

# Portland Potlatch

FEBRUARY 2016

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## February Closure:

All Siletz Tribal offices and CTSI Head Starts will be closed on:

**Monday, February 15, 2016**  
**President's Day**



## Free Tax Resources for Low-Income Households

It's tax season again! Which means it's that time of the year to start preparing your tax return. This year, all income eligible households will be able to receive assistance filing for their tax returns from "Cash Oregon". Cash Oregon provides low income families and individuals with the tools and resources to file their taxes. Cash Oregon volunteers are trained and certified to prepare most individual tax returns and limited self-employment returns. Some locations have required income limits.

For more information, please call (503) 243-7765 or go to:

**SRII-NA CHEE-  
YASH-'E or  
EAGLE**  
**High in Sky Bird**

## Calling PAO After Hours?

You may have recently noticed that our phones have not been taking voice messages after hours. We are working on a solution to this issue. Should you need to leave us a message after 4:30 PM, please dial (800) 922-1399, and enter extension 1450 for Portland Area Office.

## Important Dates

- Sat., 1/6, General Council—1 PM
- Sat., 1/13, Elders Council—1 PM
- Fri., 1/19, Regular TC—8 AM

## Community News

### Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit: Generally, each participant self supplies their own beading materials. For more information, Please call Sherry Addis.

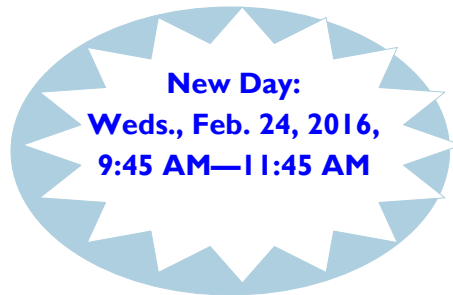
### NAYA Homeownership Program

Join NAYA for upcoming Orientations and classes on homeownership. This program provides culturally specific classes and coaching on how to achieve the goal of homeownership. You will learn about, steps to becoming a homeowner and resources for assistance. Orientations will be from 6–7:30 PM, Thurs., Jan. 7th, and Wed. Jan. 20th. For more information please call Cecelia Lente (503) 288-8177, X 297

### Spay N' Save, Pet Assistance

Spay & Save is a Portland metro area-wide program that aims to assist low income families and their cats by offering affordable spay & neuter surgeries for those who qualify. They serve the following four counties: Multnomah, Washington, Clackamas or Clark County.

Individuals receiving qualifying government assistance programs such as Medicaid, food stamps, SSI, TANF, General Assistance, etc. May qualify for the \$10 cat spay or neuter:



For more information about other qualifying programs please call (503) 802-6755 or visit:

[www.asapmetro.org](http://www.asapmetro.org)



### Free Fix-It Fair

Many exhibitors will be at the Fix-It Fair to share information on water and energy savings, safe and healthy homes, food and nutrition, community resources, home weatherization, Gardening and much more!

**Date: Saturday, Feb. 20th**

**Time: 9:30 AM—3 PM**

**Location: George Middle School  
10000 N Burr Ave, Portland,  
OR 97203**

There will also be a bike repair for students & families. You can find more information about Fix-It Fairs at:

[www.portlandoregon.gov/  
bps/41892](http://www.portlandoregon.gov/bps/41892)

### Portland's Rebuilding Center!

Do you have an aspiring building pro-

ject such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. It provides resources that make home repairs affordable to everyone, with the goal of promoting the reuse of salvaged and re-

claimed materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops For more information, visit or call:

**Portland Rebuilding Center 3625 N. Mississippi Ave. (503) 331-1877.**

## CTSI Ongoing Job Announcement

**Position: Elders Transporter (On-Call):**

**Location (s):** Portland **Salary: \$9.47/ Hourly**

**Supervision:** Area Office Supervisor/Elders Program Coordinator

For more information please visit the CTSI website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

## Healthy Traditions (HT)

### Garden Club's Mission:

To advance the health of Siletz Tribal families, improve access to free, fresh, organic fruits and vegetables, and provide education about traditional plants used by our ancestors for food, medicine and basketry.

Specifically, we host monthly potluck Garden Club meetings January thru June. Each meeting we:

- Provide seasonal garden information and lead a hands on garden activity.
- Support three community gardens in the Portland area and schedule regular garden work days.
- Maintain PAO's Heirloom Seed Saver Exchange, where tribal members can donate and obtain free seeds for their gardens.
- Host cooking classes

- During the growing season provide free fruits and vegetables on "Garden Fridays".

**Wed., Feb 10th  
5:30—7:30 PM**



Our next meeting in February will be held:

For more information or to be added to our e-mail reminder distribution list, please call the Portland Area Office.



## Elders News



### PAO Elders Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Tues., Jan 16th**  
**5:30 PM — 7 PM**  
**PAO Community Room**

Please bring a potluck dish to share. Rides are available, first come first serve.

### Elder's Shopping Day



**Tues, Feb 9th**  
**and**  
**Tues, Feb 23rd**  
**26th**

Please call Elders Representatives Kay Steele (503) 760-4746 or Cookie Fernandez (503)863-4310 if you would like to join the group.

### Falling is a Risk Worth Learning About

The risk of the elderly falling is a bigger risk than most people realize. According to the CDC.

#### Who Is At Risk?

Fall Related Fatalities:

- The death rates from falls among older men and women have risen sharply over the past decade.
- In 2010, about 21,700 older adults died from unintentional fall injuries.
- Men are more likely than women to die from a fall. After taking age into account, the fall death rate in 2010 was 40% higher for men than for women.
- Rates also differ by ethnicity. Older non-Hispanics have higher fatal fall rates than Hispanics.

Fall Related Injuries:

- People age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.
- Rates of fall-related fractures among older women are more than twice those for men.
- Over 95% of hip fractures are caused by falls. In 2010, there were 258,000 hip fractures and the rate for women was almost twice the rate for men.

#### Most Often Requested Numbers

<b>Siletz Community Health Clinic</b>	<b>(800) 648-0449</b>	<b>Contract Health Services</b>	<b>(800) 628-5720</b>
<b>Grand Ronde Health Center</b>	<b>(800) 775-0095</b>	<b>Chemawa Health Clinic</b>	<b>(800) 452-7823</b>
<b>Eugene Office</b>	<b>(541) 484-4234</b>	<b>Salem Office</b>	<b>(503) 390-9494</b>
<b>Siletz Administration</b>	<b>(800) 922-1399</b>	<b>Siletz Behavioral Health</b>	<b>(800) 600-5599</b>

## 477 Self-Sufficiency Program

Join us for Fun, Food & Financial Empowerment!



### Free Workshop for all SSP clients will Cover:

- **Checking and Savings Accounts**
- **Building a Healthy Economy**
- **Developing a Spending Plan**
- **Understanding Credit and Your Credit Report**

**Saturday February 27, 2016, 8:30 AM to 5:00 PM**  
**Portland Area Office—12790 SE Stark St suite 103**  
**Light breakfast and lunch will be served**  
**Enrolled SSP clients must attend**



Please contact your Area TSS to RSVP  
 Tamra Russell—503-238-1512 ext 1411  
 Anna Renville— 503-238-1512 ext 1412



## Education & Youth Update

### Siletz Teen/Youth Informational Meeting:

If you are planning on working this summer through the Siletz Summer Youth Employment Program please plan on attending this upcoming meeting. to be prepared.

**Portland Area Siletz Office**

**6:00 PM, Thurs., February 25th**

## Environmental Restoration Program

Green Spaces Restoration & Urban Naturalist Team (GRUNT) is a volunteer environmental science and job skills program For Teens Through the City of Portland. Applications are now being accepted through Portland Parks & Recreation. GRUNT graduates are guaranteed paid summer work with the youth.

**Application Deadline:  
February 26, 2016**

For more information please visit:  
[www.portlandoregon.parks.gov](http://www.portlandoregon.parks.gov)  
or call Kelly Rosteck at (503)823-3601.

## Regalia and Culture Class Continues:

**Tuesday, Feb 9th at 5:30 PM**

Beginning Monday, February 8th at the Portland area office. If your family would like to join the class please contact Katy for more information and to assist you in obtaining materials and supplies beforehand.

## Academic Support or Tutoring?

If your child is in need of academic support in specific areas please contact Katy at the Portland area office through the Siletz Johnson O'Malley Program at (503) 238-1512.

## NAYA After School Tutoring Programs

Tutoring available after school at NAYA (Native American Youth Association and Family Center) Mondays through Thursdays from 3 to 6pm. For more information contact (503) 288-8177.

## Activities for the Whole Family:

Activities for the whole family to engage in to stay healthy, happy and to enriching activities for your children to grow.

## Portland Winter Light Festive in Portland

Beginning Wednesday, Feb. 3rd through Sunday, Feb. 7th This Festival will turn the city into a tapestry of light, color and artistry performance and imagination, illuminating the Portland cityscape near OMSI.

## Home Depot: Valentine Mailbox Workshop, for Kids

9AM to Noon, Saturday, Feb. 6th, 10120 SE Washington St. You can register online at:

[www.workshopshomedpot.com](http://www.workshopshomedpot.com)

## Northwest Family & Kids Festival

Enjoy games, shopping, face painting, reptile exhibit, mad science, inflatable bounce houses, arts & crafts, police cars and a fire truck and so much more. An event on the Westside offering an incredible amount of ideas for kids and family. Washington County Fair Complex, Main Exhibit Hall 873 NE 34th Ave, Hillsboro, OR 97124.

Saturday & Sunday Feb. 13 & 14th, 10 AM to 4 PM

Admission is \$10 per family and parking is free.

## Free First Thursday at the Portland Art Museum

Every first (1st) Thursday of the month, the Portland Art Museum welcomes visitors free of charge from 5 to 8 PM, to visit the museum and view works of art, of all kinds.

The next free day will be:

**Thursday, February. 4th, 2016**

The Portland Art Museum is located in SW Portland at: 1219 SW Park Ave.

## Adventures in Action at the Children's Museum

"Run! Jump! Fly!" is the Portland Chil-

dren's Museum's new traveling exhibit. Try out surfing, snowboarding, and kung fu in imaginative surroundings. Scramble your way through a climbing canyon and make your fly-cycle flap it's wings at the Portland Children's Museum, is located at: 4015 SW Canyon Rd., SW. Portland.

This new exhibit runs Wednesday, Feb. 10th at 9 AM to 5 PM., and will run through May 15th. The cost is \$10.75 per visitor. (For JOM eligible youth please contact Katy for tickets).



For more information on activities for kids and families please check out:

[www.metro-parent.com/events](http://www.metro-parent.com/events)

## 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:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- ext. or visit at:

[www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)

**Will It Be  
Easy?**

**NOPE.**

**Worth It?**

**Absolutely.**



## Diabetes Support Group

Our February Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal members are welcome.

**Weds, February 24th, 2016  
12:00 to 2:00 pm**

## Contract Health Update

Remember to update your contract health services form each year! Call the office and we can send you one, you can also come in and complete it. If you have moved, gotten a new phone number or even a new primary care doctor, you need to update your information.

## Diabetes Fitness Program

Membership slots are still available! With our updated Diabetes Grant PAO has (10) additional Fitness Memberships available to tribal members with diabetes or those at risk for diabetes. Call Verdene for an appointment to fill out the application and apply for a slot. First come first serve. Call Verdene at 503-238-1512.

## Understanding Types of Carbohydrates

Did you know there are three main types of carbohydrates in food? There are: Starches, Sugar and Fiber.

You'll also hear terms like naturally occurring sugar, added sugar, low calorie sweeteners, sugar alcohols, reduced calorie sweeteners, processed grains, enriched grains, complex carbohydrate, sweets, refined grains and whole grains.

No wonder knowing what kind and how much carbohydrates to eat can be confusing! On the nutrition label: the term "total carbohydrates" includes all three types of carbohydrates., this is the number you should pay attention to. If you're counting your carbohydrates, this method of meal planning is for people with diabetes and is based on counting the number of grams of carbohydrates in food.

**Starch:** foods high in starch include:

- Starchy vegetables—peas, corn, lima beans and all types of potatoes.
- Dried beans, lentils and split peas etc.
- Grains—oats, barley and rice. (The majority of grain products in the US are made from wheat flour. These include pasta, bread and crackers but the variety is expanding to include other grains as well.)

The Grain group can be broken down even further into whole grain or refined grain. A grain contains three parts: Bran, Germ and Endosperm. The bran is the outer hard shell of the grain. It's the part of the grain that provides the most fiber and most of the B vitamins and minerals we need. The germ is the next layer and is packed with nutrients including essential fatty acids and vitamin E.

The endosperm is the soft part in the center of the grain. It contains the starch. Whole grain means that the entire grain kernel is in

the food.

So if you eat a whole grain food, it contains the bran, germ, and endosperm and you're getting all of the nutrients that whole grains have to offer.

If you eat a refined grain food, it contains only the endosperm or the starchy part so you miss out on a lot of vitamins and minerals. Because whole grains contain the entire grain, they are much more nutritious than refined grains.

**Sugar:** is another type of carbohydrate. You may also hear sugar referred to as simple or fast acting carbohydrate. There are two main types of sugar:

- Naturally occurring sugars such as those in milk or fruit
- Added sugars such as those added during processing such as fruit canned in heavy syrup or sugar added to make a cookie or dessert.

On the nutrition facts label, the number of sugar grams includes both added and natural sugars.

There are many different names for sugar. These examples Continue from the previous page.

Some common names are: table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioner's sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, agave nectar and sugar cane syrup.

You may also see table sugar listed by its chemical name, sucrose. Fruit sugar is also known as fructose and the sugar in milk is called lactose. You can recognize other sugars on labels because their chemical names also end in "-ose." For example glucose (also called dextrose or fructose (also called levulose), lactose and maltose).

**Fiber:** only comes from plant foods so there is no fiber in animal products such as milk, eggs, meat, poultry, and fish.

Fiber is the indigestible part of plant foods, including fruits, vegetables, whole grains, nuts and legumes. When you consume dietary fiber, most of it passes through the intestines and is not digested.

For good health, adults need to try to eat 25 to 30 grams of fiber each day. Most Americans do not consume nearly enough fiber in their diet, so while it is wise to aim for this goal, any increase in fiber in your diet can be beneficial. Most of us only get about half of what is recommended.

Fiber contributes to digestive health, helps keep you regular, and helps make you feel full and satisfied after eating.

Additional health benefits of a diet high in fiber such as a reduction in cholesterol levels, have been suggested by some to be an additional benefit.

Good sources of dietary fiber include:

- Beans and legumes. Think black beans, kidney beans, pintos, chick peas (garbanzos), white beans, and lentils.
  - Fruits and vegetables, especially those with edible skin (apples, corn and beans) and those with edible seeds (berries).
- Whole grains such as:
- Whole wheat pasta
  - Whole grain cereals (look for those with three grams of dietary fiber or more per serving including those made from whole wheat, wheat bran, and oats.)
  - Whole grain breads (to be a good source of fiber, one slice should have at least three grams of fiber.

*(Continued on page 8)*

# February 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> General Tribal Council 1PM
<b>7</b>	<b>8</b> Language Class 6 PM– 8 PM	<b>9</b> Elder’s Shopping Day 10AM Regalia Making/ Culture Class 5:00 PM	<b>10</b> Garden Club 5:30—7 PM	<b>11</b>	<b>12</b>	<b>13</b> Elders Council 1 PM
<b>14</b>	<b>15</b> Holiday All CTSI Offices Closed President’s Day	<b>16</b> Elder’s Potluck 5:30 PM	<b>17</b>	<b>18</b>	<b>19</b> Regular Tribal Council 8AM	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Elder’s Shopping Day 10AM	<b>24</b> Beading Group 9:45—11:45 AM Diabetic Lunch Noon– 2 PM	<b>25</b>	<b>26</b>	<b>27</b> Self Sufficiency Workshop 8:30 AM 5 PM
<b>28</b>	<b>29</b>			<b>Inclement Weather Conditions</b> This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.		

# Tobacco Prevention Education Program (TPEP)

## How Do E-Cigarettes Affect Your Health?

E-cigarettes are fairly new. There are important questions about their ingredients and how those ingredients may affect the health of people who use e-cigarettes and bystanders around them, both in the short term and over time.

E-cigarettes and their ingredients are not regulated by the Food and Drug Administration (FDA) right now. So there's no way to know for sure what is in them or how much nicotine they contain. Current research shows that:

- Nicotine from e-cigarettes is absorbed by users and bystanders
- Nicotine is highly addictive
- Nicotine is especially a health danger to youth who use e-cigarettes. It may have long-term, negative effects on brain growth.
- Nicotine is a health danger for pregnant women and their developing babies. Using an e-cigarette and even being around someone else using an e-cigarette can expose pregnant women to nicotine and other chemicals that may be toxic.
- E-cigarette aerosol is not "water vapor." It contains nicotine and can contain other chemicals. It is not as safe as clean air.
- The nicotine solution in e-cigarettes is not harmless "juice." Children and adults have been poisoned by swallowing, breathing, or absorbing the liquid through their skin or eyes.
- Additional chemicals that are harmful or may be harmful have been

found in some e-cigarettes. These substances include traces of metal, volatile organic compounds, and nitrosamines. The levels tend to be lower than in regular cigarettes, but there's no way to know what you're getting because e-cigarettes are not yet regulated.

## Help for Quitting Smoking

E-cigarettes are not approved by the FDA to help people quit smoking. But seven medicines are approved by the FDA to help quit smoking, including forms of nicotine that are tested for purity and safety. These include inhalers, nasal sprays, patches, gums, and lozenges. Some are available without a prescription.

Quit-smoking treatments may be free or lower in price through insurance, health plans, or clinics. State Medicaid programs cover quit-smoking treatments. While the coverage varies by state, all states cover some treatments for at least some Medicaid enrollees. Whether or not you use a stop-smoking medicine to help you quit, people who reach out for help are more likely to succeed than those who go it alone. Help is available in the Quit Guide on this Web site and by calling 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Quit line coaches can answer questions, help you develop a quit plan, and provide support for your smoke free life.

# Secondhand Smoke is toxic

## Cancer Causing Chemicals

All are extremely toxic

## Toxic Metals

Can cause cancer  
Can cause death  
Can damage the brain and kidneys

Secondhand smoke  
has more than 4,000  
chemicals.

Many of these  
chemicals are toxic  
and cause cancer.

You breathe in these  
chemicals when you  
are around someone  
who is smoking.

## Poison Gases

Can cause death  
Can affect heart and respiratory functions  
Can burn your throat, lungs, and eyes  
Can cause unconsciousness

## Secondhand smoke

It hurts you. It doesn't take much. It doesn't take long.



## 211-Info Winter News

211 Info provides a list of winter shelters and emergency shelters that open during severe weather alerts. For information about year-round shelters, please visit the 211info search page, enter your zip code and type in the keyword "Shelter" at: [www.211info.org](http://www.211info.org)

Or dial 211 for more details. Open 24/7 in Multnomah county, 8 AM—6 PM, M-F (Oregon/ SW Washington).

## S.T.V.R.P.

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 the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

## Contract Health

### Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS),

please call your assigned CHS technician. at (800) 628-5720.

<b>Trish Carey</b>	<b>A-G</b>	<b>X1651</b>
<b>Joella Strong</b>	<b>H-O</b>	<b>X1649</b>
<b>Misty Hammet</b>	<b>P-Z</b>	<b>X1329</b>

(Continued from page 5)

Another good indication is to look for breads where the first ingredient is whole grain.

- Nuts: try different kinds. Peanuts, walnuts and almonds are a good source of fiber and healthy fat, but watch portion sizes, because they also contain a lot of calories in a small amount.

In general, an excellent source of fiber contains (5) grams or more per serving, while a good source of fiber contains 2.5 to 4.9 grams per serving.

It is best to get your fiber from food rather than taking a supplement. In addition to the

fiber these foods have a wealth of nutrition, containing many important vitamins and minerals. In fact, they may contain nutrients that haven’t even been discovered yet! It is also important that you increase your fiber intake gradually, to prevent stomach irritation and that you increase you intake of water and other liquids to prevent constipation. I hope this article has increased your understanding of carbohydrates and how they are important in your overall health with or with out diabetes issues.

## Behavioral Health — Alcohol & Drug Program

### Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

### Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling

- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

### Generally, PAO Counselor

<b>Salem Office</b>	<b>Mondays and Tuesdays</b> <b>10AM—3PM</b>
<b>Portland Office</b>	<b>Wed., Thurs., and Fri.</b> <b>8:30AM — 5PM</b>

### Andulia WhiteElk Hours are:

When Andulia is unavailable, Counselors

**Recognize  
Acknowledge  
Forgive  
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is  
Available &  
Confidential**



## LIHEAP

### Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member, and have **NOT** applied for, or received assistance for Heating between October 2015 to present, you may be eligible to apply for funding.

Generally Funds are available from October/November until exhausted.

Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

## Athabaskan Language



**NAA-GHAA-YVSH-NE  
WOLF**

**Nuu-wee-ya'  
(Our Words)**

**Monday, Feb. 8th, 2016  
6 PM—8 PM**

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane. Many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

**[www.ctsi.nsn.us](http://www.ctsi.nsn.us)**

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

**[www.siletzlanguage.org](http://www.siletzlanguage.org)**

## USDA Distribution Dates

<b>Siletz</b>	Monday	February 1st	9 AM — 3PM
	Tuesday	February 2nd	9 AM — 3 PM
	Wednesday	February 3rd	9 AM — 3PM
	Thursday	February 4th	9 AM — 3PM
	Friday	February 5th	9 AM — 3PM
<b>Salem</b>	<b>Monday</b>	<b>February 15th</b>	<b>HOLIDAY</b>
	Tuesday	February 16th	1:30 PM — 6:30 PM
	Wednesday	February 17th	9 AM — 6:30 PM
	Thursday	February 18th	9 AM — 6:30 PM
	Friday	February 19th	9 AM — 11 AM

### CARROT CAKE COOKIES

#### Directions:

#### Ingredients

- 6 tablespoons butter, softened\***
- 1 egg\***
- 1 ½ cups all-purpose flour\***
- ¼ teaspoon each baking soda, salt & ground cinnamon**
- ½ cup each raisins and chopped pecans or walnuts\* (or use 1 ½ cups chopped fruit & nut mix)\***
- ¾ cup packed brown sugar**
- ½ teaspoon vanilla extract**
- 1 teaspoon baking powder**
- 1 cup grated carrots\***

In a bowl, cream butter and sugar. Add egg and vanilla; mix well. Combine the flour, baking powder, baking soda, salt and cinnamon. Gradually add to creamed mixture until blended. Stir in carrots, raisins and nuts. Drop by rounded tablespoonfuls 2 inches apart on ungreased baking sheets. Bake at 325\* for 12-15 minutes or until edges are lightly browned and cookies are set. Cool for 2 minutes before removing to wire racks. I added some chocolate chips to the recipe, and I have frosted them with cream cheese frosting in the past. . . . they're very good, any way you want to serve them.

Yield: 28 cookies.

Joyce Retherford: CTSI FDP Director  
(541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk  
(541) 444-8279.

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**Portland Area Office**  
 12790 SE Stark St., Suite 102  
 Portland, OR 97230

**Phone: (503) 238-1512**  
**Fax: (503) 238-2436**

**Hours:**  
 Mon—Friday  
 8:00 AM—4:30 PM

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We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

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You may also elect to receive a notification of when the potlatch newsletter is available via e-mail. Which is now uploaded for viewing or download in color at the click of a button, at the CTSI website, saving time and postage. To sign up for this option please contact Andrew Johanson, Portland Area Office Clerk.

## How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



## Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Patricia McKinney Tobacco Prevention Coordinator	(503) 238-1512 X 1420 pattim@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andulia WhiteElk Addictions Counselor	(503) 238-1512 X 1414 Anduliaw@ctsi.nsn.us

## Other Staff Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler Voc. Rehab. Director	503-390-9494 X1872	Bud Lane Cultural Program	800-922-1399 X1320
Casey Godwin LIHEAP	(800)-922-1399 X 1311	Jeanette Aradoz Housing Dept.	800-922-1399 X1322
Mike Kennedy Natural Resources	800-922-1399 X1232	Joyce Retherford USDA FDP Dir.	(541) 444-8393
Jennifer Loza Home Visiting Cdntr.	(541) 444-8332	Kim Lane C.A.R.E. Program Cdntr.	(800)922-1399 X1679
Marleen Wynn Housing Admissions	(800) 922-1399 X1259		