

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter August 2017

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 CC | August 7 | 6:00 - 8:00pm |
| Eugene AO | August 8 th | 6:00 - 8:00pm |
| Portland AO | August 14 th | 6:00 - 8:00pm |
| Salem AO | August 15 th | 6:00 - 8:00pm |

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

Bud Lane at the Siletz Cultural Department
(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 Tribal Arts and Heritage Society

We would like to develop a cookbook in time for the holidays. We hope you will participate. You are all invited to submit a recipe or more if you like.

Do you have to belong to the Confederated Tribes of Siletz.....NO, we will put your name and "Friend of STAHS" by your recipe.

You can send in Native traditional recipes, family favorite recipes, new ones you love and just about anything else you can think of. You can add a picture of yourself and a little information, but for sure put your name and tribe.



You can get the recipes to the right folks in a couple ways: **Send in by September 1, 2017.**

Email them to: jessiemarie1944@yahoo.com

Mail: STAHS Box 8 Siletz, Oregon 97380

2017 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)

CLOSED

*Crisis/ Regular heating
All Siletz Tribal Households*

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

Tribal children is need
Of foster parents for:
Permanent care,
Temporary foster care,
OR Short-term emergency care.

Contact:

Amanda Hunt
Foster Family Coordinator
CTSI – Siletz Indian Child Welfare
541-444-8236
amandah@ctsi.nsn.us

!!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

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

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 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

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.

Final Cut Wood For The Elders

The Tribal Natural Resources Committee and
Natural Resources Department will sponsor the final “Cut
Wood For The Elders” **Saturday, September 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 volunteers to help cut, split and deliver
firewood for Tribal elders. Bring your chainsaws, hydraulic
wood splitters, splitting mauls, axes, and lots of energy.
Even if you don’t have any of those we can use the moral
support! Lunch, drinks, and snacks will be provided. We
will start at **8:00 AM** and go until around 2:00 pm.

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.

The woodcut’s held in May and July was
immensely successful. Let’s see if we can repeat that
success at this one. If you have parents or grandparents
that burn wood in the winter to stay warm, you need to
help out at this event! Be sure to mark your calendars for
the final woodcut of the year that will be held on
September 16th.

SILETZ ELDER NEWS

If you use this number, **541-444-8225**, leave your name, phone number and brief message and you will get a call from the elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday August 8, 2017. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

There is no Elder Council meeting for the month of August. For more information contact the Elders Program at 1-800-922-1399.

The Chinook Winds Entertainment for August, 2017 is Chubby Checker. He will be performing on August 24th and 25th with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The Confederated Tribes of Siletz Indians Annual Nesika Illahee Pow-Wow will be held on August 11 – 13, 2017. For more information contact Buddy Lane, 1-800-922-1399.

The next regular evening Diabetes Support Class will be held on Thursday, September 14, 2017 from 6:00 pm until 8:00 pm and a meal will be provided. Contact Adrienne Crookes at 541-484-4234 for more information. Chris Sherrod, Siletz Diabetes Program Director, will be available on Wednesday, August 23, 2017 from 10:00 am until 3:00 pm for individual meetings.

Healthy Family Activity classes are scheduled for August 17th and August 24th. Contact Adrienne Crookes for more information.

Mountain Huckleberry season is almost here. Potential gathering dates, depending on weather, are Saturday August 26th and Sunday August 27th. For more information contact Healthy Traditions at 541-444-9627.

Jim Swanson, 541-683-8766 or jimswanson38@comcast.net

JOM: Youth News and Notes

Indoor Rock Climbing:

Wednesday 8/2, 10 a.m.-Noon, Crux Rock Gym: 401 W. 3rd Ave Eugene. Ages 7-17. Snacks and beverages provided and transportation is available. See flyer for details.

Teen Rafting Trip:

Tuesday August 22, meet Eugene Area Office: Come raft the McKenzie River with teens from the Portland Area Office. All gear provided as well as lunch, snacks, and drinks. Please call ahead to register.

School Supplies Distribution:

Beginning Friday August 18, Eugene Area Office: Siletz and JOM students attending grades K-12 are eligible to receive basic school supplies beginning August 18. Please call ahead and allow time to update registration forms when picking up supplies.

End of Summer Beach Trip:

Tuesday August 29, meet Eugene Area Office: Join kids from Siletz, Salem, and Portland for an end of the summer trip to Pacific City. Snacks, drinks, and lunch provided. Transportation is available. Please call ahead to sign up.

August

Youth Activity Calendar

August 2: Crux Rock Gym, 10 a.m.-Noon

August 2: Culture and Game Night, EAO, 4-6 pm

August 18: School Supplies Distribution Begins, EAO

August 22: Rafting Trip, meet EAO, time TBA

August 29: End of Summer Beach Trip, departure EAO, time TBA

Get updates on upcoming events by signing up for the Youth Activities Email List!
Contact: nickv@ctsi.nsn.us

Higher Ed/AVT: News and Reminders

Higher Ed and Adult Vocational Training

The deadline for the 2017-18 school year was June 30, 2017. Students interested in attending a clock-hour school are still eligible to apply.

2018-2019 Deadlines:

*Submit FAFSA by January 31, 2018; Submit application by June 30, 2018

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, obtaining or renewing professional licenses, and other employment enhancement classes. Call for details.

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



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

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

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

CONTACT INFORMATION

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

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

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

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

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

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



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



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

The Siletz Home Visiting Program offers:

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

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

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.





Picnic in the Park!

August 10th 5:00pm-7:00pm

Skinner Butte

248 Cheshire Ave Eugene

For Home Visiting Families and those interested in
the Confederated Tribes of Siletz Home Visiting Program

Potluck—bring a dish to share
Paper goods and drinks provided

Please RSVP with number coming and dish bringing to share **to Jessica** 541-222-9503

Bring a blanket if you want to sit on the ground.

477 Self-Sufficiency Program

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

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), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.



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 Norma **x1756** or Jen **x1755**

Schedules:

Norma's: **M-F 8-4:30pm**

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

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

***Norma – August None**

Jen's hours: **M-F 8:00-4:30pm**

General Assistance and TANF

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

***Jenifer – August 16-18, 21, 22**

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

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

Clients are required:

To meet with Tribal Services Specialists each month

You will need to call and set up an appointment

WEX/Grant Assistance

Dates to remember in August 2017

| | | |
|---------------|----------------------------|--|
| Tuesday | August 1 st | TANF |
| Tuesday | August 1 st | WEX Timesheets Due |
| Tuesday | August 1 st | Per Capita |
| Monday | August 7 th | Self-Sufficiency documentation due |
| Tuesday | August 8 th | Siletz Language Class |
| Friday | August 11 th | WEX Payday |
| Friday-Sunday | August 11-13 th | Nesika Illahee Pow Wow |
| Tuesday | August 15 th | WEX Time Sheets Due |
| Thursday | August 17 th | Healthy Families Class starts @ 5:30pm |
| Tuesday | August 22 nd | Youth Rafting Trip Time TBA |
| Wednesday | August 23 rd | Pickling Class 2-3:30pm |
| Thursday | August 24 th | Healthy Families Class starts @ 5:30pm |
| Friday | August 25 th | WEX Payday |
| Saturday | August 29 th | WEX Timesheets Due |
| Tuesday | August 29 th | Youth Beach Trip Time TBA |

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

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

Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

Direct Placement

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

On-the-Job Training (OJT)

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

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Siletz Tribal Vocational Rehabilitation Program

The Siletz Tribal Vocational Rehabilitation Program provides holistic, culturally sensitive VR services to federally-enrolled tribal members who have a disability and live within our 11 county service area. It serves as an employment resource for members that have a strong desire to be employed. The program utilizes Strength-Based Practices and Informed Choice to prepare participants for gainful employment. An important part of the Vocational Rehabilitation (VR) program, is helping others find their own strengths and build strong foundations for lasting and productive employment.

Services we may provide but are not limited to:

- 🌐 Employment Services
- 🌐 Referral to Community Resources
- 🌐 Transportation/Support Services
- 🌐 Portfolio Building
- 🌐 Motivational Counseling
- 🌐 Addressing and Eliminating Barriers to Employment
- 🌐 Cultural Activities
- 🌐 Educational, Physical and Mental Health Assessments



Basic requirements of the program include:

- 🌐 Be an enrolled member of a federally recognized tribe
- 🌐 Live within the 11 county service area
- 🌐 Have a mental, physical, developmental or learning disability that is diagnosed by a licensed clinician
- 🌐 Have a disability that causes a substantial barrier to employment
- 🌐 Willing and able to be an active participant in the Siletz Tribal Vocational Rehabilitation Program (STVRP)

To find out more about STVRP, please call 800-922-1399 and ask to be connected to STVRP Staff for your area.

*STVRP – Providing Culturally Sensitive Vocational Rehabilitation Services
With a Focus On: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to
Enable Your Success in the Workforce.*

Are you a Student?

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/Eugene)



503-390-9494 (Salem/Portland)

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.

Attention Tribal Youth!!

Ages 7 - 17

The fun starts here!

Indoor Rock Climbing

*Where: Crux Rock Gym
401 W. 3rd Avenue
Eugene, Oregon*

When: Wednesday, August 2nd

Time: 10:00 a.m. - 12:00 p.m.



We will meet at 9:30 at the Siletz office in Eugene, 2468 W. 11th Avenue. Tribal staff will transport youth to and from Crux Rock Gym. Pick up by parent or guardian at Siletz will be 12:30.

Parents are invited to participate.

Drive yourselves and meet us at the gym!

Call early to sign up for this fun-filled activity!

A snack and beverage will be provided.

For more information or to RSVP, contact Nick Viles or Adrienne Crookes at 541-484-4234.

Healthy Families

& Lifestyles Workshops

Come join us for a tribally co-sponsored workshop in learning about Healthy Eating & Living, as well as, Stress Reduction & Self-Care.

WHEN: Thursdays, August 17th & 24th

TIME: 5:30-7:30 pm

LOCATION:

Confederated Tribes of Siletz Indians

2468 West 11th Ave, Eugene, OR 97402

To RSVP please contact:

⇒ **Adrienne Crookes (Siletz)**

(541) 484-4234

⇒ **Shayne Platz (CTCLUSI)**

(541) 744-1334

Food and childcare provided.

* Space is limited

* Must RSVP to receive incentives



Co-sponsored by CTCLUSI Health & Human Services
Division - Family Services -
and the Confederated Tribes of Siletz Indians



Come learn how to make your own pickles!

PICKLING CLASS



**Wednesday, August 23rd
2:00-3:30 p.m.**

**Siletz Eugene Area Office
2468 West 11th Avenue**



Pickling is one of the oldest methods of food preservation. In this class Master Food Preservers will go over the basics of pickle science and show and tell you how to make pickles.

Each participant will get to take home a jar of homemade pickles. We will also teach you how to make sauerkraut.

This class is free to Siletz Tribal Members and their families.
All supplies are provided.

Class size is limited to 8 people so call early to sign up!

**Call to RSVP:
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.**

This class is sponsored by the Siletz Healthy Traditions Program

Siletz Community Health News

29 **Million** **Americans Have**
NATIVE AMERICANS ARE 2.2
TIMES MORE LIKELY TO DEVELOP

DIABETES

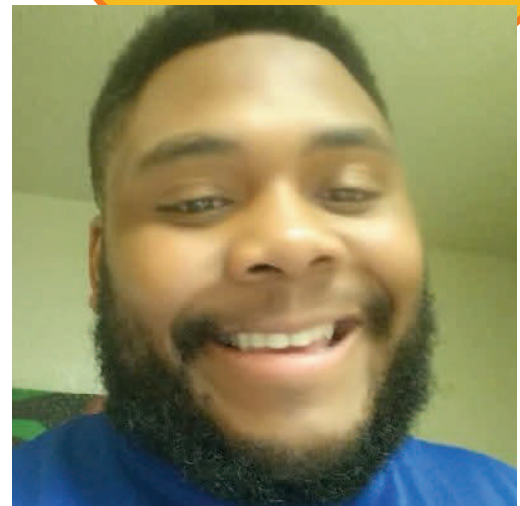
Chris Sherrod is our new Siletz Diabetes Program Director

If you have diabetes, or are pre-diabetic, and would like to meet with Chris 1:1, he will be available at the Eugene area office on August 23rd, and then every 4th Wednesday of every month. Time: TBD

Meet our Diabetes Program Director Chris Sherrod

Chris Sherrod moved to Oregon from Colorado. He graduated with an undergraduate degree in school and community Health Education and minor in nutrition from Idaho State University. Chris recently graduated with a Masters of Public Health Degree from Creighton University. Chris is joining the Siletz Clinic with a passion for helping individuals with diabetes and their families manage and maintain healthy lifestyles through education and advocacy. Chris' passion for diabetes took place when he was diagnosed with Type 1 diabetes in the spring of 2013. In his free time, Chris enjoys being in the outdoors, music, cooking, playing sports, hanging with his dog Nya, and spending time with friends and family.

For more information or if you would like to meet with Chris 1:1, you may contact Adrienne Crookes, CHA, at 541-484-4234



Mountain Huckleberry Season

Saturday, August 26th



This is the potential gathering date, depending on weather.

If you would like to join us for huckleberry picking,
you may contact
Adrienne Crookes or Nora Williams-Wood
541-484-4234.

This gathering activity is sponsored by the Siletz Healthy Traditions Program

Free Produce for Siletz Tribal Members!

Farmers Market Food Rescue Project



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

If you or your family would like to share in this fresh organic produce, you are invited to come to the Siletz office at 2468 W. 11th Avenue on Wednesdays and pick it up. You may call ahead to check on the availability of produce, if you would like.

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 Wednesdays can be picked up later on in the week. 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, you may contact Adrienne Crookes or Nora Williams-Wood at 541-484-4234.

Youth Tobacco 101

Save the Date August 7th 11:00-2:30

Siletz Grange Hall

Snacks, Games & Prizes



YOUTH AGES 10-18

Come & learn more about Electronic cigarettes, chewing tobacco, hooka, commercial tobacco and traditional tobacco. Questions: Call TPEP 541 444-9682. Sponsored by NWPATHB.



Confederated Tribes of Siletz Indians

Annual Nesika Illahee Pow-Wow

August 11 ~ 13, 2017



**All
Are
Welcome!**

**Alcohol &
Drug-Free
Event**

Categories:

Golden Age • Adult • Teen • Youth
(Teen & Youth Preliminaries Occur Friday Night)

Specials:

- Men's Fancy Dance
(Sponsored by Plummie Wright)
- Team Dance
- Womens' Basketcap (Open)
- Round Bustle (Open)

Vendor Registration is Required. Camping Fee: \$25 + \$5 per pet.
Campground Open Thursday 7:00 AM. No Campfires.

For More Information, Call:
Buddy Lane, 800-922-1399, x-1230.

THURSDAY AUG. 10

Royalty Pageant
6:00 PM

FRIDAY AUG. 11

Memorial / Giveaways
12:00 Noon ~ 5:00 PM

Presentation of Crown
6:00 PM

Grand Entry
7:00 PM

SATURDAY AUG. 12

Parade
10:00 AM

*(Dance Competition Points
Awarded for Parade
Participation)*

Grand Entry
1:00 PM & 7:00 PM

SUNDAY AUG. 13

Grand Entry
12:00 Noon
Salmon Dinner

Pauline Ricks Memorial Pow-Wow Grounds, Government Hill, Siletz, OR

USDA distribution dates for AUGUST 2017

Siletz

| | | |
|-----------|-------|-----------------|
| TUESDAY | AUG 1 | 9:00 AM-3:00 PM |
| WEDNESDAY | AUG 2 | 9:00 AM-3:00 PM |
| THURSDAY | AUG 3 | 9:00 AM-3:00 PM |
| FRIDAY | AUG 4 | 9:00 AM-3:00 PM |
| MONDAY | AUG 7 | 9:00 AM- 3:00PM |

Salem

| | | |
|-----------|--------|--------------------|
| MONDAY | AUG 14 | 1:30 PM – 6:30 PM |
| TUESDAY | AUG 15 | 9:00 AM – 6:30 PM |
| WEDNESDAY | AUG 16 | 9:00 AM – 6:30 PM |
| THURSDAY | AUG 17 | 9:00 AM – 11:00 AM |

It is that time of year again. We are receiving the beautiful peaches and corn on the cob and zucchini squash.

CHOCOLATE ZUCCHINI CAKE

CREAM: ½ CUP MARGARINE

½ CUP OIL

1 ¾ CUP SUGAR

ADD: 2 EGGS

2 TSP VANILLA

½ CUP SOUR MILK (I sometimes use buttermilk or buttermilk powder)

SIFT TOGETHER AND ADD:

2 ½ CUPS FLOUR

1 TSP BAKING SODA

1 TSP BAKING POWDER

1 TSP SALT

2 TSP CINNAMON

4 TBLS COCOA

ADD: 2 CUPS GRATED ZUCCHINI

Pour into 9" x 13" pan. Sprinkle 1 small package of chocolate chips (I use the minichips) on top.

Bake at 325* for 40-45 minutes.



LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.

Joyce Retherford, FDP Director
541-444-8393

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

August 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|---|
| | | <p>1</p> <p><i>Timesheets Due Noon</i></p> <p><i>Per Capita Checks TANF</i></p> <p><i>USDA Distribution Siletz 9-3pm</i></p> | <p>2</p> <p><i>Crux Rock Climbing Gym 10-12</i></p> <p><i>USDA Distribution Siletz 9-3pm</i></p> <p><i>Culture & Game Night 4-6pm</i></p> | <p>3</p> <p><i>USDA Distribution Siletz 9-3pm</i></p> | <p>4</p> <p><i>USDA Distribution Siletz 9-3pm</i></p> | <p>5</p> |
| <p>6</p> | <p>7</p> <p><i>477 Self-Sufficiency Documents Due</i></p> <p><i>Youth Tobacco 101 11:30-2:30 Siletz Grand Hall</i></p> <p><i>Siletz Language Class Siletz 6-8pm</i></p> <p><i>USDA Distribution Siletz 9-3pm</i></p> | <p>8</p> <p><i>EAO Language Class 6-8pm</i></p> | <p>9</p> | <p>10</p> <p><i>THV Picnic in the Park 5-7pm Skinner Butte Eugene Oregon</i></p> | <p>11</p> <p><i>Pay Day</i></p> <p><i>Nesika Illahee Pow Wow (Siletz)</i></p> | <p>12</p> <p><i>Nesika Illahee Pow Wow (Siletz)</i></p> |
| <p>13</p> <p><i>Nesika Illahee Pow Wow (Siletz)</i></p> | <p>14</p> <p><i>PAO Language Class 6-8pm</i></p> <p><i>USDA Distribution Salem 9-3pm</i></p> | <p>15</p> <p><i>Timesheets Due Noon</i></p> <p><i>USDA Distribution Siletz 9-6:30pm</i></p> <p><i>SAO Language Class 6-8pm</i></p> | <p>16</p> <p><i>USDA Distribution Siletz 9-6:30pm</i></p> | <p>17</p> <p><i>Healthy Families Class Starts @ 5:30pm</i></p> <p><i>USDA Distribution Siletz 9-11am</i></p> | <p>18</p> <p><i>JOM School Sup- plies Distribution begins</i></p> | <p>19</p> |
| <p>20</p> | <p>21</p> <p><i>All Tribal Offices CLOSED "Eclipse"</i></p> | <p>22</p> <p><i>Youth Rafting Trip Time TBA</i></p> | <p>23</p> <p><i>Chris Sherrod, Diabetes Meet with Clients 1-3pm</i></p> <p><i>Pickling Class 2-3:30pm</i></p> | <p>24</p> <p><i>Healthy Families Class Starts @ 5:30pm</i></p> | <p>25</p> <p><i>Pay Day</i></p> | <p>26</p> <p><i>Huckleberry Picking Sweet Home</i></p> |
| <p>27</p> | <p>28</p> | <p>29</p> <p><i>Timesheets Due Noon</i></p> <p><i>End of Summer Beach Trip Time TBA</i></p> | <p>30</p> | <p>31</p> | | |

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff
541-484-4234 1-800-922-1399

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Norma Trefren, Intake Specialist/Job Coach/477SSP x1756

Adrienne Crookes, Community Health Advocate x1753

Jessica Phillips, Program Coordinator/THV x1752

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport



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

Siletz Tribal
members

If you have not
picked up a chunk
of salmon, we still
have some fish
available.

Frozen, bring a
bag or ice box

If you are picking
up for others

Permission note
with roll number
and signature