

# MAILING ADDRESS UPDATES FOR PER CAPITA CHECKS

The last day to get your mailing address updated in time for your **per capita check** to be mailed to a new address is **Friday, July 13, 2018** by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it. Please see the information below about address changes and missing moccasins. For the full policy regarding per capita checks, please see the Tribal Member Distribution Ordinance on the tribal website [www.ctsi.nsn.us](http://www.ctsi.nsn.us) under Government Listings > Tribal Ordinances.

One of the popular questions is **“How much is per capita going to be?”** That amount is calculated on July 1<sup>st</sup> taking in to account the amount to be distributed, the number of enrolled Tribal members alive on that day, and postage costs. On Monday, July 2<sup>nd</sup> after 12:00 PM you will be able to call **(541) 444-8224** to hear an automated recording of the amount as well as going to the Tribal website, under the opening page of the member area login for the written announcement.

## WHERE IS MY PER CAPITA CHECK?

Per Capita checks are going to be mailed on Monday, July 31<sup>st</sup> to the current address on file with the Enrollment Department.

- The Tribal Member Distribution Ordinance requires distribution of checks to be initially MAILED; therefore it CAN NOT be picked up at the Siletz Tribal Office. Per capita checks are NOT able to be direct deposited.
- Mail from Siletz takes as long as four days to get to an address in Portland, Salem and Eugene. Please allow for the “snail mail” time before calling to see where your per capita check is.
- If you are a “Missing Moccasin” as of Friday, July 13<sup>th</sup> your check will be held until a correct address is submitted. If you are a “Missing Moccasin” and update your address between Monday, July 16<sup>th</sup> and Tuesday, July 31<sup>st</sup> the per capita check will be MAILED ON Tuesday, August 1, 2018. All other “Missing Moccasins” that update their address after August 1, 2018 will have their checks mailed when the address update is received.
- The adult “Missing Moccasin” list is now on the Tribal website on the Enrollment page under Government Listing. Please check there to see if you know anyone that is listed.

- Policy states you must wait 15 business days (in the case of per capita checks until 8/22/2018) from the time of mailing before you can submit a request for a “stop payment” and the check re-issued. This allows time for the check to be returned if it is “undeliverable” to the address it was mailed to.
- If your check is returned as “undeliverable” you must submit an address update in order to have your check re-mailed.

Scan the QR code below with your smart phone's camera to see the most recent Missing Moccasin List!

have check

## MISSING MOCCASINS DO NOT RECEIVE THEIR PER CAPITA CHECKS ON TIME!

If someone does not have a good address and phone number on file with Enrollment, that person is considered a “Missing Moccasin.”

Please check the list on the Tribal web-site for anyone you might know. Missing Moccasins do not receive this newsletter, election mail, per capita checks, 1099 forms and other important mail from the Tribe. Are you a parent of a minor Tribal member that did not receive a statement of their Minor Trust account earlier this year? It could be that your CHILD is a missing moccasin.



know.  
per capita  
you a  
statement  
your

## ADDRESS CHANGES

If you have recently moved, even if you have a forwarding address on file with the post office, please get your *Address & Contact Information Update* form in as soon as possible. You can get the form on the Tribal website, from any Tribal office or contact the Enrollment Department to have one mailed to you. All address updates must be in writing to ensure that you have requested the address to be changed, this is for your own security.

As a note, “General Delivery” is NOT an acceptable as a mailing address as it is only temporary and the Post Office will only hold the mail for a limited time for delivery. We had a large amount of “General Delivery” mail returned and this is not effective in getting mail to tribal members when we need to. It is much better to rent a Post Office box if you are not able to use a permanent address somewhere else. If this is a concern for you or someone on the Missing Moccasin list, call 1.800.922.1399 ext. 1258 and we will work with them to figure out a permanent address solution.

**Address:** 2468 West 11<sup>th</sup> Avenue Eugene OR 97402  
**Telephone:** 541-484-4234 **Fax:** 541-484-4583

The Confederated Tribes of Siletz Indians

## The Eugene Area Office Newsletter

The Eugene Area Office  
**July 2018**

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'

(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC July 10-12 Culture Camp

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

Bud Lane at the Siletz Cultural Department

(541) 444-8320 or 800-922-1399 ext. 1320; or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)



**We are here to help you with your concerns and answer your questions.**

**However:**

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

**Thank you for you cooperation...**

**Tribal Administration**



Tribal children are in need  
Of foster parents for:  
Permanent care,  
Temporary foster care,  
OR Short-term emergency care.

Contact:

Debra Brown

Foster Family Coordinator

CTSI – Siletz Indian Child Welfare

541-444-8336

[debrab@ctsi.nsn.us](mailto:debrab@ctsi.nsn.us)

### EAO Mini Library



**Available: Native Books to checkout  
Come by and check out a book to read**

### Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO

**Contact Nick or Nora @ 541-484-4234**

**!!MAIL ORDER SERVICE AVAILABLE!!  
WE CAN NOW PROVIDE MAIL ORDER  
SERVICE TO**

**ALL SILETZ TRIBAL MEMBERS:**

LIVING WITHIN THE 11 COUNTY SERVICE  
AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

**COME MEET WITH  
DIABETES PROGRAM DIRECTOR**

If you have diabetes or pre-diabetic, and would like to meet with Chris Sherrod, you can call him and set up a time for you to meet with him. You can contact Chris by calling:

541-484-4234 x1647

## EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2018

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

**2018**

### Low-Income Energy Assistance Program (LIHEAP)

**~OPEN~**

***Crisis/ Regular heating  
For All Siletz Tribal Households***

**Please contact Nora Williams-Wood for more  
information or to make an appointment:**

**541-484-4234 or 1-800-922-1399 Ext 1750**

**Notary Public (Free Service)**

**Call to set up an appointment**

**Contact: Nora Williams-Wood**

**Siletz/Eugene AO**

**541-484-4234 or 1-800-922-1399 Ext. 1750**

**Please make sure document is completely  
filled out, except for your signature and  
what Notary fills out. Current ID required**

**Chinook Winds Casino Resort**

**Sign up for an electronic**

**newsletter: [www.chinookwindscasino.com](http://www.chinookwindscasino.com)**

## Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, [www.ctsi.nsn.us](http://www.ctsi.nsn.us) follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call

1-800-922-1399 Ext 1322 or (541) 444-8322

FAX (541) 444- 8313

### Email Reminders

**If anyone would like reminders of special meetings, cultural classes or special events, etc. at Eugene Area Office, please contact Nora to be put on email list or email her. (541) 484-4234 or email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)**

### Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

**Address:** 165 E 7<sup>th</sup> Avenue, Suite 200 Eugene Oregon 97404

**Telephone:** (541) 682-4191

**Website:** <http://www.lanecounty.org/HSC/veteranservice.htm>

### Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives:

Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

### Youth Antlerless Elk Hunt

**Applications Due**

**July 6, 2018**

**2 Tags** - Hunt runs from August 1 to December 31

Applications available at the Natural Resources office and on the Tribal website under

Natural Resources beginning June 4

Open to Tribal youth age 12-17  
who have a valid Hunter Safety Card

If you have Questions:

Contact:

Mike Kennedy, Natural Resources Manager

@ 541-444-8232



## *JOM: Youth News and Notes*

### Mini Culture Camp:

Monday 7/23 and 8/6, 4:30-7:30 pm, Eugene Area Office: Bring your own projects or come and use office materials for necklace making, moccasins, baskets, and bear grass weaving. PLUS, snacks, drinks, games, and door prizes. See flyer for more details.

### U-Pick Blueberries:

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

### Mt. Hood Adventure Park

Thursday July 26, depart EAO 7 am: Students and families are invited to travel up to Portland and spend the day at Mt. Hood Adventure Park. Enjoy a variety of adventure-based activities, snacks, and lunch. Transportation is available. Please call ahead to sign up.

### July Youth Activity Calendar

July 10-12: Culture Camp, Siletz, OR

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

July 23: Mini Culture Camp, Eugene Area Office, 4:30-7 pm

July 26: Mt. Hood Adventure Park, depart Eugene Area Office, 7 am

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

Contact: [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

## *Higher Ed/AVT: News and Reminders*

### Higher Ed/AVT

#### Graduation Incentives:

Submit a copy of your diploma to be recognized by the tribal incentive program. Incentives are available for pre-school, kindergarten, 5<sup>th</sup>, and 8<sup>th</sup> grade promotions as well as high school diploma/GED, vocational training, associates, bachelor's, master's degrees and PhDs

### Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, obtaining or renewing professional licenses, and other employment enhancement classes. Call or email for details.

### Higher Ed and Adult Vocational Training

The deadline for the 2018-19 school year was June 30. Students interested in attending a clock-hour school are still eligible to apply.

Deadlines for the 2019-2020 school year:

-Apply for FAFSA:  
January 31, 2019

-Completed Application:  
June 30, 2019

Want to finish a project from Culture Camp?

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

Couldn't make it over to culture camp?

Come to:

# Mini Culture Camp

at the  
Eugene Area Office

MONDAY JULY 23 AND AUGUST 6

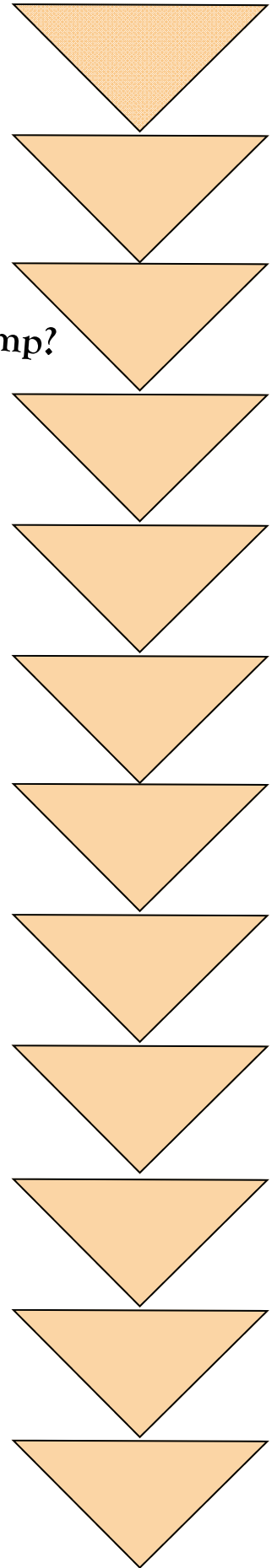
TIME: 4:30-7:00 PM      -EUGENE AREA OFFICE

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

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

A light meal and door prizes will also be provided

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



## SILETZ ELDER NEWS

Use this number to contact the Elders Program, **541-444-8225**, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class and Culture Craft Night for the Eugene Area Office will be held at Culture Camp July 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>.

The next Elder's Council Meeting has been rescheduled for Sunday July 15, 2018 at 1:00 pm, and will be held in the Shasta Room at the Casino.

The Chinook Winds Entertainment for July, 2018 is the Comedy at the Coast and the Happy Together Tour. Comedy at the Coast is July 6<sup>th</sup> and 7<sup>th</sup> with shows starting at 8:00 pm. The Happy Together Tour is July 21<sup>st</sup> and 22<sup>nd</sup> with shows starting at 8:00 pm. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a special event for Blueberry picking on July 20<sup>th</sup>. Check with Adrienne Crookes for more information about time and location.

There will be a Diabetes Support Class on July 26, 2018. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The area office is continuing its noon walking group. The group meets on Tuesday and Thursday and walkers will walk from 12:15 pm until 12:45 pm.

The Summer Food Rescue Program started in July. Contact Adrienne Crookes for more information.

The Exercise Challenge ended June 30<sup>th</sup>. Make sure you have all your steps counted and turned in to Adrienne Crookes.

The Grand Ronde Elder Honor Day is Monday July 9<sup>th</sup> and Tuesday July 10<sup>th</sup>. Breakfast is served on the 10<sup>th</sup>.

The Eugene Area Office will be closed on July 4<sup>th</sup> and July 27<sup>th</sup>.

The Quarterly Elder Officers meeting is Thursday, July 19, 2018 and will be held in Siletz.

The next Super Star Luncheon will be held on Thursday, July 26, 2018 at the Casino.

Jim Swanson, 541-683-8766 [jimswanson38@comcast.net](mailto:jimswanson38@comcast.net)

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



*Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).*

*Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.*

*During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.*

**CONTACT INFORMATION**

**2468 11<sup>th</sup> Ave., Eugene, Oregon (Covering Eugene and surrounding areas)**

*Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503*

**201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)**

*Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027*

**3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)**

*Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241*



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

**The Siletz Home Visiting Program offers:**

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

<input type="checkbox"/> <b>Self-Referred</b>
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:  
2468 W. 11<sup>th</sup> Avenue. Eugene OR 97402  
FAX: (541) 484-4583  
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about  
the Siletz Home Visiting Program.



# Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

## Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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 at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

### EUGENE AREA OFFICE

2468 West 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

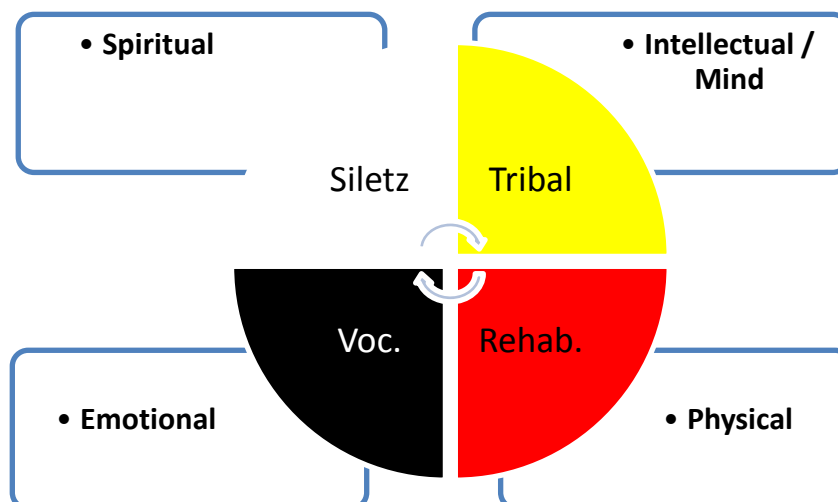
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**EUGENE OFFICE** – **JERAMIE MARTIN**, Program Director

**SALEM OFFICE** - **DANA RODRIGUEZ**, Program Aide; **TONI LEIJA**, Counselor/Job Developer

**SILETZ** – **RACHELLE ENDRES**, Counselor/Job Developer





# 477 Self-Sufficiency Program

**Norma Trefren, Intake Specialist/Job Coach x1756**

**Jenifer Jackson, Tribal Services Specialist x 1755**

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.

**Never give up...**



**on something you really want  
It's difficult to wait, but it's  
more difficult to regret**

**TSS staff administrative hours  
Monday through Friday  
8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

## Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

**Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.**

**Clients are required:**

**To meet with Tribal Services Specialists each month  
You will need to call and set up an appointment**

## Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Norma **x1756** or Jen **x1755**

## Schedules:

**Norma's hours:** M-F 8-4:30pm  
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

**Jen's hours:** M-F 8:00-4:30pm  
General Assistance and TANF

\* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

**WEX/Grant Assistance**  
**Dates to remember in July 2018**

Friday	June 29 <sup>th</sup>	TANF/GAF
Tuesday	July 3 <sup>rd</sup>	WEX Timesheets Due
Wednesday	July 4 <sup>th</sup>	Independence Day Tribal Offices CLOSED
Thursday	July 5 <sup>th</sup>	Self-Sufficiency documentation due
Tuesday-Thursday	July 10-12	Culture Camp/Language Class
Friday	July 13 <sup>th</sup>	WEX Payday
Tuesday	July 17 <sup>th</sup>	WEX Time Sheets Due
Thursday	July 26	Diabetes Support Class 6-8pm
Friday	July 27 <sup>th</sup>	WEX Payday
Friday	July 27 <sup>th</sup>	All Staff Meeting CLOSED
Tuesday	July 31 <sup>st</sup>	WEX Timesheets Due

**\*All CRT and childcare timesheets are due a day early the week before a holiday\***

**Services available to eligible enrolled federally recognized tribal members and descendants:**

**Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment**

*All components are offered on a budgetary basis*

### **Classroom Training (CRT)**

**CRT** services are available for Vocational Training, GED completion, a term of Higher Ed.

### **Direct Placement**

**DP** is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

### **On-the-Job Training (OJT)**

**OJT** is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

### **Work Experience (WEX)**

**WEX** can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

# Siletz Community Health



## Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes**  
Community Health Advocate  
541-484-4234

## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at [OregonHealthCare.gov](http://OregonHealthCare.gov)  
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

**Contact Adrienne Crookes,**  
Community Health Advocate, at 541-484-4234

## Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

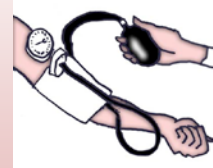
# Siletz Community Health

## Blood Pressure Screenings



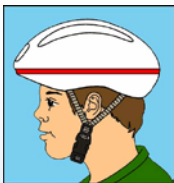
At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



## Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

## Attention Tribal Parents and Child Care Givers!

**Did you know 3 out of 4 child safety seats are used incorrectly?**



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

# Farmers Market Food Rescue



## Siletz Tribal Members:

If you or your family would like to share in some fresh organic produce, you may pick it up at the Siletz office on Tuesdays between 3:30 and 4:15 pm. This is *free* produce. A staff person will be on hand to distribute what we receive. Please bring your own bags or cooler to transport your food. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh. You may call ahead and check on the availability of produce.

Siletz Office: 541-484-4234  
2468 W. 11<sup>th</sup> Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)

# Pick Your Own Blueberries

At Camas Farm  
2245 River Loop 1  
Eugene, OR

On Friday, July 20<sup>th</sup>  
10:00 am to 1:00 pm



If you would like to join us for picking organic blueberries,  
please RSVP by calling the Siletz office at 541-484-4234.

Bring your own containers. Bring your lunch. Water and a light snack will be  
provided. Dress appropriately for weather.



# Diabetes Support Group

Thursday, July 26th

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

At the Siletz Tribal Office  
2468 West 11<sup>th</sup> Avenue  
Eugene, OR



Did you know tha Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population?

Native Americans are more likely to develop complications from diabetes once they have the disease.

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

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

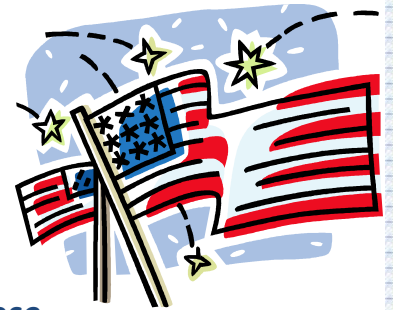
# Fireworks Safety

Adrienne Crookes, Community Health Advocate

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

## **Fireworks Safety Tips:**

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



***Have a Safe and Happy 4<sup>th</sup> of July Holiday!***



# 2015 SUN SAFETY GUIDE FOR CHILDREN

From your backyard to the playground, swimming pool or park, some of your kids' favorite times are spent in the sun. But during the fun, children are vulnerable to harmful sun damage, even more than adults. Protect your precious ones with this step-by-step guide from Healthy Child Healthy World, powered by EWG.

## STEP 1. KNOW THE RISK

### Why Sun Safety Matters

Skin cancer is the most common form of all cancers in the U.S. The steps you take today can help protect your family from being counted in these numbers:

**73,877**

*Estimated melanoma diagnoses in 2015*

**2.8X**

*Increase in new melanoma cases over the last 35 years*

**2 MILLION+**

*Increase in new melanoma cases over the last 35 years  
Estimated new cases of basal and squamous cell skin cancer diagnoses in the U.S. each year*

## STEP 2. START NOW FOR LIFELONG BENEFITS

Kids have adorable pink cheeks, but red, sore, blistered or peeling skin? That means far too much sun. It takes only a few blistering sunburns during childhood to double their lifetime chance of developing a serious form of skin cancer. Adopt these healthy habits to keep your kids safe now and in the future:

- **Cover up.** The best way to protect your kids from sun damage is to keep their skin covered. Wide-brimmed hats or visors and loose-fitting shirts, shorts and pants

block harmful UV rays. Clothing made with thick fabric, tight weaves and dark or bright colors can provide extra protection.

- **Wear sunglasses.** A good pair of general-purpose medium to dark shades with large lenses and wraparound design will help shield eyes from the UV radiation that causes cataracts.
- **Stay in the shade.** Whenever kids are outdoors, keep them in the shade as much as possible. Use the stroller's hood or canopy, look for trees and overhangs, and install umbrellas or awnings over favorite play spots like your backyard or patio. (Bonus: shade keeps little feet happy on hot sidewalks and play equipment.) Keep a sun umbrella in your car for impromptu stops.
- **Schedule outdoor time.** Early morning and late afternoon are the best times for outdoor fun. The sun is lower then; UV radiation peaks at midday.

## NO SUN FOR INFANTS

- » Keep infants under six months out of direct sun. Their skin is not yet protected by melanin.
- » Consult your doctor before using sunscreen, but when shade isn't an option, the American Academy of Pediatrics says that small amounts of sunscreen can be used on infants as a last resort. Zinc and titanium-based sunscreens are best.
- » Talk to your pediatrician about vitamin D. Children and people with limited sun exposure may be deficient; breast-fed infants need supplements.





### STEP 3. CHOOSE AND USE SAFE, EFFECTIVE SUNSCREEN

Follow these tips and visit the EWG Sun Safety Guide to find a good sunscreen for your family:

- Apply and reapply. Apply sunscreen liberally and reapply it often, especially if your child is playing in the water or sweating a lot. Since young children's skin is especially sensitive to chemical allergens, test sunscreen by applying a small amount on the inside of your child's wrist the day before you plan to use it.
- Stick with lotion. Spray-on sunscreens seem great for squirming kids and hard-to-reach areas, but they may pose serious inhalation risks and provide inadequate coverage.
- Check ingredients. Certain ingredients may pose health risks. Avoid retinyl palmitate (vitamin A) and oxybenzone, a synthetic estrogen that penetrates the skin and can disrupt the hormone system. Look for zinc and titanium-based sunscreens instead.
- Beware high SPF. That high "sun protection factor" refers only to protection against UVB radiation, which burns the skin. It does little to protect you from damaging UVA rays and may give a false sense of security. Avoid products labeled with anything higher than SPF 50 and reapply sunscreen often, regardless of SPF.
- Skip sunscreen/bug repellent combos. Use separate products to ensure adequate application of both products and limit absorption of repellent ingredients.

### STEP 4. TAKE GOOD HABITS ON THE GO

Practice sun safety at home and everywhere life takes you with these simple steps:

- Plan ahead. Any outing can turn into unexpected sun time. Pack your diaper bag, purse and car with essential sun safety supplies like protective clothing, hats and sunscreen. Send your child to school or daycare with these as well.
- Ask questions. Your child's school or daycare may have policies that interfere with sun safety, such as treating sunscreen as a medicine or prohibiting hats or sunglasses. Ask about these policies, if shade is available on the playground, and what times of day outdoor play is scheduled.
- Tell your network. Dropping off your kids for a playdate? Tell your family and friends why sun safety is important and how they can support your efforts. They'll learn a few tips for themselves.



### STEP 5. SET A GOOD EXAMPLE

Parents, take note! One of the best ways to keep your kids safe is to model good behavior. In surveys, fewer than one in three adults report using sunscreen frequently, and even fewer say they routinely seek shade, wear a hat or cover up with long sleeves. Dads – surveys show that you are half as likely as moms to wear sunscreens.

***Teach your kids good habits now to help protect them for life.***

## **Willamette Falls Lamprey Eel Harvest Permits Available**

The Tribal Natural Resources Department has Willamette Falls lamprey eel harvest permits available for issuance to Tribal members. Lamprey harvest at the falls is restricted to 7:00 am to 6:00 pm Friday through Monday between June 1, 2018 and July 31, 2018. Harvest is not allowed Tuesdays through Thursdays. The open gathering area is at the east side of the falls and the harvest method is limited to the use of hand or hand-powered tools. Gatherers are asked to avoid the area around the lamprey ramps which have been installed to allow lamprey to move upstream of the falls. The permit includes a lamprey harvest record card which must be filled out prior to leaving the site. The harvest card must be returned to the Natural Resources office by the end of the harvest season. Lamprey harvest permits are available at the Tribal Natural Resources Office weekdays from 8:00 am to 4:30 pm or by calling Natural Resources Manager Mike Kennedy at 541-444-8232 or Natural Resources Administrative Assistant Denise Garrett at 541-444-8227.

## **Second Cut Wood For The Elders Day”**

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the second “Cut Wood For The Elders Day” of the year on **Saturday, July 21<sup>st</sup>**. The woodcut will be held on the **Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders’ Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

The first woodcut held in May was very successful. Let’s see if we can repeat that success at this one. If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Be sure to mark your calendars for the final woodcut of the year that will be held on September 15<sup>th</sup>.

**2018-2019 Hunting and Fishing Tags  
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/25-9/23	8/6 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/29-11/2**	8/20	First Come First Served
	Antlerless or Spike – Adult	8	10/20-11/2	Lottery applications available 8/6; due <b>8/31</b> ; drawing 9/4; tags issued 9/5	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/29-11/4	Lottery applications available 8/6; due <b>8/31</b> ; drawing 9/4; tags issued 9/5	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/17-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/4; due <b>7/6</b> ; drawing 7/9; tags issued 7/10	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/25-9/23	8/6 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/10-11/13	Lottery applications available 9/4; due <b>9/21</b> ; drawing 10/1; tags issued 10/2	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/17-11/23		
	Antlerless	8	Various seasons beginning 1/1/19	Lottery applications available 9/4; due <b>9/21</b> ; drawing 10/1; tags issued 12/3	Lottery
	Late Archery Antlerless	56	11/24-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	9/4	First Come First Served

\* No early calls to “save” an early archery 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 9/29 - 11/4 (2 additional days at end of general season)

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

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2018-2019 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.



# 2018 Culture Camp Registration Form

JULY 10-12, 2018

## Siletz Tribal Community Center & Grounds, Siletz, Oregon

**Registrations forms are required for all participants**

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

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

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

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Roll #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ E-mail \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Parent/Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

Does participant have any allergies? If so list below: \_\_\_\_\_

Chaperone's Name: \_\_\_\_\_ Chaperone's Phone #: \_\_\_\_\_

(Chaperones must be 18 or older)

### Classes will include but are not limited to :

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

### Other classes may be scheduled

Parent/Guardian's Signature

Date

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

# ELDERS WOODCUTS

**JULY 21 \* SEPT 15**

**Saturdays, 8:00am - 2:00pm**

**Near USDA on Logsdan Rd, Siletz**

Join us to split, load & deliver Firewood to Tribal Elders

**RAIN or  
SHINE**

Snacks, water, and PIZZA lunch provided. Bring your own gloves. Bring axes and chainsaws if you have them.

Wood splitters and tools will be provided on site.



DEDICATED IN MEMORY OF CAT TUFTS

Tribal Elders who need firewood delivered must call the Elders Program to be added to the list, Cecelia (541) 444-8212, Raina (541) 444-8261

**Help Elders stay warm this Winter!**

Woodcut dates are hosted by the Natural Resources Committee.

# USDA distribution dates for **JULY** 2018

## Siletz

MONDAY	JULY 2	9:00 AM-3:00 PM
TUESDAY	JULY 3	9:00 AM-3:00 PM
WEDNESDAY	JULY 4	<b>HOLIDAY</b>
THURSDAY	JULY 5	9:00 AM-3:00 PM
FRIDAY	JULY 6	9:00 AM-3:00 PM

## Salem

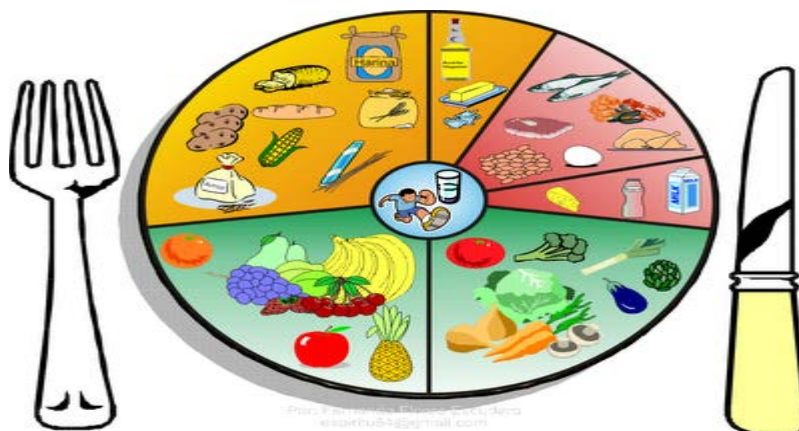
MONDAY	JULY 16	1:30 PM – 6:30 PM
TUESDAY	JULY 17	9:00 AM – 6:30 PM
WEDNESDAY	JULY 18	9:00 AM – 6:30 PM
THURSDAY	JULY 19	<b>BY APPOINTMENT ONLY</b>

Starting this month, there is not a limit to how much bison can be chosen on your grocery lists. Each household member can choose up to 3 units, which would be 6 packages each month! I hope I can get enough ordered to accommodate all.

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

Joyce Retherford, FDP Director  
541-444-8393

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



CONFEDERATED TRIBES OF SILETZ INDIANS

# Annual Nesika Illahee Pow-Wow

August 10~12, 2018

Pauline Ricks Memorial Pow-Wow Grounds  
Government Hill, Siletz, Oregon



## Categories & Payouts:

Adult / Golden Age ~ \$600-500-400-300-200

Teen ~ \$300-250-200-150-100

Youth ~ \$150-100-75-50-25

*(Teen & Youth Preliminaries Occur Friday Night)*

## Specials:

Team Dance, Round Bustle, Women's Basketcap

**THURSDAY  
AUG. 9**

6:00 PM:  
Royalty Pageant

**FRIDAY  
AUG. 10**

Noon~5:00 PM:  
Memorial / Giveaways

6:00 PM:  
Presentation of Crown

7:00 PM:  
Grand Entry

**SATURDAY  
AUG. 11**

10:00 AM:  
Parade

*(Dance Competition Points  
Awarded for Parade  
Participation)*

1:00 PM & 7:00 PM  
Grand Entry

**SUNDAY  
AUG. 12**

NOON:  
Grand Entry  
& Salmon Dinner

All Dancers & Drummers Welcome

**Alcohol & Drug-Free Event ~ All are Welcome to Attend!**

Vendor registration is required. Camping fee: \$25 + \$5 per pet. Campground open Thursday at 7:00 am. No Campfires. For more information, contact Buddy Lane: 800-922-1399, ext-1230.

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 USDA Distribution Siletz 9-3	3 Timesheets Due USDA Distribution Siletz 9-3	4  Siletz Tribal Offices CLOSED	5 Self-Sufficiency Documentation Due USDA Distribution Siletz 9-3	6 USDA Distribution Siletz 9-3 Youth Antlerless Elk Hunt Due	7
8	9	10 Culture Camp Siletz, OR	11 Culture Camp Siletz, OR	12 Culture Camp Siletz, OR	13 Pay Day	14
15 Elders Mtg. Shasta Rm 1-4pm	16 USDA Distribution Salem 1:30- 6:30pm	17 Timesheets Due USDA Distribution Salem 9-6::30pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem By Appt. Only	20 U-Pick Blueberries 10-1pm	21 Elders Woodcut 8-2pm
22	23 Mini Culture Camp 4:30-7pm	24	25	26 Mt Hood Adventure Park  Diabetes Support Group 6-8pm	27 Pay Day  Summer All Staff Tribal Offices CLOSED	28
29	30	31 Timesheets Due				



**The Confederated Tribes of Siletz Indians**  
**The Eugene Area Office Staff**  
**541-484-4234    1-800-922-1399**

Lou Carey, A/O Supervisor x1751  
Nick Viles, Education Specialist/JOM x1757  
Jessica Phillips, Program Coordinator/THV x1752  
Jeramie Martin, Program Director/STVRP x1385  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755  
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756  
Adrienne Crookes, Community Health Advocate x1753  
Nora N Williams-Wood, Clerk x1750  
Gloria Stott, Elders On-Call Transport

**Someday everthing will make perfect sense...  
So for now, laugh at the confusion, smile through the tears and keep reminding  
yourself that everything happens for a reason...**

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