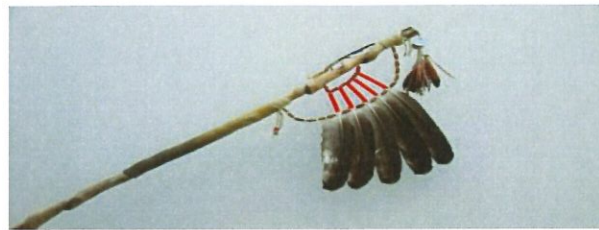




Run to the Rogue

Annual Run to the Rogue
September 6th, 7th, 8th 2019



Honoring our Ancestors

Join the Confederated Tribes of Siletz Indians on the annual relay run from Siletz, Oregon to the Rogue River in Southwestern Oregon. This journey is in memory of our ancestors that were forcibly removed from southwestern Oregon and relocated to the Siletz Reservation.

- Registration on September 6, 7:30 am, Siletz Tribal Community Center.
- Run begins September 6, 8:20 am, from the Tribal Community Center.
- Chance to choose the length & location of your run/walk at any point from Siletz to Oak Flat on the Rogue River.
- Camping, meals, runner's support, t-shirts are provided.

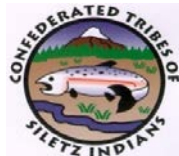
For information & registration form, please call 541 444-8230 or check <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/culture-and-language>



Address: 2468 West 11th 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 **September 2019**

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR



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 your cooperation...

Tribal Administration



Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Language Class	September 3	6-8pm
EAO Language Class	September 4	6-8pm
PAO Language Class	September 16 th	6-8pm
SAO Language Class	September 17 th	6-8pm

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

**EMERGENCY HOUSING ASSISTANCE FUNDING
FOR 2019**

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

2019

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

~OPEN~

Crisis/Shut-off/Regular OPENS
Siletz Tribal Members and households

**Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 Ext 1750**

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

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 Nora or Nick @ 541-484-4234

Thank you to those that have donated their bottle returns. It is so much appreciated



EAO Mini Library

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

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 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

!!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

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon. The clinic is contracting with a local provider, Eric Davis, MSW, BCD, LCSW, QMHP, MAC, CADC III, and JD Health and Wellness, to offer MAT services. MAT services to be provided include: medication treatment (SUBOXONE®/VIVITROL®/Antabuse), mental health counseling, and A&D counseling.

What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA)

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non-Native with close family ties. Initially, the program is able to accept 25 patients.

When will services be available: June 2019 (tentatively). For more information about the Salem MAT program, contact Delina John, CADC I, @ 541-444-9697.

Chinook Winds Casino Resort
Sign up for an electronic
newsletter: www.chinookwindscasino.com

Do you need assistance working in Oregon's legal marijuana industry?

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.

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

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 7th 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.

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

Education-September 2019

Nick Viles, Education Specialist

nickv@ctsi.nsn.us

541-484-4234 x1757

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

JOM: Youth News and Notes

College Prep!

High School Juniors and Seniors: NOW is the time to start thinking about college. Schedule an appointment SOON to discuss any questions about applying to college, scholarships, or tribal aid.

Community Culture Night

Tuesday, September 17, 5:00-7:00 pm: September's craft is naa-set necklaces. A light meal, shells, beads, and all supplies will be provided. See flyer for more details.

Upcoming Youth/Teen Events

Saturday, Sept. 21: The Youth Council will volunteer at the Elder's Wood Cut in Siletz, meeting to follow. Plan to depart EAO at 8:00 am.

TBA: Siletz Youth Conference. Workshops, games, and speakers for youth ages 12-18. Call for application deadline and details.

Homework Help/School Supplies

-After-school tutoring will resume in October

-School supply distribution for JOM students is ongoing throughout September. Drop by anytime to pick up supplies.

September

Youth Activity Calendar

Sept. 17:

Community Culture Night Naa-set Necklaces, EAO, 5:00-7:00 pm

Sept. 21: Youth Council Meeting, Siletz, depart EAO 8:00 am

Ongoing: School Supply Distribution, EAO, drop in basis

Get updates on upcoming events by signing up for the Youth Activities Email List!

Contact:

nickv@ctsi.nsn.us

Higher Ed/AVT: News and Reminders

Higher Ed and Adult Vocational Training

The deadline for the 2019-20 school year was June 30. The next application cycle will be for the 2020-2021 school year. Deadlines for the 2020-2021 School Year:

-Apply for FAFSA: January 31, 2020

-Completed Application: June 30, 2020

Students interested in attending a clock-hour school (i.e. truck-driving or cosmetology school) are still eligible to apply on a case-by-case basis.

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. There is no application deadline. Call for details.



Community Beading Class

Tuesday, September 17, 2019

5:00 pm - 7:00 pm

Eugene Area Office

Light Meal Provided

September Activity: Naa-set Necklaces

Beads and supplies will be provided. Call Nick Viles with questions or to sign up

Co-sponsored by JOM and the Eugene Area Office





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 for the Eugene Area Office will be held Wednesday, September 4, 2019. Class starts at 6:00 pm and a light meal will be provided.

A special Parenting class is being held on Thursday, September 05, 12, 19, 26, 2019. Class starts at 5:30 pm and a meal will be provided.

The annual Run to the Rogue is scheduled for September 6th through the 8th. Registration forms are available on the tribal website or at the Eugene Area Office.

The next Elder's Council Meeting is scheduled for Saturday, September 21, 2019 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for September, 2019 is Daughtry at the casino on September 6th and 7th. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Bill Engvall will be at the casino on October 11th and 12th.

There will be a Diabetes Support Class on September 25, 2019. 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 walking is from 12:15 pm until 12:45 pm.

For information on the Distribution Schedule for Fishing and Hunting Tags go to the July issue of the Siletz News.

All area offices will be closed on Monday, September 2, 2019 and Tuesday September 10, 2019.

Savvy Caregiver in Indian Country Training Mondays, September 30th and November 4th 1:30-3:30pm

Jim Swanson, 541-683-8766

jimswanson38@comcast.net

Siletz Tribal Home Visiting

Notice

We are excited to inform you that the home visiting program has moved under the 477-SSP program and will continue to serve Siletz Tribal families. There, however, have been a few minor changes made to the program under the new funding source. The two areas that you will notice changes in are ELIGIBILITY and INCENTIVES.

ELIGIBILITY

The Siletz Tribal Home Visiting program will now be following new eligibility guidelines. To be eligible for the program, families must meet the criteria below:

- Siletz Tribal Head of household or dependent child;
- Family must be considered “at risk” and these factors include:
 - Income below 300% federal poverty level for last 30 days
 - Households that reside in rural locations that have limited employment opportunities
 - First time parent
 - Households with at least one adult without a post-secondary certificate
 - Family experienced trauma, chemical dependency or mental health barriers

Note – Effective January 1, 2019, these guidelines pertain to all newly enrolled families.

INCENTIVES

Effective January 2019, families will no longer receive incentives in the form of gift cards for their participation in the home visiting program. Families will receive incentives in the form of a point system for attending home visits and family activity nights. You then use the points to “buy an item”. This will be evaluated after six months to assure the program can continue sustaining the new incentive system dependent on funding.

If you have any questions contact Jessica Phillips, Program Coordinator.

(541) 484-4234 or Jessicap@ctsi.nsn.us

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 listed below.

EUGENE AREA OFFICE

2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

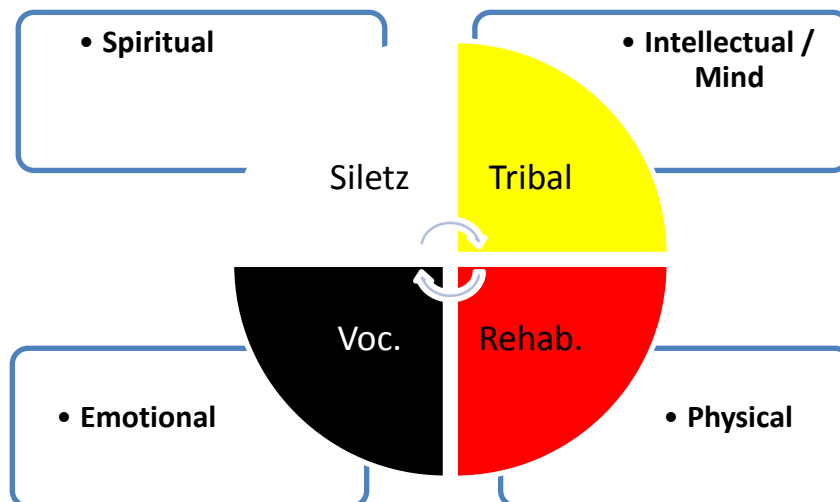
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

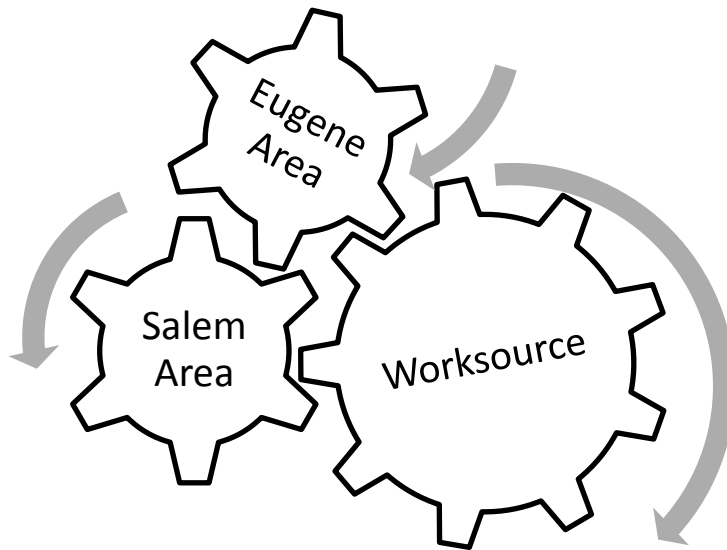
EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **DANA RODRIGUEZ**, Program Aide; **Toni Leija**, Counselor/Job Developer

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



Connectivity through Accessibility



Worksource Oregon in Albany and Salem have Partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at one of these office locations on:

Thursdays from 9-12:30pm at these locations:

Albany Worksource
139 4th Ave SE
Albany, OR 97321

Salem Worksource
605 Cottage Street NE
Salem, OR 97470

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit one of the two centers.



Savvy Caregiver in Indian Country Training



Eugene Area Office:

Mondays, 1:30 – 3:30 pm

September 30th – November 4th



Savvy Caregiver in Indian Country is a program for Native people and is designed to help caregivers provide care and support for someone with Alzheimer's or Dementia. It is a six-part group program which lasts approximately two hours per part

Savvy Caregiver in Indian Country is a culturally-adapted program, developed by Dr. J Neil Henderson, Oklahoma Choctaw, and Executive Director of the Memory Keepers Medical

Discovery Team on Health Disparities at the University of Minnesota Medical School.

These free classes offer care strategies, resources, and support to the caregiver. Savvy Caregiver training teaches the caregiver to know the stages of dementia. Knowing the stage allows the caregiver to use activities and tasks that better fit the abilities and capabilities of their loved one resulting in more hours of “contented involvement.”



Training will be provided by staff from the Confederated Tribes of Siletz Indians.

To sign up for this important informational training contact:

Jeramie Martin
541-444-8385

477 Self-Sufficiency Program

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 Jen to schedule an appointment at x1756.



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.

Long Distance Calls:

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

Schedules:

Jens hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services, General Assistance and TANF

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer is out.

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

WEX/Grant Assistance

Dates to remember in September 2019

Friday	August 30 th	TANF/GAF
Monday	September 2 nd	Labor Day HOLIDAY CLOSED
Thursday	September 5 th	Self-Sufficiency documentation due
Thursday	September 5 th	Parenting Class EAO @ 5:30pm
Friday-Sunday	September 6-8	Run to Rogue
Friday	September 6 th	WEX Payday
Monday	September 9 th	WEX Timesheets Due
Tuesday	September 10 th	All Treaty Day HOLIDAY CLOSED
Thursday	September 12 th	Parenting Class EAO @ 5:30pm
Thursday	September 19 th	Parenting Class EAO @ 5:30pm
Friday	September 20 th	WEX Payday
Tuesday	September 24 th	Time Sheets Due
Wednesday	September 25 th	Diabetes Support Group 6-8pm
Thursday	September 26 th	Parenting Class EAO @ 5:30pm
Friday	October 4 th	WEX Payday

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 Jen 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
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic 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
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

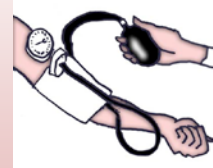
Siletz Community Health

Blood Pressure Screenings



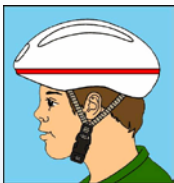
At the Siletz Eugene Area Office

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.

FREE PARENTING WORKSHOP IN EUGENE!

FAMILY SUPPORT AND BEHAVIORIAL HEALTH
DEPARTMENT

Free Dinner, Childcare, and Raffle
Items Will Be Provided.



To RSVP Please contact:

Shayne Platz CLUSI Eugene Outreach Office

541-297-3450

Adrienne Crookes Siletz Eugene Area Office

541-484-4234

When: September
2019
(Thursdays)

September 5th
September 12th
September 19th
September 26th
October 3rd

Time:

5:30-7:30pm

Where: Siletz
Outreach Office
2468 W 11th Ave
Eugene OR 97404



Co-sponsored by The CTCLUSI Family Support and
Behavioral Health Department and the
Confederated Tribes of Siletz Indians.





Wednesday, September 25th

From 6:00-7:30 p.m.

**At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR**

Did you know that 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**

September is Head Lice Prevention Month

Adrienne Crookes, Community Health Advocate

Take Precautions

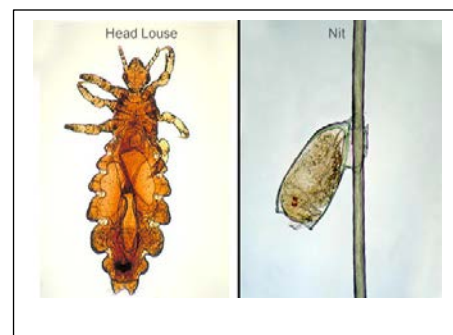
When people, especially kids, come into close contact or share belongings, lice can easily pass from one person to another. This is true even if you teach children good hygiene and practice it yourself. But by taking some precautions, you may be able to prevent your child from getting or spreading head lice.

Practice Good Habits

1. To reduce the chance of you or your child catching a case of head lice, start by not sharing items that touch the head. Lice can crawl from an object to your head. Avoid sharing: combs and brushes, hair accessories, hats and helmets, scarves and coats, towels, headsets and earbuds.
2. Minimize head-to-head contact. Ask your child to avoid games and activities that lead to head-to-head contact with classmates and other friends. Put long hair in a ponytail or braid.
3. Separate personal belongings. Shared spaces and shared belongings can be breeding grounds for lice. Closets, lockers, drawers, and coat hooks can create an easy opportunity for lice to pass from one person's belongings to another. Ask your child to keep their belongings out of common areas, if possible.

Early Actions

Schools may report a head lice infestation so that parents can take preventive measures with their families. If this happens, take action as soon as possible. Look in your child's hair for small white nits, the eggs of lice. Inspect your child's clothes...particularly hats, shirts, scarves and coats that have been worn during the past 48 hours, looking for lice and eggs.



For more information about head lice, visit npa@headlice.org

Encourage Kids to Eat More Fruits & Veggies

Eating fruits and vegetables is part of a healthy diet* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.



10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.



Important Elements—Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.
- Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.
- Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.

*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p>Confederated Tribes of Siletz Indians of Oregon Tribal Identification Siletz Tribal Roll: #99999 DOB: 09/01/2006 BQ: 4/4 Issue Date: 3/18/2016 Expiration Date: 3/18/2016 Height: 5' 10" Weight: 150 lbs. <small>Enacted Per Resolution 2016-088 effective 3/18/2016</small></p> <p>Siletz Valley Charter School 245 NW James Frank Ave, Siletz, OR PO Box 123456 Siletz, OR 97380-9999</p>	 <p style="text-align: center;">WARRIORS Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal Hunting & Fishing License Not valid without seasonal License No.</p> <p style="text-align: center;">99999</p> <p style="text-align: center;"><small>If found, return to: CTSI/Enrollment PO Box 549 Siletz, OR 97380 (800) 922-1399 ext. 1258</small></p>
<i>Front of ID Card</i>	<i>Back of ID Card</i>

If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All
Related



ELDERS WOODCUT

LAST ONE IN 2019

Saturday, 8:00 am – 2:00 pm

Near USDA on Logsdan Road in Siletz

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

Rain or Shine

SATURDAY

SEPT 21

JOIN US!



SNACKS, WATER & PIZZA LUNCH PROVIDED

Bring your own gloves. Bring axes and chainsaws if you have them.

Wood splitters and tools provided on site.

Tribal Elders who need firewood delivered must call the Elders Program to be added to the list.

Raina (541) 444-8261, Anita (541) 444-8220,

REMINDER
Salmon Tags
(for cultural fishing at Tribal
cultural fishing sites only)

Available Starting
September 3, 2019

Natural Resources Office

First Come First Served

Call Natural Resources Manager Mike
Kennedy at 541-444-8232 if you have
questions

REMINDER
Elk Tag
Applications Due
September 27, 2019

Applications available starting
September 3, 2019 at the Natural
Resources office and on the Tribal
website under Natural Resources

Call Natural Resources Manager Mike
Kennedy at 541-444-8232 if you have
questions

REMINDER
Deer General Rifle Tags
Available Starting
August 19, 2019

Natural Resources Office

First Come First Served

Call Natural Resources Manager Mike
Kennedy at 541-444-8232 if you have
questions



2019 Elk Tag Drawing Info

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 7th at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 3rd and are **due September 27th** in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 8 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

**2019-2020 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	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/28-11/1**	8/19	First Come First Served
	Antlerless or Spike – Adult	8	10/19-11/1	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/28-11/3	Lottery applications available 8/5; due 9/6 ; drawing 9/9; tags issued 9/11	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/16-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 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 6/3; due 7/3 ; drawing 7/8; tags issued 7/9	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/9-11/12	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 10/8	Lottery
	2 nd Season Rifle	25	11/16-11/22		
	Antlerless	8	Various seasons beginning 1/1/20	Lottery applications available 9/3; due 9/27 ; drawing 10/7; tags issued 12/2	Lottery
	Late Archery Antlerless	56	11/23-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	9/3	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 9/28 - 11/3 (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 2019-2020 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.

USDA distribution dates for **SEPTEMBER 2019**

Siletz

Monday	September 2	Holiday
Tuesday	September 3	9:00 am-3:00 pm
Wednesday	September 4	9:00 am-3:00 pm
Thursday	September 5	9:00 am-3:00 pm
Friday	September 6	9:00 am-3:00 pm
Monday	September 9	9:00 am-3:00 pm

Salem

Monday	September 16	1:30 pm – 6:30 pm
Tuesday	September 17	9:00 am – 6:30 pm
Wednesday	September 18	9:00 am – 6:30 pm
Thursday	September 19	BY APPOINTMENT ONLY

BEEF AND BEAN BURRITOS

Ingredients:

- 24 oz. canned beef (drained & rinsed)*
- 10 tortillas*
- 1 chopped onion *
- 1 clove garlic, minced
- 2 (15oz.) cans black beans (drained) *
- 1 tbsp. Cajun seasoning
- ½ tsp. salt & pepper to taste
- 1 c. shredded cheese *
- 1 can tomato sauce*
- 1 sliced green bell pepper*
- Instant mashed potatoes (to thicken)*

Preparation:

Wrap tortillas in foil and warm in oven at 350 degrees for 15 minutes. Meanwhile, cook beef, onion and garlic and green pepper and black beans in a skillet until browned. Stir in tomato sauce, Cajun seasoning and salt. Cook 3 minutes over medium heat. Remove from heat and thicken the mixture with instant potato flakes, adding just a little at a time until it is the desired consistency. Spoon 1/2 cup beef mixture into center of each tortilla. Top with cheddar cheese. Tuck two sides over filling and then roll up. Heat a skillet over medium high heat with a little vegetable oil. Fry the burritos until crispy. Recipe makes up to 10 burritos.

* Indicates commodity foods used

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

Like us at SILETZ TRIBAL FDPIR

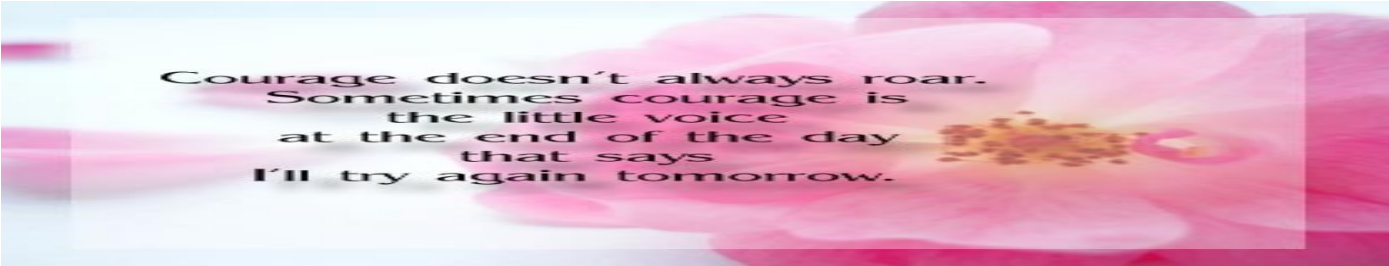
Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Warehouseman/Clerk
541-444-8279

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Holiday All Siletz Tribal Offices CLOSED	3 USDA Distribution Siletz 9-3pm Salmon Tags Available Elk Tag Applications	4 USDA Distribution Siletz 9-3pm	5 USDA Distribution Siletz 9-3pm Parenting Class EAO @ 5:30	6 Run to Rogue Pay Day USDA Distribution Siletz 9-3pm	7 Run to Rogue
8 Run to Rogue	9 Timesheets Due USDA Distribution Siletz 9-3pm	10 All Treaty Day Holiday All Siletz Tribal Offices CLOSED	11	12 Parenting Class EAO @ 5:30	13	14
15	16 USDA Distribution Salem 1:30-3pm	17 USDA Distribution Salem 9-6:30pm Beading Class EAO 5-7pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem By Appt. ONLY Deer Tags Available Parenting Class EAO @ 5:30	20 Pay Day	21 Elders Woodcut 8-2pm Elders Mtg 1pm Ace's Youth Council Mtg Siletz
22	23	24 Timesheets Due	25 Diabetes Support Group 6-8pm	26 Parenting Class EAO @ 5:30	27 Elk Tag Applications Due	28
29	30 Savvy Caregiver in Indian Country EAO 1:30-3:30pm	1	2	3	4 Pay Day	5

**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
Adrienne Crookes, Community Health Advocate x1753
Sherry Addis, Elders Wex
Nora N Williams-Wood, Clerk x1750
Vacant, Elders On-Call Transport**



Courage doesn't always roar.
Sometimes courage is
the little voice
at the end of the day
that says
I'll try again tomorrow.

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