

Portland Potlatch

JANUARY 2017

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January Office Closures:

All Siletz Tribal offices will close for the following days:

January 2nd for New Years Day

January 16th for MLK Day



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

PAO Planning Meeting

The CTSI Planning Department annually holds meetings in all Siletz Tribal Area Offices during the month of January. PAO's meeting is :

Wed, Jan.25, 2017, 5:30 — 8:00 PM

We invite all Siletz tribal members and their families to join us for a light meal and discuss community issues, program services and goals for the tribe, get a new tribal ID, and hear from tribal members about how CTSI can better serve the needs of our community.

Important Dates

- Sat., 1/21, Elders Council—1 PM
- Fri., 1/20, Regular TC—8 AM

Community News

Portland Area Office Beading Group

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

**Thurs., Jan 19th
10 AM—2 PM**

Pow-Wow Vest Class

January 11th, 5—8 PM

This class is a continuation for those who attended our December Class.



Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- Flashlights and battery powered or hand-crank radio
- Extra batteries
- Car chargers for cell phones and laptop or tablet computers
- A battery powered clock
- Emergency phone numbers including PGE outage numbers

- Bottled water (if you rely on electricity to pump water)
- A manual can opener
- Disposable plates and utensils
- Extra blankets or sleeping bags
- Battery-powered camp lantern
- Comfort items like playing cards or favorite books

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

www.portlandgeneral.com

www.fema.gov

www.ready.gov

www.redcross.org

LIHEAP Energy Assistance

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

Elders News



Elder's Shopping Day

Tues, Jan 10th and Wed Jan 25th

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

PAO Elders Potluck

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

Weather permitting, we will next meet: January 17th. Please bring a potluck dish to share. Rides are available, first come first served.

Pow-Wows and Events

**31st Annual
New Year's Eve Sobriety
POWWOW**

December 31st, 2016
Grand Entries: 1pm and 6pm
Dancers & Drums are welcome.
Free & open to the public.

**Oregon Convention Center
777 N.E. MLK Jr., Blvd.
Portland, OR**
Very close to the MAX lines.

Master of Ceremonies:
Philip Archambault
Whipman: Ed Goodell
Color Guard: NIVA
Host Drum:
NARA All Nation Singers
Vendor Contact:
Faith Bolton
503-621-1069 x 214

NARA Honoring, Sobriety Count Down,
Aztec Dance Performance, Art and Craft Vendors
An alcohol, recreational drug and commercial tobacco free event.
NARA will not be responsible for lost or stolen items.

WACIPI: 18th Annual Traditional Powwow

Saturday January 21st

Portland Community College and the PCC Sylvania Campus Multicultural Center are

proud to present Wacipi – a celebration of Native American culture and tradition, supporting PCC Native American Scholarship Fund.

Please join us for an extraordinary celebration featuring drum groups and dancers from across the region and attracts more than 1,000 participants each year.

Location: PCC Sylvania Campus, Health Technology Building (HT)—Doors open at 12 noon—Grand Entries at 1 PM and 7 PM—Free Community Dinner at 5:30 PM.

NAYA Culture Night

January 4th and 18th, 5:30 -8 PM

Featuring guest speakers, regular instructors, and volunteers who will guide community members to explore the many facets of our cultures. Families will have opportunities to learn together and connect with other community members. All ages and levels of knowledge are welcome to attend. Dinner will be served at 5:30 PM. and most materials will be provided for beginner projects.

477 Self-Sufficiency Program

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 needy families
- Native American
- Alaskan Native
- Native Hawaiian

Your Success is Important to Us

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

The available components through the Program 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.

Monthly Meeting

The 477 SSP monthly group meeting will be the 2nd Thursday 12, 2017 4-6 PM.

Our guest speaker this month is Katy Holland who will be talking about college. How and when to apply, all the deadlines and funding available, If you are thinking about college come learn all the ins and outs.

official beginning of Gardening season in the Pacific Northwest. This is a time for planning and starting your first seedlings of the year.

Artichoke	Lettuce
Arugula	Mustard
Endive	Onions*
Fava Beans	Peas
Kale	Scallions
Leeks	Spinach

Start seedlings indoor in January

Direct sow in the garden in January

Radish

Our first meeting in January will be held:

We will meet monthly, January through

Mon., Jan 9th

5:30—7:30 PM



June, and the June meeting is a potluck barbeque for families who have participated. We hope you will be there with us!

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

Education & Youth Update

Education Programs

Supplemental Education Program or Johnson O'Malley (JOM)

Supplemental Education Program or Johnson O'Malley (JOM) benefits K-12 Indian students in support of their intellectual growth, vocational goals and cultural enrichment. The programs also advance the participant's physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes, are provided to supplement existing educational programs available in communities.

Higher Education Program

The Higher Education Program is a scholarship program for eligible Siletz Tribal members to continue their education beyond high school. Developing leadership skills and increasing employment opportunities in professional fields is the goal of participants. The program requires admission and enrollment in an accredited institute pursuing a Bachelor's Degree or a two-year program that will transfer to a four-year college or university, a Master's program or a PhD.

For more information, contact Katy Holland, (503) 238-1512 or e-mail:

katyh@ctsi.nsn.us

Healthy Traditions (HT)

Garden Club's Mission:

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

Yes, it is cold outside!, Did your Garden look like ours? Covered in snow? But don't let the chill fool you, January is the



Lori Johnson Memorial Learning Garden (LJMLG) at PAO in snow

Community Health



Diabetes Support Group

Wednesday, January 11th
Noon to 2:00 PM

Our October Diabetes Support Group will be providing a healthy meal for all to enjoy. This month we will welcome guest speaker Pastor Taylor who will speak with us about Sick Cell Anemia. This luncheon is for all tribal members and their families. All tribal members and their support persons are welcome.

Contract Health Services Renewal

Remember to update annually (the form is available at the CTSI website) or whenever you have moved, changed your phone number or changed your primary care Doctor.

Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 628-5720. Your worker is assigned to you by your last name. Please refer to the accompanying list, to determine who you need to speak with when contacting contract health.

Trish Carey	A-G	XI651
Misty Hammet	H-O	XI329
Joella Strong	P-Z	XI649



Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

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.



NAA-GHAA-YVSH-NE
WOLF

Wednesday, Jan. 18th
6 PM—8 PM

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

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

Many Athabaskan language lessons are available to tribal members, in print and

audio at the CTSI web site at:

www.ctsi.nsn.us

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

www.siletzlanguage.org

Words for January

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

Colors

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

January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Years Day	2 CTSI Offices & Head Start Closed For New Year's Day	3	4	5	6	7 Siletz Candidates Fair Chinook Winds Resort Casino, 9 AM—Noon
8	9 Garden Club 5—7 PM	10 Elder's Shopping Day 10AM	11 Diabetic Support Group Noon—2 PM Pow-Wow Vest Class	12 477/SSP Meeting 4 PM	13	14
15	16 CTSI Offices & Head Starts Closed For MLK Day	17 Elders Potluck 5:30 PM	18 A. Language Class 6 PM—8 PM	19 Beading Group 10 AM—2 PM	20 Regular Council 8 AM	21 Elders Council 1 PM
22	23	24	25 Elder's Shopping Day 10AM CTSI, Planning Mtg & ID Machine. 5 PM—8 PM	26 Elder's Star Luncheon—Lincoln City 11 AM—1 PM JOM Parent Meeting 7—9:00 PM	27	28
29	30 FAFSA Filing Deadline	31	Inclement Weather Conditions: This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.			

Behavioral Health—Mental Health

Winter has arrived:

With the last of the leaves falling off the trees, winter has arrived. With the arrival of winter, many people struggle with the lack of daylight hours, to the point of having signs of seasonal affective disorder or depression. It can be hard to get out of bed, hard to find motivation to finish daily tasks.

Here are some strategies for helping pull yourself out of the 'winter blues'.

1. "Spring cleaning" during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies show that a cluttered house stems from a cluttered mind more often than not. Take an hour or two and devote it to finally taking those bags of clothes to your favorite charity.
2. Try and make time to socialize somehow; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go

to that annual party even though perhaps you're just not quite feeling in the mood.

Traditional Coping

For the people of the Siletz tribe, winter is a good time to spend extra time with our Elders; making sure they have firewood, are getting to the store, are eating healthy. Smudging is helpful to remove negative energies. Talking circles are a good way to connect as well, and are useful to help speak your mind in a safe place. Winter is also a time of reflection; it can bring peace to visit the cemetery and be amongst our ancestors.

Rachael's Work Days/Hours

Portland Area Office Mon & Tues (503) 238-1512		Salem Area Office Wed, Thurs, and Fri 1-(503) 390-9494
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Most Often Requested Numbers

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

Behavioral Health—Alcohol & Drug Program

Philosophy:

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

Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment

- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

Generally, PAO Counselor Andulia WhiteElk Hours are:

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

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

**Recognize
Acknowledge
Forgive
Change**

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

**Help is
Available &
Confidential**

Tribal Children Need Foster Parents

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

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

www.ctsi.nsn.us/icw.html

**Will It Be
Easy?**

NOPE.

Worth It?

Absolutely.

PAO Holiday Party 2016

This year's annual holiday party was again held outside of the Portland Area office, at Morningstar Missionary Baptist Church in NE Portland. All who attended were very happy and excited to be there. Attendees were presented with food, crafts, caroling and fun holiday cheer.

Thanks to our volunteers and staff and transporters, for making our annual holiday party another great success!

Please enjoy the collage of Photos from our celebration, courtesy of Katy Holland, Portland Education Specialist. Thank you for the lovely photos!



USDA Distribution Dates

Siletz	Monday	January 2nd	Holiday
	Tuesday	January 3rd	9 AM — 3 PM
	Wednesday	January 4th	9 AM — 3PM
	Thursday	January 5th	9 AM — 3PM
	Friday	January 6th	9 AM — 3PM
Salem	Monday	January 16th	HOLIDAY
	Tuesday	January 17th	1:30 PM — 6:30 PM
	Wednesday	January 18th	9 AM — 6:30 PM
	Thursday	January 19st	9 AM — 6:30 PM
	Friday	January 20nd	9 AM — 11 AM

Blue Cornmeal Cranberry Muffins

Ingredients

1 1/3 Cups Flour	3 Tablespoons Melted Butter
3/4 Cup Sugar	1 Egg, Slightly Beaten
1/2 Cup Blue Cornmeal	1 Cup Cranberries
2 teaspoon Baking Powder	1 bag White Chocolate Chips
3/4 Cup Milk	1 Tablespoon Lemon Juice
1/4 Cup Orange Juice	1 Tablespoon Lemon Zest

Directions:

Measure milk in a small bowl and squeeze lemon juice into it and stir. Add the lemon zest and let sit. Stir together first 4 ingredients in a large bowl; make a well in the center of mixture. Add the milk, orange juice, butter and egg. Stir just until moistened. Fold in cranberries and white chocolate chips. Spoon batter into 12 paper-lined muffin cups, filling 2/3 full.

Bake at 425* for 20 minutes.

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

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

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

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 12790 SE Stark St., Suite 102
 Portland, OR 97230

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

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

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 Staff Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler Voc. Rehabilitation	503-390-9494 X1872	Bud Lane Cultural Program	800-922-1399 X1320
Casey Godwin LIHEAP Coordinator	(800)-922-1399 X 1311	K.C. Short DPA/ IDA Housing	800-922-1399 X1316
Mike Kennedy Natural Resources	800-922-1399 X1232	Cecelia DeAnda Elders Program	800-922-1399 X1261
Andulia WhiteElk SAO Addictions Coun-	(503) 238-1512 X 1414	Rachel Adams Mental Health Specialist	(503)390-9494