

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 July 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	July 11-13	Siletz	Culture Camp
Eugene AO	July 11-13	Siletz	Culture Camp
Portland AO	July 11-13	Siletz	Culture Camp
Salem AO	July 11-13	Siletz	Culture Camp

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

Bud Lane at the Siletz Cultural Department
(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 may be 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 in need
of Foster parents for:
Permanent care,
Temporary foster care,
Or Short-term emergency care.

Contact
Marne' Grusing
Foster Family Coordinator
CTSI- Siletz Indian Child Welfare
541-444-8338
marneg@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/rsfp/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.

Second Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the second "Cut Wood For The Elders Day" of the year on **Saturday, July 15th**. 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 first woodcut held in May 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**, be sure to leave your name, phone number and brief message and you will get a call from the elder staff.

The July Introduction to the Athabaskan Language Class at the Eugene Area Office will be held at Culture Camp instead. Culture Camp is July 11 through July 13 contact Buddy Lane at 1-800-922-1399 ext. 1230.

The Elder Council will meet on Saturday, July 8, 2017 from 1:00 pm to 4:00 pm. The meeting will be held at the Casino. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399. This meeting will be the last day to sign up for Fishing trip or the August 11th Nesika Illahee Pow-Wow.

The Eugene Area Office is sponsoring a Walking Group on Tuesdays and Thursdays in July. Meet at 12:15 pm at the Eugene Area Office.

The Chinook Winds Entertainment for July, 2017 is Air Supply. They will be performing on July 6th and 7th with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Richard Marx will be performing on July 13th and Thompson Square will be performing on July 20th.

The regular evening Diabetes Support Class will be held on Thursday, July 20, 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, July 26, 2017 from 10:00 am until 3:00 pm for individual meetings.

Eugene Area Office Community BBQ is Thursday, July 27, 2017 from 4 to 7 pm.

Officers Quarterly Meeting is in Siletz from 11:00 to 1:00 pm on July 20, 2017.

Super Star Luncheon is July 27th, from 11:00 to 1:00 pm at the Casino.

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

ELDER WOODCUT DAYS

JULY 15 ❖ SEPT 16

SATURDAYS, 8:00 AM-2:00 PM

815 LOGSDEN ROAD, SILETZ

**RAIN or
SHINE!**

Help cut, load and deliver Firewood
for Siletz Tribal Elders

Snacks, drinks, and PIZZA lunch provided for volunteers. Bring your own gloves and dress for the weather. Wood splitters will be available on-site. **Tribal Elders who would like firewood delivered must reach the CTSI Elders Program in advance, (541) 444-1225.**



Hosted by the CTSI Natural Resources Committee, (541) 444-8227

JOM: Youth News and Notes

Culture and Game Nights:

Wednesday 7/26 and 8/2, 4-6 pm, Eugene Area Office: Bring your own projects or come and use office materials for necklace making, moccasins, baskets, and bear grass weaving. PLUS, snacks, drinks, games, and door prizes. See flyer for more details.

U-Pick Blueberries:

Thursday July 20, 10 am-1 pm, meet at Eugene Area Office: Kids of all ages (and families) come and pick blueberries at a local farm. Bring home what you pick! Snacks and drinks provided and transportation is available. Trip is weather permitting, please call ahead to sign up.

K-12 Graduation Incentives:

Help the tribe celebrate your child's graduation or promotion by submitting a copy of their diploma, school report card, or GED. Head Start/Pre-School-\$10; Kindergarten-\$10; Elementary School-\$20; Middle School-\$50; High School/GED-\$100.

July Youth Activity Calendar

July 11-13: Culture Camp, Siletz, OR

July 20: U-Pick Blueberries, 10 am-1 pm, leave from Eugene Area Office

July 26: Culture and Game Night, Eugene Area Office, 4-6 pm

August 2: Culture and Game Night, Eugene Area Office, 4-6 pm

Get updates and reminders by signing up for the Youth Activities Email List

Contact: nickv@ctsi.nsn.us

Higher Ed/AVT: News and Reminders

Higher Ed/AVT

Graduation Incentives:

Graduates, submit a copy of your diploma and be rewarded by the Siletz Tribal Incentive Program. One-year AVT Program-\$100; Two-year AVT program \$200; Two-year associates degree- \$200; Bachelors Degree-\$75 plus a Pendleton blanket; Master's Degree-\$300; PhD-\$300 plus a Pendleton blanket.

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 or email for details.

Higher Ed and Adult Vocational Training

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

Upcoming deadlines for the 2018-2019 school year:

-Apply for FAFSA:

January 31, 2018

-Completed Application:

June 30, 2018

Want to finish a project from Culture Camp?

Been meaning to start on a new outfit for pow wow?

Couldn't make it over to culture camp?

Come to:

Family Culture and Game Night

WEDNESDAY JULY 26 AND AUGUST 2

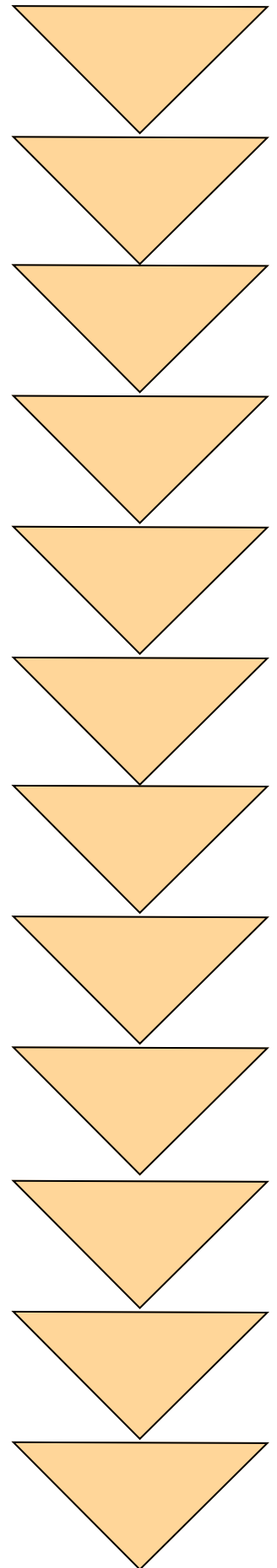
TIME: 4:00-6:00 PM -EUGENE AREA OFFICE

Bring your own unfinished project or come and
use office materials for:

- Baskets
- Moccasins
- Bear Grass Weaving
- Dentalia Necklaces
- Pine Nut Necklaces
- AND MORE

Snacks, Games, and Door Prizes also provided

FOR MORE INFORMATION CONTACT NICK VILES - 541-484-4234 /NICKV@CTSI.NSN.US



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.



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 – July 11-13**

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

General Assistance and TANF

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

***Jenifer – July 3**

* 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 July 2017

Friday	June 30 th	TANF/GA Card day Thursday
Friday	June 30 th	WEX Payday
Tuesday	July 4 th	Independence Day All Offices Closed
Wednesday	July 5 th	Self-Sufficiency documentation due
Wednesday	July 5 th	WEX Timesheets Due
Tuesday	July 11-13 th	Siletz Language Class
Tuesday-Thursday	July 11-13 th	Culture Camp Siletz Oregon
Friday	July 14 th	WEX Payday
Tuesday	July 18 th	WEX Time Sheets Due
Thursday	July 20 th	Diabetes Support Group 6-8pm
Thursday	July 27 th	Bike Rodeo/EAO BBQ/Tribal ID
Friday	July 28 th	WEX Payday

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.

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 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.*

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

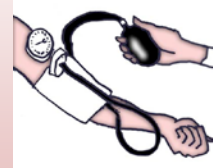
Siletz Community Health

Blood Pressure Screenings



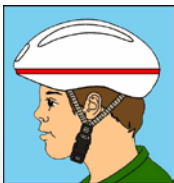
At the Siletz Eugene Area Office

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.

Vermicomposting Class:

Using Worms to Make Compost for Your Garden

Tuesday, July 18th

2:00-3:30 p.m.

At the Siletz Tribal Office

2468 W. 11th Avenue

Eugene, OR



Not sure what to do with your kitchen, garden or yard scraps? Would you like natural, home-made fertilizer for your lawns or gardens in the spring?

Composting with worms (vermicomposting) is usually done with the common red wiggler worm. The worm is able to process large amounts of food waste and rapidly reproduce in a confined space.

OSU Extension Master Gardeners will be teaching this class. They will show and tell you how you can turn kitchen scraps into a valuable resource for your garden.

This class is FREE and all supplies are provided.

Children are welcome!

Call early to sign up!



For more information contact:

Adrienne Crookes or Nora Williams-Wood at 541-484-4234

This class is sponsored by the Siletz Healthy Traditions Program

Please Come Join Us!!

Diabetes Class

Thursday, July 20th

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

At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR



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

Dani Bliss, Diabetes Health Educator with the Coos, Lower Umpqua and Siuslaw Tribes, will be teaching this class. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

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

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

Siletz Community Health News

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

DIABETES

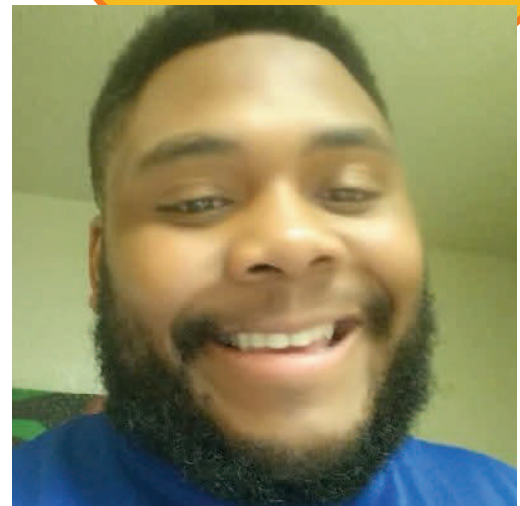
Chris Sherrod is our new Siletz Diabetes Program Director

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 July 26th, and then every 4th Wednesday of every month. Time: TBD

Meet our Diabetes Program Director
Chris Sherrod

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

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.



Siletz Tribal Youth Please Come Join Us!!



Bicycle Safety Rodeo

**Thursday, July 27th
From 3:00-4:00 p.m.**

At the Siletz Eugene Area Office
2468 West 11th Avenue, Eugene, Oregon

For kids 6-17 years of age
(Younger children are encouraged to participate if accompanied by an adult.)

Our special guest presenter will be **Al Hongo**,
Community Outreach Coordinator, from Paul's Bicycle Shop in Eugene.
Kids will learn about bicycle components, safety, and maintenance.
This presentation is scheduled one hour before our **EAO Barbecue** event.
Food and beverages will be provided.

Please bring your bicycle, helmet and skills!

**If you do not have a helmet, one will be provided to
Siletz Tribal members/legal dependants only.**

You may contact **Adrienne Crookes** or **Nora Williams** if you have questions.

541-484-4234

Safety Education – Fun – Food – Beverages

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.

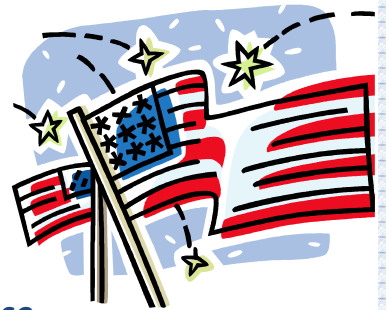
Fireworks Safety

Adrienne Crookes, Community Health Advocate

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

Fireworks Safety Tips:

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



Have a Safe and Happy 4th of July Holiday!

2017 Culture Camp Registration Form

JULY 11-13, 2017

Siletz Tribal Community Center & Grounds, Siletz, Oregon

Registrations forms are required for all participants

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

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

If you are traveling from an outside area, camping space is available (campers must provide own equipment). Parent/Guardians are welcome to attend and are responsible for dropping off and picking up children at appropriate times. **Children age 10 or younger must be accompanied by an adult. *Some activities require adult assistance.**

Name: _____

Age: _____ Roll #: _____

Mailing Address: _____

Telephone #: _____ E-mail _____

Parent/Guardian's Name: _____

Parent/Home #: _____ Work #: _____

Emergency Contact Person: _____

Emergency Phone #: _____

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

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

(Chaperones must be 18 or older)

Classes will include but are not limited to :

- | | | |
|-----------------------|--------------------|--------------------|
| Siletz Basket Weaving | Flint Knapping | |
| Learn about Pine nuts | Ropes Course | Beadwork |
| Moccasins | Traditional Foods | Headstart craft |
| Shell Necklaces | Soapstone Carving | Aquatics |
| Shawls | Drum Sticks | Drumming & Singing |
| Youth Games | Cedar Bark Weaving | |

Other classes may be scheduled

Parent/Guardian's Signature

Date

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

2017 YOUTH ANTLERLESS ELK TAG DRAWING
Tribal Youth Ages 12-17 ONLY
(by August 1, 2017)

Applications Due July 7, 2017 4:30 PM

Please complete the following information and select which tags you are interested in. **DO NOT CUT UP THE TAG REQUEST.** Your name and information will be entered into a database, printed on a card and entered into each drawing you select below. The drawing will be held on July 10, 2017 at 5:00 pm at the Siletz Tribal Admin Building – Natural Resources Department Map Room during the Natural Resources Committee meeting.

ROLL NO.	_____	PHONE NO.	_____
FIRST NAME	_____	LAST NAME	_____
MAILING ADDRESS	_____		
CITY	_____	STATE	_____ ZIP _____
SIGNATURE	_____	DATE OF BIRTH	_____

Must be signed by the Youth Hunter

OREGON HUNTERS SAFETY NO. (REQUIRED): **

CHECK THE BOX FOR EACH DRAWING YOU WANT TO BE INCLUDED IN

STOTT MT. 1 TAG HUNT NO. 217T 8/1/17 - 12/31/17 BAG LIMIT – ONE ANTLERLESS ELK <p align="center"><input type="checkbox"/></p>	ALSEA 1 TAG HUNT NO. 218T 8/1/17 - 12/31/17 BAG LIMIT – ONE ANTLERLESS ELK <p align="center"><input type="checkbox"/></p>
<p align="center">YOUTH MUST BE ACCOMPANIED BY AN ADULT AT LEAST 21 YEARS OLD WHEN HUNTING</p> <p align="center">For information call ODFW 503-947-6018 or visit www.dfw.state.or.us.</p>	<p align="center">RETURN COMPLETED FORM BY JULY 7, 2017 TO:</p> <p align="center">CONFEDERATED TRIBES OF SILETZ INDIANS NATURAL RESOURCES DEPARTMENT ATTN: YOUTH ANTLERLESS ELK DRAWING P.O. BOX 549 SILETZ, OR 97380</p>

** if the Youth applying has not yet attended a hunters safety course and/or received an Oregon Hunters Safety Number, the number must be provided prior to the drawing held on July 10, 2017. All applications without the Oregon Hunters Safety Number before July 10, 2017 will not be included in the lottery drawing.

Questions please contact Mike Kennedy at mikek@ctsi.nsn.us or (541) 444-8232 or (800) 922-1399 ext. 1232.
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FOR NATURAL RESOURCE STAFF ONLY

Age Verified	Oregon Hunters Safety No. Verified	Database Entry	Receipt Postcard
DATE	DATE	DATE	DATE
INITIAL	INITIAL	INITIAL	INITIAL

**2017-2018 Hunting and Fishing Tags
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/30-11/3**	8/21	First Come First Served
	Antlerless or Spike – Adult	8	10/21-11/3	Lottery applications available 8/7; due 9/1 ; drawing 9/5; tags issued 9/6	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/30-11/5	Lottery applications available 8/7; due 9/1 ; drawing 9/5; tags issued 9/6	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/18-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/5; due 7/7 ; drawing 7/10; tags issued 7/11	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/11-11/14	Lottery applications available 9/5; due 9/22 ; drawing 10/2; tags issued 10/3	Lottery
	2 nd Season Rifle	25	11/18-11/24		
	Antlerless	9	Various seasons beginning 1/1/18	Lottery applications available 9/5; due 9/22 ; drawing 10/2; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/25-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/21	First Come First Served

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

** Season for Youth ages 12-17 is 9/30 - 11/5 (2 days extra at end of season)

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

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2017-2018 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

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

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

USDA distribution dates for JULY 2017

Siletz

MONDAY	JULY 3	9:00 AM-1:00 PM
TUESDAY	JULY 4	HOLIDAY
WEDNESDAY	JULY 5	9:00 AM-3:00 PM
THURSDAY	JULY 6	9:00 AM-3:00 PM
FRIDAY	JULY 7	9:00 AM-3:00 PM
MONDAY	JULY 10	9:00 AM-3:00 PM

Salem

MONDAY	JULY 17	1:30 PM – 6:30 PM
TUESDAY	JULY 18	9:00 AM – 6:30 PM
WEDNESDAY	JULY 19	9:00 AM – 6:30 PM
THURSDAY	JULY 20	9:00 AM – 11:00 AM

In June, we attended our National Conference that was held in St. Louis, Missouri. There are some changes coming to the food package and I am not sure if we are going to like them. Stay tuned for the specifics on these changes.

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

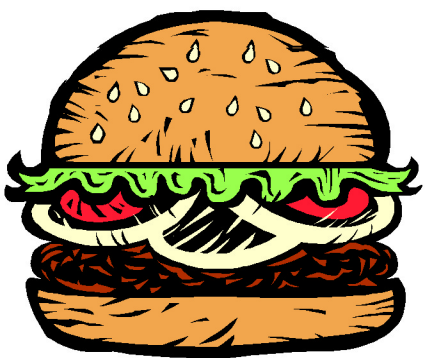
Joyce Retherford, FDP Director
541-444-8393

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

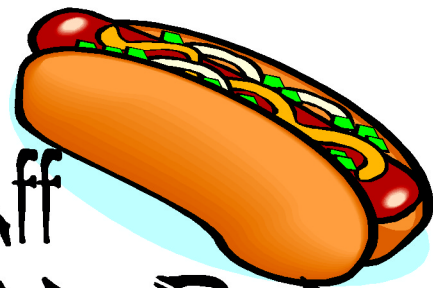
Siletz Eugene Office

BBQ & Tribal ID

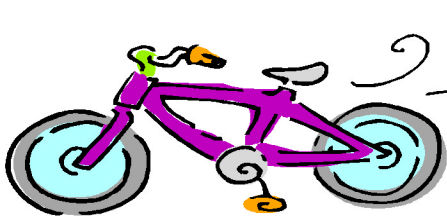
July 7th 2017 4:00-7:00



Please come



join the Eugene Staff
For our Summer BBQ & Bike Rodeo



Bike Rodeo

Eugene Area Office

7/27/17, 3:00-4:00

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

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30 Payday GA/TANF	1
2	3 USDA—Siletz 9-3pm	4  All Tribal Offices CLOSED	5 Time Sheets Due USDA—Siletz 9-3pm Self-Sufficiency Documentation De	6 USDA—Siletz 9-3pm	7 USDA—Siletz 9-3pm	8 Elders Meeting 1pm Shasta Room
9	10 Siletz News Deadline USDA –Siletz 9-3pm	11-13 2017 Culture Camp Siletz Oregon Language Class for July Siletz-Eugene-Salem-Portland			14 Payday	15 Elders Wood Cut 8-2pm
16	17 USDA-Salem 1:30-6:30pm	18 Time Sheets Due USDA-Salem 9-6:30pm Vermicomposting Class EAO 2-3:30pm	19 USDA-Salem 9-6:30pm	20 U-Pick Berry Berries 10-1pm USDA-Salem 9-aalam Diabetes Class 6-8pm	21	22
23	24	25	26 Chris Sherrrod Diabetes Educator @ EAO ALL Day JOM Culture Night 4-6pm	27 Bike Rodeo/BBQ/Tribal ID 3-7pm EAO	28 Payday	29
30	31	1 Time Sheets Due	2	3	4	5

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

Everything you live
through helps to
MAKE you the
person you are now.
-Sophia Loren

WWW.LIVELIFEHAPPY.COM

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