

# CTSI Tribal Youth Online Academic Support

## Weekly Student Meet Ups

\*Homework  
Help with CTSI  
Staff

\*Connect with  
other tribal  
students

\*Every Monday  
4-5 pm via Zoom

## On-Demand Tutoring

\*Live Access  
to Professional  
Tutors 24/7

\*All Subjects and  
Grade Levels

\*Individualized Help

### PLEASE NOTE:

**On-line tutoring access is  
funded with US CARES Act  
Funds: Families MUST register  
by December 1, 2020**

To get started with either program contact your local education specialist:  
Siletz and Out of Area-Alissa [alissal@ctsi.nsn.us](mailto:alissal@ctsi.nsn.us); PDX- Katy [Katyh@ctsi.nsn.us](mailto:Katyh@ctsi.nsn.us);  
Salem and Out of Area-Sonya [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us); Eugene-Nick [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)

# 2021 Virtual Tribal Council Candidates Fair

The CTSI Election Board will host the 2021 Tribal Council Candidates Fair virtually due to the ongoing COVID-19 pandemic. It's our objective to protect the health and safety of the tribal membership and candidates while also encouraging participation in the election process.

**Date:** January 9, 2021

**Time:** 9:00am – 12:00pm

**Location:** Zoom

**Question Deadline:** January 6, 2021

The Candidates Fair will be held on the Zoom platform. For access to the meeting link and access code, please email [Elections@ctsi.nsn.us](mailto:Elections@ctsi.nsn.us). Please include your name and roll number in the email. The meeting link and access code will be distributed on January 8, 2021 by 5:00pm.

Election rules approved the Siletz Tribal Council (2020-345) state that the Election Board will not accept live questions from attendees. If you have questions for the candidates to be read by the moderator, please email the Election Board by the end of business on January 6, 2021. Questions received after this date will not be considered or asked of the candidates. A recording of the Fair will be available on the CTSI Tribal Member section of the website on January 10 – February 6, 2021.

## Voter Registration:

If you are not registered to vote in Siletz Tribal elections or need to update your signature card, please contact the Election Board as soon as possible by emailing [Elections@ctsi.nsn.us](mailto:Elections@ctsi.nsn.us) or by calling (800) 922-1399 ext. 1256 or (541) 444-8256.

## **Election Deadlines**

4 p.m.	Dec. 4, 2020	Deadline to file for candidacy
4 p.m.	Dec. 4, 2020	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m.	Dec. 9, 2020	Deadline to withdraw in writing from the Tribal Elections
4 p.m.	Dec. 9, 2020	Certified Candidate's List posted
Days of:	Dec. 11-12 2020	Voter's Pamphlet mailed out
Days of:	Dec. 14-15 2020	Absentee ballots mailed out
9 a.m. – 12 p.m.	Jan. 9, 2021	Candidates Fair – Zoom (email for link and access code)
4 p.m.	Jan. 29, 2021	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 6, 2021	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 6, 2021	Deadline for returning absentee ballots

NAA-CHAA-GHITLH-NI  
SILETZ TRIBAL

ONLINE  
DECEMBER  
29TH & 30TH

# YOUTH CONFERENCE

FOR ENROLLED SILETZ  
YOUTH AND DESCENDANTS  
7TH-12TH GRADE

2020

WE ARE STRONG

**YOUTH SIGNED UP BY DECEMBER 7TH  
GET A FREE WELCOME BAG!**

TO REGISTER, EMAIL [NORAW@CTSI.NSN.US](mailto:noraw@ctsi.nsn.us)

CONNECT

BREAKOUT  
SESSIONS

ACTIVITIES

RAFFLES

**VIRTUAL  
CONFERENCE**

GUEST  
SPEAKERS

PRESENTED BY



FACILITATED BY



NATIVE WELLNESS  
Institute



**CTSI CHANGE TEAM**

# **LOGO DESIGN CONTEST**

**The CTSI Change Team is hosting a logo design contest! Entries will be judged based on creativity and best representation of the Change Team's values**

**ALL PARTICIPANTS WILL RECEIVE A SWEATSHIRT WITH THE NEW LOGO DESIGN. ONE CONTEST WINNER WILL BE AWARDED A \$25 AMAZON GIFT CARD!**

Submit your responses to [hannahg@ctsi.nsn.us](mailto:hannahg@ctsi.nsn.us) by December 31st.  
Art must be submitted digitally by picture or scan.  
Include your name and address to receive prizes.

**Open to all Siletz Tribal Households! All ages may enter. One entry per person.**

# Like to Draw?



NOW SEEKING VOLUNTEERS  
TO HELP ILLUSTRATE  
BEGINNER PICTURE BOOKS  
IN OUR DEE-NI  
WEE-YA' LANGUAGE

Use your creativity to help support  
our littlest language learners

All Ages (toddlers to elders) and  
Skill Levels Welcome to Participate

To get started please contact:  
Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or Jessica Hibler  
([jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)) 541-484-4234

# The Eugene Area Office Newsletter December 2020

All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave a clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You!

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today  
Siletz Tribal Indian Child Welfare Department 541-444-8272

## Pharmacy 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

## EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2020

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  
[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

## 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 be access on-line from the tribal website, follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call:  
1-800-922-1399 Ext 1322  
(541) 444-8322  
FAX (541) 444- 8313



## 2020 Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

**Crisis/ Regular heating- May1<sup>st</sup>**

**All Siletz Tribal Households  
Crisis/Shut-off/Regular OPEN**

**Siletz Tribal Members and households**

**Contact: Nora Williams-Wood  
541-484-4234 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)**

## Email Reminders

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

Chinook Winds Casino Resort  
Sign up for an electronic newsletter: [www.chinookwindscasino.com](http://www.chinookwindscasino.com)



## *JOM: Youth News and Notes*

### Winter Break Movie:

Theatres may be closed but you can still enjoy a movie with other tribal families this Winter Break. Sign up by Wednesday, **December 16** to receive a **popcorn kit** and **DVD** of a fun children's movie. Watch anytime that is convenient for your family or drop by Zoom on Monday, December 21, 2020 at 6:30 pm for a pre-watch party with other families and students. Call or email for details and to sign up.

### December Youth Activity Calendar

Dec. 3: College Info Night, 6 pm

Dec. 5: Minecraft Video Game Tournament, time TBA

Dec. 21: Movie Pre-Watch Party, 6:30 pm

Dec. 29-30: Youth Conference

### Weekly Scheduled Events:

Mondays, 4-5 pm, Virtual Homework Help

Mondays, 5-6 pm, Dee-ni Wee-ya' Language Speaking Group, online

Wednesdays, 4 pm, Read Team, online

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Sign up for the Youth Events Email List for updates and reminders

Contact:

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

### December Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the December highlights below and then call/email to sign up for the Youth Activities Email List or check out the CTSI Youth Facebook Page for up-to-date announcements:

**Read Team:** Read Team is continuing into the school year. K-12 students can still sign up to receive free books and attend weekly meet-ups with tribal staff and other tribal youth (Wednesdays at 4 pm).

**Homework Help:** Drop-in sessions will continue on Mondays until the end of the term at 4-5 pm via Zoom—call/email for details.

**Minecraft Tournament:** Log on for a friendly video game competition with other tribal youth and win cool prizes. Saturday December 5. Call or email for details and info about how to sign up.

### Extracurricular Opportunities:

**JOM:** JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for students from any federally recognized tribe.

**Siletz Youth Activity Fund:** Offers up to \$150 per year to cover costs for extra-curricular activities as well as cultural activities or supplies for Siletz tribal members. Call for details.

# Higher Ed/AVT: News and Reminders

## 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, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

## Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Applications for the 2021-2022 school year for both new and continuing Higher Ed and AVT students are due **JUNE 30, 2021** but to be eligible for funding you must complete a federal financial aid application (FAFSA) by **January 31, 2021**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

If you have any questions about filing out the FAFSA, signing up for the SAT/ACT, finding schools or training programs, applying to schools, additional scholarships, and/or how to apply for tribal assistance please don't hesitate to make an appointment today or check out the **Virtual College Info Night on December 3 at 6 pm** (see flyer for details).

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Applying to college or university? Do not forget these three important steps:

### 1. Fill out FAFSA

Applications for FAFSA opened on October 1. Apply online: [www.fafsa.gov](http://www.fafsa.gov) before January 31, 2021 to be eligible for tribal aid.

### 2. Apply to College/University

Be sure to pay attention to application deadlines at college and universities. Many schools have deadlines in January and February, less than six weeks away!

### 3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Early deadline Feb. 15; final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov>



# CTSI Virtual College Info Night

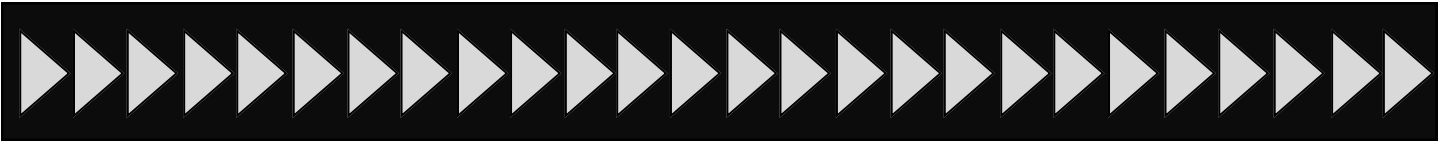
**TUESDAY,  
DECEMBER 3  
6:00 PM**

GET INFO ABOUT:

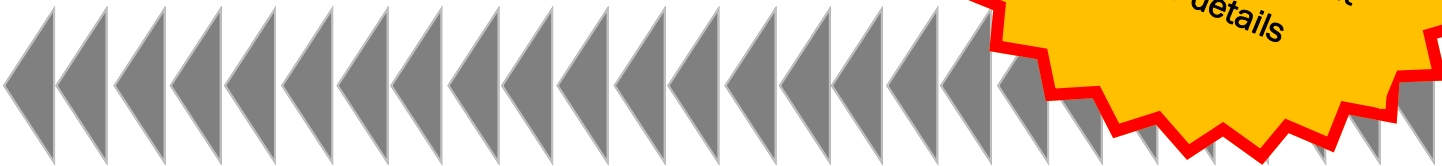
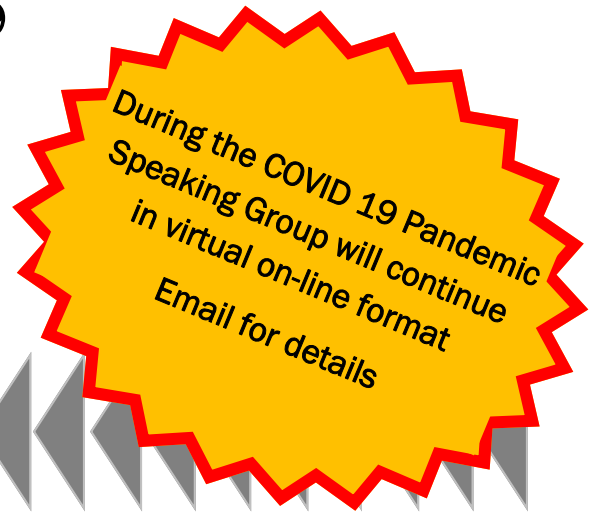
- ◆ Applying to College/University
- ◆ Tribal Grants and Scholarships
- ◆ Student Housing
- ◆ Financial Aid/FAFSA
- ◆ Important Deadlines
- ◆ Tribal Student-Support Programs
- ◆ **Plus: Meet advisors from local colleges and universities**

**All Students and Families Welcome**

Contact [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) to sign up and for login information



# Nuu Wee-Ya' Lhetlh-xat



## Weekly Dee-ni Language Speaking Group

\*DECEMBER DATES: Mondays DECEMBER 7 and 14 5:00-6:00 pm

\*Due to the COVID 19 Pandemic-speaking group will meet on-line

**\*All ages and skill levels welcome as are first-time participants**

\*No prior knowledge needed

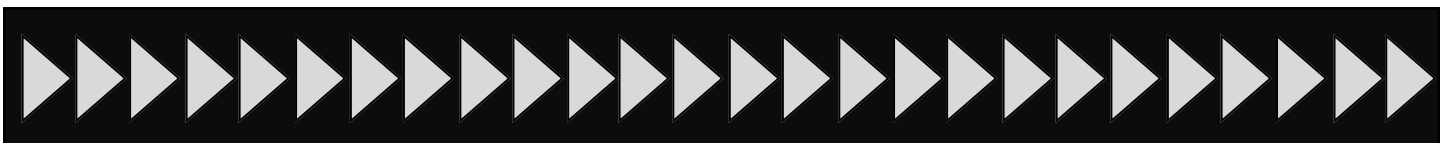
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\*Learn How to Use In-Home Based Language Learning Methods

\*Help Build Your Speaking Community

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Contact Nick Viles at x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for instructions on how to join the virtual meetings



## 477-Self Sufficiency Program – Essential Services during COVID

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

# 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**  
[adriennec@ctsi.nsn.us](mailto:adriennec@ctsi.nsn.us)

## 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 [www.OregonHealthCare.gov](http://www.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,**

## 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 Clinic

## Flu Shot Access – New This Year

In response to COVID-19, the Eugene area office is unable to offer flu shots this year. We hope to return to providing flu clinics next year, but for now want to do our part to keep you safe. There are TWO ways to get your flu shot:

- At the Siletz Community Health Clinic or YOUR primary care provider during regular business hours.
  - Schedule an appointment
  - Drive through flu clinics at SCHC – watch for information
- Your Pequot card at YOUR local pharmacy
  - Pequot is accepted at all CVS network pharmacies that currently accept your Pequot card.
  - You or your pharmacist can contact Pequot at 1-888-779-6638, if you have any questions.
  - Using your Pequot card will NOT reduce your annual Pequot benefit.

Stay safe and stay healthy!



# Produce Plus Food Rescue



## Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:00 pm. Any produce that is not picked up at this time can be picked up later on in the week from 9 am–Noon. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required. If you don't have a mask, one will be provided.

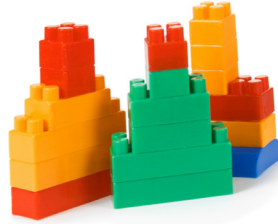
Please bring your own bags or cooler to transport your food. You may call ahead and check on the availability of food.

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

This food is collected and distributed by Food for Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

# December Is Safe Toys and Gifts Month

In the United States, emergency rooms treated **251,800 toy-related injuries**, according to the report issued last year from the U.S. Consumer Product Safety Commission (CPSC). 44% of the injuries were to the head and face area. An estimated 84,400 of all toy-related injuries, or 34%, happened to children younger than 5 years of age.



**Prevent Blindness** has declared December as Safe Toys and Gifts Awareness month and offers the following tips to keep the kids in your life safe:

- ▶ Avoid toys that shoot or include parts that fly off.
- ▶ Ask yourself or the parent if the toy is right for the child's ability and age. Consider whether other smaller children in the home that will have access to the toy.
- ▶ Avoid purchasing toys with sharp, spikes, rods, or dangerous edges.
- ▶ Buy toys that will withstand impact and not break into dangerous shards.
- ▶ Look for the letters "ASTM." This designation means the product meets the national safety standards set by ASTM International (American Society for Testing and Materials).
- ▶ Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking. If any part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of three.
- ▶ Do not purchase toys with long strings or cords, especially for infants and very young children as these can become wrapped around a child's neck.
- ▶ Always dispose of uninflated or broken balloons immediately.
- ▶ Magnets, like those found in magnetic building sets and other toys, can be extremely harmful if swallowed. Seek immediate medical attention if you suspect a child may have swallowed a magnet.
- ▶ KidsHealth.org recommends that bicycles, scooters, skateboards, and inline skates should never be used without helmets that meet current safety standards and other recommended safety gear, like hand, wrist and shin guards.
- ▶ Read all warnings and instructions on the box.

### Before letting children play with toys:

- ▶ Inspect toys for safe, sturdy construction.
- ▶ Explain how to use the toy.
- ▶ Fix or throw away broken toys.

For more information on safe toys and gifts for children, please visit [preventblindness.org/safe-toy-checklist](http://preventblindness.org/safe-toy-checklist). For more information on sports eye protection and safety, please visit [www.preventblindness.org/sports-eye-safety](http://www.preventblindness.org/sports-eye-safety).

## Quick Takes

Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid:

### Be Prepared

Wear eye protection for all hazardous activities and sports at school, home and on the job that could lead to an eye injury.

**DO** stock a first aid kit with a rigid eye shield and commercial eyewash (make sure it is not expired) before engaging in activities where an eye injury could occur.

**Cuts and Punctures of Eye and Eyelid**  
**DO NOT** wash out eye with water or any other liquid.

**DO NOT** try to remove an object that is stuck in the eye.

Seek emergency medical care immediately.

### Chemical Burns

Immediately flush the eye with water or any other drinkable liquid. Hold the eye under a faucet, shower or pour water into the eye using a clean container. Continue flushing for at least 15 minutes.

**DO NOT** assume that any eye injury is harmless. When in doubt, see an eye doctor promptly.

# Christmas Tree Safety Tips



- When decorating Christmas trees, always use safe tree lights. (Some lights are designed only for indoor or outdoor use, but not both.) Larger tree lights should also have some type of reflector rather than a bare bulb and all lights should be listed by a testing laboratory.
- Never use electric lights on a metal tree.
- Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used.
- Check your strands of lights to determine the number of strands that may be connected. Connect no more than three strands of push-in bulbs and a maximum of 50 bulbs for screw-in bulbs.
- Always unplug Christmas tree lights before leaving home or going to bed.
- Bring outdoor electrical lights inside after the holidays to prevent hazards and extend their life.
- Never use lit candles to decorate a tree, and place them well away from tree branches.
- Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles.
- When purchasing a live or cut tree, check for fresh, green needles.
- Choose a sturdy tree stand designed not to tip over.
- When purchasing an artificial tree, be sure it is labeled as fire-retardant.
- Children are fascinated with Christmas trees. Keep a watchful eye on them when around the tree and do not let them play with the wiring or lights.
- Store matches and lighters up high, out of the reach of children, preferably in a locked cabinet.
- Make sure the tree is at least three feet away from any heat source, such as fireplaces and radiators. Try to position the tree near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage, or placed against the house. Take advantage of the tree recycling opportunities offered in your neighborhood.





## Is smokeless tobacco safer than smoking?

**Smoking** is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

**Types of Chewing Tobacco**—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.



### Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.

### Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

### Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

### Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

### Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.

**Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available (option 7) 1-800-7848-663**



# 2020 Cultural Salmon Fishing Season

**October 31 - December 29, 2020**  
**Tribal License & Tag Required**

Tribal salmon tags may only be used to fish with DIP NET, GAFF HOOK,  
or SPEAR within posted areas at designated cultural fishing sites:

- ◆ Euchre Creek Falls (off Hwy 229)
- ◆ Little Rock Creek (above Hatchery off Logsdan Rd)
- ◆ Drift Creek (off Hwy 101)

**CONTACT NATURAL RESOURCES TO REQUEST A LICENSE & TAG**  
**(541) 444-8232, 800-922-1399 (EXT 1232), MIKEK@CTSI.NSN.US**

**2020-2021 Hunting and Fishing Tags  
Distribution Schedule**

**Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232**

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/3-11/6**	8/17	First Come First Served
	Antlerless – Adult	8	10/3-11/6	Lottery applications available 8/3; due <b>8/28</b> ; drawing 9/8; tags issued 9/9	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/3-11/8	Lottery applications available 8/3; due <b>8/28</b> ; drawing 9/8; tags issued 9/9	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/21-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/1; due <b>7/2</b> ; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/29-9/27	8/3 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/14-11/17	Lottery applications available 8/31; due <b>9/25</b> ; drawing 10/5; tags issued 10/6	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/21-11/27		
		Antlerless	11	Various seasons beginning 1/1/21	Lottery applications available 8/31; due <b>9/25</b> ; drawing 10/5; tags issued 11/30
	Late Archery Antlerless	56	11/28-12/13	<i>First Distribution:</i> 10/19 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/2 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	8/17	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 10/3 - 11/8 (2 additional days at end of general season)

\*\*\* Minus number of tags filled in Deer Early Bow Season. Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/9.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2020-2021 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 December 2020

## Siletz

Tuesday	December 1	9 a.m. – 3 p.m.
Wednesday	December 2	9 a.m. – 3 p.m.
Thursday	December 3	9 a.m. – 3 p.m.
Friday	December 4	9 a.m. – 3 p.m.
Monday	December 7	9 a.m. – 3 p.m.

## Salem

Monday	December 14	1:30 – 6:30 p.m.
Tuesday	December 15	9 a.m. – 6:30 p.m.
Wednesday	December 16	9 a.m. – 6:30 p.m.
Thursday	December 17	By Appt Only

## PUMPKIN ROLL

PREHEAT OVEN TO 375\*

### INGREDIENTS:

**3 EGGS**  
1 TEASPOON LEMON JUICE  
2/3-CUP PUMPKIN  
1-TEASPOON BAKING SODA  
1-TEASPOON NUTMEG  
3/4-CUP FLOUR  
1-CUP SUGAR  
1-TEASPOON BAKING POWDER  
2 TEASPOONS CINNAMON  
1-TEASPOON GINGER



Mix together all dry ingredients in a small bowl. Set aside.

Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well blended. Slowly add the dry ingredients. Mix well.

Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly in pan. Bake for 15 minutes. Do not over-bake.

Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

### FILLING

4 TABLESPOONS MARGARINE  
1 TEASPOON VANILLA  
8 OUNCES SOFTENED CREAM CHEESE  
1 TEASPOON LEMON JUICE  
1 CUP POWDERED SUGAR

Mix together all ingredients until smooth. Unroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.

**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.

# December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 TimeSheets Due  USDA Distribution Siletz 9-3pm  On-Demand Tutoring Last Day to Sign-up	2 USDA Distribution Siletz 9-3pm  Zoom Read Team 4pm	3 USDA Distribution Siletz 9-3pm  College Info Night Virtual 6pm	4 USDA Distribution Siletz 9-3pm  Deadline File Candidacy Submit Photo/Statement 4pm	5 Minecraft Video Game Tournament Time TBA
6	7 USDA Distribution Siletz 9-3pm  Zoom Homework Help 4-5  Weekly Speaking Group 5-7pm Virtual	8	9 Zoom Read Team 4pm  Deadline Withdraw in writing Tribal Elections  Certified Candidates List Posted	10	11 PayDay  Voters pamphlet mailed out	12 Voters pamphlet mailed out
13	14 USDA Distribution Salem 1:30-6:30pm  Zoom Homework Help 4-5  Weekly Speaking Group 5-7pm Virtual  Absentee Ballots mailed out	15 TimeSheets Due  USDA Distribution Salem 9-6:30pm  Absentee Ballots mailed out	16 USDA Distribution Salem 9-6:30pm  Zoom Read Team 4pm	17 USDA Distribution Salem Appt Only	18	19
20	21 Zoom Homework Help 4-5  Movie Pre-watch 6:30pm Need to sign up by Dec 16th	22	23 Zoom Read Team 4pm	24 PayDay	25 Christmas Day CLOSED	26
27	28	29 TimeSheets Due  2020 Youth Conference	30 2020 Youth Conference	31		

The Confederated Tribes of Siletz Indians  
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Vacant, Elders On-Call Transport



*Life is like a camera.  
Just focus on what's important and capture "The Good Times". Develop  
from the negatives and if things don't work out...  
Just take another shot.*

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