

Portland Potlatch

AUGUST 2017

Inside This Issue:

Community News 1-3

Healthy Traditions 3

Community Health 4-5

Education 8-9

Athabaskan Language 9

Calendar 10-11

Behavioral Health 12-13

Pow-Wow 14-15

477/SSP 16

Staff Directory 19

**Nesika Illahee
Pow-Wow
See Page 6**

CTSI August Closure:

All Offices will be closed on
Monday, August 21st

We will re-open on
Tuesday August 22nd at 8:00 AM



**SRII-NA CHEE-
YASH-'E
(High in sky bird)
Or EAGLE**

PAO Annual Picnic

We are pleased to announce our annual, picnic-potluck!

**Thursday., August 17th
11:30 AM—4 PM**

Open to all Siletz tribal members and their families—Come celebrate a day in the sun (hopefully) and fun. Just as in past years, you are invited to bring a potluck dish to share. PAO will be hosting its Third Annual dessert contest! The Picnic-Potluck will be held at:

**Mt Scott Park & Community Center
5530 SE 72nd Ave
Portland, OR 97206**

In the event of inclement weather (i.e. rain, thunder, etc.), we may move or postpone the picnic location, so please call our office in advance.

Chicken, hamburgers, hot dogs, buns, and beverages are provided, plus bingo and crafts! Transportation is available, but limited. Call early to reserve your seat. For public transportation, ride Tri-Met bus line #10.

For more information, please call the Portland Area Office.

Important Dates

- Sat., 8/5, General Council—1 PM
- Fri—Sun, 8/11, 8/12, 8/13
Nesika Illahee Pow-Wow
- Fri, 8/18, Regular Council

Community News

Portland Area Office Shawl Class Part 2

This month, beading group will be combined with our annual PAO Picnic Potluck in the park. (See page 1 for more detail).

Monday, August 7th

10 AM—2 PM

Elders Shopping Day

The next elders shopping days will be:

Please call your area elders



Aug. 8th & 23rd

10:00 AM

rep. (Kay Steele (503) 760-4746) at least 48 hours prior or earlier to reserve your seat on the bus.

Siletz Tribal Head Start Enrolling Now!

Applications are now being accepted for the 2017-2018 school year. We have Head Start Centers in Portland, Siletz, Lincoln City and Salem. See page 7 for application.

Did You Know: Head Start helps children grow socially, physically, mentally, emotionally, and gain confidence in themselves.

If you know a child who will be 3-4 years old by September 1, 2014, application are available at your local Siletz Area Office, or by calling: (541) 444-8376 or 1 (800) 922-1399. Send in your application as soon as possible. See page 7 for more information.

Need A New Tribal ID? Let PAO Help!

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Confederated Tribes of Siletz Indians of Oregon
Tribal Identification
Siletz Tribal Roll: #99999
DOB: 09/01/2006 BQ: 4/4
Issue Date: 3/18/2016
Expiration Date: 3/18/2016
Height: 5' 10" Weight: 150 lbs.
Enrolled Per Resolution 2016-086 effective 3/18/2016

Siletz Valley Charter School
245 NW James Frank Ave, Siletz, OR
PO Box 123456
Siletz, OR 97380-9999



A Special Thanks!

We would like to give a special thanks to Cheryl Renville for her generous donation of beading supplies to PAO. Cheryl is the mother of our own PAO member, Anna Renville. We appreciate her generosity and big heart, thinking of our area office and community members.

CTSI Ongoing Job Announcement

Position: Elders Transporter (On-Call) Location (s): Portland

Supervision: Area Office Supervisor/Elders Program Coordinator.

Salary: \$11.25/ Hourly

For more information please contact:

**Siletz Elders program: Cecelia DeAnda: (800) 922-1399
X 1212 and E-mail: ceceliad@ctsi.nsn.us**

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Healthy Traditions (HT)

Emergency Preparedness Class



Are you prepared for a natural disaster? Most of us are in fact not prepared.

Depending on the region you live in (i.e. Oregon coast, Valleys, or Mountains), you'll want to be prepared for a disaster most likely to occur in your region. In Portland's

case, it will likely be an earthquake. So why not be prepared?

The Portland Area Office will be hosting an Emergency Preparedness class on:

Aug. 24th at 10 AM—2 PM

We will review ways for you and your family to be resilient in any emergency.

Class size will be limited, so please sign up no later than 4:30 PM, Tuesday August 22nd to reserve your spot in the class.

August 2017 Planting Guide

Weather you're a seasoned gardener or a first timer, August is still a great month for planting a large variety of veggies. Portland Nursery has an abundance of free information about gardening and specifically a planting guide available. Please visit:

<http://portlandnursery.com/docs/veggies/VeggieCalendar.pdf>

For more information.

Community Health



Diabetes Support Group

Our August Diabetes Support Group luncheon will be held at our annual picnic in the park. All tribal members are welcome!

**Thursday
August 17th, 2017
11:30 AM—4 PM**

Mobile Eye Clinic at PAO



Saturday, August 5th is the date the Casey Eye Institute bus is coming. Please call Andrew or Verdene and get on the waiting list.

American Diabetes Association—Eye Care

Our vision and eye health is very important to us all. There are steps you can take to avoid eye health problems!

First, it's very important to keep your blood sugar levels under tight-control. In a Diabetes Control and Complications study, people on standard diabetes treatment had retinopathy four times as often as people who kept their blood sugar levels close to normal. In people who already had retinopathy, the condition progressed in the tight-control group only half as often.

These impressive results show that you have a

lot of control over what happens to your eyes! Also, high blood sugar levels may make your vision temporarily blurry.

Second, bring high blood pressure under control. High blood pressure can make eye problems worse.

Third, quit smoking.

Fourth, we generally recommend that you see your eye care professional at least once a year for a dilated eye exam. Having your regular doctor look at you eyes is not enough. Nor is having your eyeglass prescription tested by an optician. Only optometrists and ophthalmologists can detect the signs of retinopathy. Only ophthalmologists can treat retinopathy.

Fifth, see you eye care professional if:

- Your vision becomes blurry
- You have trouble reading signs or books
- You see double
- One or both of your eyes hurt
- Your eyes get red and stay that way
- You feel pressure in your eye
- You see spots or floaters
- Straight lines do not look straight
- You can't see things at the side as you used to
- Also, eating a diet of fresh raw veggies like carrots is always good for your eye health.

Solar Eclipse Glasses

As many of us already know, on Monday August 21st 2017, Oregon will be expecting a total solar eclipse. This is a naturally occurring an event that hasn't happened in Oregon since 1979. As a result the Community Health Program and emergency management programs



are providing free eclipse viewing glasses to all Siletz tribal members and their family at our PAO Summer Picnic on August 17th from 11:30 AM to 4 PM.

Exercise Program

Diabetes fitness memberships slots are still available

With our updated Diabetes Grant the PAO has additional Fitness Membership slots available to tribal members with Diabetes or at risk for Diabetes. Call for an appointment to fill out the application and apply for a slot.

First come first serve. Call Verdene at (503) 238-1512 for an application.

Contract Health Update

Remember to update your contract health services form each year! Call the Portland Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a new phone number or even a new primary care doctor, please update your information.

Contract Health

Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. Please call (800) 628-

5720. A technician 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-L X1651
Joella Strong M-Z X1649

Siletz ICW Program

Tribal Children Need Foster Parents **Will It Be**

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

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

www.ctsi.nsn.us/icw.html

Easy?

NOPE.

Worth It?

Absolutely.

Vocational Rehabilitation (STVRP)



The Siletz Tribal Vocational Rehabilitation Program (STVRP) provides holistic, culturally sensitive Vocational Rehabilitation (VR) services to federally-enrolled tribal

members who have a disability and live within the Siletz 11 county service area. STVRP 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 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 Siletz 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)

STVRP provides culturally sensitive vocational rehabilitation services with a focus on: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to Enable Your Success in the Workforce.

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

Have You Heard About Section 184 Home Loans?

Who is Eligible?

- Enrolled members of federally recognized tribes, Alaska natives, Tribes and TDHE's

Also...

- Credit is important, but you are not judged on your credit score

- Low down payment (can come from savings, tribal down payment assistance programs, flexible approval processes.

For more information visit:

www.1tribal.com or call

(503) 610-5387

You can also call our Siletz Finance Manager K.C. Short at (800) 922-1399 to discuss other home buying programs.

2017-18 Siletz Tribal Head Start Enrollment Application

CHILD'S NAME _____ Social Security #- _____ -

Child's Sex: M F 3. Child's Date of Birth: ___/___/___ AGE

NOW _____ Returning Student: Yes No. Does child have any condition which may be considered a disability or special need? Y/ N Explain:

Is child descendent/member of a federally recognized Indian Tribe? Y/ N Roll # _____ Tribe _____ (Please attach verification).

Are You Homeless? Y/ N Homeless children means individuals who lack a fixed, regular, and adequate nighttime residence; For Example, are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations, or are awaiting foster care placement.)

PARENT/GUARDIAN NAME(S):

1. _____ DOB ___/___/___

2. _____ DOB ___/___/___

Street Address: _____ City:

Zip Code: _____

Mailing Address: _____

City: _____ Zip Code: _____

Telephone #'s: Home:() Work:()

Bus Pick-up and drop-off address if different from above: _____

A preference for enrollment can be given to families which face any of the following conditions: single parent household, parents separated or divorced, child is a victim of abuse or neglect or child suffers a non-handicapping medical condition, foster child, sibling who attended the program. If your family meets any criteria and you want to claim that preference, please list the qualifying condition(s) here:

LIST ALL OTHER HOUSEHOLD MEMBERS BY NAME and DATE Of Birth :

Total # Household members _____

Please add additional families members to the back of this application

1. _____ 2. _____

3. _____ 4. _____

FINANCIAL STATEMENT (You Must attach verification of these benefits.) Check all that apply:

___ Employed ___ Unemployment—General Assistance—Child Support—TANF - Veteran's Benefits—Social Security—Disability—College Grants/Scholarships—Other, explain

TOTAL GROSS MONTHLY INCOME

\$ _____ (YOU MUST attach verification)

With my signature I certify that the above information is complete and accurate:

Signature: _____ Date: _____

Siletz Tribal Head Start is an equal opportunity program and open to all children regardless of race, color, age, sex, handicap, or national origin. Any person who believes she/he has been discriminated against should write to the Secretary of Agriculture, Washington, DC, 20250.

Education & Youth Update

August 2017 Events & Activities for Native Youth: Blueberry Picking & Beach Trip at Sauvie Island

Date: Tuesday, August 1st.

We will be meeting up at the Portland Area Office at 8:30 AM. Please call Katy if you would like to join in, lunch provided. For more information and for transportation call Katy at (503) 238-1512 or e-mail at:

katyh@ctsi.nsn.us

2nd Cultural Craft Day In the Park and Free Swim

Date: Tuesday, August 8, 2017,
10:00 AM - 3:30 PM

A fun day of designing Native American crafts and also learning about our Tribal culture from 10am to noon. Followed by lunch and free swimming at Sellwood Park from 1 PM to 3:30 PM. We will meet up at the far end of Sellwood Park—on the other side of the pool near the parking area at 10am. Young children must be accompanied by a chaperone. Please call Katy to register.

Annual Rafting Trip on the McKenzie River

Date: Tuesday,
August 22nd

Leaving between
7am & 7:30am.

We will be having dinner in Eugene before we head back to Portland. Please contact Katy for more information. Transportation, life jackets and rafts and food are provided.



Beach Trip to Pacific City

Date: Tuesday, August 29th

A fun day at the beach with tribal youth from all our areas. You're invited to join in to have a great day at Pacific City, meet other tribal youth, fly kites, games and try climbing the dunes. Please sign up with Katy by August 25

Assistance For Our Tribal Students

The Portland Area Education specialist is there to assist families, youth and adults in all of their education needs from enrolling in Head Start to college. If you are in need of assistance please contact the Portland area Education Specialist for assistance—Katy Holland.

JOM School Supply Distribution 2017

Date: Friday, August 25th

Times: 9 AM to Noon &

1:30 PM to 6:30 PM

Basic school supplies will be distributed to JOM eligible youth on Friday, August 25th (To be eligible youth must be 3 years to 19 years old, and able to document that they are one quarter blood degree or enrolled with a federally recognized tribe and attending a public elementary or high school. Please contact Katy to sign up.

The JOM Program can assist youth with school registration fees. Please call for assistance as soon as you know the cost for registration.

School Opening Dates:

Portland Public School Start Date

First day of school except

Kindergarten—Wed. August 30th

Kindergarten First day—Tuesday, Sept. 5th

David Douglas School District

Student Registration—August 24th

9th grade first day of school—Sept. 5th

Upper grades—Sept. 6th

K-6, 9th and New Fir Opens—Sept. 5th

7-8th, 10th thru 12th—Sept. 6th

Reynolds School District

Elementary 1st thru 5th—Sept. 6th

6th grade—Sept. 6th

7-8th grade—Sept. 7th

Freshman—Sept. 6th

Soph.-Senior—Sept. 8th

Opening times has changed please check with your school. Head Start will be staggered

Beaverton School District

Sept. 5th Please check the district website for specific information.

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, Aug. 14th, 2017
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



Parking at Portland Area Office

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Youth Sauvie Island Trip 8:30 AM	2	3	4	5 Casey Eye Clinic at PAO General Council 1 PM—Siletz, OR
6	7 Shawl Class Part 2 10 AM—2 PM	8 2nd Culture in the park Day—10 AM—3:30 PM Elders Shopping Day—10 AM	9	10 Miss Siletz Pageant Siletz, OR	11 Nesika Illahee Pow-Wow	
13 Nesika Illahee Pow-Wow	14 Language Class 6—8 PM	15	16	17 PAO BBQ-Potluck Picnic* 11:30 AM—4 PM	18 Regular Council 8 AM—Siletz	19
20	21 All CTSI Offices Closed	22 Youth Rafting Trip 7 AM	23 Elders Shopping Day 10 AM	24 H.T. Emergency Preparedness 10 AM—2 PM	25 JOM School Supplies 9 AM—Noon & 1:30—6 30 PM	26
27	28	29 Youth Beach Trip	30	31		

***Note: In the event of inclement weather, the BBQ Potluck Picnic may be postponed.
Please call the office the day of the picnic to confirm.**

Behavior Health

Effects of Addiction

Addiction is a family issue, families need support not only for their loved one who is addicted but for themselves. We often forget about how we are impacted in a loved one's addiction and how it impacts us in our daily lives. Sometimes we don't even think that it has any effect on us or that the addiction is "their" problem. The reality, is that we are all impacted in some way or another from a loved one's addiction whether we want to recognize it or not. Some of the family characteristics of a family affected by alcohol are:

- We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us to not look too closely at our own faults, etc.
- Guilt feelings when we stand up for ourselves instead of giving in to others.
- Confuse love and pity and tend to "love" people we can "pity" and rescue.
- Frighten people with our anger and threat of belittling criticism.
- Dominate others and abandon them before they can abandon us or we avoid relationships with dependent people altogether. To avoid being hurt, we isolate and dissociate and thereby abandon ourselves.

• Become addicted to excitement or chaos. Understanding the effects of addiction on the whole family is vital in a healthy relationship with someone who is working on their recovery. If families received healing from the trauma that addiction has placed on them then the family unit will become whole and healthy again. Here are some resources to gain support for family members and friends.

- www.oregonal-anon.org or
- 1-(888)-4ALANON
- www.al-anon.alateen.org.

Remember everyone deserves to heal from addiction even when you're not the one addicted. Be well.

Generally, PAO Counselor Andulia WhiteElk Hours are:

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

Salem Office Monday, Tuesday and Wednesday 8— 4:30PM

Portland Office Thursday and Friday 8— 4:30PM

Behavioral Health

Suicide Awareness

With the recent suicide of a prominent musician, Chester Bennington, who was the lead singer of the band Linkin Park, the National Suicide Prevention Lifeline has begun a social media campaign to provide crisis line numbers across Twitter and Face book.

With suicide, there is a social contagion factor. When Robin Williams died by suicide the National Suicide Prevention Lifeline received an uptick in the number of calls. Chester Bennington's death follows on the heels of Chris Cornell, another musician who died by suicide.

Below is an info statement on available suicide prevention and crisis response resources. For confidential support 24 hours a day, 7 days a week, call 1-800-273-8255 (TALK). The Trevor Project offers crisis services that create a safe, accepting, and inclusive environment for youth who identify as Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning (LGBTQ), by phone at 1-866-488-7386, and through text (text TREVOR to 1-202-304-1200, available on Thursdays and Fridays between 4 to 8 PM Eastern, and 1 to 5 PM Pacific).

The following resources are available on ihs.gov/suicide prevention:

American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide

Crisis Text Line a free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Jason Foundation is dedicated to the prevention of youth suicide through educational and awareness programs.

JED Foundation aims to protect emotional health and prevent suicide for teens and young adults.

National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

Samaritans USA provides hotlines, public education programs, support groups and other crisis response, outreach and advocacy programs to communities throughout the U.S.

Suicide Awareness Voices of Education works to prevent suicide through public awareness, education, stigma reduction, and by serving as a resource to those touched by suicide.

Veterans Crisis Line is a free, 24/7 confidential support for Veterans in crisis and their families and friends.

New Crisis Line Access

Starting July 1st, CTSI will have after hours help available for anyone suffering with a mental health crisis. This is the new way to get help every evening from 5:00 PM to 8 AM, and on weekends and Holidays. Call 1-(541) 444-8286 or 1(800) 600-5599. If you call this number, a professional trained in crisis prevention and assistance will answer. They will help you to the best of their ability. If you have questions about this information, please call the Behavioral Health Department at 1-(800) 648-0449.

**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**

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

477 Self-Sufficiency Program

Creative And Native (CAN)

**This month's CAN Meeting:
Cancelled**

If you have any questions please call the program at PAO and speak with Tamra Russell or Anna Renville at (503) 238-1512.

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Pro-

gram are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra

USDA Distribution Dates

Siletz	Tuesday	August 1st	9 AM – 3 PM
	Wednesday	August 2nd	9 AM – 3 PM
	Thursday	August 3rd	9 AM – 3 PM
	Friday	August 4th	9 AM – 3 PM
	Monday	August 7th	9 AM – 3 PM
Salem	Monday	August 14th	1:30 PM – 6:30 PM
	Tuesday	August 15th	9 AM – 6:30 PM
	Wednesday	August 16th	9 AM – 6:30 PM
	Thursday	August 17th	9 AM – 11 AM

CHOCOLATE ZUCCHINI CAKE

1. The Cream:

- ½ CUP MARGARINE
- ½ CUP OIL
- 1 ¾ CUP SUGAR

2. Add:

- 2 EGGS
- 2 TSP. VANILLA
- ½ CUP SOUR MILK (use buttermilk or buttermilk powder)

3. Sift together, then add:

- 2 ½ CUPS FLOUR
- 1 TSP. BAKING SODA
- 1 TSP. BAKING POW-

DER

- 1 TSP. SALT
- 2 TSP. CINNAMON
- 4 TBLSP. COCOA

4. Then 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.



Joyce Retherford:
CTSI FDP Director
(541) 444-8393.
Lisa Paul
CTSI FDP Warehouseman/
Clerk
(541) 444-8279.

Enrollment Reminders

How do I Update My Address?

All area offices are always accepting address change forms. Even though the July 14th deadline has past, you can turn in your changes and we will submit them to the enrollment department immediately.

However, please note that anyone who updates after that date is cautioned that they will have a delay in the mailing of their check.

Please provide: Roll number and date of birth, and signature (required). Forms are available online from enrollment by calling 1 (800) 922-1399 or visiting the CTSI website at:

www.ctsi.nsn.us

Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Siletz Administration	(800) 922-1399
Salem Area Office	(503) 390-9494	Eugene Area Office	(541) 484-4234
Grand Ronde Health Center	(800) 775-0095	Chemawa Clinic	(800) 452-7823



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.



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
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

Other CTSI Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Jeremy Martin Voc. Rehab. Direct.	800-922-1399 X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk A&D Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Special- ist	(503)390-9494 x1864	DeAnn Brown— Siletz HeadStart Program	(800)922-1399 X1510