

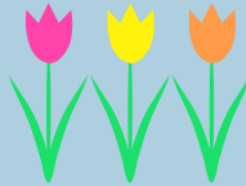
Portland Potlatch

APRIL 2019

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Happy Spring!



Attention Siletz Tribal Members!

The Siletz Tribal Housing Department, has new information to share with you, on page 5!

Last Minute Free Tax Resources

The deadline for individual tax returns is **April 15th**, and it's 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:



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

- 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).

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., 4/13 Elders Council - 1 PM
- Fri., 4/19, Regular Council 8 AM

Community News

Final Moccasin Class

For the month of April we will be hosting our 3rd and final moccasin class in place of beading group, for those who are finishing up their moccasins.

Monday, April 15th
5:30 PM—7:30 PM

For more information about future classes at PAO, please call Rebecca Downey at PAO.

PAO Elders Potluck

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



Weather permitting, we will next meet:

Monday, April 29th
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 Angie Artiago.



Elder's Shopping Day

The next elders shopping

day will be:

April 3rd & 17th at 10 AM

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele at: (503) 760-4746 or Angie Artiago at (503) 760-3899.

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.



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 2018 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.

Garden Club

April Garden Club

Do you want to garden, but don't have the garden space? Then, join Garden Club!

Tues. April 23rd
5:00—7:30 PM



Location: Portland Area office

We are seeking tribal member volunteers who are interested in operating our community garden plot thru Portland Parks and Rec. All participating gardeners will have the opportunity to grow their own vegetables or fruits at the garden.

Also...In coming months, garden club will take part in activities outdoors, including a work party day at the garden.

If you are interested in joining and participating in activities, please call PAO and speak with Andrew Johanson at (503) 238-1512.



What to Plant in April?

Start Seedlings Indoors

Artichoke*
Arugula
Asian Greens
Beets
Broccoli*
Brussels Sprouts
Cabbage (early types)*
Carrots
Cauliflower*
Celeriac* 4/15
Celery* 4/15
Chard
Choi
Cilantro
Collards

Plant starts Outdoors

Dill
Endive*
Fennel (bulbing)*
Jer. Artichoke*
Kale*
Kohlrabi
Leeks*
Lettuce
Mustard Greens
Peas
Radicchio
Salad greens
Scallions
Sorrel
Spinach

Community Health

Diabetes Support Group



We usually serve a light lunch of fresh fruits, salad, soups, and lean meats on occasion. All tribal members and their families are welcome. Please join us.

**Wednesday, April 10th
Noon—2 PM**



Verdene's Office Hours:

My current office hours for 2019 are from 10 AM to 4:30 PM Monday to Friday. Please call me with any questions. at (503) 238-1512 X 1413.

Your Monthly Meditation



The Issue:

"I feel adrift. I don't know what I want out of life, right now."

The Meditation:

Sit in a comfortable position, in bed or in your favorite chair. Settle your breathing, close your eyes, and as you breathe, mentally repeat the words "I am." Whenever

your attention drifts away from the words to other thoughts (which is natural), gently restate the words "I am" again. After 5 minutes stop repeating, and start asking yourself "What do I want?" Don't feel like you have to answer it — just ask it. Repeat the question 2 to 4 times —let your mind settle down and see what bubbles up. Sometimes we're so distracted by stress that we never take time to settle down and listen to what our body, mind, and soul are telling us.

Article by Mallika Chopra, founder & CEO of Intent.com



10 Steps to a Healthier, More Vibrant Life!

1. Take time for physical activities.
2. Eat a healthy nutritious and well balanced diet.
3. Learn to relax. Use the 16-second rule, breaking it into 4 equal parts. Breathe in to the count of four. hold for the count of 4. Breathe out for the count of 4. hold for the count of 4.
4. Practice daily meditation.
5. Simplify.
6. Learn to trust your intuition.
7. Practice gratitude.
8. Live in The present.
9. Nurture healthier relationships.
10. Give back. It is a selfless act that can help you lead a healthier and more satisfying life. *Written by: Debbie McGauran*

Siletz Tribal Housing Department

Attention Siletz Tribal Members! The Siletz Tribal Housing Department has News to Share with You!



NESIKA ILLAHEE (Our Place)

In 2018 the Confederated Tribes of Siletz Indians (CTSI) began discussions with the Native American Youth and Family Center (NAYA) on a potential partnership opportunity to provide affordable housing in Portland for Siletz Tribal members. A limited partnership was formed to develop a 59-unit apartment complex known as the Nesika Illahee. Through the CTSI contribution of Indian Housing Block Grant funds to the Nesika Illahee, this will be the first housing project in Portland to have units designated specifically for Native American families.

The unit mix is (13) Studios, (30) 1-Bedroom, (9) 2-Bedroom, and (7) 3-Bedroom. NAYA and the Native American Rehabilitation Association Northwest (NARA) will provide a multitude of on-site services that focus on the needs of the Native community.

The Nesika Illahee is currently under construction, located on the corner of NE Holman and 42nd Ave in Portland's Cully neighborhood. It is near NAYA, a beautiful city park, and Portland Community College's workforce center; close to community resources for residents to thrive.

The goal is for the units to be ready for occupancy by the end of 2019. If you are interested in more information, please contact:

Sami Jo Difuntorum (541)444-8312 samijod@ctsi.nsn.us

Brett Lane (541)444-8317 brettl@ctsi.nsn.us

Isaac DeAnda, Sr. (541)444-8314 Isaacd@ctsi.nsn.us

Temporary Tribal Student Housing Assistance

Siletz Tribal Housing Department will be accepting applications on May 1st, 2019!

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance (TTSAP) Program (TTSAP) will be accepting applications beginning May 1st 2019. Students who are planning on attending college away from home, should apply for

(Continued on page 5)

Education & Youth Update

Youth Council Meeting



Middle school and high school youth are invited to join the Siletz Tribal Youth Council on:

**Saturday, April 20th at 11 AM
Salem Area Office**

If you are a Siletz Tribal teen please plan to join us for a fun afternoon meeting with other Siletz tribal members from Salem, Eugene, Portland and Siletz.

Please contact Katy for transportation.

The Youth Council is an opportunity for our Siletz youth (middle school, high school and college) to gain leadership skills, volunteer and do service work in our community. This is a way to find out how we can help our tribe and also to have a great time together.

Family-Culture Night:

Dentalium Necklaces & Learn to Painted Rawhide Parfleche

A light dinner will also be served.

**Thursday, April 18th, 5:30PM
Portland Area Office
12790 SE Stark Street**

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.

Temporary Tribal Student Housing Assistance

Siletz Tribal Housing Department will be accepting applications on May 1st, 2019!

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance (TTSAP) Program (TTSAP) will be accepting applications beginning May 1st 2019. Students who are planning on attending college away from home, should apply for assistance for the 2019-2020 school year. Please contact Katy or our Housing Program for assistance.

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 academ-

ic 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.

Important Note:

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.

To obtain an application you can download the application from the Tribe's web site at www.ctsi.nsn.us, or contact Katy or our Housing Department in Siletz at 1-(800)922-1399 X1322.

Sewing Volunteers Needed:



Help Sew Items For Culture Camp

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 please give us a call. We will need to hem 80 to 100 shawls for our Annual Culture Camp. Please contact Katy at (503)-238-1512.

Story Telling with Ed Edmo & Puppets



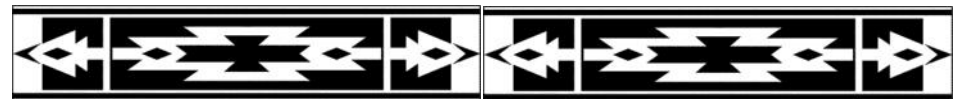
Preschool Children are invited to hear stories by Ed at the Portland area Head Start

Wednesday, Apr. 10th, 2019

at 10 AM

**12727 SE Market Street, Portland
OR 97233**

Call Katy if you are in need of transportation.



Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

USDA

Siletz

Monday	April 8th	9 AM — 3PM
Tuesday	April 9th	9 AM — 3 PM
Wednesday	April 10th	9 AM — 3PM
Thursday	April 11th	9 AM — 3PM
Friday	April 12th	9 AM — 3PM

Salem

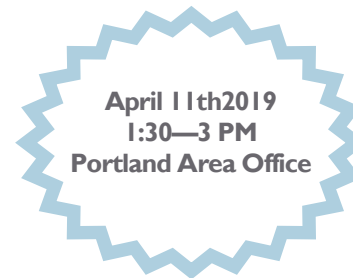
Monday	April 22nd	1:30 PM — 6:30 PM
Tuesday	April 23rd	9 AM — 6:30 PM
Wednesday	April 24th	9 AM — 6:30 PM
Thursday	April 25th	By Appointment Only

In April, I will be attending our regional conference. The conference runs from April 1st through the 5th. Because of this, Siletz distribution will be the second week of the month. Please make it a point to come for your scheduled appointment or it will be difficult to re-schedule. And, Salem distribution will also be a week later than normal so that we can receive our food shipments during the 3rd week. **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: CTSI FDP Director (541) 444-8393**

477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

This is a good opportunity to meet and learn from others like you who are working toward their goals!

477-SSP Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native,

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.

Survey Says?

Siletz News would like your feedback

We are excited to announce, in our efforts to reach more readers and reduce paper, Siletz News is considering a move online!

This earth friendly shift will allow readers access to important information whenever you chose.

Please give us your feedback by following the online link below or scanning this QR Code. This anonymous survey takes two (2) minutes to complete.

<https://www.surveymonkey.com/r/Q7YWZ6N>

For more info, call Andy at 541-444-8293

**Print News?
Online Newspaper?
Go Online &
Voice Your Opinion
Now!**

<https://www.surveymonkey.com/r/Q7yWZ6N>

(Continued from page 3)

assistance for the 2019-2020 school year. Please contact Katy or our Housing Program for assistance.

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.

Important Note:

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. To obtain an application you can download the application from the Tribe's web site at www.ctsi.nsn.us, or contact Katy or our Housing Department in Siletz at 1-(800) 922—1399 X1322.

April 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Elders Shopping Day 10 AM	4	5	6
7	8 Tule Mat & Athabaskan Language Class 5—8 PM	9	10 Ed Edmo at Head Start—10 AM Diabetic Support Luncheon Noon—2 PM	11 477-SSP: CAN Meeting 1:30—3 PM	12	13 Elders Council 1 PM—Lincoln City
14	15 Final Moccasin Class 5:30 PM Deadline to File Taxes!	16	17 Elders Shopping Day 10 AM	18 Family Culture night 5:30 PM	19 Regular Council 8 AM—Siletz	20 Youth Council 11 AM—Salem, OR
21	22	23 Garden Club 5:00 - 7:30 PM	24	25	26	27
28	29 Elders Potluck 5:30 PM—7PM	30				

Athabaskan Language

The culture department will be hosting two events at the Portland Area office on: (541) 444-8320 or (800) 922-1399 ext. 1320.

Monday, Apr. 8th
5:00 – 8:00 PM
Portland Area Office

Culture Craft Night

Tule Mat Making
5:00 to 7:00 PM



Siletz Tribal Members and their families are invited to come and learn to make Tule mats. All ages are welcome.

Contact: Bud Lane at budl@ctsi.nsn.us;

Sponsored by the Education and Culture Departments.

Nuu-wee-ya' (Our Words)

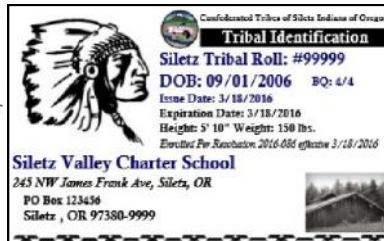
We will still be hosting our regularly scheduled monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web site:

www.siletzlanguage.org



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.



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.

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.

Salem Area Office:

Dana Rodriguez, Program Aide;

Toni Leja, Counselor/Job Developer

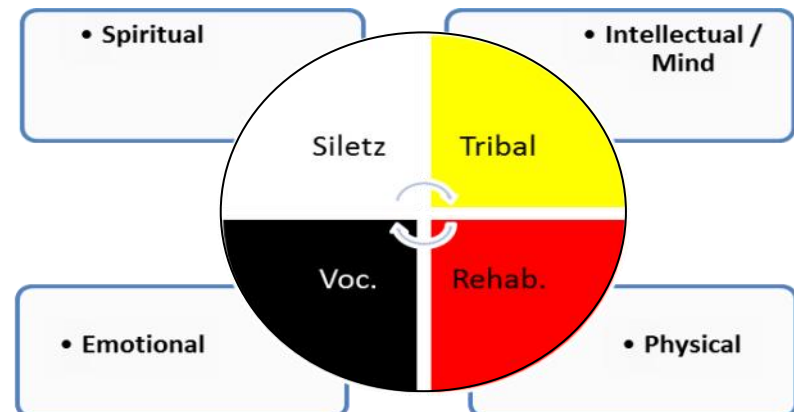
(503) 390-9494
 3160 Blossom drive NE, ste. 105
 Salem, OR 97305

Eugene Area Office:

(541) 484-4234
 Jeramie Martin, Program Director
 2468 West 11th
 Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
 Rachele Endress, Counselor/Job Developer
 201 SE Swan Ave
 Siletz, OR 97380



Behavioral Health—Mental Health

Preparing for Spring

Along with the rain, comes re-growth and new blossoms. Spring is a time to recover from our winter blues, and re-center for the summer months to come.

Activities for mental health in the spring:

- Spring is a good time to start getting outdoors more. This is Oregon, so it may be raining, but the weather is warming and the exercise is a great mental boost.
- Grow a garden, or even just plant a few plants in a planter box to tend. Weeding is hard work, but great relief for the mind.
- Don't forget about spring cleaning—get rid of that clutter and feel the relief in your head.
- Toss out one bad habit, and replace it with something healthier. It takes 21 days to make a habit stick, so keep up the hard work and it will pay off!

Good habits to boost your mental health:

- Drink a cup of tea every day.
- Hug a tree, or yourself, for 3 minutes.
- Brush your teeth every day.
- Don't watch the news, or limit this activity to times when you are not alone.
- Put down your electronic device more.
- Learn how to show yourself compassion like you would a dear friend.



Traditional Coping

For the people of the Siletz tribe, spring is a time to get outdoors and be in nature. It is a time for rope courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, collecting herbs and grasses for healing and smudging, pow-wowing, singing and dancing.



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 Wed, Thurs 8 AM—4:30 PM 1-(503) 390-9494</p>
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Behavioral Health—Alcohol & Drug Program



- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment



Generally, PAO Counselor Andulia WhiteElk Hours are:

<p>Salem Office</p>	<p>Monday, Tuesday and Wednesday 8— 4:30PM</p>
<p>Portland Office</p>	<p>Thursday and Friday 8— 4:30PM</p>

**Recognize
Acknowledge
Forgive
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

Help is Available & Confidential

Turtle
Ts'ee-ntelh



Home Visiting Program

Home Visiting Meets Garden Club

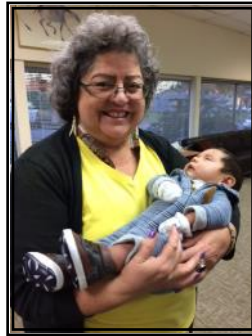


In March Home Visiting families joined with the Portland Garden Club for a fun evening. After sharing a meal people decorated terra cotta pots creatively and planted seeds. It was a good opportunity to find out some great gardening tips and how to be involved in the community garden. Thank you to all who came!



Our Home Visiting program provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health.

Family Spirit is evidence based and culturally sensitive to native families. If you are interested in our Home Visiting Program for parents of infants and toddlers (can begin prenatally and continues until your child turns three) please contact Lori Christy in the Salem office at (503) 390-9494.



Article and photos by Lori Christy, Salem Area Office.



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
**Confederated Tribes of
 Siletz Indians of Oregon**
Portland Area Office

Portland Area Office
 12790 SE Stark St., Suite
 102

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.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
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@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 andrew@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachel@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

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