

Portland Potlatch

MAY 2017

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SRII-NA CHEE-YASH'E
(High in Sky Bird)
Or **EAGLE**

Enrollment News!
(See bottom of page 5 for details)



2017 CTSI

Memorial Day Ceremony

May 29th, 2017 at 11:00 AM

(for more information turn to page 15)

**All Area Offices will be
Closed on Memorial Day
Monday, May 29th**

CTSI, Housing Meeting at PAO

All Siletz tribal members and their families are invited to join us for a conversation with CTSI housing program highlighting CTSI housing services offered within the service area and community needs.

Date: May 22nd

Time: 3 – 6 PM

This meeting will also explore how we can identify the housing trends, needs, and impacts to our families. We will discuss what solutions could be applied to assist our families in this difficult housing market. We hope you can come.

Important Dates

- Sat., 5/6 General Council—1 PM
- Sat., 5/13, Elders Council—1 PM
- Fri., 5/19, Regular Council—8 AM
- Mon., 5/29, Memorial Day Ceremony 11 AM

Community News

Portland Area Office Beading Group

We will, host our regular beading group:

**Thurs., May 18th
10:00 AM—Noon**

For more information, Please call Sherry Addis.

Get Ready for July, Siletz Culture Camp is Coming!

Don't forget! It's that time of year and summer is right around the corner.

This year's Culture Camp will be held July 11th to the 13th. If you plan to attend Culture Camp this year, be sure to register. Registration applications will soon be available in all Siletz Area offices and online at www.ctsi.nsn.us. More information to come this June!



U of O Mother's Day Powwow 2017



Celebrate mom at the 49th Annual University of Oregon NASU Mothers Day Powwow on May 12-13, 2017 at the Erb Memorial Union lawn in Eugene, Oregon. It's all

in the title: The University of Oregon NASU Mothers Day Powwow is hosted by the UO Native American Student Union, and features everything that a traditional



Elder's Shopping Days

The next elders shopping day will be:

May 9th & 24th at 10 AM

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele (503) 760-4746.

PAO Elders Potluck

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

Weather permitting, we will next meet:

**Tues, May 23rd
5:30 PM — 7 PM**

Please bring a potluck dish to share. For more information or to request a ride/ carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele.

powwow does: feasting, dancing, singing and celebration. All events are free and open to the public.

Powwow Schedule:

Fri: Grand Entry 7:00 PM
Sat: Grand Entry Noon & 7:00 PM

For more information about the powwow or to donate funds to sponsor a contest or the event, contact Fundraising Chair Jordan Connell at 541-720-4012.

The University of Oregon NASU Mothers Day Powwow is a family friendly event. This is a drug and alcohol free event.

Healthy Traditions & Garden Club

May Garden Club

Note: May's Meeting will be held at our Gilbert heights Community Garden (weather permitting)

If you are interested in joining us at our monthly garden clubs or for more information please call Sherry Addis or Andrew Johanson at the Portland Area Office at (503) 238-1512 We look forward to seeing you:

**Monday May 1st
5:00 PM—7:30 PM**



**Location:
Garden & PAO**

Garden Update:

Lori Johnson Memorial Learning Garden (LJMLG). Many of the plants are in bloom, including:

Vancouveria:

A species of flowering plant in the barberry family known by the common name "golden inside-out flower". It is native from Southwest Washington to north-



western California, where it occurs in coastal and inland mountain ranges, including the Klamath Mountains. It grows in dry mountain habitat in chaparral and forests.

Salal:

This sturdy evergreen shrub is found widely along the Pacific coast. Salal grows from 3 - 6,' mostly under ever



greens where it spreads quickly to form dense thickets. It has dark green, lustrous leaves, white or pink flowers in late spring that attracts hummingbirds. The fruits are plentiful and delicious. Traditionally the Siletz people ate the berries and used the leaves for medicines.

Lady Fern:



Its common names "lady fern" and "female fern" refer to how its it is said to be feminine because of its elegant and graceful appearance.

Early Blue Violet:

This lovely moist meadow perennial (3—5") has heart-shaped leaves and dark blue/purple flowers from spring to midsummer.



Community Health



Diabetes Support Group

Our May Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome.

**Weds., May 10th
Noon—2 PM**

Diabetes Program Sponsored Gym Memberships



Summer is almost here (we hope) and we all want to look and feel great. The diabetes exercise program can help. The goal of this program, it to sponsor siletz tribal members with pre-paid gym memberships to become healthy individuals and help fight diabetes. To be eligible, applicants must be at risk, be pre-diabetic or be diagnosed with diabetes. Please call Verdene your Community Health advocate for details and set up an appointment or just ask us to mail you one of our applications. All completed applications will be accepted for approval. (503) 238-1512 X 1413.

Aging and Your Eyes

By The National Institute on Aging

Are you holding the newspaper farther away from your eyes than you used to? Age can bring changes that affect our eyesight. Some changes are more serious than others.. There are things you can do however, to protect your vision. The key is to have regular eye exams so you can spot problems early on.

Steps to Protect your Eyesight

Have your eyes checked regularly by an eye care professional, either an ophthalmologist or optometrist. People over age 65 should have yearly dilated eye exams. During this exam, the eye care professional should put drops in your eyes that will widen (dilate) your pupils so he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. If you wear glasses, your prescription should be checked, too. See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not controlled or treated.

See an eye care professional right away if you:

- Suddenly cannot see or everything is blurry
- See flashes of light
- Have eye Pain
- Experience double vision
- Have redness or swelling of your eye or eyelids

Protect your eyes from too much sunlight

(Continued on page 8)

477 Self-Sufficiency Program

Creative And Native (CAN)

Generally our meetings will be held on the 2nd Thursday of each month. This month however, we are having our meeting on a Wednesday. Our next meeting:

**This month's CAN Meeting:
Tues. May 11th, 1:30 — 3 PM**

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 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.

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 Russell.

~Enrollment Reminder~

Summer Per-capita is Coming! Be sure to update any new information (i.e. Name Changes, Addresses) with CTSI Enrollment department as soon as possible. Forms are available at your local Siletz office, and online at the CTSI website. Call Angela Ramirez or Darin Rilatos, in the Enrollment department at (800) 922-1399 X 1258.

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.

 Confidential Tribe of Siletz Indians of Oregon
Tribal Identification
 Siletz Tribal Roll: #99999
 DOB: 09/01/2006 EQ: 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
 243 NW James Frank Ave, Siletz, OR
 PO Box 123456
 Siletz, OR 97380-9999



Behavioral Health—Mental Health

In Times of Grief

There are many different ways people grieve. There's no right or wrong to those ways. There are, of course, healthy ways of grieving, and some that are less healthy, such as by turning to drugs or alcohol. Sometimes, an unfortunate side-effect to grieving, is to have a well-meaning person tell you that your method of grieving is in some way wrong. Remember, it is okay to let this person know you appreciate their thoughts, but that you need to focus on what you feel is right at the moment, to recover from your loss.

Here are some aspects of grieving that are natural and completely reasonable:

1. Allow yourself to fully experience the pain of your loss. It can be hard to allow pain in, but it is a natural part of the grieving process.
2. Talk with others, particularly people who have experienced a similar type of loss. No one understands how you feel, but people with similar experiences can share how they coped.
3. Express your grief through creative processes such as art, dance, music.
4. Be sure to keep physically active. It is a hard time to do so, but all the more important to keep mental health struggles such as depression at bay.

5. Give yourself permission to set your grieving aside when it becomes overwhelming. You do not have to have your black shawl on all the time. Your mind needs a break to stay healthy. We also need rest to get better.

Traditional Coping

Remember our tribe's traditional methods of grieving, and your particular family's ways. It may be a time for participating in a sweat, a wake, or a time to gather and share memories while sharing a meal. There may be talking circles, dancing, praying. As ever, it is a good time to reach out to an Elder.



Generally, PAO Counselor Rachael Adam's Work Days/Hours are:

Portland Area Office	●	Salem Area Office
Mon & Tues		Wed, Thurs, and Fri
8 AM—4:30 PM		8 AM—4:30 PM
(503) 238-1512		1-(503) 390-9494

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.

Behavioral Health — Alcohol & Drug Program

Addiction and Resentments

Resentment is the mental process of repetitively replaying a feeling and the events leading up to the feeling. This is what persists or angers us. Sometimes we're not able to let that resentment subside and let go of in our lives. We re-experience and relive feelings in way that affect us emotionally, physiologically, and spiritually in very destructive ways. The inability to overcome resentment probably constitutes the single most devastating problem to repairing a disintegrating and intimate connection, family rift, or severed friendship. In recovery we try to work through these resentments because if we do not it creates feelings of anger and pain which may bring up triggers of "using" that may come up and we justify us using again to get rid of the pain of the resentment. Here are some tips to begin to heal from your resentments and promote recovery.

down what may have been your part in the resentment. (i.e. I didn't speak up when I needed something.)

- Write down the resentments and read back carefully and begin to see the whole picture of the resentment.
- Verbalize and visualize your letting go of the resentment in your mind.
- Allow yourself to let it go and choose to be happy again without the anchor of the resentment hanging on to you.

These steps can support you, and not let resentment control you, your emotions, actions and reactions in your life; and can help you become a happier more open and peaceful person in your life and recovery.



Generally, PAO Counselor Andulia WhiteElk Hours are:

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

- Acknowledge that the resentment is there and active in your thoughts.
- Notice how it is affecting your body, mind, spiritual, and social well being.
- Begin to actively visualize stopping the thoughts of resentment when they play out in your mind, such as a stop sign, road block or other representation of this action.
- Talk with someone you trust about the resentment and acknowledge or write

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

Portland Office	Thursday and Friday
	8— 4:30PM

**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**

Education & Youth Update

Siletz Tribal Higher Education Applications for the 2017-2018 school year are due by June 30, 2017. For more information please contact your local Education Specialist or email Katy at katyh@ctsi.nsn.us

Siletz Tribal Youth Council Meeting


Date: Saturday, May 6th

Our Siletz Tribal teens are invited to participate with us through the Siletz Tribal Youth Council. Youth from each area meet up regularly to get to know one another, to know and understand our Tribal heritage, and our tribal government, to build leadership skills, and to join together in community service projects. The youth council regularly visits college campuses. For our upcoming meeting in May we plan to travel to Siletz and to participate in the Tribe's general council meeting. Transportation will be provided. For more information contact Katy at the Portland area office or by email at:

katyh@ctsi.nsn.us

or go to the Siletz Tribal Youth Council Face book page at Siletz Tribal Youth Council.

Siletz Tribal Scholarships

 The following Tribal scholarships below have an application deadline of June 30th, 2017. Applications and additional information can be found on the Tribe's scholarship page at www.ctsi.nsn.us.

Look under: "services, education, scholar-

ships".

PEPSI-Craig Whitehead Scholarship: PEPSI has asked that this scholarship be the PEPSI-Craig Whitehead Scholarship in honor of Craig Whitehead. This \$1,000 scholarship is open to any field of study.

Arthur S. Bensell Memorial Scholarship:

This scholarship is in honor of Arthur S. Bensell, an educator, civic leader, Tribal Council member and Tribal chairman. This \$1,000 memorial scholarship is targeted toward students pursuing a degree in education.

Siletz Scholarship:

This \$1,000 scholarship is open to any field of study.

Your Success Matters: Siletz Tribal Incentive Program

The tribe rewards Siletz tribal students for their achievements.

Head Start/Pre-School:	\$10.00
Kindergarten:	\$10.00
Elementary School:	\$20.00
Middle School:	\$50.00
High School:	\$100.00
Adult Vocational Training & 1 yr. program:	\$100.00
2 year program:	\$200.00
Higher Education Pendleton blanket, plus	\$75.00
Master's degree:	\$300.00

Please forward certificates, diploma's or grades that show a promotion to Katy at the Portland area office with students name, address and phone number.

2017

WOMEN in Trades Career Fair



Friday, May 19 | School Girls' Day

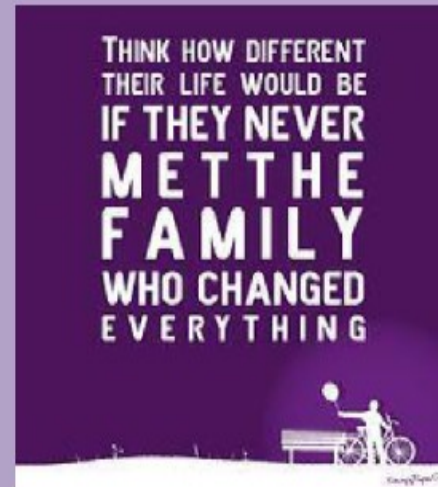
Saturday, May 20 | Careers for Women Day

For more information please call: (503) 335-8200.

Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member or your household includes a Siletz tribal member living in your home, and haven't applied for, or received assistance for Heating between October 2016 to present; you may be eligible to apply for funding. LIHEAP is available on a first come, first served basis. The program is available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

Indian Child Welfare (ICW)



Help Tribal Children Who are in need of a foster family. Our kids need your help, your heart and your home. Call today to make a difference. You can make a brighter, better world for our future generations. Foster a younger child today.

For more information, please call (800) 922-1399 and speak with the Siletz ICW program.

May 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Garden Club 5:00—7:30 PM	2	3	4	5	6 General Council 1 PM—Siletz Youth Council Siletz, OR
7	8 Athabaskan Language Class 6 PM—8 PM	9 Elders Shopping Day 10 AM	10 Diabetic Support Group Noon—2 PM	11 477-SSP: CAN Meeting 1:30—3 PM	12	13 Elders Council 1 PM—Lincoln City
14 Mother's Day	15	16	17	18 Beading Group 10 AM—Noon	19 Regular Council 8 AM—Siletz	20
21	22 CTSI, Housing Meet- ing 3—6 PM	23 Elders Potluck 5:30 PM	24 Elders Shopping Day 10 AM	25	26	27
28	29 Memorial Day Ceremony 11 AM—Noon Siletz	30	31			

Siletz	Monday	May 8	9 AM – 3 PM
	Tuesday	May 9	9 AM – 3 PM
	Wednesday	May 10	9 AM – 3 PM
	Thursday	May 11	9 AM – 3 PM
	Friday	May 12	9 AM – 3 PM
Salem	Monday	May 22	1:30 PM – 6:30 PM
	Tuesday	May 23	9 AM – 6:30 PM
	Wednesday	May 24	9 AM – 6:30 PM
	Thursday	May 25	9 AM – 11 AM

Our conference is scheduled for the first week of May (1st-5th), staff will be unavailable that week. Siletz distribution is the second week of May. The third week we are going to try to reschedule shipments and get deliveries done. The last full week will be Salem distribution. It is extremely important that all our clients make it to their scheduled apts. We will not have the opportunities to reschedule that we usually have. The conference is scheduled for June 12th-16th, we will be unavailable for that week as well.

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

Siletz Home Visiting Program

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. For more information please contact Jessica Phillips in the Eugene office at (800) 922-1399, X1752

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.

Natural Resources

Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first "Cut Wood For The Elders Day" of the year on Saturday, May 20th. 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. If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles after a long cold winter. Be sure to mark your calendars for the next two woodcuts this year that will be held on July 15th and September 16th.

Athabaskan Language

Nuu-wee-ya' (Our Words)

For the month of May during our regularly scheduled language class, we will be hosting a special class: How to feather-dance. Come and join other members of your community and tribe in learning to speak one of our ancient languages used during Feather Dancing.

**Monday, May. 8th, 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



**NAA-GHAA-YVSH-
WOLF**

(Community Health Continued from page 3)

by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside. Healthy habits, like not smoking, making smart food choices, and maintaining a healthy weight can also help protect your vision.

Our Diabetes director based in Siletz, Chris Sherrod, has been working with the Casey Eye Institute here in Portland. He is going to

schedule the Institute's traveling exam bus to come to the Portland area office for one day only. There will be an opportunity for 40 Siletz tribal members and their families to get free eye exams and possibly glasses for a discounted price on:

**Saturday, August 5th
All Day at PAO**

Please call Verdene McGuire at (503) 238-1512 to sign up for an appointment.

**2017
Confederated Tribes of
Siletz Indians
Memorial Day Ceremony**

May 29, 2017
11:00 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard
West Coast Boys

Lord's Prayer – Siletz Royalty
Welcome – Tribal Council Chairman Delores Pigsley
Memorial Day Address – Cynthia Depoe-Soulier
Presentation of Flowers
Gun Salute – Honor Guard
Taps

Closing – West Coast Boys
Lunch at the Tribal Community Center
Provided by the Cultural Heritage Committee – Noon

(Healthy Traditions Continued from page 2)

Maidenhair Fern:

Its name translates to “non wetting” referring to the leaves’ ability to shed rainwater without becoming wet. This plant is the source of components to make a shampoo, which is where its common name of “maidenhair” is derived. Pictured above, this plant has not developed its Leaves or “fronds”.



Oregon Grape:

One of the most common (and therefore frequently overlooked and under-appreciated) of our native shrubs - the official State



Flower of Oregon.

The berries are edible, though not always desirable, because they are often quite tart. Recipes for jelly usually combine the juice of Oregon grape with that of the sweeter Salal berries or apple concentrate. The root has traditional medicinal properties.

Serviceberry or ‘Juneberry’:

Serviceberries are well known for their fragrant white flower in spring and their reliability as landscape plants. This plant is also known as Saskatoon. Interestingly, the city of Saskatoon, Saskatchewan in Canada is named after this plant.



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.

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 Tribal Arts and Heritage Society (STAHS)



We would like to develop a cookbook in time for the holidays. We hope you will participate. Everyone is 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 you must put your name and your tribe. You can get the recipes to the right folks in a couple ways. You can mail them to PO Box 8, Siletz, Oregon 97380, or e-mail to:

jessiemarie1944@yahoo.com

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

Portland Area Office
 12790 SE Stark St., Suite
 102

Phone: (503) 238-1512

Fax: (503)238-2436

Hours:

Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



BEAR SV-GVS



Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to notify or remind tribal members of upcoming events, for example: Salmon Distribution, Planning meeting, holiday party, Flu Shot clinic, summer picnic, etc..

Auto-Dialer Notifications

If you have not been notified by our system, Please contact the Enrollment department to update your phone number, because the calling list is provided to us by the enrollment department.

Newsletters/ Notices

If you have not updated your new address with enrollment your newsletter could be misdirected. Please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

Would You Like to Receive 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 Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Casey Godwin LIHEAP Coordina- tor	(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 Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	Siletz HeadStart Program — DeAnn Brown	(800)922-1399 X1510