

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

January 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	January 4 th	6:00 - 8:00pm
Eugene Area Office	Tuesday	January 5 th	6:00 - 8:00pm
Portland Area Office	Monday	January 11 th	6:00 - 8:00pm
Salem Area Office	Tuesday	January 12 th	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

IMPORTANT

WINTER WEATHER SEASON

CTSI - Eugene Area Office Schedule(s)
In case of adverse winter weather conditions, the Eugene Area Office maybe CLOSED
The Eugene Area Office goes by the 4J School District Schedule
(DELAYS AND CLOSURES)
Listen to your local radio station for school closures

Siletz/Eugene A/O Activities Closures

January 1 st	New Years Day
January 5 th	Language Class 6-8
January 18 th	Holiday - MLK Day
January 28 th	Diabetes Prevention Class

*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

Alcohol and Drug

Willamette Family Staff Contact Information

Address: 195 w 12th Avenue
Eugene Oregon 97401
Downtown location

Contact: Juli Canizales-Boller or
Amy Zamudio

Telephone: 541-762-4300

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

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

Low-Income Energy Assistance Program (LIHEAP)
2015/16 OPEN
Crisis/ Regular heating
November
Siletz Elders/Disabled
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. (541) 484-4234 or email: noraw@ctsi.nsn.us

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.

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

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

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

2468 11th Ave., Eugene, Oregon (covering the Willamette Valley area)

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



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having your first 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!

Self-Referred

Person making referral: _____ Date: _____

Agency: _____ Phone: _____

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
201 SE Swan • PO Box 549 • Siletz, OR 97380
FAX: (541) 444-8392

Call (800-922-1399) ext. 1332 or local (541) 444-8332 to learn more about
the Siletz Home Visiting Program.



SILETZ ELDER NEWS

All Siletz Tribal offices will be closed on January 1st for News Day and January 18th for Martin Luther King Day

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, January 5, 2016. Classes are held from 6:00 pm to 8:00 pm and begin with a light meal. Class is for basic instruction and a refresher course for more advanced students.

The Elders Council will meet on Saturday, January 16, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Aces Bar and Grill at the Chinook Winds Casino Resort Golf Course. All tribal elders age 55+ are invited to attend the monthly Council meeting. Please note that this meeting was changed to the third Saturday of the month.

The next Super Star Luncheon is scheduled for Thursday, January 28, 2016. The luncheon starts at 11:30 and lasts until 1:00 pm. All Tribal Elders are welcome to attend.

Next Diabetes Prevention Class will be held on Thursday, January 28th from 6-8pm

The Chinook Winds Entertainment for January, 2016 is The Guess Who. They are playing on January 29th and 30th. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

Dani Bliss is willing to teach a special Diabetes Prevention Class. This class will start sometime in January and will meet weekly. Contact Adrienne Crookes and let her know that you are interested (541-484-4234).

Jim Swanson

541-683-8766

jimswanson38@comcast.net

EDUCATION INFORMATION
NICK SIXKILLER – EDUCATION SPECIALIST
Supplemental Education, Adult Education, Adult Vocational Training, Higher Education

HIGHER EDUCATION

FULL TIME STUDENT RESPONSIBILITIES

1. All full-time students are required to file the Free Application for Federal Student Aid (FAFSA) by January 31st each year. A copy of your FAFSA Award Letter must be submitted to your respective Education Specialist along with your completed Tribal Scholarship Application. You can fill out your FAFSA application online at www.FAFSA.gov. Applicants who neglect to file for 2016/2017 FAFSA by January 31, 2016 will not be considered for a Tribal scholarship for the 2016/2017 school year.
2. Students, not the school, are responsible for having your grade reports and class schedules sent to your respective Education Specialist as soon as they are available at the completion of each term/semester.
3. All full-time students must maintain at least a 2.00 GPA and complete a minimum of 12 credit hours per term/semester.
4. Students who do not meet the minimum academic requirements will be placed on academic **probation**. Full time students who are placed on **probation status** and do not meet the minimum standards of a 2.00 and 12 credit hours in their following full-time term may be placed on Suspension status.
5. ***TRIBAL SCHOLARSHIP AWARDS WILL NOT BE ISSUED UNTIL GRADE REPORTS /TRANSCRIPTS AND CLASS SCHEDULES HAVE BEEN SUBMITTED TO YOUR EDUCATION SPECIALIST.***

Application Deadline:

Students are funded for the academic year once per year; the deadline for completed applications is June 30, 2016. 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 be addressed to the attention of the Education Specialist at the Eugene Area Office. The Siletz area office handles out of state schools. Completed grant applications must be submitted for each school year. For assistance or information, please contact Nick Sixkiller at 541-484-4234. nicks@ctsi.nsn.us

To obtain an application for a Tribal Higher Education or Adult Vocational Training scholarship, please contact Nick at the Eugene Area Office at 541-484-4234 or e-mail nicks@ctsi.nsn.us. Applications can also be obtained at the CTSI web site; ctsi.nsn.us.

Your application must be complete and postmarked by the deadline date to be considered for a Tribal Scholarship. If you need assistance with or more information concerning the application process, please contact Nick Sixkiller. 541-484-4234 **incomplete applications will not be considered for a Tribal Scholarship**

Students are encouraged to apply for outside scholarships to help supplement any grants or other scholarships that you may receive. Also, please check to see if the school you plan to attend offers a diversity scholarship.

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.

Deadline to submit the OSAC online scholarship application is March 1, 2016.

Students wishing to keep apprised of scholarship and grants opportunities, application tips, and deadlines, can follow AC on Facebook.com/OSAC scholarships or Twitter at Twitter.com/OSAC. For details, visit www.OregonStudentAid.gov or contact OSAC at 800-452-8807.

THESE ARE THE WORDS OF A WISE MAN

**IF YOU ARE DETERMINED TO
LEARN, NO ONE CAN STOP YOU!!**

477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist
Sheila Solis, Tribal Services Specialist

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 Jen or Sheila to schedule an appointment.

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 extension 1755 for Jenifer or extension 1756 for Sheila. You can leave messages directly on their voicemail.

Schedules:

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

Jenifer will be **OUT** of the office:

***Jenifer – January 12-13, 27-28**

Sheila's hours: T-F 8-4:30pm

Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

Sheila will be **OUT** of the Office:

***Sheila – January 12-13, 27-28**

* Lou Carey will be available to assist clients with some needs when Jenifer and Sheila 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 January 2016

Thursday	December 31 st	TANF/GASA/Card day
Thursday	December 31 st	WEX Payday
Friday	January 1 st	New Years Day - CLOSED
Tuesday	January 5 th	Self-Sufficiency documentation due
Tuesday	January 5 th	WEX Time sheets due
Tuesday	January 5 th	EAO Language Class 6-8pm
Friday	January 15 th	WEX Payday
Monday	January 18 th	MLK Day Holiday - CLOSED
Tuesday	January 19 th	WEX Time sheets due
Thursday	January 28 th	EAO Diabetes Prevention Class 6-8pm
Friday	January 29 th	WEX Payday
Friday	January 29 th	TANF/GASA Check/Card

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.

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.

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.

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.

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).





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 Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-0449
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
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.

Please Come Join Us!!

Diabetes Prevention Class



Thursday, January 28th

From 6:00-8:00 p.m.

At the Siletz Eugene Area Office
2468 West 11th Avenue



Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Dani Bliss, Diabetes Health Educator with the Coquille Tribe, will be teaching monthly classes. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

Everyone is welcome! You don't have to be pre-diabetic, or have diabetes, to attend. A light, nutritious meal will be provided.

For more information you may contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234



RECRUITING

FOR THE DIABETES PREVENTION PROGRAM
Classes to Begin in January 2016

Qualifications:

- Registered Native American
- Must be 18 years of age
- Must have PREDIABETES
A1C ~ 5.7 to 6.4
FBG ~ 100mg/dl to 125 mg/dl
- Cannot have DIABETES
- Cannot be pregnant

About DPP:

- 16 classes - once a week/one hour
-Eating healthy/exercise motivation
-Lifestyle change to prevent/delay development of diabetes
- \$25.00 SAFEWAY NUTRITION CARD WEEKLY FOR 16 WEEKS
- Follow-ups every 6 months
- Lifestyle Coach/Personal Trainer
- Retention Activities
- One physical per year

If you think you may have prediabetes and are interested in the Diabetes Prevention Program, please contact Dani Bliss at 541-888-9494 ext 216
email: Danellebliss@coquilletribe.org

or: Adrienne Crookes, CHA, at 541-484-4234



Winter Safety & Car Seats

As the coldest part of winter approaches, parents everywhere bring out their babies' winter coats or snowsuits to keep baby warm during travel. However, thick winter coats or snowsuits can compromise your child's car seat safety. In order for a baby car seat or toddler booster seat to function properly, the straps need to remain tight against the child's chest. Winter coats and snowsuits make car seat safety difficult because they change the way a child fits into the car seat. When the car seat straps don't fit the child properly, there is a chance the child could be ejected from the car seat.

Car Seat Safety Experts Say Coat Compression is Dangerous

Jen Ellis, a mother and certified Child Passenger Safety Technician from Meridian, Idaho, makes a point each winter to educate parents in online forums about winter coats and car seat safety. "It is unsafe to put a thick coat, snowsuit, or blanket on under the harness of a car seat," Ellis says. "In a crash the coat would compress, making the straps too loose and possibly allowing the child to be ejected from the seat."

The car seat harness needs to stay close to the child's body at all times. All coats and clothing will compress in a crash, but thicker winter coats and snowsuits could compress enough to create a lot of slack in the harness, allowing the child to be ejected from the car seat.

Check All Winter Coats for Car Seat Safety

It's easy to check and see whether a baby's winter coat or infant snowsuit is too thick to be safe in a car seat. This test will show you how thick the coat is and how much the coat will compress during a crash.

1. Take the car seat into the house.
2. Put the winter coat or snowsuit on the child.
3. Put the child in the car seat and buckle the harnesses as you normally would before car travel. Adjust the straps to the appropriate fit for your child.
4. Take the child out of the car seat without loosening the straps at all.
5. Take the coat off your child.
6. Put the child back in the car seat and buckle the harnesses again, but do not tighten the straps.
7. If you can fit more than two fingers under the harness at the child's shoulder bone, the coat is too thick and is not safe for use with the car seat.

Keep Baby Warm and Safe

Even if you can't safely use your child's winter coat in the car seat, there are ways to keep baby warm when temperatures drop. Here are Ellis's ideas for ensuring your baby is warm and safe in a car seat.

- For babies in an infant seat, dress them warmly in normal clothes, like a shirt, sweatshirt, long pants and a hat. Buckle the child into the infant seat, then cover the baby with a light blanket tucked around the sides. **Make sure nothing is behind baby's back!** Finally, add another heavier blanket over the top of the infant seat.
- Also for infant seats, there are car seat covers available that fit over the whole infant seat once the baby is buckled in. These covers have a peep-hole so that baby's face remains uncovered. Ellis advises parents to be sure the child is buckled up under the cover, though, as it's easy to forget when the buckle is out of sight.
- For older babies and toddlers, take the child's coat off before buckling them into the car seat. Once the harnesses are secure, put the child's coat on backwards over their arms to keep them warm without compromising safety.
- Whenever possible, warm up your car before putting the baby in the vehicle.
- When buying winter coats, keep thickness and car seat safety in mind. Polar fleece jackets and snowsuits are warm but thin, making them a smart choice for winter baby wear.

**You CAN have more
OPTIONS when you
have HEALTH
INSURANCE.**

***Free or Low-cost
Health Insurance for
Native
Americans***

**Members and Descendants of members of
federally recognized tribes have access to
benefits and services.**

Contact Chemawa Indian Health Services today.

MARISA ALVAREZ

503-304-7581

**2015/2016
HUNTING/FISHING
INCENTIVES**

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk and salmon to the Natural Resources Department. The name on the tag will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELAS GIFT CARDS

FISHING INCENTIVE

\$50
CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at

541-444-8227

deniseg@ctsi.nsn.us

**2015
SILETZ TRIBAL
SALMON SEASON**

OPEN

**OCTOBER 31, 2015
THROUGH
DECEMBER 29, 2015**

Salmon Fishing tags may only be used to fish for salmon at the Siletz Tribe's fishing sites:

**Euchre Creek Falls
Little Rock Creek (hatchery)**

Using only the following gear:

Dip Net

Spear

Gaff Hook

Salmon tags are issued by the Natural Resources Department Monday – Friday 8am – 4:30pm.

Questions please contact:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

USDA distribution dates for January 2016

Siletz

Monday	January4	9am – 3pm
Tuesday	January5	9am – 3pm
Wednesday	January6	9am – 3pm
Thursday	January7	9am - 3pm
Friday	January8	9am - 3pm

Salem

Monday	January18	HOLIDAY
Tuesday	January19	1:30 – 6:30pm
Wednesday	January20	9am – 6:30pm
Thursday	January21	9am – 6:30pm
Friday	January22	9am – 1:00am

We finally received the ground bison to add to our food package. There was also a onetime purchase of blue cornmeal. This was purchased by USDA with a Traditional Foods Grant.

You have got to give this recipe a try. You can reduce the amount of black pepper if you like.

BLACK PEPPER BEEF AND CABBAGE STIR FRY

2 TABLESPOONS VEGETABLE OIL
4 CLOVES GARLIC MINCED
½ LB GROUND BEEF
½ HEAD CABBAGE SHREDDED
1 ONION CUT INTO STRIPS
2 TABLESPOONS SOY SAUCE
1 TEASPOON CORN STARCH
½ CUP WATER 1 TABLESPOON BLACK PEPPER

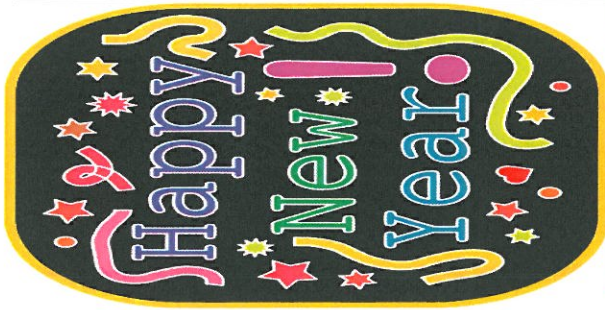
DIRECTIONS:

1. HEAT WOK OR LARGE SKILLET OVER MEDIUM HIGH HEAT AND ADD OIL. SAUTE GARLIC FOR ABOUT 5 SECONDS, AND THEN ADD THE GROUND BEEF. STIR IN CABBAGE AND ONION AND PEPPER AND COOK UNTIL VEGETABLES ARE TENDER AND BEEF IS FULLY COOKED. STIR IN SOY SAUCE. MIX TOGETHER CORNSTARCH AND WATER, AND STIR IN. SEASON WITH PEPPER. COOK, STIRRING UNTIL SAUCE HAS THICKENED.

This is so good and easy to make. You can add some bell pepper for color and serve it over rice.

Joyce Retherford, FDP Director
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JANUARY

2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
			Diabetes Prevention Class EAO 6-8pm	WEX Payday TANF/GASA Check/Card School Checks Released	HAPPY NEW YEAR!	
3	4	5	6	7	8	9
	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm 477/Self-Sufficiency Documents due Time Sheets Due by 12pm EAO Language Class 6-8pm	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm	USDA Distribution Siletz 9-3pm	
10	11	12	13	14	15	16
	Siletz Language Class 6-8pm PAO Language Class 6-8pm	Salem Language Class 6-8pm			WEX Payday	Elders Meeting
17	18	19	20	21	22	23
	Martin Luther King Jr Day All Siletz Tribal Offices CLOSED	USDA Distribution Salem 1:30-6:30pm Time Sheets Due by 12pm	USDA Distribution Salem 9-6:30pm	USDA Distribution Salem 9-6:30pm	USDA Distribution Salem 9-1pm	
24	25	26	27	28	29	30
				Diabetes Prevention Class EAO 6-8pm	WEX Payday TANF/GASA Check/Card School Checks Released	
31	1	2	3	4	5	6
		Time Sheets Due by 12pm			477/Self-Sufficiency Documents due	



The Eugene Area Office Staff
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 Nora N Williams-Wood, Secretary x1750
 Gloria Stott, Elders On-Call Transport

The Confederated Tribes of Siletz Indians
 The Eugene Area Office
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 Eugene Oregon 97402

Eugene A/O

- January 1st News Years Day – CLOSED
- January 5th Language Class 6-8pm
- January 18th MLK Day - CLOSED
- January 28th Diabetes Prevention Class 6-8pm

Addressee