

The Eugene Area Office Newsletter July 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
Eugene Area Office
Portland Area Office
Salem Area Office

Tues - Thurs June 12th - 14th All classes will be held at Culture Camp

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

June 1 st -August	R2R Exercise Challenge
July 4 th	Independence Day CLOSED
July 12 th -14 th	Siletz Culture Camp
July 12 th -14 th	Language Class 6-8
July 16 th	Elders Wood Cut
July 16 th	Elders Meeting Lincoln City
July 20 th	SSP – Client Training 9-3
July 28 th	Craw Dad Excursion (JOM)
July 28 th	Diabetes Support Group 6-8

*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

Low-Income Energy Assistance Program (LIHEAP)

2015/16 OPEN

*Crisis/ Regular heating
November*

*Siletz Elders/Disabled
Siletz Tribal Households*

~Re-OPEN until funds are exhausted ~

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.

Reminders

Culture Camp Dates July: 12th, 13th & 14th.

Registration forms are available on the CTSI website or at your area office.

The Nesika Illahee Powwow Hiring date is August 10th from 10 AM to 4:30 PM at the community center on Government Hill.

Run to the Rogue Dates: September 9th, 10th & 11th.

Registration forms are available on the CTSI website or at your area office.

For questions or more information contact Buddy Lane at 541-444-8230 or email at buddyl@ctsi.nsn.us



SILETZ ELDER NEWS

Monday, July 4th all Tribal offices will be closed for Independence Day. Hope everyone has a fun and safe 4th of July

Monday, July 11, 2016 is the Grand Ronde Elder Honor Day activities start at 8:30 with Registration and a Continental Breakfast. Activities continue through 4:00. There is also a Breakfast on Tuesday, July 12.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held during the Culture Camp July 12 through July 14. There is a Culture Camp Dinner on the 14th and Elders are invited to attend

2016 Culture Camp starts, Tuesday, July 12th thru Thursday, July 14th 2016 at the Siletz Tribal Community Center & Grounds. Registration forms are required for all participants. You can register before camp or at camp.

2nd Elders Wood Cut is being held Saturday, July 16th starting at 8:00am. If you use wood fuel for heating please give the Elders Program a call to be put on list for receiving some wood. See Flyer "Cut Wood For The Elders Day"

The Elder Council will meet on Saturday, July 16, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in Shasta Room at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting.

The Chinook Winds Entertainment for July, 2016 is Styx. They will be performing on the 22nd and 23rd with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Tanya Tucker will be at the Casino on August 12th and 13th and the Monkees will be there on September 23rd and 24th. You may call 90 days before that to request free Elder tickets.

The regular evening Diabetes Support Class will be held on Thursday, July 28, 2016, from 6:00 pm until 8:00 pm. A light meal will be available.

The Run to the Rogue Exercise Challenge continues for the month July.

The Eugene Area Office will be closed on July 22

Jim Swanson 541-683-8766

jimswanson38@comcast.net

EDUCATION NEWS

Supplemental Education Program, Adult Education,
Adult Vocational Training, Higher Education
Nick Sixkiller - Education Specialist



CONGRATULATIONS TO ALL GRADUATES



STUDENT INCENTIVE AWARD PROGRAM FOR SILETZ TRIBAL STUDENTS

The Tribal Council desires to reward students for their educational achievement, and encourage them to continue on into higher education. Funds have been set-aside in which to reward Siletz Tribal students for graduating from the following benchmarks:

Head Start, Preschool, Kindergarten	\$10
Elementary School	\$20
Middle School	\$50
High School	\$100
AVT	\$100 (1 year and under program)
(Adult Vocational Training)	\$ 200 (over a year / Associate degree)
Higher Education	Pendleton Blanket plus \$75.00
Masters Degree	\$300
Doctorate Degree	Pendleton Blanket plus \$300

The incentives will be issued to the student in the form of a check. In order to receive an incentive, the student (or their parent/guardian) must send in a graduation certificate at the earliest possible time to the Education Specialist in their area. If the school does not issue graduation certificates, a letter from the school on official letterhead will suffice. For more information call Nick Sixkiller at 541-484-4234.

Supplemental Education Program (JOM)

Craw Dad Field Trip

We are planning a craw dad excursion to Whitaker Creek on July 28, 2016. Whitaker Creek is located just west of Walton on highway 126. We will be catching and or trapping crawdads in the morning and boil them at the park to serve with a picnic lunch. Participating students will want to bring appropriate attire, such as wading shoes shorts, swim suits and a towel. Lunch will be provided by the Johnson O'Malley Program. We will leave from the Eugene Area Office at 8:00 am and return at 3:00 pm. If you would like to enjoy a fun day of chasing crawdads around please call Nick or Nora, at the Eugene Area Office, to register for this fun filled field trip. Van space is limited so please call early. Youth are required to be at least 10 years old to ride in the Tribal vans without a chaperone.

School Supplies

Once again the JOM Program will offer basic school supplies for JOM eligible students, kindergarten through the twelve grades. To receive supplies **Pre-registration** is mandatory. Please call the Eugene area Office with your students name and grade. We will start issuing supplies on Wednesday, August 18, 2016. Students and parents/guardians, while you are picking up supplies, please come prepared to fill out a file update form and a needs assessment form. Call Nick or Nora at the Eugene Area Office, 541-484-4234, to sign up for school supplies.

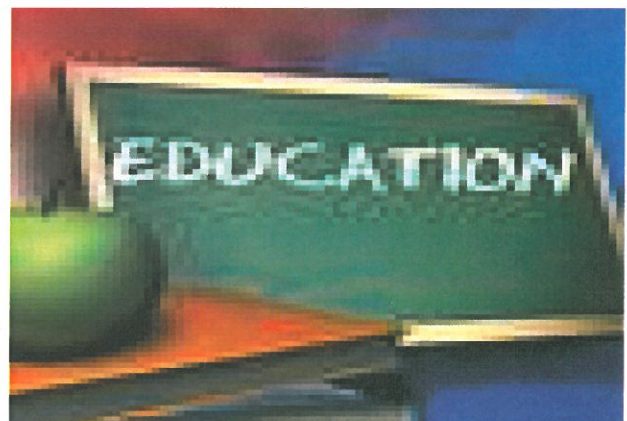
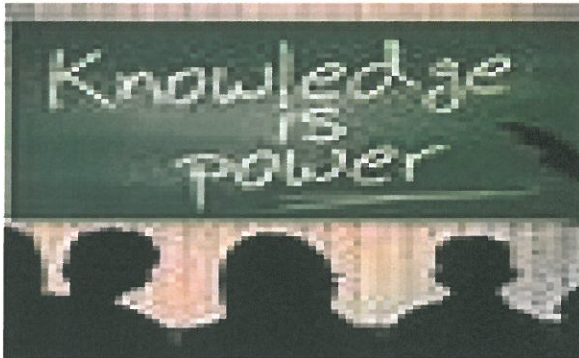
HIGHER EDUCATION

FINANCIAL AID QUESTION:

WHAT IS EXPECTED FAMILY CONTRIBUTION (EFC)

When you receive your long awaited financial aid award letter in the mail and you notice that you did not receive a Pell grant, the first place to look is the EFC amount on the award letter. The expected family contribution (EFC) is a key factor that determines whether you can receive college financial aid.

Your EFC takes into account your family income, savings and other factors. As a general rule, the parents are expected to contribute about 6% of their savings toward their child's education, and you, the child, are expected to use about 35% of your savings for college. Your EFC is compared to the cost of attending the college you have selected to determine financial aid eligibility.



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-Referred
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.



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

Tricia Brown, Home Visitor: (503) 390-9494



477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist

Sheila Solis, Tribal Services Specialist

Stephanie Jackson, Tribal Service Assistant/Temp

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 – None**

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 – July– Further Notice**

Stephanie's hours: **M-Th 8:00-4:30pm**
She will be temping as a Tribal Service Assistant until further notice

***Stephanie - None**

* 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 July 2016

Friday	July 1 st	TANF/GASA/Card day
Friday	July 1 st	WEX Payday
Monday	July 4 th	Independence Day CLOSED
Tuesday	July 5 th	Self-Sufficiency documentation due
Tuesday	July 5 th	WEX Time Sheets Due
Tuesday-Thursday	July 12 th – 14 th	Culture Camp – Siletz Oregon
Friday	July 15 th	Wex Payday
Tuesday	July 19 th	WEX Time Sheets Due
Wednesday	July 20 th	SSP – Native Wellness Training
Friday	July 22 nd	All Staff Meeting - Siletz
Thursday	July 28 th	Diabetes Support Group

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.

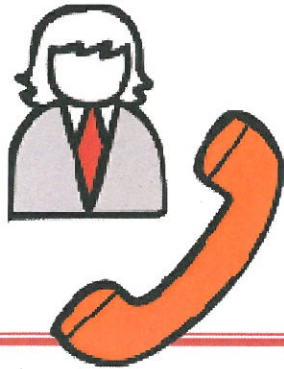
Direct Placement

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 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?



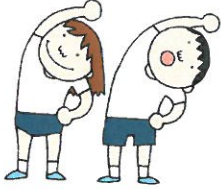
If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

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.

Please Come Join Us!!

Diabetes Support Group



Thursday, July 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



Free Produce for Siletz Tribal Members!

Farmers Market Food Rescue Project

The Siletz tribal office in Eugene is participating in a food rescue project with Willamette Farm and Food Coalition. This is a pilot program where CTSI staff picks up surplus produce that does not sell at the Farmer's Market, and distributes it to Siletz tribal members.

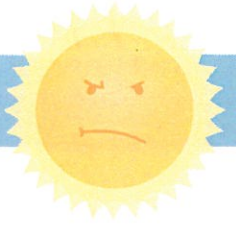
If you or your family would like to share in this fresh organic produce, please come to the Siletz office at 2468 W. 11th Ave on Saturdays between 3:45 and 4:00 and pick it up. There is no cost to you. A staff member will be on hand to distribute any produce that we receive. Please bring your own bags or cooler to transport your produce. Any produce that is not picked up on Saturdays can be picked up later in the week at the Siletz office. It just will not be as fresh.

Quantities and varieties of produce that will be available will vary with the season and no quantities or varieties can be relied on or guaranteed.

If you have questions about this project, you may contact Jessica Phillips or Adrienne Crookes at 541-484-4234.

After hours call: 541-222-9503





He's a killer.

KIDS IN HOT CARS HEATSTROKE SAFETY TIPS FOR PARENTS AND CAREGIVERS

Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable, which makes it all the more tragic. Here are some helpful tips to make sure it doesn't happen to you.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. Children's body temperature can heat up 3 to 5 times faster than adults. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back

seat next to the car seat, so that you'll always check the back seat before you leave the car.

- Call your spouse after you drop the child off to make sure you didn't forget.
- Have daycare call you if your child doesn't show up.
- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

If you see a child alone in a hot vehicle:

- Always make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears okay, you should attempt to locate the parents; or have the facility's security or management page the car owner over the PA system.
- If the child is not responsive and appears in great distress, attempt to get into the car to assist the child, even if that means breaking a window.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.



Fireworks Safety

Adrienne Crookes, Community Health Advocate

With warm weather and family events, the Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety. If not handled properly, fireworks can cause burn and eye injuries in kids and adults.

Fireworks Safety Tips:



- *Always purchase your fireworks from reliable sources.*
- *Read and follow all warnings and instructions.*
- *Use outdoors only.*
- *Always have water handy, like a bucket of water or a garden hose.*
- *Be sure other people are out of range before lighting fireworks.*
- *Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.*
- *Children under 12 years of age should not handle sparklers or fireworks of any type. By keeping them out of youngsters' hands, we can reduce injuries.*
- *Fireworks and alcohol do not mix. Have a "designated shooter."*
- *Never relight a "dud" firework. Don't touch it. Wait 15-20 minutes and then soak it in a bucket of water.*
- *Never shoot fireworks from metal or glass containers.*
- *Dispose of fireworks properly by soaking them in water and then disposing of them in a trashcan.*
- *Obey local laws. If fireworks are not legal where you are, don't use them. If drought conditions mean a ban on fireworks, follow the law!*

Have a Safe and Happy 4th of July Holiday!

Swim Safety

Adrienne Crookes, Community Health Advocate

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. The following are important swimming safety tips that you should be aware of before you head out to the pool or beach:



- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but don't rely on life jackets alone.
- Maintain constant supervision. Avoid distractions.
- Make sure everyone in your family learns to swim well.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- If a child is missing, check the water first. Seconds count in preventing a tragedy.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit. Call 9-1-1 for an emergency.
- Enroll in a class to learn about home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a SPF of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.





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).



USDA distribution dates for July 2016

Siletz

Monday	July 4	HOLIDAY
Tuesday	July 5	9 am – 3 pm
Wednesday	July 6	9 am – 3 pm
Thursday	July 7	9 am - 3 pm
Friday	July 8	9 am - 3 pm

Salem

Monday	July 18	1:30 – 6:30 pm
Tuesday	July 19	9 am – 6:30 pm
Wednesday	July 20	9 am – 6:30 pm
Thursday	July 21	9 am – 11:00 am

Lisa and I attended the National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) 29th annual conference in June, which was held in Traverse City, Michigan. We got news that our program was chosen to be a western region pilot program to distribute whole eggs. The whole eggs will replace the powdered egg mix in the food package. Each family member will be eligible to receive 1 dozen eggs per month, so if you have a household of 4, you would be eligible to receive 4 dozen eggs. How exciting is that! We can start ordering eggs in August, and they will be shipped by our fresh produce vendor. In August, we should also be allowed to start ordering the frozen, whole wheat tortillas. These will be another great addition to the food package. They will be in the cracker category on the shopping list.

USDA is also looking for a vendor to provide sockeye salmon steaks for the program. This is still a ways down the road, but definitely will happen. Also, wild rice is on it's way and the apple/cherry juice too.

Big things happening in the program.

If you are on the SNAP program and not receiving enough to get you through the month, give us a call and we can check to see if you qualify for our program. You can also go to the Siletz Tribal website and download the application and get it sent in to us, we can try to get you certified and get you food for your household. The income guideline is also on the website.

Be sure to **LIKE** us on Facebook at: **SILETZ TRIBAL FDPIR**. I am posting recipes, distribution dates,

pictures and food safety tips.



Joyce Retherford, FDP Director
541-444-8393

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

**Youth Antlerless Elk Hunt
Applications Due
July 8, 2016
2 Tags**

Hunt runs from August 1 to December
31

Applications available at the Natural
Resources office and on the Tribal
website under Natural Resources
beginning June 6

Open to Tribal youth age 12-17 who
have a valid Hunter Safety Card

Call Natural Resources Manager Mike
Kennedy at 541-444-8232 if you have
questions

**2016-2017 Hunting and Fishing Tags
Distribution Schedule**

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/22	First Come First Served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/22	First Come First Served

*No early calls to “save” a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution

**Season for Youth ages 12-17 is 10/1 - 11/6 (2 days extra at end of season)

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2016-2017 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

Second Distribution: For any eligible hunter, regardless of what other tags they have received.

2016 Culture Camp Registration Form

JULY 12-14, 2016

Siletz Tribal Community Center & Grounds, Siletz, Oregon

Registrations forms are required for all participants

(forms can be submitted by mail, fax or hand delivery at camp)

This is a day camp only unless you are traveling from the Eugene, Salem, Portland (or other) areas.

If you are traveling from an outside area, camping space is available (campers must provide own equipment). Parent/Guardians are welcome to attend and are responsible for dropping off and picking up children at appropriate times.

Children age 10 or younger must be accompanied by an adult. *Some activities require adult assistance.

Name: _____

Age: _____ Roll #: _____

Mailing Address: _____

Telephone #: _____ E-mail _____

Parent/Guardian's Name: _____

Parent/Home #: _____ Work #: _____

Emergency Contact Person: _____

Emergency Phone #: _____

Does participant have any allergies? If so list below: _____

Chaperone's Name: _____ Chaperone's Phone #: _____

(Chaperones must be 18 or older)

Classes will include but are not limited to :

Siletz Basket Weaving

Learn about Pine nuts

Moccasins

Shell Necklaces

Shawls

Youth Games

Flint Knapping

Ropes Course

Traditional Foods

Soapstone Carving

Drum Sticks

Cedar Bark Weaving

Bow Making

Beadwork

Headstart craft

Aquatics

Drumming & Singing

Other classes may be scheduled

Parent/Guardian's Signature

Date

Please return registration form to your nearest tribal office or send completed form to Culture Camp, CTSI, P.O. Box 549, Siletz, OR 97380-0549. Phone 1-800-992-1399 Fax 541 444-8392

Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the second “Cut Wood For The Elders Day” of the year on **Saturday, July 16th**. The woodcut will be held on the **Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard in Siletz**. We need lots of split and deliver elders. Bring your wood splitters, splitting of energy. Even if you those we can use the drinks, and snacks will start at **8:00 AM** and go until mid-afternoon.



volunteers to help cut, firewood for Tribal chainsaws, hydraulic mauls, axes, and lots don’t have any of moral support! Lunch, be provided. We will

The goal of this event will be to deliver firewood to as many elders as possible. The Elders’ Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter. There will be one more woodcut this year on September 17th.

CONFEDERATED TRIBES OF SILETZ INDIANS
PRESENTS

NESSIKA 2016 ILLAHEE



POW • WOW
AUGUST 12-14

PAULINE RICKS MEMORIAL POW WOW GROUNDS
GOVERNMENT HILL, SILETZ, OR

Vendor Registration is Required. Camping Fee: \$25 + \$5 per pet.
Campground open Thurs 7am. No Campfires.
For More Info: Call 800-922-1399
Buddy Lane: x1230 • Nick Sixkiller: x1757

THU • Aug 11

6PM: Royalty Pageant

FRI • Aug 12

NOON to 5PM:

Memorial / Giveaways

6PM: Presentation of Crown

7PM: Grand Entry

SAT • Aug 13

10PM: Parade

Dance Competition Points
awarded for Parade participation

1PM & 7PM:

Grand Entry

SUN • Aug 14

NOON: Grand Entry

Salmon Dinner

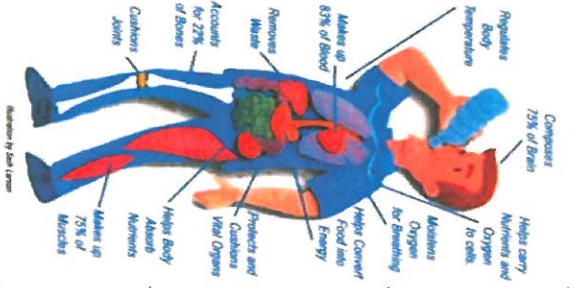
**A DRUG & ALCOHOL FREE
EVENT**

CATEGORIES

Golden Age
Adult
Teen
Youth

SPECIALS

Team Dance
Women's Basketcap
Round Bustle



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26		27	28	29	30	1	2
3		4	5	6	7	8	9
10		11	12	13	14	15	16
17		18	19	20	21	22	23
24		25	26	27	28	29	30
31	1	2	3	4	5	6	

2016



All Tribal Offices CLOSED

2016 Siletz Culture Camp – Siletz Oregon

Time Sheets Due by 12pm

USDA Distribution Salem 1:30-6:30pm

USDA Distribution Salem 9-6:30pm

USDA Distribution Salem 9-6:30pm

USDA Distribution Salem 9-11am

(JOM)
Craw Dad Excursion

Diabetes S G
EAO 6-8pm
(See Flyer)

TANF/GASA
Check/Card
School Checks Released

SUMMER



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
 Sheila Solis, Tribal Service Specialist/477SSP Out
 Stephanie Jackson, Temp/Tribal Service Assistant 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

June 1 st - August	Run to Rogue Challenge Starts
July 4 th	Independence Day CLOSED
July 12 th -14 th	Siletz Language Class
July 12 th - 14 th	Culture Camp
July 16 th	Elders Wood Cut
July 16 th	Elders Meeting
July 20 th	SSP Native Wellness Training
July 22 nd	All Staff Meeting Siletz
July 28 th	Craw Dad Excursion (JOM)
July 28 th	Diabetes Support Group

Addressee