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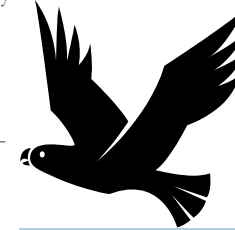
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Free Tax Resources

April 17th is coming fast, but, you can still get your taxes done with the help of Cash Oregon's list of free tax sites. To prepare for a tax appointment, you will generally need the following:

- Photo ID
- Social Security cards for you and your family, or a SSN/ITIN verification letter.
- Interest and dividend statements (if applicable).
- W-2 Form (from every employer), 1099 (for per capita or misc. income).
- A copy of last years Federal and State returns.
- Voided check if using direct deposit for your tax refund.
- Total paid for day care, day care provider's Tax ID number, and address.
- Student Loan interest & tuition statements (for total money you spent on school).



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

If filing joint tax returns electronically, both spouses/partners must be present to sign forms.

For a complete list of free tax sites in the greater Portland metro area go to:

www.cashoregon.org

or call (503) 243-7765.

Important Dates

- Sat., 4/14 Elders Council -1 PM
- Fri.,4/20,Regular Council 8 AM

Community News

Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Bring whatever you are working on:

**Thursday, April 19th
10AM—2:00 PM**

For more information, Please call Sherry Addis.

PAO Elders Potluck Ch'ay-yii-ne Ghu'-'alh



Weather permitting, we will next meet:

**Tuesday, April 17th
5:30 PM — 7 PM
PAO Community Room**

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 or Consuelo Fernandez.



Elder's Shopping Day

The next elders shopping day will be:

April 4th & 18th at 10 AM

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Consuelo "Cookie" Fernandez at (503) 853-5430.

Garden Club Book Donation

We would like to say thank you to Community member and Master Gardener, Jane Henry and PAO Staff member Verdene McGuire for coordinating the generous donation of books from Jane's personal library. Topics range from gardening, bee keeping, Cooking, and more. PAO is providing these books free to tribal and community members, first come first served. For more information, please call Verdene, Sherry or Andrew at the Portland Area Office.

Portland's Rebuilding Center!



Do you have an aspiring building project such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. It provides resources that make home repairs affordable to everyone, with the goal of promoting the reuse of salvaged and reclaimed materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops. For more information, call or visit (503) 331-1877. Portland Rebuilding Center 3625 N. Mississippi Ave.

Healthy Traditions

April Garden Club

From January to June the CTSI Portland Area office (PAO) hosts Garden Club meetings. Each month we invite tribal and community members to join and participate in a new garden related activity.

Our next meeting will be held:

**Tuesday April 24th
5—7:30 PM**

**Location: Portland
Area office**

Our members enjoy the time spent learning new methods to gardening or just enjoying the activities planned at each meeting. Food is usually provided.

In coming months garden club will take part in activities outdoors, including a visit to one

What to Plant in April?

Below is a general list. Keep in mind, micro climates and weather conditions within the Portland metro area can vary from year to year, so check soil temperature in your gar-

den to ensure proper conditions.

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



Start Seedlings Indoors or Plant starts Outdoors

Artichoke*	Carrots	Dill	Mustard Greens
Arugula	Cauliflower*	Endive*	Peas
Asian Greens	Celeriac* 4/15	Fennel (bulbing)*	Radichio
Beets	Celery* 4/15	Jer. Artichoke*	Salad greens
Broccoli*	Chard	Kale*	Scallions
Brussels Sprouts	Choi	Kohlrabi	Sorrel
Cabbage (early types)*	Cilantro	Leeks*	Spinach
	Collards	Lettuce	

Community Health



Diabetes Support Group

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

Wednesday, April 11th
Noon—2 PM

Cracked Teeth: Is Your Oral Health in Danger?

By Dr. Jill Price DMD PC

It's important to not put off a dental visit if you've had a mouth injury, even if the teeth appear to be intact. A cracked tooth is quite dangerous to leave untreated. First, a crack will only continue to grow when not treated properly. Second, and more importantly, it can let bacteria into the crack. This can grow into an infection, which could put the health of your mouth or even your whole body, at risk. If you have an obvious cracked tooth or think you may have one due to pain, please get it checked.

Wisdom Warriors Follow-Up

We are meeting monthly. Each 2nd. Wednesday from 10:30 –11:50 followed by Diabetes support group at noon. You are welcome to join us for a healthy lunch.

Calculate your Heart Attack Risk Factors

Many people understand that there is a connection between poor diet, lack of exercise and the development of heart disease. But your risk of developing cardiovascular disease is the result of a combination of many risk factors, some of which you can control (like your weight) and others that you inherit. How many risk factors do you have so you can share this knowledge with your doctor and reduce your risk of a heart attack.

Two Types of Risk factors:

Uncontrollable Factors:

These variables are out of your control. Although you can't do anything to change them, it's important to know whether you fall into any of these higher-risk categories.

Age & Sex: Men over 45 & women over 55. The Am. Heart Assoc. states that 83% of people die from Heart Disease at 65 & older. Men more so than Women and earlier in life for men.

Family History: Any family members with heart disease at an early age increases your risks.

Race: American Indians and Native Hawaiians are more likely than Caucasians, partly due to other risk factors such as diabetes and high blood pressure issues.

Body Type: Weight distribution, where you body stores fat, apple versus pear shaped bodies. But really controlling your weight can reduce your heart disease risk the most.

Controllable Factors:

Smoking: Quit Smoking.

Diet: Low Fat, Low Salt & Low Sugar is the best!

Activity Level: Inactivity doubles your risk, regular exercise 3-5 days weekly or 20-30 min. daily lowers your risk.

Weight: Excess body fat is greater risk

Stress: Chronic stress increases your risk as

it increases your blood pressure.

Drinking Habits: Moderation is the key, 1 a day for women & 2 a day for men. Be Healthy!

Starting April 1st, 2018

TAKE THE 100 CLUB WELLNESS CHALLENGE

DO YOU NEED EXERCISE MOTIVATION?

The 100 Club Challenge is an exercise motivation program. Log your miles and for every 25 miles you achieve your goal, you'll receive an exercise item to celebrate your accomplishment.

Choose your fitness goal and complete using any mode of exercise. You earn 3 miles of credit for every mile you swim, or use any form of exercise to achieve your goal. You get 2 miles of credit for every exercise class you take and receive 1 mile of credit for every 3 miles you ride on a bike and many more exercise opportunities!

If you need a fitness challenge to motivate you to exercise, then take the 100 club wellness challenge today!

Here's how it works:

For the Portland area, see Verdene McGuire or call (503) 238-1512 to get your registration and log sheet.

Sign up at with the diabetes program:

Get to the weight room, track, gym, mountains, rivers, oceans, WHEREVER and start your trek! Workouts can be recorded between April and June. Report your numbers each week to your area contact (Verdene McGuire).

Goals:

- 25 Mile Club
- 50 Mile Club
- 75 Mile Club
- 100 Mile Club

Final Prizes:

- 25 Miles: Fitness tracker
- 50 Miles: Water bottle
- 75 Miles: Duffle bag
- 100 miles: commemorative coin

Education & Youth Update



Youth Council Meeting

Middle school and high school youth are invited to join the Siletz Tribal
Sunday, April 22nd at 11 AM

Portland Area Office

We will be having a meeting with all of our youth (middle school through high school); and for the afternoon we will be attending “The Thanksgiving Play.” at 2:30pm at the Artist Repertory Theatre.. We will be having lunch prior to the play. Please contact Katy for transportation. The Youth Council is an opportunity for our Siletz youth (middle school, high school and college) to get to know one another, gain leadership skills, find out how we can help our Tribe and also to have a great time together.

Family-Culture Night: Wax Flower Making

Tuesday, April 10th; 5:30 PM, Portland Area Office 12790 SE Stark St.

We will have a light dinner at 5:30 and wax flowers from 6-8 PM.

Preparing flowers for Memorial Day has been a long-time tradition within our Tribe. In April, we will begin making wax paper flowers to create a beautiful wreath to honor and remember our loved ones who have passed. We invite everyone, youth and elder

to join us and learn this tradition from our respected elder Pauline Montana. Our goal is to complete the wreath by May to represent our Portland area community at the Memorial Ceremony held in Siletz on memorial day 2018..



Attention Parents!

Please sign up for the Siletz Johnson O’Malley Program (JOM). Youth can access JOM funding for youth activities, classes, equipment and/or supplies for sports or enrichment programs, and assists in tutoring. The program is targeted at Native youth ages 3 to 18. in Multnomah, Clackamas and Washington County. If you would like an application please email Katy at katyh@ctsi.nsn.us for a current application. With your email we can also update you periodically on current activities and events for youth. You can call Katy at the Portland area office.



Volunteers Needed!

We would like your help to prep for this year’s Culture Camp. If you would like to help cut, and sew materials for this year’s Culture Camp in July at the Portland area —please contact Katy at (503-238-1512).

Temporary Tribal Student Assistance Program

The Siletz Tribal Housing Department’s Temporary Tribal Student Assistance (TTSAP) Program (TTSAP) will be accepting applications for the 2018-2019 academic year beginning April 1, 2018.

Program Information:

TTSAP assists Tribal Students who will be attending a college, university, vocational or trade school. This program is time-limited. Funding is for one academic year. This program assists students with rent or room and board in a dormitory. The student’s share of the rent is thirty percent of their adjusted annual income.

The student might be required to remit a portion of the rent. For example: if a student is working, the student’s wages will affect their share of the rent. Assistance is not transferable.

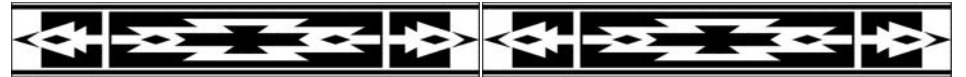
STHD will be accepting applications on April 1, 2018.

To obtain an application please stop by the STHD’s office at 555 Tolowa Court, Siletz OR, 97380 or call 1.800.922.1399 x1322, 541.444.8322. Applications can also be downloaded from the Siletz Tribe’s website at:

<http://www.ctsi.nsn.us/>

Look in the “Programs” tab, under “Housing”, then “Rental Assistance/Student Housing”.

Important Note:



CTSI Ongoing Job Announcement

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

Supervision: Area Office Supervisor/ Elders Program Coordinator.

Salary: \$11.25/ Hourly

For more information please contact:

Contact: Siletz Human Resources Department (800) 922-1399

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

Most Often Requested Numbers

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

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

JALAPENO POPPER CORN SALAD

Directions/Ingredients:

- 1 CUP BACON, COOKED AND CRUM- BLED
- 1 CUP CHEDDAR CHEESE, GRATED *
- ¼ CUP SOUR CREAM
- ¼ TEASPOON CHILI POWDER
- SALT & PEPPER TO TASTE
- 5 CAN S CORN KERNELS (OR 8 COOKED EARS OF CORN), RINSED & DRAINED*
- ½ CUP CREAM CHEESE, ROOM TEMPERATURE
- 2 JALAPENOS, SEEDS AND RIBS RE- MOVED, MINCED
- 2 TABLESPOONS OLIVE OIL

Heat olive oil in a large skillet over medium high heat and sauté corn kernels until lightly browned. In a large bowl, combine corn, bacon and jalapenos, and then stir in cheese, cream cheese and sour cream. Season with chili powder and salt and pepper. Taste and adjust seasoning if necessary. Serve immediately or refrigerate until chilled.

*Indicates product Available in Food package.

Joyce Retherford: CTSI FDP Direc- tor (541) 444-8393

Lisa Paul: CTSI FDP Warehouse- man/Clerk (541) 444-8279

Parking at the Portland Area Office (PAO)

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.

Creative And Native (CAN)

For all 477 Self Sufficiency Clients:

The required monthly CAN meeting will welcome a guest speaker, Norma Trefren. She will be covering Native Wellness for the next three months.

Topics covered will include; Traditional val- ues, Healthy communication, Healthy rela- tionships, stress & burnout, Traditional lead- ership and finally party likes its 1491.

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

**This month's CAN Meeting:
April 12th, 1:30 — 3 PM**

477 Self Sufficiency Mis- sion Statement

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

- Siletz Families
- Native American

- Alaskan Native
- Native Hawaiian

The available components through the Pro- gram are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

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

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



Your Success is Important to Us!

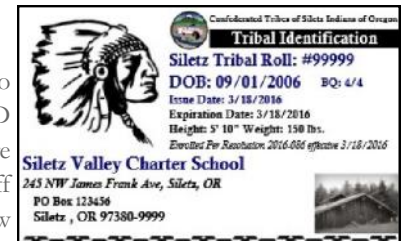
Contact a Tribal Services Specialist for more information about current components that are available.

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

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.



April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 100 Club Challenge Begins *Student Housing Opens (see pg. 7)	2	3	4 Elders Shopping Day 10 AM	5	6	7
8	9	10 Wax Flower Making 5:30 PM	11 Wisdom Warriors 10:30 AM—Noon Diabetic Luncheon Noon—2 PM Family Culture night 5:30 PM	12 477-SSP: CAN Meeting 1:30—3 PM	13	14 Elders Council 1 PM—Lincoln City
15	16 Maple Bark Class & Athabaskan Language Class 5—8 PM	17 Elders Potluck 5:30 PM—7PM	18 Elders Shopping Day 10 AM	19 Beading Group 10 AM—2 PM	20 Regular Council 8 AM—Siletz	21
22 Youth Council 11 AM	23	24 Garden Club 5:00 - 7:30 PM	25	26	27	28
29	30					

Athabaskan Language

Nuu-wee-ya'

(Our Words)

For the month of April, Bud Lane will be teaching a Maple Bark class from 5 to 7 and from 7 to 8 PM will resume language class. Come and join other members of your community and tribe in learning to speak one of our ancient languages.



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

Monday, Apr. 16th, 2018
5 PM—8 PM

Natural Resources

Bear Claws and Teeth are Available

The Tribal Natural Resources Department periodically obtains bear parts from the Oregon Department of Fish and Wildlife for Siletz Tribal members to use in making regalia and ceremonial items. An effort to reduce the bear paw and snout parts to manageable size has been done by volunteers, but parts still have bone, fur and tissue attached. The final preparation of claws and teeth to create clean,

useable items is the responsibility of the tribal member. Parts are kept frozen and are distributed on a first-come-first-served basis as they become available. Bear parts may only be used by Siletz Tribal members and may not be traded or sold. Tribal members interested in processing and using bear parts for regalia and other cultural purposes should contact the Natural Resources Department to be added to the waiting list by calling Mike Kennedy at (541) 444-8232 or Denise Garrett at (541) 444-8227.

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. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please contact your closest office listed below.

Salem Area Office

1-(503) 390-9494

3160 Blossom Drive NE, Ste. 105
Salem, OR 97305

Program Aide—Dana Rodriguez

Counselor/Job Developer—Toni Leja

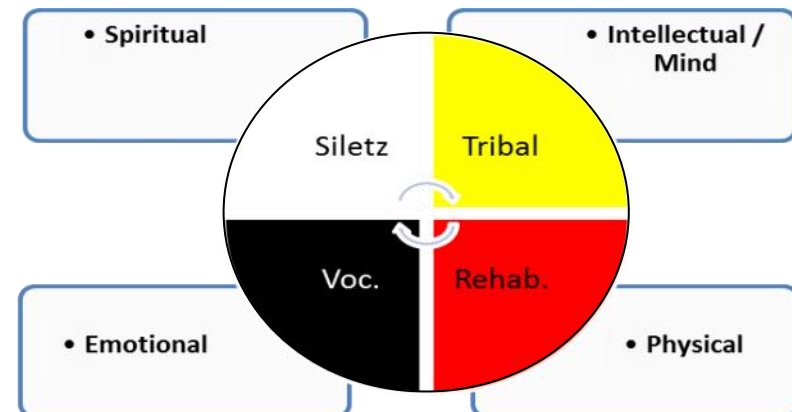
Siletz Area Admin, Office

1-(800) 922-1399

201 SE Swan Ave Siletz, OR 97380

Counselor/Job Developer—Rachelle Endres

Program Director—Jeramie Martin



9 Tribes Visit Siletz Ropes Course

On Monday, March 5th, at the end of the first day of the 9 Tribes Meeting, at Chinook Winds, several attendees traveled to the Siletz Ropes course. Area Office Counselor Rachel Adams had the honor of co-facilitating the course with other staff from the Behavioral Health Department. It was a fun evening!

About the Siletz Ropes Course:

The Siletz Ropes Course features many low ground and high ground opportunities, such as the whale watch, the island hop, the junkyard, and the catwalk. The idea behind the Ropes Course is related to adventure-based therapy. This course of therapy helps people overcome various mental health issues. The prime goal is to get people to increase their comfort with challenges that can be uncomfortable, such as facing one's fear of height. The Ropes Course facilitators always practice "Challenge By Choice", which means no one gets forced to push themselves past their limits.

The whale watch:

Monday night Rachel got the opportunity to facilitate the whale watch. She led participants on a thrilling raft trip into the ocean to spot whales, and, were chased by a shark! (Okay, okay, we used our imaginations for the whole trip and actually stayed in one place.) The whale watch activity challenges participants to stabilize a large pallet set on a log, and keep the pallet from touching either side while people climb on board and move around.



9 Tribes participants challenging themselves to new limits on the whale watch (and on the front left, Darin Rilatos, Behavioral Health):

Traditional Coping:

While mental health counseling is beneficial to people from all walks of life, the Siletz peoples are still encouraged to participate in traditional methods of healing. The beginning of spring is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles, and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

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

<p>Portland Area Office Mon & Tues 8 AM—4:30 PM (503) 238-1512</p>		<p>Salem Area Office Weds. & Thurs 8 AM—4:30 PM 1-(503) 390-9494</p>
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Marijuana

Marijuana is a mind-altering drug which ranks as the most popular illegal drug used in the U.S. It is a mix of dried flowers, leaves and stems from the hemp plant *Cannabis sativa*. The main active ingredient in marijuana is THC (delta 9 tetrahydrocannabinol). It is the most common illegal drug used in the U.S. At least one-third of Americans have used marijuana sometime in their lives.

Effects

People smoke marijuana because it elevates their mood and relaxes them. Depending on the level of THC, users may also experience euphoria, hallucinations, and paranoia.

Hazards

Some of the common discomforts found when using marijuana include dry mouth, swollen eyelids, bloodshot eyes, loss of coordination and an accelerated heart rate.

Short-term Hazards Include:

- Anxiety and paranoia
- Impaired memory
- Difficulty in thinking
- Learning difficulties
- Lack of attention and focus
- Poor driving skills

Long-Term Hazards Include:

- Respiratory problems
- Heightened risk of infections, especially the lungs
- Poor short-term recall
- Inability to shift attention normally
- Inability to understand complex information
- An increased risk of developing lung, head and neck cancers

- Lack of motivation
- Decreased sperm count in men
- Irregular menstruation in women

Chronic marijuana smokers may have many of the same respiratory problems that tobacco smokers have. These individuals may have a daily cough and phlegm, symptoms of chronic bronchitis, and more frequent chest colds. Continuing to smoke marijuana can lead to abnormal functioning of lung tissue injured or destroyed by marijuana smoke.

Is Marijuana Addictive?

Long-term marijuana abuse can lead to addiction for some people. Drug craving and withdrawal symptoms can make it hard for long-term marijuana smokers to stop abusing the drug. People trying to quit report irritability, sleeplessness, and anxiety. They also display increased aggression. A drug is addicting if it causes compulsive, often uncontrollable drug craving, seeking, and use, even in the face of negative health and social consequences. Marijuana meets this criterion.

Treating Marijuana Problems

There is no medication to directly treat marijuana abuse. Most abusers seeking professional treatment receive behavioral treatment in either group or individual sessions or both. Has smoking weed become a problem for you? Then you should contact your local addiction treatment provider for an evaluation and support.

Source: National Institute on Drug Abuse, U.S. Drug Enforcement Administration, National Clearinghouse for Alcohol and Drug Information

Home Visiting Program

April is Child Abuse Prevention Month. Community involvement helps prevent child abuse. Parents need help even when they don't know how to ask for it. Eighty six percent of adults would be grateful for extra services, child care or other support. Anyone can help great childhoods happen. Even you. A few of the ways you can help:

- Babysit so mom can catch a break
- Coach a local rec league
- Volunteer in an afterschool program
- Share your parenting experiences with other parents
- Recognize when adults show stress or social isolation, two risk factors for abuse and neglect.



It's okay if you're not a perfect parent. Good parents struggle. Good parents make mistakes. Good parents find help when they need it.

Check out the following sites for further abuse and neglect resources:

National Child Abuse Hotline:

Phone number: 1-(800) 4-A-CHILD
www.childhelpusa.org

Prevent Child Abuse America:

www.preventchildabuse.org

Stop It Now Helpline (assistance in dealing with child sexual abuse):

Phone number: 1-(888) PREVENT
www.stopitnow.org

National Indian Child Welfare Association

Phone number: (503) 222-4044
www.nicwa.org

The Siletz Home Visiting Program is available to help parents of infants and toddlers grow in their parenting knowledge and skills. We all need a little help sometimes, let us help. For more information contact Lori Christy, Home Visitor, (503) 390-9494.

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 young tribal child, call today.
(541) 444-8338 Debra Brown—Foster Family Certifier
Debrab@ctsi.nsn.us**

Published by the
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 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.ctis.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?



We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us

Other Staff Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Jeremy Martin Voc. Rehab. Direct.	800-922-1399 X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk A&D Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 X1864	DeAnn Brown Siletz HS Program	(800)922-1399 X1510
Angela Ramirez Enrollment Clerk	(800)922-1399 X 1258	Kay Steele Portland Elder's Rep	(503) 760-4746
Angelina Artiago Portland Elder's Rep	(503) 760-3899		