



The Drumbeat

June Newsletter

Confederated Tribes of Siletz Indians – Salem Area Office
3160 Blossom Dr N. Suite 105, Salem, OR 97305
503-390-9494 503-390-8099 (fax)

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Beverly Owen, Area Office Supervisor, x1851

bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850

cindyj@ctsi.nsn.us

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.



The position of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.



We have a 5¢ per page charge for copies, faxes and printed materials. **Note: If the documents are specifically requested by a Tribal program there will be no charge.**



If you would like to receive your newsletter via email, call Cindy or email her and make that request.

FREQUENTLY CALLED PHONE NUMBERS

Chemawa Health Clinic	503-304-7600
USDA Warehouse – Salem	503-391-5760
Tribal Head Start – Salem	503-9396942
Siletz Tribal Office	800-922-1399
Siletz Health Clinic	800-648-0449
(ext1604 appts ext1625 Pharmacy)	



Announcements & Community News



June is Cancer Awareness Month. Cancer, known medically as a malignant neoplasm, is a broad group of various diseases, all involving unregulated cell growth. In cancer, cells divide and grow uncontrollably, forming malignant tumors, and invade nearby parts of the body. The cancer may also spread to more distant parts of the body through the lymphatic system or bloodstream. Not all tumors are cancerous. Benign tumors do not grow uncontrollably, do not invade neighboring tissues, and do not spread throughout the body. There are over 200 different known cancers that afflict humans.

Determining what causes cancer is complex. Many things are known to increase the risk of cancer, including tobacco use, certain infections, radiation, lack of physical activity, obesity, and environmental pollutants. These can directly damage genes or combine with existing genetic faults within cells to cause the disease. Approximately five to ten percent of cancers are entirely hereditary.

A Lavender Ribbon has been used to designate General Cancer Awareness. This can acknowledge any of the cancers that do not have a specific awareness color, or it may be used to represent a variety of different cancers that families might have experienced. Many of the items below are designed and created especially for general cancer awareness, as noted by the lavender ribbon. Some of the products are not as specific but will provide humor, inspiration, and strength for all cancer survivors and their families and friends.

***Inspirational thought for this month:
Dream big, be grateful, give love and laugh lots.***

CREATING A SAFE SPACE FOR AMERICAN INDIAN LESBIAN, GAY, BISEXUAL, TRANSGENDERED, QUEER, TWO SPIRIT PERSONS, THEIR FAMILIES AND FRIENDS



OUR GROUP IS GOING TO TAKE THE SUMMER OFF. WE WILL RESUME IN SEPT

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LBGTO and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.



If you would like to know the dates, times and list of movies for either the “Movies In The Park” or the “\$1 Summer Movie Express” the lists are available in the area office as well as on Facebook.



City of Roses Delta Park Powwow & Encampment

June 16th – 18th

East Delta Park, 10737 N Union Ct, Portland 97217

Featured Special this year:

"Honoring Our Veterans & Fathers Men's Round Bustle Special".



Our Broken and Beautiful Event was a huge success! So many beautiful creations were made. Thanks so much to Kim and Kira for doing this for us.



Congratulations



Doctorate

We would like to congratulate community member Dee Pigley, for being awarded an

Honorary Doctorate Degree

From Willamette University

May 14, 2017

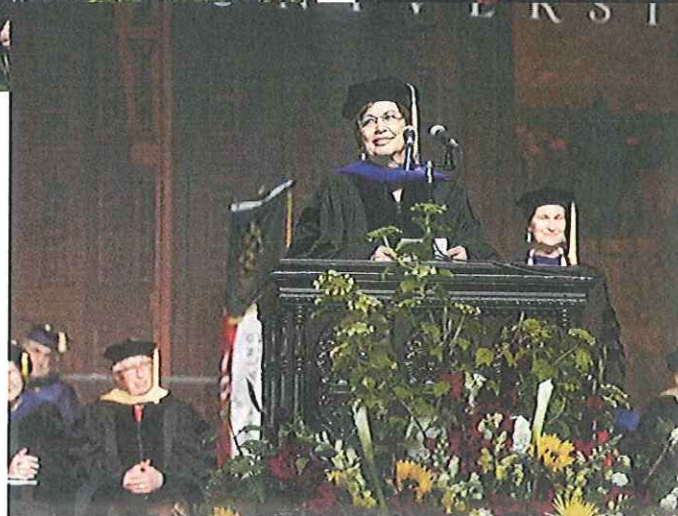
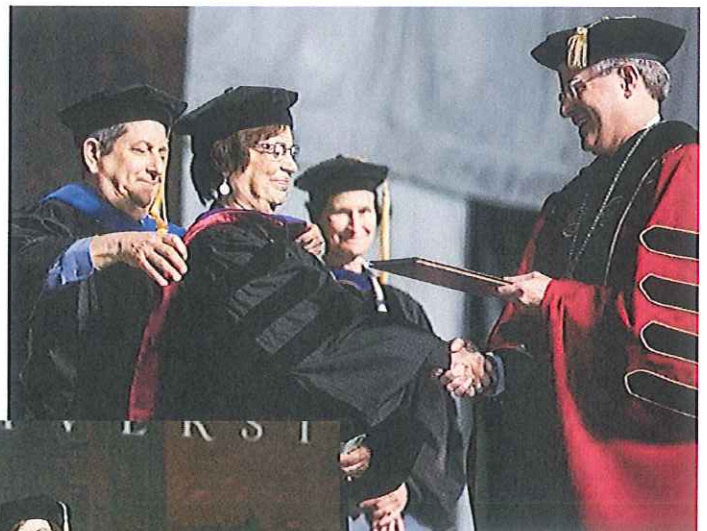
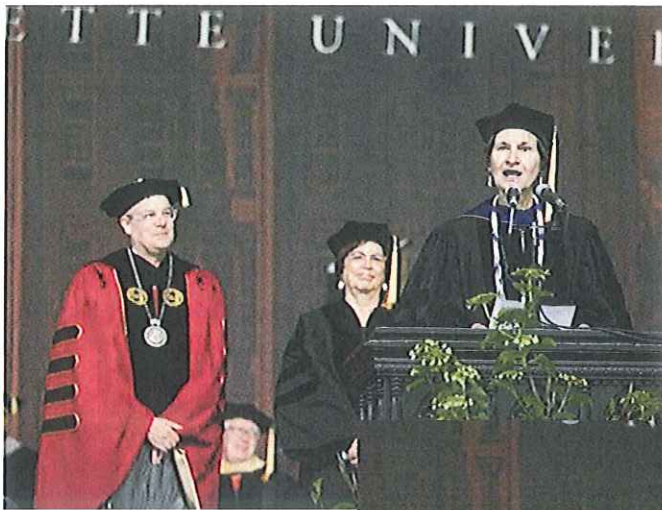


Congratulations to community member

Sarah Cook

For completing the CPR/First Aid course.

You did a fantastic job!!



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 7/1; 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.

2017-2018 Siletz Royalty Applications

Applications are being accepted for 2017-2018 Miss Siletz, Junior Miss Siletz, and Little Miss Siletz. Applications must be turned in by the end of the work day (4:30 p.m.) no later than **June 7th 2017**. Applications may be sent to: Siletz Pow wow Committee, P.O. Box 549, Siletz, OR 97380.

Applications can be downloaded from the CTSI website located under the Pow wow tab.

If you have any questions, contact Buddy Lane at 1-800-922-1399 ext 1230 or 541-444-8230,
buddyl@ctsi.nsn.us



PUBLIC NOTICE!

Siletz Tribe Surplus Excess Sale

There will be misc items that the Siletz Tribe considers surplus and will be for sale.

mainly fire proof file cabinets, misc office chairs, misc office supplies
All item/s will be available for viewing at the location indicated below on sale date only.

* Purchaser will be responsible to haul away- on sale day only!

CTSI is not responsible for personal sale deliveries or storage of any item/s.

When: Fri June 16th, 2017

9:00 am-12pm & 12:30- 2:30 pm

Where: 297 SE Swan Ave Siletz, OR 97380

Next to CTSI Admin Bldg.
(Old USDA bldg, river side)

All purchases can be paid for by cash and or local checks.
No check under \$5.00 will be accepted.

Direct questions to the Procurement Officer:

Violet Lafferty
(800) 922-1399 x 1303
violetl@ctsi.nsn.us

CLOSED

All Tribal Offices will be closed on June 30th for the Summer All Staff.





Eclipse
2017

Light meal
will be
served!

SAO Summer Gathering Total Eclipse Dream Big!

June 22, 2017

3:00 pm to 6:30 pm

MARK YOUR CALENDAR &
join us To make Dream Catchers to
remember the Eclipse of 2017!
We will also have some games
& other Summer Projects
for you to enjoy!

Eclipse Information will be
provided by the CHA program!

Come to visit, make a dream catcher
or play some games!
Call 503-390-9494
For this years location.
Hope you will join us!

Eclipse
2017



Language & Culture Class

Bud Lane
1-800-922-1399
ext 1320
budl@ctsi.nsn.us



Nuu-wee-ya' (Our Words)

Date: June 13th
Time: 6:00 – 8:00 pm
Where: Salem Area Office

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. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.



USDA Salem Warehouse

JOYCE RETHERFORD
CTSI FDP Director
LISA PAUL
CTSI FDP Clerk
800-922-1399 (Siletz)
503-391-5760 (Salem)



Monday June 19th 1:30 – 6:30 pm
Tuesday June 20th 9:00 am – 6:30 pm
Wednesday June 21st 9:00 am – 6:30 pm
Thursday June 22nd 9:00 – 11:00 am

SNACK CRACKERS



1 pkg ranch dressing
1 sleeve crackers

red pepper flakes (to taste)
¼ to ½ c oil (vegetable, olive or grapeseed)

Put crackers in a zip lock bag. Drizzle with oil and add the powdered ranch dressing mix and pepper flakes. Seal the bag with some air in it and turn it over until the crackers are coated. Let stand for a day (any longer and they become stale).

You can also substitute garlic powder and parmesan cheese in place of the ranch dressing and pepper flakes. Experiment with your favorite seasonings. Enjoy!



SILETZ TRIBAL FDP/IR



477/SSP

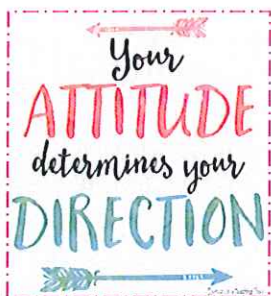


ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

IMPORTANT DATES TO REMEMBER

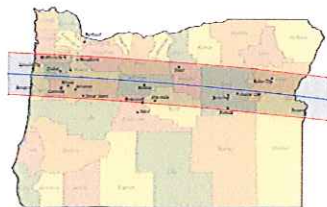
June 1 st – 5 th	Monthly Contact Appointments (MANDATORY)
June 1 st	Monthly Cash Grants
June 5 th	Job Search/Monthly Report forms due for Cash Assistance
June 8 th	Reentry/Diabetes 10:30am (MANDATORY)
June 30 th	Higher Ed Application Deadline
June 30 th	ALL TRIBAL OFFICES CLOSED TODAY - SUMMER ALL STAFF



Other Stuff Going On....

June 16th-18th Delta Park Powwow and Encampment
June 20th – Regal Cinema \$1 Movies Begin

Countdown To The Great American Eclipse



The first total solar eclipse touching the continental United States since 1979 touches down on the Oregon coast between Lincoln City and Newport on August 21, 2017 at 10:15 a.m. PDT. Before Oregon, the shadow of the Moon (umbra) does not touch any other landmass or island.

Oregon will be one of the most popular states to view the eclipse. While the rest of the United States offers a longer duration of totality, sections of the eclipse path in Oregon offers the best weather prospects anywhere along the entire eclipse path. Protect your eyes!

While the eclipse's totality can be viewed with the naked eye, the rest of it should be viewed with some kind of eye protection. Remember that you'll be *staring at the sun*. NASA recommends wearing glasses with a special filter (you can use number 14 welders glass or buy paper glasses).



NEXT MONTH: Directions on how to make a simple Pinhole Projector to view the eclipse.

IMPORTANT REMINDERS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST** LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

IF YOU ARE EXPECTING A CHECK, PLEASE CALL BEFORE COMING IN TO MAKE SURE IT HAS ARRIVED.

Community Health

CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
Monday – Friday
8:00am – 4:30pm



Monthly Diabetes Support and Prevention Group

Join us on the third Wednesday of each month for our diabetic dinner.

Come learn with us about controlling and preventing diabetes.

Topics such as:

- What do I eat?
- Routine health exams
- Getting the most out of your carbs.
- Weight loss and nutrition

For more information or to reserve your spot
call Cecilia at the Salem Area Office (503)390-9494

When: June 21st

Where: Salem Area Office

Time: 5:30pm - 6:30pm



Happy
Father's Day!

Education



SONYA MOODY-JURADO,
Education Specialist
503-390-9494 x1856
sonyamj@ctsi.nsn.us
Monday – Thursday

EDUCATION PROGRAM COMPONENTS: Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. I do not work on Friday.



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. **You must call Sonya to sign up for all JOM activities.**

Tutoring is held here in the office on Tuesdays from 4:30 – 6:30pm. *(Note: The last day of tutoring will be on June 13th.)*

Trip to Fort Vancouver – On June 29th the JOM students will have a trip to Fort Vancouver. Please call Sonya by June 22nd to sign up.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding is Fall Term 2017. The application deadline for Fall Term is June 30, 2017. To be eligible you must have filed your FAFSA by January 31, 2017. ALL DOCUMENTATION MUST BE TURNED IN BY THAT DATE (DATE STAMPED) TO HAVE YOUR APPLICATION CONSIDERED COMPLETE. For an application, please call me at (503) 390-9494 or on our website at www.ctsi.nsn.us

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.

Siletz Tribal Youth Council

The meeting will be held on July 11th in Siletz. We will be meeting during Culture Camp.

Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.



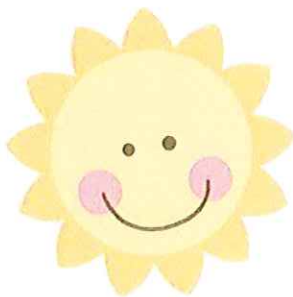
Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8:00am – 4:30pm



Home Visiting families please join us Thursday June 29th for our Home Visiting family potluck picnic. We will gather at River Road Park 3045 River Rd N in Salem. Please bring a dish to share. Paper goods and drinks will be provided. This event is open to those in the program as well as those not yet in the program interested in finding out more about the Home Visiting program. If you have a question or are coming please let Lori Christy know, 503-390-9494 ext. 1863.

The Home Visiting program is open to American Indian/ Alaskan Native families when they are expecting a child or have a child under the age of one. The program then continues until the child turns three. The program is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. If you are interested in learning more about the program please contact Lori Christy, 503-390-9494 ext. 1863.



Voc Rehab



welcome!

We would like to welcome the new Voc Rehab Director, Jeramie Martin. Jeramie was in Siletz working as a Job Developer in Voc Rehab.

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for, we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation and until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan - IEP" or on a "504 Plan" are encouraged to participate in the STVRP.

Examples of services provided by STVRP:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Portfolio Building, Resume Writing, Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about the STVRP, please inquire toll free at 1-800-922-1399 or by calling the numbers provided below. We also maintain resource and employment boards so please stop by if you're interested. You may speak to VR staff in the following locations:

JERAMIE MARTIN, Voc Rehab Director

jeramiem@ctsi.nsn.us

541-444-8345 or 503-390-9494

TONI LEIJA, VOC REHAB JOB DEVELOPER

503-390-9494 x1861

antonia@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide

503-390-9494 x1862

danar@ctsi.nsn.us

A & D



Andulia White Elk
anduliaw@ctsi.nsn.us
Counselor
503-390-9494 x1855

The Dry Drunk Syndrome

Dry refers to the fact that we've stopped drinking or using other drugs. Drunk means that using a chemical has left us powerless and our lives unmanageable and we exhibit behaviors that may seem the same when we were still drinking or using. These words suggest intoxication without alcohol or other drugs.

Sobriety has its ups and downs, its good times and bad times. Changes, shocks, and setbacks are normal and when we address these we can still stay sober. Dry drunk syndrome, however, is different; it's not a catch-all term for every bad day we have or very bump in life we may hit. Dry drunk describes a problem, not a person. The point is not to condemn ourselves but to admit the truth and move on. Some signs and attitudes of dry drunk includes;

- Grandiosity
- Indecisiveness
- Overreacting
- Judgmentalism
- Denying
- Intolerance
- Rationalizing
- Impulsivity
- Projecting

This syndrome is correctable with the proper support whether it's a AA/NA meeting or a personal therapist or ceremonies that keep you balanced using anything that will help you look at your own behaviors and work through them will give you the support you need. The support is there. All we have to do is ask and follow through with it. Remember before any relapse, there is a dry drunk that goes untreated. So know the signs and reach out for the help. Its all about your recovery and a better life.



Behavioral Health

Summer fun, summer challenges: Summer is a time when the sun is out, and feelings can be at their highest, happiest point. For children and adults still in school, summer can also be a time of turmoil, brought on by the lack of a daily schedule. It may be a time that parents ease their kids off medications that are necessary during the school year.

Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health:

- 1) Exercise— Go out and do a fun physical activity; 30 minutes every day can do so much for our souls. The summer is a great time to get outdoors and go do hikes, go to the pools that are opening back up.
- 2) Try and create a routine, and stick to it more days than not. Of course, things will come up, just get back to that routine when you can.
- 3) Sit your children down (or yourself) and discuss goals and expectations for the summer months. Everyone breathes a bit

more easy when it's known what should be happening.

- 4) Take some time each day to give yourself and your family a feelings check-in; this way you can catch depression and anxiety before they get out of hand.
- 5) Meditation, relaxation—take time each day to sit and reflect, and unwind from the day's stresses. Don't forget, if you aren't caring for yourself, it will be harder to care for others.

Traditional Coping

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get picked during the summer. If you're unfamiliar with such activities, reach out to an elder, for they truly have a wealth of knowledge.

Portland Area Office
Mondays & Tuesdays
(503) 238-1512
X1417

Salem Area Office
Wednesdays, Thursdays & Fridays
1-(503) 390-9494
x1864

Rachel Adams, Mental Health Counselor

Head Start

Teacher Jenn
Teacher Jennifer



Thank you for the opportunity for letting us teach your children at Head Start. We have had such a fun year working with your children and they have learned and grown so much since entering the school year.

A BIG HUGE THANK YOU to our volunteers.
We could not have done it without you!

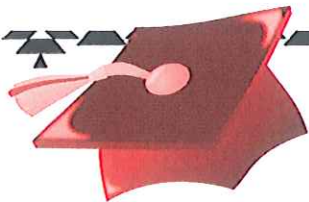
We are excited for those students that are beginning Kindergarten next year. We also excited for our students that are returning to us next year.

We are accepting applications for the 2017-2018 school year.

If your child will be 3 or 4 by September 10th,

It's time to enroll for Head Start.

Applications are available at the Salem Area Office, can be downloaded from the CTSI website, or can be mailed to you by calling 1-800-922-1399 and asking for Head Start. Completed applications can be mailed to PO Box 549, Siletz, OR 97380, faxed to 541-444-2307, or dropped off at any CTSI Area Office or the CTSI Administration Building.



CLASS OF

2017



Going to Kindergarten

Aaissac A
Catelya P
Jadelyn H
Liam H

Aiden E
Cristofer C
Jaycob P
Malliyana Z

Alyssa M
Diego A
Laila L
Urijaa Z

Amelia A
Elaina L
Leilani S
Xzander X

Amiya P
Isabella C
Leo B
Zariyah R

Completed 1st Year of Head Start

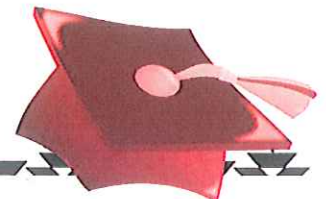
Addyson B
Justin D
Trinitey V

Aiden W
Lalina B
Zayden D

Cielo V
Nakota K

Denise G
Natalie G

Ezra O
Rodrigo L



Salem Area Office Staff
503-390-9494

Beverly Owen

Cindy Jackson

Angelica Espino

Cecilia Tolentino

Andulia White Elk

Rachel Adams

Sonya Moody-Jurado

Dana Rodriguez

Toni Leija

Jeramie Martin

Lori Christy

Salem Area Office Supervisor

Area Office Secretary

Tribal Service Specialist

Community Health Advocate

Addictions Counselor

Mental Health Counselor

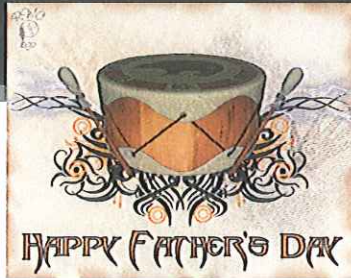
Education Specialist

VocRehab Aide

VocRehab Job Developer

VocRehab Director

Home Visitor



Confederated Tribes of Siletz
Salem Area Office
3160 Blossom Dr N Suite 105
Salem, Oregon 97305

