall term 2016 and If you plan to attend school at the University of Oregon, Lane Community College, or Linn-Benton Community College, your completed application should to be addressed to the attention of the Education Specialist at the Eugene Area Office. The Siletz area office administers out of state schools. Incomplete applications will not be considered.

Completed grant applications must be submitted for each school year.

OSAC SCHOLARSHIPS

The Oregon Student Access Commission (OSAC) scholarship season is now underway. Students planning to attend college next fall are encouraged to apply on line. To search for and apply for scholarships, students can visit OSAC's website at www.OregonStudentAid.gov. Click on the scholarship link to access the application and search for scholarships to add the application. OSAC provides students with one online application to select from among more than 450 scholarship opportunities administered by the agency. "Using OSAC's online application to apply for numerous scholarships is not only easy, but also increases the student's chances of receiving more than one scholarship to help cover education expenses," says Bob Brew, OSAC's Interim Executive Director.

Oregon University System admissions and scholarship deadlines

The OUS schools have their own priority deadline for admissions. This is also their university scholarship deadline. Don't miss your opportunity to attend your top school choice and a chance to receive a scholarship.

Eastern Oregon University: March 1
Oregon Institute of Technology: March 1
Oregon State University: Feb. 1
Portland state University: Feb. 1
Southern Oregon University: Feb. 15
University of Oregon: Jan 15
Western Oregon University: Feb 1

*The Education
Department is
wishing everyone a
Happy and fun filled
Holiday Season!!!*

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

<input type="checkbox"/> Self-Referral
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about
the Siletz Home Visiting Program.





477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist
Norma Trefren, Intake Specialist/Job Coach



The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756. General Assistance or TANF, please contact Jenifer Jackson to set up and appointment at 541-484-4234 x1755. You can leave messages directly on their voicemail.

TSS staff administrative hours Monday through Friday 8:00am - 9:30am

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to the EAO or staff directly to

Schedules:

Jen's hours: **M-F 8:00-4:30pm**
General Assistance and TANF

Jenifer will be **OUT** of the office: ***Jenifer**
- December 2, 8, 9,

Norma's: **M-F 8-2:30pm**
Work Experience, Summer Youth
Employment, On-the-Job Training,
Classroom Training, Direct Placement,
Emergency Assistance, TANF Youth
Services

Norma will be **OUT** of the office:
***Norma - December 5th pm, 7, 8, 9**

* Lou Carey will be available to assist clients with some needs when Jenifer and Norma are out.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

Clients are required:
To meet with Tribal Services Specialists each month
You will need to call and set up an appointment

WEX/Grant Assistance

Dates to remember in December 2016

Thursday	December 1 st	TANF/GA Card day
Friday	December 2 nd	WEX Payday
Monday	December 5 th	Self-Sufficiency documentation due
Tuesday	December 6 th	WEX Time Sheets Due
Tuesday	December 6 th	EAO Language Class 6-8pm
Friday	December 9 th	Winter All Staff Closed
Friday	December 16 th	WEX Payday
Tuesday	December 20	WEX Time Sheets Due
Friday	December 26 th	Christmas Holiday Closed
Wednesday	December 28 th	Open house/Farewell-Nick 12-4pm
Friday	December 30 th	WEX Payday

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to all enrolled federally recognized tribal members and descendants:

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed. If you are interested in utilizing CRT services, please contact Sheila Solis to schedule an intake appointment.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage. Contact Sheila Solis for more details.



Want help getting a job? Do you have a diagnosed disability (IEP or 504)?

You could be eligible for STVRP services.

**Steps in working with
Siletz Tribal Vocational Rehabilitation Program:
(STVRP)**

Step 1: Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

You can get the help you need, schedule your appointment today!

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Tribal Vocational Rehabilitation Program

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan- IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

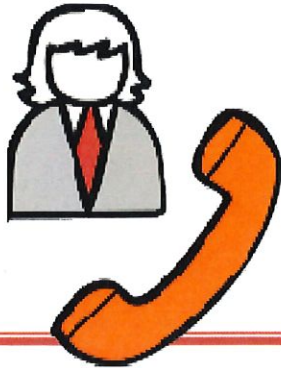
Examples of SERVICES PROVIDED by STVRP:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide); Angie Butler (Program Director).



Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications

are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.

Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

December is Safe Toys and Gifts Month

Adrienne Crookes, Community Health Advocate

When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys.

This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages.

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means that the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the bicycle or skateboard).
- Keep kids safe from **lead in toys** by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your child wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead.
- Do **NOT** give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do **NOT** give toys with ropes and cords or heating elements.
- Do **NOT** give crayons and markers unless they are labeled “non-toxic.”

Source: www.preventblindness.org/children/safetoys

Have a Happy and Safe Holiday Season!





Healthy Eating During the Holidays

Adrienne Crookes, Community Health Advocate

Although holiday weight gain is a reality for many people, here are just a few strategies for avoiding those extra holiday pounds without shunning the festivities. You do not have to feel deprived this season...just make compromises and better choices

Healthy Eating: Eat 5 or 6 small meals daily rather than the usual 3 larger meals. Frequent eating helps to control blood sugar and to curb your appetite. Eat a light, healthy meal a couple of hours before the holiday event. You are more likely to control your intake if you are not extremely hungry. Watch your portion size by using a smaller plate and drinking cup. Eat slowly and listen to your hunger cues. If you are not hungry, pass on the second helping.

Healthy Foods: Foods that are high in soluble fiber (such as fruits, vegetables, barley, oats and legumes) slow the transit of food through the upper digestive tract, making you feel fuller for a longer time. So eat a delicious apple or some crisp carrots as a snack rather than grabbing a handful of chips. When choosing from a buffet, sample a variety of foods in small portions. Skip the usual, familiar foods and choose the special holiday items instead. Also remember to control calories by using only small amounts of sauces and gravies. Choose your favorite dessert and share it with someone. Just a taste of your special treat may be enough to satisfy your "sweet tooth."

Exercise: To compensate for those high-calorie foods, increase your exercise over the holidays. Exercise can burn up a few calories, reduce holiday stress, and renew your energy level. Pass by those close parking spaces and park farther from the mall entrance. Then take a few laps around the mall before you begin your shopping spree. Before the holiday event, take a brisk walk around your neighborhood.

Drink plenty of Water: If you drink alcohol, do so in moderation. Alcohol and coffee can dehydrate your body (also, alcohol contains lots of calories!).



Tomorrow is a New Day!

The holiday season is the toughest time of the year to maintain healthy eating habits. Try to enjoy yourself without overindulging. Remember that *moderation is the key* to calorie control. If you eat more than you had planned, get back on track the next day and set realistic diet and exercise goals for a healthier New Year!



Holiday Fire Safety

Christmas Tree and Holiday Decorations Fire Safety

Decorating homes and businesses is a long standing tradition during the holiday season. Unfortunately it's these decorations that increase the chance of fire. Follow a few simple Christmas tree & holiday decoration fire safety tips to ensure Happy Holidays.



CHRISTMAS TREES can remain relatively fire resistant if you follow these simple steps:

Recut the trunk at least two inches above the old cut as soon as you get it home. This allows it to continue to pull moisture into its foliage.

Keep the trunk in water immediately after it is recut. Moisture is the key to keeping the tree fresh and thereby enhancing its fire resistance. If the tree will be kept outside for a few days, stand it in a bucket of water until you are ready to bring it indoors. **Check the water levels daily...** Never let the water level go below the bottom of the trunk. Commercial floral preservatives can also be added to the water to help keep the tree fresh.

Locate any tree away from sources of heat. Avoid placing any tree, live or artificial, near a heater outlet, wood stove or fireplace. Put it in the coolest location possible. Never leave a lighted tree unattended. **Caution:** be careful not to block a door with the tree, decorations or rearranged furniture.

Remove the tree immediately after the holidays. Even a properly cared for live tree will eventually die. Take it to a recycle center or leave for your refuse collector.



LIGHTS & DECORATIONS

Choose decorations that are flame resistant or flame retardant. Keep decorations away from heat sources, windows and doors.

Properly install your holiday lights. Use lights that have the label of an independent testing laboratory. Be sure to use indoor lights inside and outdoor lights outside. Make sure all electrical cords have no frayed or cracked wires or broken sockets. Do not attempt to repair a worn light set! Throw it away and purchase a new replacement. Do not overload electrical outlets. Do not link more than three light strands, unless the directions indicate it is safe. Do not leave lights turned on for prolonged periods or unattended. *In addition to being shatterproof and shock resistant, LED lights produce almost no heat, making them safe to touch and greatly reducing the risk of fire.*

USDA distribution dates for DECEMBER 2016

Siletz

Thursday	December 1	9 am - 3 pm
Friday	December 2	9 am - 3 pm
Monday	December 5	9 am - 3 pm
Tuesday	December 6	9 am - 3 pm
Wednesday	December 7	9 am - 3 pm

Salem

Monday	December 12	1:30 – 6:30 pm
Tuesday	December 13	9 am – 6:30 pm
Wednesday	December 14	9 am – 6:30 pm
Thursday	December 15	9 am – 11 am

I posted this recipe on our facebook page, but I will put it here too because it is that good.

CLOUD BREAD WITH TUNA SALAD

3 eggs separated* 3 tablespoons cream cheese (room temp) ¼ teaspoon baking powder (or cream of tartar)	OPTIONAL: 1 tablespoon honey or some natural sweetener, salt, garlic powder, rosemary.
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1. Preheat oven to 300 degrees
2. Separate the eggs; there must be no yolk in the white.
3. In one bowl, mix together the egg yolks, cream cheese and honey until smooth.
4. In the second bowl, add ¼ teaspoon of baking powder to the whites and beat the whites with the hand mixer on high speed until they are fluffy, form a nice peak and hold their peaks.
5. Slowly fold the egg yolk mixture into the egg whites and mix carefully; you don't want to break the fluffiness of the egg whites too much.
6. Do the following as quickly as possible or the mixture may start melting..... Spoon the mixture into 10 - 12 even rounds onto lightly greased baking sheet. Sprinkle with your rosemary or favorite spices (I used dill) and put in the oven.
7. Bake for 18-20 minutes on the middle rack. Then, broil for 1 minute or until golden brown.
8. Remove from the oven and let cool and put a dollop of tuna salad in the middle of each bread, roll it up and eat it.

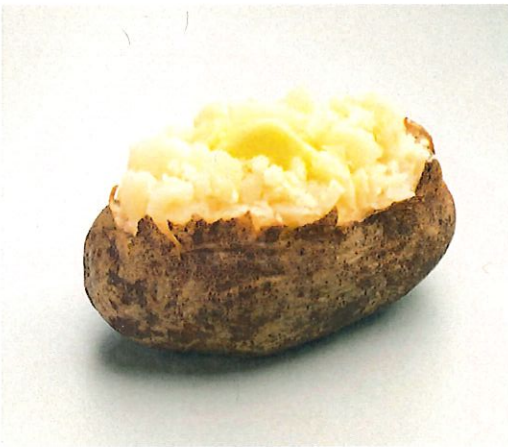
Indicates commodity foods used

Also, LIKE us on Facebook at Siletz Tribal FDPIR.

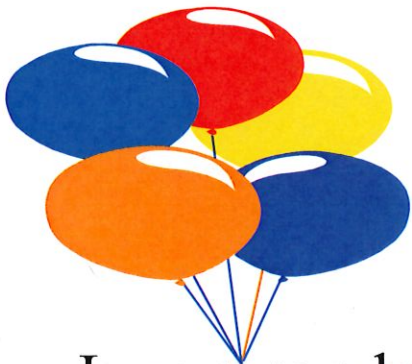
Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

**Siletz Eugene Area Office
Winter Open House
Baked Potato Bar
December 28, 2016**



Noon - 4:00



**Nick Sixkiller's
Retirement**



I am sure a lot of you know by now that after 21 years working for the Siletz Tribe, Nick is going to retire the first of the year.

Please come join us, 12/28/16 during Open House in wishing him a great retirement.

If you have questions please call 541-484-4234

FIREWOOD AREAS

O P E N

SUGUS HILL #2

(13 miles from Siletz)

LOGSDEN ROAD

(By the Bull Pen & USDA)



PERMITS REQUIRED

Open to all Tribal Members

**Obtain Permits from the Natural
Resources Department**

CULTURAL FISHING
SEASON OPEN

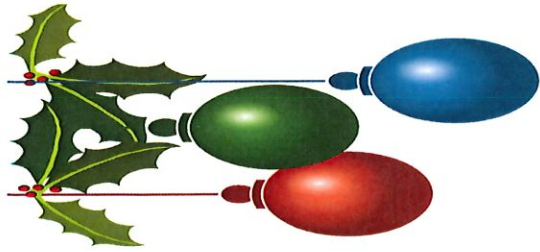
Oct. 14 - Dec. 12, 2016
CTSI License & Tag Required

**TRIBAL
FISHING
SITES:**







- ❖ **Euchre Creek Falls (off Hwy 229)**
- ❖ **Little Rock Creek (above Hatchery)**
- ❖ **Drift Creek (off Hwy 101)**

Tribal salmon tags may only be used to fish in posted areas at the above cultural fishing sites using only a dip net, spear, or gaff hook. License and tags are available at the CTSI Natural Resources Dept., (541) 444-8227.



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2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
	477/Self-Sufficiency Documents due USDA Distribution Siletz 9-3pm Siletz Language Class Siletz 6-8pm	USDA Distribution Siletz 9-3pm Time Sheets Due by 12pm		TANF/GASA Check/Card School Checks Released USDA Distribution Siletz 9-3pm	WEX Payday USDA Distribution Siletz 9-3pm	
4	5	6	7	8	9	10
	Portland Language Class PAO 6-8pm Cultural Fishing Ends	Eugene Language Class EAO 6-8pm USDA Distribution Siletz 9-3pm USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm		Winter All Staff ALL OFFICES CLOSED	Elders Meeting Shasta Room @1pm
11	12	13	14	15	16	17
	USDA Distribution Salem 1:30-6:30pm Portland Language Class PAO 6-8pm	USDA Distribution Salem 9-6:30pm Salem Language Class SAO 6-8pm Tribal Elders Christmas Party	USDA Distribution Salem 9-6:30pm	USDA Distribution Salem 9-11am	WEX Payday 	Winter Solstice
18	19	20	21	22	23	24
 Winter Solstice		Time Sheets Due by 12pm				
25	26	27	28	29	30	31
			EAO OPENHOUSE & Farewell to Nick Sixkiller 12:00-4:00pm		WEX Payday TANF/GASA Check/Card School Checks Released	



Merry Christmas

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
 541-484-4234 1-800-922-1399
 Lou Carey, Supervisor x1751
 Nick Sixkiller, Education Specialist/JOM x1757
 Jenifer Jackson, Tribal Service Specialist/477SSP x1755
 Norma Trefren, Intake Specialist/Job Coach/477SSP x1756
 Adrienne Crookes, Community Health Advocate x1753
 Jessica Phillips, Program Coordinator/THV x1752
 Nora N Williams-Wood, Secretary x1750
 Gloria Stott, Elders On-Call Transport

The Confederated Tribes of Siletz Indians
 The Eugene Area Office
 2468 West 11th Avenue
 Eugene Oregon 97402

Eugene A/O

December 6th EAO Language Class 6-8pm
 December 9th Winter All Staff **CLOSED**
 December 12th Cultural Fishing Ends
 December 16-18th Winter Solstice
 December 26^h Christmas Holiday **CLOSED**
 December 28th EAO Open House/ Farewell to Nick

*See Flyers for information on activities

Addressee