

Portland Potlatch

JANUARY 2016

Inside This Issue:

Community News	1-3
Elders News	4
477/SSP	5
Education	6-7
Community Health	8
Athabaskan Language	9
Calendar	10-11
Tobacco Prevention	12-13
Behavioral Health	15
Staff Directory	19

January Office Closures:

All Siletz Tribal offices will be closed for the following days:

1/1/16—New Years Day

1/18/16—MLK Jr. Day



PAO Planning &

Community Meeting

Planning meetings will be held in all Area Offices in January to discuss services and goals for the tribe, review results of the Comprehensive Plan surveys, and hear from tribal members about how CTSI can better serve the needs of our community.

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

**PAO Community Room
Date 1/27/16, 5—8:00 PM**

Additionally the CTSI Photo ID chine will be available this day, 1 PM—7 PM.

Important Dates

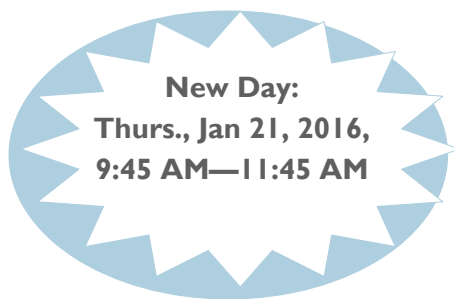
- Sat., 1/17, Elders Council—1 PM
- Fri., 1/16, Regular TC—8 AM

**Food and
Refreshments
will be provided**

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.



Pow-Wows and Events

NARA 30th Annual New Year's Sobriety Pow-Wow

December 31, 2015, Oregon Convention Center

This event is free and open to the public. Grand Entry is at 1PM and 6PM. All dancers and drums welcome. For more information contact Faith Bolton, (503) 621-1069, X214.

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

Native Craft Fair & Potluck

January 7th, 10AM-6PM

Come share your favorite dish, meet students, staff, faculty, and community.

PSU Native American Student Community Center, 710 SW Jackson St., Portland, OR.

WACIPI 17th Annual Traditional Pow-Wow

Saturday, January 23, 2016

Please join us for an extraordinary campus and community celebration. This cultural event features drum groups and dancers from across the region and attracts more than 1,000 participants each year. It supports the PCC Native American Scholarship Fund and Native American businesses by offering vendor space.

Location: Sylvania Campus, Health Technology Building (HT). Doors open at Noon. Grand Entry 1PM and 7PM. Community diner at 5:30PM. Admission and parking free.

A Discussion with Bruce Ellison

Wednesday, January 27, 2016 at Portland State University, Native American Student & Community Center. 710 SW Jackson Street, Portland, OR 97201, 6PM-8PM

OR

Thursday, January 28, 2016, 4PM-5:30PM, University of Oregon, Many Nations Longhouse, 1630 Columbia St. Eugene, OR.

Presented by: The International Leonard Peltier Defense Committee,

Bruce Ellison was a member of the Wounded Knee Legal Defense/Offense Committee during the 1970s and has represented Indigenous activist and political

prisoner Leonard Peltier for nearly 40 years. He witnessed specific incidences during the Pine Ridge Reservation “Reign of Terror” and has researched, studied and documented the involvement of the Federal Bureau of Investigation (FBI) on Pine Ridge, as well as the FBI’s activities against the American Indian Movement (AIM). Perhaps more than any other, Bruce Ellison is familiar with the legal history of the Peltier case and the cases of other AIM members unduly prosecuted during that era. Ellison also has represented environmental activists including Tre Arrow and Rod Coronado. More recently, as a co-founder of the Black Hills Alliance, Attorney Ellison has been part of the legal fight to stop the uranium mining in the Black Hills, as well as block construction of the Keystone XL Pipeline. Join 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”.

Our first meeting in January will be held:

Wed., Jan 13th

5:30—7:30 PM



The last Garden Club meeting of the year (June) is a potluck barbeque for families who have participated. We hope you will be there with us!

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'-al'h

Weather permitting, we will next meet:

Tues., Jan 19th

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, Jan 12th

and

Tues., Jan 26th

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

What to Pack in Your Emergency Kit

The Portland Metro area has already seen its fair share of nasty weather. So, it's a good time to review what we

should have on hand in case of an emergency.

Food and Water: Food should be easy to open and store. Water should be 1 gallon/per person/per day. Plus a manual can opener.

Electronics: Flashlight. Battery powered, solar, or hand crank radio (NOAA Weather Radio if possible). Cell phone with chargers and extra batteries.

Health and Safety: First aid kit, medicine (7-day supply), other medical supplies, and paperwork about any serious or on-going medical condition, emergency blanket, soap, toothbrush, and other personal care items.

You should also keep: Family and emergency contact information, multi-purpose tool, copies of important documents such as insurance cards, immunization records, etc., extra cash, maps of the area, extra set of car keys and house keys.

Place everything in a back pack you can easily find in case you have to evacuate. Hopefully you will never need to use your kit, but if you do, and you need help—remember to call the Portland Area Office for information.

477 Self-Sufficiency Program

What is Personal Responsibility?

By Tamra Russell

Personal responsibility is being accountable for what happens to you, both good and bad and how we handle those situations. Personal responsibility is not about blaming others, or society, It's about reflecting on the situation and seeing how your choices, may have created the situation and then being proactive on how you will react to said situation. We all have free will and can respond positively or negatively to any situation.

Most people think of the word "responsibility" to mean blaming, as in- "who is responsible for this?" We are all responsible for the choices we make (i.e. relationships, career, school, debt and friends).

There are situations that we have no control over like other people's actions, the weather, international affairs, or corporate policy. You can decide how you will react to situations you have no control over. You can stay in an unhappy relationship, or not work hard in school and drop out, or stay in a job you hate.

Or you can decide to change things by going back to school, get a better job, work on your relationship or leave if it can't be fixed. We cannot change others, only ourselves. Think about the Serenity Prayer:

"God grant me the serenity to accept

the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

People who have the same situation can have completely different reactions. Example: Two people are in an accident and both lose their leg. One person may be happy to be alive and becomes involved in sports for people with disabilities. Conversely the other person may be depressed and mad that they lost their leg. Our circumstances aren't what make us happy; it's how we react to the circumstance.

Your Success is Important to Us

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

If something becomes everyone else's fault, you have now given control to everyone else for your happiness or lack of happiness. Have you ever thought you'd be happy if you found the perfect spouse? Or if you lost

weight you'd be happy? If you're not happy alone you're not going to be happy in a relationship. If you're not happy at your weight you won't be happy skinner either.

"Live your life so that the fear of death can never enter your heart. When you arise in the morning, give thanks for the morning light. Give thanks for your life and strength. Give thanks for your food and for the joy of living. And if perchance you see no reason for giving thanks, rest assured the fault is in yourself"

-Chief Tecumseh, Shawnee Indian Chief
It can be very scary to accept responsibility for your circumstance, it is easier to think it's someone else fault. Growth

(Continued on page 9)

CTSI Ongoing Job Announcement

Position: Elders Transporter (On-Call)

Location (s): Portland

Salary: \$9.25/ Hourly

Supervision: Area Office Supervisor/Elders Program Coordinator

For more information please visit the CTSI website:

www.ctsi.nsn.us

Education & Youth Update



FAFSA Deadline is Approaching

January 30, 2016!

All students who are planning on attending any type of college or training in the 2016-2017 academic school year are required to file a free application for federal student aid by January 30, 2016 to be eligible for Siletz Tribal education funds. By filing this application by this deadline it will also determine if you are eligible to receive the Oregon Opportunity Grant. Complete this application even if you have not completed your tax filing by January 30, 2016. This application is done online at:

www.fafsa.ed.gov

Students who are not yet 24 years of age, are required to include their parents information (usually income tax). If you would like more information or assistance filing your FAFSA please contact Katy at the Portland Area Office.

Scholarship Season Is Upon Us, Now Until March 2016!

There will be a tremendous amount of scholarships available beginning in January through March 2016. For this next academic school year, beginning in August/September 2016 through June 2017 this is the window of opportunity to apply for scholarships to have extra funding for college. January is the best time to be

applying for scholarships. A number of scholarships have been listed on the Siletz Tribe's web page at:

www.ctsi.nsn.us

Go to Services> Education> Scholarships.

Other places you can look up for scholarships are as follows:

At the college you plan to attend

Go to the financial aid page of your school and read up on the deadlines and requirements to apply for scholarships at the school you plan to attend.

College Workshops

If you are notified at school or in your community about college workshops—you should plan on attending. The more information you have the better and you may meet someone who can help you. Remember each scholarship has their own deadlines and some scholarships may require that you include a recommendation.

Scholarships to Check Out:

- **Oregon Student Assistance commission:**
www.osac.state.or.us
- **American Indian College Fund:**
www.collegefund.org
- **Oregon Community Foundation Scholarships:**
www.oregonf.org
- **American Indian Graduate Program:**
www.aigc.org

- **Indian Health Service Scholarship Program:**
www.scholarship.ihs.gov
- **American Indian Science and Engineering/Google Scholarships:**
www.aises.org
- **Get college funds:**
www.getcollegefunds.org
- **www.aspire.org**

First Regalia Class of the New Year

Monday, January 4th, 2016

We will continue our regalia classes, teaching our youth and families how to create their own regalia. At this first meeting of the year we will set days to meet that, work for everyone. If you have not attended before please call ahead and speak to Katy to find out more and be able to purchase materials. We will be meeting at the Portland area office at 5:30PM to 8 PM at the Portland Area office.

College Horizons 2016

College Horizons is a (6) day “crash course” in preparing American Indian, Alaska Native and Native Hawaiian high school students for the college application process. Students learn about a variety of college and universities and establish personal relationships with college admission representatives as well as college counselors. Approximately 100 students across the nation participate in this six day workshop and this year's program will be held at Amherst College (Amherst, MA), June 18-24th, and at Lawrence University (Appleton, WI), July 9-15th.

Each year 50% of admitted students are awarded tuition and/or travel assistance to

attend. The application deadline: TBD, Feb. 2016. For more information visit:

www.collegehorizons.org

JOM or the Siletz Johnson O'Malley Program

The Siletz Johnson O'Malley Program seeks to support the success of our Native American youth from the ages of 3 years old to 19 who are either one quarter blood quantum or enrolled in a federally recognized tribe and attending a public school. Assistance can be in the form of helping to pay for sports fees academic fees, summer school, tutoring, purchasing supplies, pre-school and offering cultural and enrichment opportunities for our youth. For an application please go to the education section of the Siletz website at:

www.ctsi.nsn.us

or contact Katy for more information.

JOM Parent Meeting

Come and take part in the planning for our local JOM Program January 21st at 6 PM at the Portland area office if you would like to take part.

PSU Native American College and Scholarship Workshop

For All Native Youth and College Bound Youth

Location: Native American Community Center at Portland State University, 710 SW Jackson Rd.

Time/Date : 10 AM to Noon, Sat., Jan. 23rd

Prizes and light breakfast will be provided

Community Health



Diabetes Support Group

Once again our January Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome.

**Thursday, January 21, 2016
12:00 to 2:00 pm**

2016 & Diabetes: Health Focused Resolutions

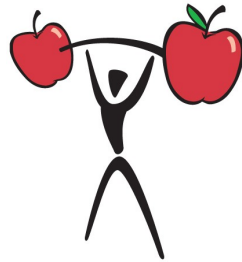
By Maureen Sullivan, Tampa Bay Health Examiner

The New Year is quickly approaching, and with it the need to make a list of “New Year’s Resolutions”. Millions of people partake in the annual ritual, and the majority of us admit defeat within weeks. Typical lists usually include several items we promise to eliminate from our daily lives.

This year, why not try refocusing your efforts on adding more quality to that list. You will give yourself the best gift of all—better health and well-being.

Diabetes, as well as many other chronic diseases, benefit the most with simple and consistent behaviors. Many diabetics will tell you that simple behavior changes have greatly impacted their medical and mental well-being, as well as their finances. The list below are some top resolutions you

can add to your 2016 list, guaranteed to keep you healthy and lower your risk of diabetic related complications:



- Schedule your annual physical examination. Unlike a specific diabetic-related office visit, your annual examination will check blood counts, blood pressure, nerve and kidney function. Identify any potential problems early and treat appropriately.
- Have your feet checked out while there, to make sure there are no infections, non-healing sores, or impaired circulation issues.
- Schedule your yearly eye examination. You should get a dilated eye examination, which will identify diabetic-related vision problems.
- Schedule the routine dentist examination (the recommendation is 2x/year). Untreated dental cavities and gum line infections can lead to uncontrolled blood sugars.
- Set realistic goals on increasing activity levels, whether it be by joining a gym, daily walks, dancing, yoga— all such ac-

(Continued on page 8)

Athabaskan Language

Nuu-wee-ya'

(Our Words)

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.



**Monday, Jan. 11th, 2016
6 PM—8 PM**

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

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

www.siletzlanguage.org

Words for January

xaa-ghi	New
maa~xvstlh-ghalh	Year (s)
t'et lhinh-ts'at'-dvn	Midnight
lhuk, luu-k'e	Salmon
Nath-sri~'	Legends, Stories
sheshth-i~	sweathouse(s)

Colors

Lhshvn	Black
Lhkii	White
Lhsrik	Red
Lhts'uu	Yellow
Lhvt-lhts'u	Green
Lhsrik-lhki	Pink
Lhvt-lhsrik	Purple
Lhvt-lhts'u	Gray
'ee-k'ay-'vn-te or Dvlh-'ee-ye'	Brown
Tach-ghvtlh-ya	Orange
Lhvt-lhshvn	Blue

January 2016

SUN

MON

TUE

WED

THU

FRI

SAT

Inclement Weather Conditions: 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.

1
FAFSA Opens
Online at Midnight
All CTSI Offices
Closed New Year's

2

9
Siletz Candidates
Fair
Chinook Winds Resort
Casino, 9 AM—Noon

3

4

5

6

7

8

9
Siletz Candidates
Fair
Chinook Winds Resort
Casino, 9 AM—Noon

10

11
Language Class
6 PM– 8 PM

12
Elder's Shopping Day
10AM

13
Garden Club
5:00—7:00 PM

14

15
Regular Council
8 AM

16
Elders
Council
1 PM

17

18
All CTSI Offices &
Head Start Closed
MLK Jr. Day

19
Elders Potluck
5:30 PM

20

21
Beading Group
9:45—11:45 AM
Diabetic Lunch
Noon– 2 PM
JOM Parent Meeting
6:30 PM—8:00 PM

22

23
College Workshop
7 PM

24

~~**31** FAFSA Dead-
line~~

25

26
Elder's Shopping Day
10AM

27
ID Machine
1 PM—7 PM
CTSI, Planning Mtg.
5 PM—8PM

28
Elder's Star Lunch-
eon—Lincoln City
11 AM—1 PM

29

30

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

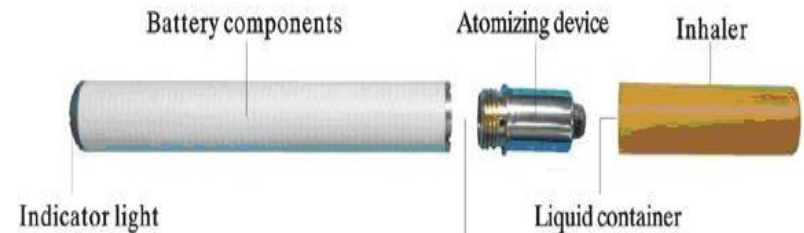
E-cigarettes are not approved by the FDA to help people quit smoking. But seven medicines are approved by the FDA to help quit smoking, including forms of nicotine that are tested for purity and safety. These include inhalers, nasal sprays, patches, gums, and lozenges. Some are available without a prescription.

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.

Fact Sheet: Focus on E-cigarettes Electronic Cigarettes & the Tobacco Free Properties —Oregon Executive Order— Gov. John Kitzhaber

Under the Order, tobacco use is prohibited – including cigarettes, cigars, pipes, chew, snuff, smokeless tobacco and electronic cigarettes – inside state agency buildings and on state agency grounds. E-cigarettes are not approved cessation devices. There is not adequate information regarding the safety of e-cigarettes. E-cigarettes – or electronic cigarettes – are devices that allow users to mimic the act of smoking a cigarette while inhaling nicotine. Instead of smoke from burning tobacco, users inhale vapor consisting of nicotine, flavor additives and other chemicals. When users inhale from the end of an e-cigarette, a battery operated vaporizer heats a liquid solution into a vapor. (See Fig. A)

Fig. A.



Most Often Requested Numbers

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

(Community Health Continued from page 5)

tivity will improve your overall health, keep blood sugars under better control, and lower stress levels.

- Take ownership of our diabetes. Know your numbers (A1C , blood pressure and cholesterol levels). Promise to test your blood sugars regularly and use the log-book. Look for diabetic friendly recipes and add new healthy food choices in the

year ahead. Stay hydrated, get adequate sleep, carve out “me time” in your busy schedule, and appreciate all that is good in your life. Diabetes, much like many other chronic diseases, can feel overwhelming at times. With proper education comes a sense of empowerment, and that will make 2016 all that much better.

Best wishes for a safe, healthy and happy holiday season and New Year ahead!

2016 Standing Committees

Applications Due by Feb. 10, 2016

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Feb. 10, 2016. Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380; fax: 541-444-8325.

Name: _____ Roll No: _____

_____ Address: _____

City: _____ State: _____ ZIP: _____

_____ Telephone: Day () _____ Evening () _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice), and 3 (third choice).

- _____ Education Committee (3) _____ Housing Committee (3)
 _____ Natural Resources Committee (3) _____ Pow-Wow Committee (2)
 _____ Health Committee (3) _____ Budget Committee (1)
 _____ Cultural Heritage Committee (3) _____ Enrollment Committee (3)

Committee appointments will be made at the Regular Tribal Council meeting in February 2016. If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

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 Andulia WhiteElk Hours are:

Salem Office Mondays and Tuesdays 10AM—3PM

Portland Office Wed., Thurs., and Fri. 8:30AM — 5PM

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.

**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.

PAO Holiday Party 2015



This year's annual holiday party was held outside of the Portland Area office, at Morningstar Missionary Baptist Church in NE Portland, all who attended were very happy and excited to attend at a larger venue this year. We would like to thank the church for renting the space to the Area office for our event.



We also wish to thank all of our volunteers and staff for making our annual holiday party another great success!

Thank you to our Siletz Tribal member volunteers: Greg Poe, Fish Martinez, Adam Caba, and our on call Transporter, Trechia Mann. Please enjoy the collage of Photos from our celebration



USDA Distribution Dates

Siletz	Monday	January 4th	9 AM — 3PM
	Tuesday	January 5th	9 AM — 3 PM
	Wednesday	January 6th	9 AM — 3PM
	Thursday	January 7th	9 AM — 3PM
	Friday	January 8th	9 AM — 3PM
Salem	Monday	January 18th	HOLIDAY
	Tuesday	January 19th	1:30 PM — 6:30 PM
	Wednesday	January 20th	9 AM — 6:30 PM
	Thursday	January 21st	9 AM — 6:30 PM
	Friday	January 22nd	9 AM — 11 AM

BLACK PEPPER BEEF AND CABBAGE STIR FRY

Ingredients

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

Directions:

Heat wok or large skillet over medium high heat and add oil. Sauté 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: CTSI FDP Director
(541) 444-8393.

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



(Continued from page 3)

and change are never easy. Taking personal responsibility for yourself and your circumstance is the first step to being happy and being able to change what is not making you happy. Taking personal responsibility is something that you need to be very conscience about and work on

every day. No one is perfect because we all have bad days or have bad things happen in our life that can challenge us. The important thing to remember is not to get stuck in the blame game, no one wins that game. Just keep moving forward and be happy!

Published by the
**Confederated Tribes of
 Siletz Indians of Oregon**
Portland Area Office

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97233

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

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?

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.

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

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.



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. Your worker is assigned to you by your last name. Please refer to the list below to determine who you need to speak with when contacting contract health.

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

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 Cdnt.	(541) 444-8332	Kim Lane C.A.R.E. Program Cdnt.	(800)922-1399 X1679