



## First Nations honors Elizabeth Peratrovich Day

From [indianguiver.firstnations.org/nl180102-06/](http://indianguiver.firstnations.org/nl180102-06/); posted Jan. 16, 2018

For the fourth year in a row, First Nations Development Institute (First Nations) will be closed on Feb. 16, 2018, in honor of Elizabeth Peratrovich Day. First Nations, headquartered in Longmont, Colo., is likely the first entity outside of Alaska to recognize this as an annual holiday.

Elizabeth Jean Peratrovich (Tlingit), who died in 1958, was an important civil rights activist who worked on behalf of equality for Alaska Natives. In the 1940s, she was credited with advocacy that gained passage of the Alaska Territory's Anti-Discrimination Act of 1945, the very first anti-discrimination law in the United States.

To quote her at the time: "I would not have expected that I, who am barely out of 'savagery,' would have to remind gentlemen with 5,000 years of recorded civilization behind them, of our Bill of Rights." She was responding to earlier comments by a territorial senator who asked, "Who are these people, barely out of savagery, who want to associate with us whites, with 5,000 years of recorded civilization behind us?"

In 1988 the Alaska Legislature established Feb. 16 as Elizabeth Peratrovich Day. First Nations President Michael Roberts (also Tlingit), who is from Alaska and related to Elizabeth, thinks Native organizations in the Lower 48 should also start recognizing this groundbreaking Native woman of national and even international significance.

**See Peratrovich on page 8**



Photo by Andy Taylor

Connor Mason and Brayden Marthaller both end up airborne during the #IAMTheChange 3-on-3 basketball tournament held at the Siletz Recreation Center on Dec. 26-29. The tournament during Christmas break helped children in grades four through 12 participate on teams divided by grade levels. Numerous people in the community served as coaches, referees and scorekeepers.

## National crisis line available for culturally based support for domestic violence

AUSTIN, Texas – In its first eight months of operations, the StrongHearts Native Helpline (1-844-7NATIVE) has taken calls from American Indians affected by domestic violence who represent 53 Tribal nations across 38 states, demonstrating the widespread need for culturally rooted resources to support Tribal communities affected by intimate partner abuse.

Since March, the StrongHearts Native Helpline, the first national crisis line for American Indians, Alaska Natives and Native Hawaiians facing domestic violence and dating violence, has responded to the unique needs of Native victims of

**See Helpline on page 15**

### Siletz CARE Program

Tribal help also is available through the Siletz Tribe's CARE Program, which offers confidential, safe, and culturally appropriate education and advocacy services to American Indian victims of domestic violence, sexual assault, dating violence and stalking within Lincoln County, as well as victims associated with Native families, such as a non-Native spouse. Call 541-444-9680.



Photo by Diane Rodriguez

Participants in the Candidates Fair on Jan. 13 at Chinook Winds Casino Resort include (l to r) Heather Walker, Frank Aspria Sr., Reginald Butler Sr., Bonnie Petersen, Sharon Edenfield, Angela Ramirez and Kent RT Rilatos. Not pictured: Joella Strong.

**All ballots for the 2018 Siletz Tribal Council election must be received by 4 p.m. on Feb. 3.**

**You can vote in person on Feb. 3 at the Tribal Community Center in Siletz, Ore., from 10 a.m. to 4 p.m.**

## Chairman's Report

From Matt Hill, our Tribal lobbyist in Washington, D.C.:

### Tribe Thanks Reps. Schrader, Walden for Tribal Labor Vote

On Jan. 10, the U.S. House of Representatives passed legislation called the Tribal Labor Sovereignty Act, which was supported by the Tribal Council. The bill affirms the rights of Tribal governmental employers to determine their own labor practices on their own lands.

The 1935 National Labor Relations Act, which provides federal protection of trade unions, has always excluded federal, state and local governments from its reach. In implementing the law, the National Labor Relations Board (NLRB) respected the sovereign status of Tribal governmental employers for close to 70 years.

For example, in the 1980s the NLRB ruled that the Confederated Tribes of Warm Springs' lumber mill was not subject to the NLRA – and that the Tribe was wholly responsible for determining labor standards there. In other words – that the Tribe has sovereign authority over labor issues on its own land.

More recently, however, the NLRB reversed course and has aggressively tried to assert its own jurisdiction over Tribal labor practices when it determines Tribal government employers are acting in a “commercial” rather than a “governmental” capacity. Such an analysis does not apply to state or local government employers.

The Tribal Labor Sovereignty Act (H.R. 986) would prevent an unnecessary and unwarranted overreach by the NLRB into the affairs of Tribal governments. By

amending the NLRA to expressly treat Tribal government employers and their enterprises and institutions the same as it treats state, local and federal government employers, H.R. 986 would provide corrective guidance to the NLRB and bring parity to Tribal government employers across the nation.

Of the five Oregon delegates to the U.S. House of Representatives, only Rep. Kurt Schrader (D-OR) and Rep. Greg Walden (R-OR) sided with Tribes and voted for the bill. I would like to personally thank these congressmen for stepping up and defending Tribes from an unwarranted overreach from the NLRB. This legislation and their votes reaffirm Tribal governmental sovereignty.

The Tribal Labor Sovereignty Act passed by a vote of 239-173 and now heads to the U.S. Senate for consideration.



Delores Pigsley

### Remembering our dear friend and co-worker

Cathern Elizabeth Tufts, Siletz Tribal member and staff attorney for the Confederated Tribes of Siletz Indians, passed away Jan. 23, 2018, from complications of influenza. She was 53.

Cat was preceded in death by her mother, Mary. Survivors include her father, Dennis Tufts, and brother, Bill Tufts, and his wife, Mary.

Kind and caring, Cat always had a smile and warm greeting for others. She could engage in conversation with anyone – from elders to youth. Hardworking and dedicated, Cat routinely worked well past quitting time. She volunteered at nearly all the elders woodcuts – among the first to show up and the last to leave.

Cat was not all work and no play. A music lover, she traveled great distances with family and friends to concerts by her favorite artists, like John Prine and Lyle Lovett. Her family was a priority and she made time to enjoy their company, including annual outings such as traveling to Arizona with her dad last year to attend a Seahawks game.

Cat had many wonderful qualities and touched the lives of many. She always gave her heart and soul for the betterment of the Siletz Tribe and its people and for that we are forever grateful to have known her.



*Siletz News* is free to enrolled Siletz Tribal members. For all others, a \$12 annual subscription fee applies. Please make checks payable to CTSI and mail to *Siletz News*.

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

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

Phone: \_\_\_\_\_

**Change of address:** Tribal members – contact the Enrollment Department at 541-444-8258; 800-922-1399, ext. 1258; or enrollment@ctsi.nsn.us. All others – call the newspaper office.

### Elders Council Meeting

Feb. 10 • 1-4 p.m.  
Chinook Winds Golf Resort

For more information, contact the Elders Program at 800-922-1399, ext. 1261, or 541-444-8261.

### Nuu-wee-ya' (our words)

**Introduction to the Athabaskan language**  
Open to Tribal members of all ages

#### Siletz

Siletz Tribal Community Center  
Feb. 5 – 6-8 p.m.  
March 5 – 6-8 p.m.

#### Portland

Portland Area Office  
Feb. 12 – 6-8 p.m.  
March 12 – 6-8 p.m.

#### Eugene

Eugene Area Office  
Feb. 6 – 6-8 p.m.  
March 6 – 6-8 p.m.

#### Salem

Salem Area Office  
Feb. 13 – 6-8 p.m.  
March 13 – 6-8 p.m.

Classes begin with basic instruction and progress over the year. They also are a refresher course for more-advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment.

For more information, contact Bud Lane at the Siletz Cultural Department at 541-444-8320 or 800-922-1399, ext. 1320; or e-mail budl@ctsi.nsn.us.

#### Send information to:

**Siletz News**  
P.O. Box 549  
Siletz, OR 97380-0549  
541-444-8291 or  
800-922-1399, ext. 1291  
Fax: 541-444-2307  
Email: pias@ctsi.nsn.us

**Deadline for the March issue is Feb. 9.**

**Submission of articles and photos is encouraged.**

**Please see the Passages Policy on page 20 when submitting items for Passages.**



**Member of the Native American Journalists Association**

# New computer lab project completed and ready for Tribal members to use

Grant funds provided by the Bureau of Indian Affairs (477-Self Sufficiency Program), along with funds provided by excess pledge revenue (EPR), allowed the Siletz Tribe to construct a computer lab and file room, and replace new Human Resources cubicles. The computer lab is located in the Siletz administration building behind the main reception area.

The computer lab will allow Tribal members to job search, complete résumés and participate in trainings provided by programs. Tribal programs will use the lab to provide client trainings and conduct meetings and orientations.

Tribal programs and administration will also utilize the lab to provide in-house staff trainings. This will help reduce travel costs as trainers could be brought to Siletz to provide training to more staff.

The lab has 12 work stations and a lectern station, smart board, printer access and projector system. The lab is for employment- and training-related purposes; it is not for personal or social media use.

For additional information and access to the computer lab, contact Kurtis Barker, 477-Self Sufficiency Program director, at 541-444-8247; 800-922-1399, ext. 1247; or kurtisb@ctsi.nsn.us



Photo by Andy Taylor

New computer lab in the Tribal administration building

## Job opening at Hee Hee Illahee RV Resort

TLC Holdings LLC is seeking an office assistant for the front desk of the Hee Hee Illahee RV Resort. Duties include routine office tasks, sales, good customer service and a variety of other tasks that require planning and organization. Salary is based on experience and the position is open until filled.

Call 503-984-1147 for more information.

Interested candidates should send a résumé to Jeremy Cearley, TLC Holdings LLC, via email to manager@heeheillahee.com, by fax to 503-463-6878 or by mail to Hee Hee Illahee RV Resort, 4751 Astoria St. NE, Salem, OR 97305.

## !! 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**

## New March deadline for 2018 summer internship program

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018.

Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the educa-

tion specialists at any Tribal area office to request an application.

This program helps Tribal students locate internship placements to gain work experience in their field of study. Ten slots are available for 2018.

Students can work up to 360 hours at Tribal minimum wage and can be placed within or outside of the Tribe. Placements can begin in June, but must be completed by Sept. 28, 2018.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana.)

Students should send a completed application and an unofficial copy of transcripts to:

By mail: CTSI  
Attn: College Internship Program  
PO Box 549  
Siletz, OR 97380-0549

By fax: 541-444-2307

By email: collegeinterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 16, 2018.**

## Siletz Community Dental Clinic

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10:30-11 a.m.

Afternoon check-in time is Monday-Friday from 1:30-2 p.m.

## Culture Craft Nights

### Rope/String Making

**Feb. 5 • 5-7 p.m.  
Siletz Tribal Community Center**

**Feb. 6 • 5-7 p.m.  
Eugene Area Office**

Siletz Tribal members and their families are invited to come and learn how to make string and rope the old way. All ages are welcome. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, budl@ctsi.nsn.us; 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments



## Culture Craft Nights

### Ch'ee-ta' yee-li' (Feather tying)

**March 5 • 5-7 p.m.  
Siletz Tribal Community Center**

**March 6 • 5-7 p.m.  
Eugene Area Office**

**March 12 • 5-7 p.m.  
Portland Area Office**

**March 13 • 5-7 p.m.  
Salem Area Office**

Siletz Tribal members of all ages welcome. Come and learn how to tie feathers for regalia and other uses.

Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own feathers/project, please bring them.

Contact: Bud Lane, budl@ctsi.nsn.us; 541-444-8320 or 800-922-1399, ext. 1320. Sponsored by the Education and Culture Departments



# February USDA distribution dates

## Siletz

Thursday	Feb. 1	9 a.m. – 3 p.m.
Friday	Feb. 2	9 a.m. – 3 p.m.
Monday	Feb. 5	9 a.m. – 3 p.m.
Tuesday	Feb. 6	9 a.m. – 3 p.m.
Wednesday	Feb. 7	9 a.m. – 3 p.m.

## Salem

Monday	Feb. 19	Holiday
Tuesday	Feb. 20	1:30 – 6:30 p.m.
Wednesday	Feb. 21	9 a.m. – 6:30 p.m.
Thursday	Feb. 22	9 a.m. – 6:30 p.m.
Friday	Feb. 23	9 – 11 a.m.

I haven't made this recipe in years, but we have those great hams now so you might want to try this.

### Ham & Rice Bake

- 1 cup sliced carrots\*
- 1 tablespoon butter\*
- 22-ounce box cream of chicken soup\*
- 1 cup shredded cheddar cheese, divided\*
- 1 cup broccoli florets\*
- 1 cup cauliflower florets\*
- 1 cup cooked rice\*
- 1 cup cubed fully cooked ham\*

Sauté carrots in butter until they begin to get soft. Add the soup and ½ cup of the cheese. Cook and stir until the cheese is melted. Stir in the vegetables, rice and ham.

Transfer to a greased 1½-quart baking dish. Sprinkle with remaining cheese. Bake uncovered at 350 F for 25-30 minutes or until heated through.

\* Indicates product available in food package



Siletz Community Health Clinic  
200 Gwee Shut Rd, Siletz, OR 97380

## Community Health Advocates

The Community Health Advocate's (CHA) provides a variety of services to tribal members relating to healthcare. CHAs advocate for individuals, identify services available to tribal members, and promote wellness individually and community wide. There is a CHA in every area office. For Eugene please call (541) 484-4234, Portland (503) 238-1512, Salem (503) 390-9494, Siletz (541) 444-1030. We look forward to hearing from you!!

- Elders Home Visits
- Child Safety Car Seats
- Children's Bicycle Helmets
- Nutrition and Exercise
- Community Events
- Diabetes Luncheon
- Medical Home Visits
- Transportation
- Emergency Preparedness
- Traditional Foods



We are excited to hear from you

Please call your CHA at (541) 444-1030.



For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

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



Joyce Retherford, FDP Director  
541-444-8393

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

## Siletz Community Health Clinic Providers

### Medical

- Lisa Taylor, Medical Director
- Dr. Jalien Dorris, Physician (Family Medicine)
- Dr. Stephen Burns, Physician (Pediatrics)
- Dr. Sean Rash, Physician (Pediatrics)
- Tami Martin, (Family Nurse Practitioner)
- On-call
- Erin Carrington, (Physician Assistant Certified)

### Dental

- Dr. Jeremy Vistica, Dental Director
- Dr. Gordon Stanger, Dentist
- Teresa Carpenter, Dental Hygienist
- Alison Noble, Dental Hygienist

### Optometry

- Dr. Lorene Stanger, Optometrist

# Do you experience sugar cravings? Here are tips to help manage them

By Nancy Ludwig, MS, RDN, LD,  
Siletz Tribal Head Start Nutrition

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Most of us know at some level that too much sugar is not good for us, but giving it up or restricting it is usually difficult, very difficult. This issue focuses on sugar cravings, possible causes and downsides, and gives tips to manage or overcome them.

Sometimes sugar is used to say "I love you" (think about Valentine's Day and other social events). Sometimes it is what we use to pick us up emotionally after a difficult situation. Sugar alters our mood and energy level. When sugar is combined with the stress of busy schedules, it can be used as a "pick me up" or a "happy time." This is eerily similar to other addictions.

Does sugar really bring the happiness you seek? Often it provides a temporary high followed by low mood, irritability and a feeling of emptiness.

Unfortunately, overuse of sugar can rob us of health by decreasing our immunity, displacing important nutrients and promoting weight gain and tooth decay, as well as keeping us in an unhealthy cycle of cravings. Because sugary foods are often nutrient poor, they don't really satisfy your body – which leaves you looking for more food and/or sugar.

You may find it almost impossible to kick your sugar habit because it can be more addictive than drugs. Sugar cravings can stem from a number of internal factors like Candida overgrowth, food allergies, adrenal fatigue and monthly hormonal changes around the menstrual cycle.

Specifically, at the root of many sugar cravings is an inner ecology imbalance. This means that our gut bacteria get out of balance and begin to take over and control our behaviors.

Donna Gates of Body Ecology shares her top 10 secrets for ending sugar cravings at this link – [bodyecology.com/Articles/10-Secrets-for-Ending-Sugar-Cravings.php](http://bodyecology.com/Articles/10-Secrets-for-Ending-Sugar-Cravings.php). She also offers products, programs and recipes. I share the condensed version below to help in the transition.

### Body Ecology's top 10 to end sugar cravings

1. Avoid processed foods. Eating sugar and processed foods creates a vicious cycle spurred on by addiction.
2. Boost your serotonin. Naturally raise levels of the "happiness hormone" through exercise, sleep and a healthy diet; higher serotonin levels lead to fewer cravings for sweets.
3. Satisfy your sweet tooth naturally. All-natural, zero-calorie Stevia is 300 times sweeter than sugar.
4. Drink plenty of water. Your body may be craving sugar because it is dehydrated.

5. Keep your blood sugar stable. Eating small, healthy, Body Ecology-friendly meals throughout the day can stabilize blood sugar levels and reduce cravings. (This means eat some protein with each meal and avoid sugars and excess starches – more toward traditional foods.)
6. Have plenty of greens. Nutrient-rich green drinks can increase energy levels and reduce sugar and processed food cravings.
7. Eat more sea vegetables. Sea vegetables are naturally high in minerals, while sugary foods deplete minerals in your body.
8. Enjoy fermented foods and drinks. Probiotic-rich fermented foods and drinks can most effectively eliminate sugar cravings, sometimes in as little as 4-5 days. Try homemade young coconut kefir and cultured vegetables, as well as ready-made probiotic drinks like CocoBiotic and InnergyBiotic.
9. Meditate. Daily meditation can reduce stress and minimize sugar cravings.
10. Try EFT. Emotional Freedom Techniques use simple emotional acupressure points to address deep-rooted issues, like sugar addiction. (Google EFT for more information.)

Let's end with a personal story about a woman who battled sugar addiction her entire life.

Logically, she knew she had to stop eating sugar. Her mother had been diagnosed with type 2 diabetes and her hankering for all things sweet kept her immune system, digestion and energy low. During a session with a supportive health practitioner, she got to the root of her sweet tooth in a way she never had before.

As a kid, she ate a lot of sugar to deal with stress of her tumultuous childhood. She'd done lots of emotional healing, but still couldn't kick the sugar thing. She then realized that when she ate sugar, she was reverting to her childhood way of coping.

In fact, she was abusing herself. Every time she reached for a piece of candy, she was not giving herself what she most needed, which was safety and real comfort. It all suddenly clicked.

She realized then that every time she ate sugar, she reminded herself that she loved her kid-self and wanted to protect her. It became easy for her to make the healthy choice. She was no longer a victim to her childhood.

By not eating sugar, her self-esteem rose because she now lived in integrity and empowerment. Small reframe, big impact that would stay with her forever.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families. Talk with your teacher or program director to connect with the nutritionist.



# Community Health Department



Teen dating violence is a pattern of abusive behaviors that may include physical, sexual, psychological or emotional violence within a dating relationship of teenagers. Teen dating violence can also occur between former dating partners.



Teens who experience dating violence may suffer from depression and anxiety. These teens may begin to engage in unhealthy behaviors such as; tobacco, drug, or alcohol use.

Survivors of this type of abuse may become involved in anti-social behaviors such as isolating themselves from friends and family. They may also have thoughts of suicide or engage in self-harm practices.

Teenage males or females from any family, culture, race, religion, sexual orientation or economic background can encounter dating violence. No group is exempt.

Those who are involved in abusive relationships as teens are more likely to experience intimate partner violence as adults.

If you or someone you know has been a victim of teen dating violence there are resources available. Contact the Siletz CARE Program for more information:

**Siletz CARE Program: (541)444-9680**

**24 hour Hope Line: (541)994-5959**

## Events

**Every Wednesday**  
Trauma Support Group  
5:30-7:00pm

**February 1 & 15**  
Girls' Group  
Siletz Clinic - Behavioral Health  
6:00-8:00pm

**February 22**  
Diabetes Luncheon  
Tribal Community Center  
12:00-1:00pm



## 2018 Diabetes Luncheon

The Diabetes Program hosts a monthly Diabetes Luncheon. This event is open to the Community. These monthly events include a guest speaker and open forum for attendees to discuss diabetes issues and information. Join us in these educational lunches.

For more Information call Chris Sherrod (541)444-9647

**DATES**  
Thursdays as posted

**TIMES**  
From 12:00pm To 1:00pm

**LOCATION**  
Siletz Tribal Community Center



If you are a Tribal Member living in the Siletz area and need a ride, please contact the Community Health Transportation Line at (541) 444-9633 and leave a message.

**January 18**  
**February 22**  
**March 29**  
**April 26**  
**May 31**  
**June 28**  
**July 19**  
**August 30**  
**September 27**  
**October 25**  
**November 29**  
**December 27**

## Transportation Guidelines

### Cascade West Ride Line

- Arranges Non-Emergency Medical Transport for Medicaid and OHP patients.
- Schedule Medical Transport as soon as possible, it is preferred at least 1 business week in advance.
- After hour Non-Emergency transport is available.
- Limited availability.

### Siletz Community Health

- For Siletz Tribal Members who need transportation to their medical, dental and/or mental health non-emergency appointments
- This transportation is last resort meaning the Siletz Tribal Member is unable to get transportation from family, friends or public transportation.
- Schedule Transport as soon possible. A minimum of 48 hours is required.
- Limited availability





Courtesy photo

Rylan Fisher (center) with his parents, Randy and Becky

## Fisher part of conference championship team that finishes No. 6 in the nation

Congratulations to Tribal member Rylan Fisher and the Linfield Wildcats, who won the 2017 NCAA Northwest Conference football championship. Linfield extended its NCAA all-time record of consecutive winning seasons across all levels of college football to 62 and finished the season ranked No. 6 in the nation.

Fisher, a sophomore wide receiver for the Wildcats, is the son of Randall and Becky Fisher. He is a graduate of Taft High 7-12 in Lincoln City, Ore., where he was a two-time first-team All-State receiver and the Class 3A West Valley League's Offensive Player of the Year in 2015. A two-time first-team all-league player, Fisher led the state in receptions, receiving yards and receiving touchdowns over the course of his junior and senior seasons.

## Tribal RV parks have space available for you

Logan Road RV Park  
Lincoln City, Oregon  
loganroadrvpark.com  
877-LOGANRV

Hee Hee Illahee RV Resort  
Salem, Oregon  
heeheeillahee.com  
877-564-7295

## 2018 Standing Committee applications due by Feb. 8, 2018

Any Tribal member interested for consideration in serving on a committee for a two-year term is encouraged to fill out this form and return it to the address below prior to Feb. 8, 2018.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice) and 3 (third choice).

- |                                     |                              |
|-------------------------------------|------------------------------|
| ___ Education Committee (3)         | ___ Housing Committee (3)    |
| ___ Natural Resources Committee (3) | ___ Pow-Wow Committee (2)    |
| ___ Health Committee (3)            | ___ Budget Committee (1)     |
| ___ Cultural Heritage Committee (3) | ___ Enrollment Committee (3) |

Committee appointments will be made at the Regular Tribal Council meeting in February 2018.

If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

## Intertribal Pow-Wow Dance Practice

Thursday, Feb. 8 • 5:30-7 p.m.

Siletz Tribal Community Center

Contact: Buddy Lane at buddy1@ctsi.nsn.us ; 541-444-8230  
or 800-992-1399, ext. 1230

Sponsored by the Education and Culture Departments

## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

## General Council Meeting

Saturday, Feb. 3, 2018 • 1 p.m.

Siletz Tribal Community Center  
Siletz, Oregon

Call to Order  
Invocation  
Flag Salute  
Roll Call  
Approval of Agenda  
Approval of Minutes

Programs  
Tribal Restoration – Ed Ben  
Tribal Members' Concerns  
Chairman's Report  
Announcements  
Adjourn

## Nesika Illahee Pow-Wow

### Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2018. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. The winning artist also will have his/her logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the cultural education director's office at the Tribal Community Center or mail it to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than Feb. 23, 2018.

### Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2018-2019 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than Feb. 23, 2018.

Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549,

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

## Most Often Requested Numbers

- |  |  |
|--|--|
| Confederated Tribes of Siletz Indians – 800-922-1399 | Siletz Community Health Clinic – 800-648-0449          |
| Salem Area Office – 503-390-9494                     | Siletz Behavioral Health – 800-600-5599                |
| Salem Finance Office – 888-870-9051                  | Chinook Winds Casino Resort – 888-244-6665             |
| Portland Area Office – 503-238-1512                  | Chemawa Health Clinic – 800-452-7823                   |
| Eugene Area Office – 541-484-4234                    | Bureau of Indian Affairs – 800-323-8517                |
| Contract Health Services (CHS) – 800-628-5720        | Website – <a href="http://ctsi.nsn.us">ctsi.nsn.us</a> |

# FEAST 2018

Community Conversation

## Let's Talk About Food!

F.E.A.S.T is a community event focused on learning more about local food efforts and creating opportunities for action in Siletz Valley.



### Provided

- Free Healthy Meal for All
- Free Child Care
- Networking
- Brainstorming

REGISTER HERE:  
<https://www.eventbrite.com/e/siletz-feast-tickets-41782629971>

### COME JOIN US

Saturday  
March 3rd,  
2018  
Noon-4pm

**Siletz Valley School**  
245 James Frank Avenue  
Siletz, Oregon

**Siletz Traditional Fishing**  
Dana Rodriguez and Marlene Owen participating in fishing!

# Ashliegh Ramirez: All programs are connected

By Andrea Taylor

Ashliegh Ramirez was raised in Siletz and benefited from Tribal youth programs before anything else, mostly participating in prevention activities that opened doors to new friends and introduced her to new people in the community. Guided by her peers and others who've faced the same obstacles, she was witness to the positive influence so many teens need.

Prevention activities granted Ashliegh the strength to make the conscious choice to avoid the use and abuse of substances, adding that "going to leadership conferences and being in a leadership position holds you to a higher standard that you feel good about. It was easier to say no and keep myself at that level."

After graduating high school, Ashliegh sought the help of many more Tribal services that added to her achievements. The summer following her senior year, she took a work experience position with the 477 Self-Sufficiency Program, which helped her earn money and gain experience.

Using the Higher Education program, she was able to attend Lesley University

in Cambridge, Mass., and obtained her Bachelor of Arts degree in psychology with a double minor in social work and sociology.

Tribal education specialists helped her apply for student aid and find scholarships and grants that paid for classes and books. The Temporary Tribal Student Assistance Program in the Housing Department lifts much of the financial burden for students paying for housing. This meant Ashliegh could prioritize classes without worrying about rent.

Using these Tribal programs opened alleys to pursue specialized learning opportunities and exposed her to new cultures and their people. Ashliegh now works for the Siletz Community Health Clinic's Behavioral Health Department as an outpatient counselor trainee.

"I'm a more rounded person. Had I not accessed services growing up, I don't know how well I'd have done. Not to say that I couldn't, but that I would be less likely to have the same outcome," said Ashliegh.

She has a close relationship to her family, most of whom live in Siletz and the surrounding area. She spends the most



Courtesy photo

Ashliegh Ramirez

time with her mom, Angela Ramirez, who works in the Enrollment Department, and keeps in close contact with her brother, Cristian Ramirez, who's currently serving as a U.S. Marine.

Expressing how Tribal members shouldn't be afraid to ask for help, Ashliegh

said, "All programs are connected here, all the departments work together because they're all here to service us. Just ask questions, a lot of people don't know what's out there."

Right now Ashliegh's plans are to gain the knowledge necessary to advance in her career. Future plans include going back to college to earn a master's degree in mental health with dual diagnoses of addiction in mental health. Conveying how common the two occur together she said, "It's harder for them to find the help they need because it's less widely recognized."

Her hope is that being certified to treat this disease will provide better and faster service to Tribal members, resulting in an increase of clients seeking help and more successful outcomes.

## Community invited to St. Patrick's Day dinner in Logsdan

LOGSDEN, Ore. – The Logsdan Community Club invites members of the community to enjoy a St. Patrick's Day dinner on Saturday, March 10, at 6:30 p.m.

Corned beef and cabbage will be provided by the club. Desserts and side dishes are welcome. Wear green and bring your favorite leprechaun to enjoy dinner with old friends and new acquaintances.

The Logsdan Community Club is a non-profit 501 C-3 that donates a por-

tion of its profits back to the community, including the Siletz Valley Volunteer Firefighters. Located at the junction of the Logsdan/Siletz Highway and Moonshine Park Road, the Logsdan Community Center is situated on a historic site where the local school once stood.

Today's facility, built in the 1980s, is available to rent and is a wonderful location for local gatherings, including weddings, family reunions, memorials

and other celebrations. The facility also houses a commercial kitchen for cottage industry entrepreneurs who market home-canned goods and is a designated emergency shelter.

Rental rates for events are reduced for individuals who become members of the Logsdan Community Club. The cost to join is \$25.

For more information, contact Teresa Simmons at 541-557-1695 or e-mail logsdan1@gmail.com.

### Peratrovich, continued from page 1

According to the Anchorage School District, "Elizabeth Peratrovich Day provides an opportunity to remind the public of the invaluable contribution of this Native Alaskan leader who was an advocate for Native citizens and their rights. This courageous woman could not remain silent about injustice, prejudice and discrimination."

Further, in the school district's board resolution of 2012, it was noted: "Her efforts came nearly 20 years before the federal Civil Rights Act of 1964. Because of her eloquent and courageous fight for justice for all, today's Alaskans do not tolerate the blatant discrimination that once existed in our state."

Back in the 1940s in Alaska, it was not uncommon to see "No Natives Allowed" signs at stores and public accommodations or even "No dogs or Natives allowed." But those were simply the most visible manifestations of pervasive discrimination against the original Alaskans.

As it has for more than 37 years, First Nations works diligently to strengthen Native American economies and communities, including American Indian, Alaska Native and Native Hawaiian communities. We and our grassroots partners in those communities are making great progress, but there is still a long way to go to fight discrimination and bias against Native Americans at every level of society. That's

one of the many reasons we're co-directing a national effort called *Reclaiming Native Truth: A Project to Dispel America's Myths and Misconceptions*.

So even if you don't observe the holiday on Feb. 16 like we do, please take a moment that day to think of Elizabeth Peratrovich and the trailblazing effort she dedicated herself to in order to fight discrimination against some of our original Americans ... and for the ultimate good of all Americans.

Learn more about Elizabeth Peratrovich online, particularly on Wikipedia at [en.wikipedia.org/wiki/Elizabeth\\_Peratrovich](http://en.wikipedia.org/wiki/Elizabeth_Peratrovich). For more information about First Nations Development Institute, visit [firstnations.org](http://firstnations.org).

## Funded orthodontic treatment screenings set for 2018

The 2018 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to be placed on a list.

The screening dates are April 16-17 and May 16-17, 2018. The program and amount of accepted applicants will be dependent on the funding for that year.

Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few. We want the best results possible for the patient and



thus place emphasis on these items in order to achieve it.

The unbiased selection process is performed under the guidance of an orthodontic specialist and participants are chosen through a committee.

This is open to all ages who are CHS-eligible only. You must have a scheduled screening appointment during one of the four screening days to be considered.

Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program. All applicants will be notified by mail if they have been chosen.

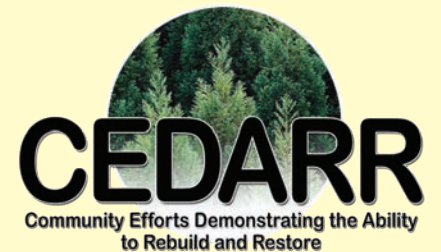
Please contact the Siletz Dental Clinic at 541-444-9681 or 800-648-0449, ext. 1681, to be put on the list.

### CEDARR

**Community Efforts  
Demonstrating the Ability to  
Rebuild and Restore**

#### Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.



Feb. 7 • 5:30 p.m.

**Siletz Tribal Community Center  
402 NE Government Hill Drive**

### Siletz Tribal Behavioral Health Programs

**Prevention, Outpatient Treatment,  
and Women's and Men's  
Transitional**

Siletz: 800-600-5599 or

541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

**Narcotics Anonymous Toll-Free  
Help Line – 877-233-4287**

**For information on Alcoholics  
Anonymous: [aa-oregon.org](http://aa-oregon.org)**



## Blacketer makes Dean's List at COCC

Tribal member Dillon Blacketer has made the fall 2017 Dean's List at Central Oregon Community College. The Dean's List recognizes students enrolled in 12 or more graded credits who receive a term GPA of 3.60 or better.

## Need Rental Housing?

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

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

For any questions, call 800-922-1399, ext. 1322, or 541-444-8322  
Fax: 541-444- 8313

# Starting the New Year with a dream to better your life

By Andy Taylor

At the beginning of every year a lot of folks like to make lists, some call it a New Year's resolution while others call it a goal. I like to think of it as a dream or something to work toward that will better my quality of life.

While it's a great thought to set my sights to the moon, I don't want to be disappointed if it doesn't happen. I try and chose small things that have long-term positive effects when achieved. This year my family dream is to buy a house with a big yard for my kids to play in.

Being a nosy person I wanted to know what everyone else was planning this year, so I left drop boxes around the community with fill-in-the-blank slips on them. These are the responses that were given to "In 2018 I would like to..."

Eat healthier, which can be measured by cutting out processed sugars, and eating veggies. – Jeramie Martin

I want more experiences. – Kim Thomas, 36

I only want to play more and have more snacks with my mom. – Ellie Metcalf, 4

Making memories, more family time and live a healthier lifestyle. – Tracey Viar, 45

Run a 50k trail run. – Laura Brown, 30

Get a pink cat! – Julia Case, 3  
Retire! – Trish Valet, (shhh)  
Spend more time with my grandkids.  
Play more-work less. Maybe take a vacation... It's been a while! –Leah Switter, 52  
I want my dad to bake me cookies. – Gabby, 3

To be the best I can be at any and everything I do. Pray to the Creator every day and count my blessings. – Aimee Lucas, 40

Eat healthy, drop a few pounds and take more vacations. – Kurtis Barker, 33

Go salmon fishing with my brother. – Axxdin, 5

I want to complete the repairs to my house. – Chris Murphy, 39

Our family goal is to grow more of our own food. – Kevin and Gail Barker

Bring my work into schools to try and get more youth active and really push the "#IAMTheChange" movement. To show all the youth there is another way, whether it be art, music, sports or whatever your passion is. – Jeff Sweet, 24

De-clutter my home. – Cindy Urbach  
On my new year I want to do more shopping. – Violet, 5

Go on a trip. – Robert Brandt, 37

Play more soccer with my dad. – Jordan Taylor, 8

Take walks at least three times every week. – Kathy S., 57

Attend more rodeos. – Shantel Hostler, 29

Be more patient. – Jamie Bokuro, 32  
Bake cookies and cupcakes. – Aviana Bokuro, 5

I want to go on a fun family vacation. – Alicia Keene, 32

Finish renovating our house! – Megan Zarzycki, 29

2018, I want to make slime. – Holly, 6

Buy a house, travel more, be healthy, lose weight, be more overall calm and loving, positive, successful and be the best mom and wife I can be! – Sheila Aviles, 29

Be more active. – Maggie McAfee, 33

Take my wife on a real vacation to someplace exotic with warm waters; possibly recreate our honeymoon in Cancun to celebrate our fifth anniversary. – RC Mock, 31

Graduate high school and move out of town! – Payton, 17

Get rid of my storage unit. I pay for it and don't use the stuff inside of it. – Pam Ben

Whatever your family or personal dream is, please be encouraged to achieve it. Thank you, to everyone who participated.

If you or someone you know is doing something commendable and want to share it, contact Andy Taylor at [andreas@ctsi.nsn.us](mailto:andreas@ctsi.nsn.us); 800-922-1399, ext. 1293; or 541-444-8293.

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"

### How has the Siletz Tribal Home Visiting Program helped you and your family since participating?

- ❖ "The home visiting program has helped prepare us for our new addition by letting us know what is to be expected before and after the baby comes and how to best deal with certain situations that come up."  
– Andrea & Robert, 4 months in the program
- ❖ "I've learned all the things I thought I should know that I did not know already with the help and support of the program. Siletz Tribal Home Visiting Program helped me become a better mom."  
– Shyann, 1 year in the program
- ❖ "I feel like Siletz Tribal home visits have helped me be more on track when it comes to my child's development. Home visits have also helped me keep a better schedule, helping my whole family."  
– Jennifer, 1 year and 9 months in the program
- ❖ "Getting the help when you're a new parent is life-saving, to know you are doing it right and if not, finding out the right way."  
– Samantha, 1 year in the program
- ❖ "The program has helped me to realize there are a lot of different ways to parent and there is always help if you are willing to look for it. The Siletz Home Visiting Program has helped make my life a little simpler just knowing I have resources to help me be the best mom I can be."  
– Chandra, 1 year and 10 months in the program
- ❖ "The Siletz Home Visiting Program has helped me with my child's growth, my motivation with being a parent and I've also established a friendship."  
– Brinee, 1 year and 8 months in the program
- ❖ "Home Visiting Program helped us better understand the developmental milestones that our child is at and also the reassurance that each child is unique and not to be worried. The program has been helpful, especially with different resources also."  
– Ale & Seth, 1 year and 1 month in the program
- ❖ "As a first-time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."  
– Janet, 1 year and 1 month in the program

If you are interested in or have any questions about our Siletz Tribal Home Visiting Program, please call Jessica Phillips, Program Coordinator, at 541-484- 4234.



When you're **ready to quit** tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

## Participate in Updating Oregon's Rocky Shore Management Plan!

Oregon's Territorial Sea Plan guides state and federal agencies on the management of uses within the coastal zone out to 3 nautical miles. Chapter 3 of this plan is specific to the management of rocky shore habitats and is currently in the process of being updated.

The Department of Land Conservation and Development invites all individuals, organizations, and governments to participate in this process so that all voices are heard!



### GET INVOLVED!

Attend your local meeting

Tuesday Feb. 27, 2018

5:00-7:00pm

Agate Beach Inn, Cove Room

3019 N. Coast Highway, Newport

Submit a direct comment to

[tspcomments@dlcd.state.or.us](mailto:tspcomments@dlcd.state.or.us)



To learn more about this process and other ways to get involved

please visit [www.OregonOcean.info](http://www.OregonOcean.info)

or directly contact Andy Lanier at (503) 934-0072,

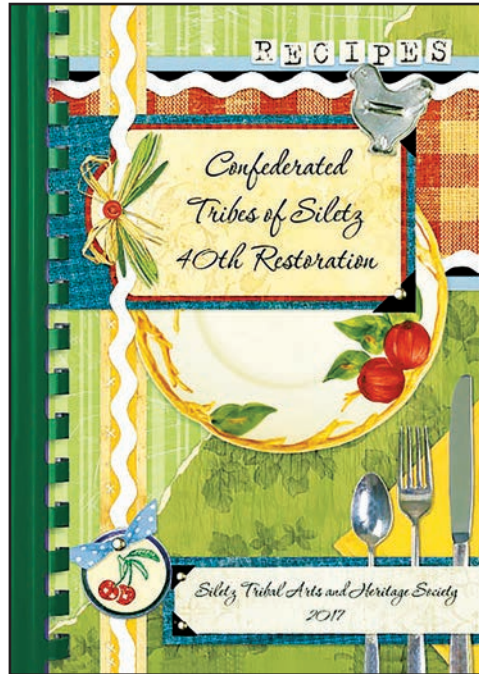
[Andy.Lanier@state.or.us](mailto:Andy.Lanier@state.or.us)

# STAHS cookbooks on sale, just \$12

The Siletz Tribal Arts & Heritage Society has created a cookbook as a fundraiser.

Affordably priced at \$12, the cookbook is filled with recipes submitted by members and friends of the Siletz Tribe. You just might find that long sought-after recipe remembered from your childhood included inside.

Contact Gloria Ingle at [jessie-marie1944@yahoo.com](mailto:jessie-marie1944@yahoo.com) to order.



## Attention Siletz Contract Health-eligible Tribal members!

If you receive Contract Health Services approval to see providers/facilities outside of a Tribal clinic, please be sure to inform them at your visit that you have Contract Health Services as a form of payment.

We have seen a number of patients billed for services from their medical/dental/optical providers because the patient did not inform the office that they have Contract Health Services.

If you have primary insurance (through employment, Medicare, Medicaid, etc.), we would be secondary to the primary insurance.

If you fail to provide this information to your providers and they don't bill us in a timely manner, you could be liable for the charges. Please let your providers know that they can submit claims for payment to Siletz Contract Health, P.O. Box 320, Siletz, OR 97380.

## Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- Intertribal Timber Council – Truman D. Picard Scholarship  
Deadline: Feb. 7, 2018
- Sherman Alexie Scholarship at the Institute of American Indian Arts  
Deadline: Feb. 15, 2018
- DAR American Indian Scholarship  
Deadline: Feb. 15, 2018
- Frances Crawford Marvin American Indian Scholarship  
Deadline: Feb. 15, 2018
- BlueBird Certified Public Accountants Scholarship  
Deadline: Feb. 15, 2018
- Washington State University – Plateau Native American Scholarship  
Deadline: Feb. 15, 2018
- Oregon Promise Grant  
Grad Oct. 1 – Deadline: Feb. 28, 2018  
Grad March 1 – Deadline: June 30, 2018
- Oregon Student Assistance Commission Scholarships  
Deadline: March 1, 2018
- Howard Vollum American Indian Scholarship  
Deadline: March 1, 2018
- Verl and Dorothy Miller Native American Vocational Scholarship  
Deadline: March 1, 2018
- Udall Undergraduate Scholarship  
Deadline: March 8, 2018
- Idaho Opportunity Scholarship  
Deadline: March 18, 2018
- Cobell Scholarship – Graduate  
Deadline: March 31, 2018
- Cobell Scholarship – Undergraduate  
Deadline: March 31, 2018
- Washington State University – Tribal MOU Scholarship  
Deadline: March 31, 2018
- Eugene Maughan Graduate Student Scholarship  
Deadline: April 1, 2018
- International Order of the King's Daughters and Sons – North American Indian Scholarship  
Request Application by March 1, 2018  
Deadline: April 1, 2018
- Partnership with Native Americans Undergraduate and Graduate Scholarships  
Deadline: April 4, 2018
- American Indian College Fund Full Circle Scholarships  
Deadline: May 31, 2018
- SAIGE Academic Scholarship  
Deadline: June 1, 2018
- Continental Society Daughters of Indian Wars Inc. Scholarship  
Deadline: June 15, 2018
- Nez Perce Trail Foundation Annual Scholarship  
Deadline: June 30, 2018
- AICF: TCU Scholarship  
Deadline: Contact TCU Financial Aid Office
- American Indian Services Scholarships  
Deadline: Ongoing
- NOAA Fisheries Scholarships  
Deadline: Multiple
- National Johnson O'Malley Association Scholarship  
Deadline: Multiple

Register Online: <http://oregon.4h.oregonstate.edu/outreach/ely>

## Environmental Leadership for Youth (ELY) Outreach Leadership Institute (OLI)



Families are highly encouraged to attend

### Explore the Watershed while building Professional Leadership Skills:

- Float down the Willamette River
- Field Trips to Natural Areas and Farms
- Meet Environmental professionals
- Learn About Careers
- Explore Science Labs and Projects
- Learn about Sustainability
- Become a Mentor
- Stay in the Dorms at OSU

Albany Public Library  
2450 14th Ave SE  
Albany, OR 97322

Kick-off Meeting  
March 1<sup>st</sup>, 2018  
6:30—8:30 pm

8<sup>th</sup>—12<sup>th</sup> grade | Fee: Free  
Register Early. Space is limited.  
Students from different backgrounds are encourage to apply

Contact: Jaime Guillén ([jaime.guillen@oregonstate.edu](mailto:jaime.guillen@oregonstate.edu)) Phone: 541-737-4660  
Mario Magaña Álvarez ([mario.magana@oregonstate.edu](mailto:mario.magana@oregonstate.edu)) Phone: 541-737-0925  
Registration Begins: January 8, 2018



## Natural Resources Department Contractors List

The Tribal Natural Resources Department periodically solicits bids from contractors for a variety of work.

If your company would like to be included on our lists to receive requests for bids/proposals for any of the services listed below, please contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232, to be put on the appropriate list.

- Tree Planting
- Precommercial Thinning
- Hazard Tree Removal/Tree Trimming
- Mechanical Brush Cutting
- Logging Road Construction/Maintenance
- Logging
- Log Hauling
- Timber Falling
- Herbicide Spraying
- Concrete Construction
- Statistical Analysis
- Macroinvertebrate Identification
- Water Quality Monitoring/Analysis

## Outside Scholarships for NATIVE AMERICAN STUDENTS

**Cobell Scholarship**  
<http://cobellscholar.org/>  
various scholarships available  
\*essay required  
Open to descendants/enrolled members

**American Indian Services**  
<https://www.americanindianservices.org/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

**American Indian College Fund**  
<http://www.collegefund.org/>  
various scholarships available  
\*essay required  
Open to descendants/enrolled members

**Bureau of Indian Education**  
<http://www.bie.edu/ParentsStudents/Grants/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

**Native American Scholarship Fund**  
<http://catchingthedream.org/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

# Important information for college-bound Tribal seniors

## February

- First semester grades and mid-year reports are sent to some colleges.
- Check your school counseling office or ASPIRE center for scholarship information.
- Complete scholarships.
- Check with colleges applied to for verification they have received all necessary documents. Continue to monitor status of submitted applications.
- Check to see if your mid-year transcripts have been sent to the schools to which you have applied.
- Wrap up any scholarship application, essays and activities chart (for OSAC). Early bird deadline is in February for OSAC.

## March

- Check for three Tribal scholarships at [ctsi.nsn.us](http://ctsi.nsn.us).
- Complete scholarships.
- Start working on Tribal higher education or adult vocational training grant application. This can be found on the Tribe's website and is due June 30.
- Review Student Aid Report (SAR).
- You should start receiving admission responses.

## April

- Send thank you notes to people who have helped you.
- Make final decision about which college or university you will attend.

- If you decide to decline enrollment to a college or university to which you have been accepted, send notice indicating this to the college's admissions office.

- If necessary, arrange for housing and a meal plan (at school).
- Send thank you notes to any person/committee from which you received a scholarship.

## May

- This is the deadline for final decisions for universities.
- Send letter of intent to registrar.
- Line up a summer job.
- Attend your Senior Awards Night.
- Review any award letters and be sure you understand the terms and conditions that accompany each type of aid.

## June

- Tribal higher education and adult vocational training applications are due June 30!
- Attend graduation – congratulations!
- Make arrangements for your final grades to be sent to colleges/universities.
- Good luck!

## Internships

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• NAJA-NBC Summer Fellowship Program<br/>Deadline: Feb. 21, 2018</li> <li>• Oregon State University Eco-Informatics Institute<br/>Deadline: February 2018</li> <li>• NCAI: Wilma Mankiller Fellowship Program for Tribal Policy and Governance<br/>Deadline: March 15, 2018</li> <li>• Public Media Internship (Vision Maker Media)<br/>Deadline: March 30, 2018</li> <li>• Senate Committee on Indian Affairs Internship<br/>Deadline: March 31, 2018</li> <li>• National Congress of American Indians (NCAI)<br/>Deadline: March 31, 2018 (summer)</li> <li>• Northwest Indian College – Nez Perce Site Internship<br/>Deadline: Open Until Filled</li> <li>• NW Documentary (Portland, Ore.)<br/>Deadline: Open until filled</li> <li>• U.S. Dept. of the Interior - Office of Environmental Policy &amp; Compliance (Portland, Ore.)<br/>Deadline: Open until filled</li> <li>• City of Vancouver, Wash. – Water Center Educator Intern<br/>Deadline: Open until filled</li> </ul> | <ul style="list-style-type: none"> <li>• Friends of Tryon Creek - Outreach &amp; Membership Intern (Unpaid)<br/>Deadline: Rolling</li> <li>• Indian Land Tenure Foundation Internship Program<br/>Deadline: Multiple</li> <li>• Environmental Protection Agency Internships<br/>Deadline: Multiple</li> <li>• American Fisheries Society<br/>Deadlines: Multiple</li> <li>• National Science Foundation Research Experiences for Undergraduates<br/>Deadline: Multiple</li> <li>• Oregon Museum of Science &amp; Industry (OMSI)<br/>Deadline: Multiple</li> <li>• Fish &amp; Wildlife Service<br/>Deadline: Multiple</li> <li>• Mosaics in Science Diversity<br/>Deadline: Multiple</li> </ul> |
|---|---|

**For more information about the Siletz Tribal language program, please visit [siletzlanguage.org](http://siletzlanguage.org).**

## Other Opportunities

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• College Horizons<br/>Hawaii Prep. Academy (June 9-15)<br/>Univ. of Rochester (June 23-29)<br/>Univ. of Pennsylvania (June 23-29)<br/>Deadline: Feb. 5, 2018</li> <li>• Mosaics in Science STEM Opportunities in National Parks<br/>Deadline: Feb. 6, 2018</li> <li>• Gen-I Career Success Fellowship<br/>Deadline: Feb. 9, 2018</li> <li>• AISES National American Indian Virtual Science &amp; Engineering Fair (Grades 9-12)<br/>Registration Deadline: Feb. 14, 2018</li> <li>• ASM Undergraduate Research Fellowship<br/>Deadline: Feb. 15, 2018</li> <li>• Institute for Tribal Environmental Professionals Student Summer Internship<br/>Deadline: Feb. 28, 2018</li> <li>• Children's Clean Water Festival (Univ. of Portland)<br/>March 13, 2018</li> </ul> | <ul style="list-style-type: none"> <li>• Roger Arliner Young Marine Conservation Diversity Fellowship<br/>Deadline: March 15, 2018</li> <li>• Pre-Law Summer Institute for American Indians and Alaska Natives<br/>Deadline: March 23, 2018</li> <li>• Helping Orient Indian Students &amp; Teachers into STEM (Univ. of Idaho)<br/>June 10 - July 13, 2018</li> <li>• Eighth Annual THRIVE Conference (Portland, Ore.)<br/>June 25-29, 2018</li> <li>• Claremont Native American Fellowship<br/>Deadlines: Multiple</li> <li>• Northwest Youth Corps<br/>Deadline: Various</li> <li>• National Youth Leadership Forum: STEM Program Nomination Form<br/>Deadline: Various</li> <li>• Saturday Academy - FREE Classes for Native American Students</li> <li>• ON TRACK OHSU!</li> <li>• Caldera Youth Program</li> </ul> |
|--|--|

### Portland State's Free Tuition Program

PSU's freshman free tuition program: Four years free – PSU covers tuition and fees for income-eligible Oregon freshmen starting in fall term (resident of Oregon, graduate from an Oregon high school, admissible to PSU as a first-year freshman for fall term, a 3.4 GPA, eligible to receive a federal Pell Grant and enrolled full time at PSU).

For more information, visit [pdx.edu/four-years-free](http://pdx.edu/four-years-free).

### Higher ed website is one-stop shop for college grants

*From Education Update, Oregon Department of Education, December 2016*

The Higher Education Coordinating Commission (HECC) encourages students and families preparing for college to go to [OregonStudentAid.gov](http://OregonStudentAid.gov) to check out the more than 500 grant and scholarship opportunities.

It's a one-stop shop for information, including the Free Application for Federal Student Aid (FAFSA), Oregon Promise and the Oregon Opportunity Grant.

The HECC Office of Student Access and Completion (OSAC) awards more than \$80 million each year in state-funded grants and privately funded scholarships to help students meet their college expenses.

### UO offers in-state tuition to Siletz Tribal students regardless of state of residency

The University of Oregon continues to offer in-state tuition benefits to enrolled Siletz Tribal members regardless of their current state of residency.

The Residency by Aboriginal Right Program was first offered in 2001 to 44 Tribes that have aboriginal territories within the state of Oregon that pre-date 1850. Out-of-state students will pay in-state tuition, a \$20,000 savings each academic year.

UO offers bachelor's and graduate degrees in 272 academic programs and is one of only 36 public universities committed to scientific exploration and interdisciplinary research.

For more information about UO, visit [uoregon.edu](http://uoregon.edu).

# Tribal Council Timesheets for December 2017

## Lillie Butler – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
5.5	5.5					12/4-6 Packet
		5			2	12/7 Special TC – gaming
1.75	1.75				2	12/8 All-Staff mtg
4.5	4.5	5				12/11-13 Pow-wow, packets
2.5	2.5					12/14 CEDARR, packets
3.25	3.25					12/15 Regular TC
10.5	10.5					12/18-22 Packets
2.25	2.25					12/26 Interviews, packets
4.75	4.75					12/27-29 Sign checks, packets

## Lorraine Y. Butler – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
.75	.75	1.5				12/1-5 Packets
		5			1	12/7 Special TC – gaming
2.5	2.5				2	12/8 All-Staff mtg
3.5	3.5					12/11-14 Packets, sign checks, work on calendar
3.5	3.5					12/15 Regular TC
.5	.5					12/26 Sign checks
		2.5			2	12/31 New Year's celebration

## Reggie Butler Sr. – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
4.5	4.5					12/1-6 Packets
		5			2	12/7 Special TC – gaming
7.75	7.75				2	12/8-13 All-Staff mtg, packets
2.75	2.75					12/14 CEDARR, packets
3.5	3.5					12/15 Regular TC
12.75	12.75					12/18-29 Sign checks, packets

## Gloria Ingle – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
.75	.75				.75	12/4 Health Comm., sign checks
1	1				.75	12/5 Interviews
		6			1	12/7 Special TC – gaming
2.5	2.5				1	12/8 All-Staff mtg
2	2				.75	12/9 STAHS
1.25	1.25				1	12/10 Stan Speaks retirement
1	1				.75	12/13 Interviews
4	4				.75	12/15 Regular TC

## Alfred Lane III – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
		5			2	12/7 Special TC – gaming
1	1				2	12/10 Area director event
.5	.5					12/14 Packets
3	3					12/15 Regular TC
1.5	1.5				4	12/19 Meet w/ governor, sign docs at Chinook Winds

### Tribal Council Email Addresses

- Tribal Chairman: Delores Pigsley [dpigsley@msn.com](mailto:dpigsley@msn.com)
- Vice Chairman: Alfred "Bud" Lane III [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)
- Treasurer: Robert Kentta [rkentta@ctsi.nsn.us](mailto:rkentta@ctsi.nsn.us)
- Secretary: Sharon Edenfield [sharone@ctsi.nsn.us](mailto:sharone@ctsi.nsn.us)
- Lillie and Reggie Butler Sr. [lbutler@ctsi.nsn.us](mailto:lbutler@ctsi.nsn.us)
- Lorraine Butler [loraineb@ctsi.nsn.us](mailto:loraineb@ctsi.nsn.us)
- Gloria Ingle [gloriai@ctsi.nsn.us](mailto:gloriai@ctsi.nsn.us)
- Joseph Lane Jr. [josephl@ctsi.nsn.us](mailto:josephl@ctsi.nsn.us)

## Joseph Lane Jr. – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5					12/6 Time, email, packets
		4			2	12/7 Special TC – gaming
2	2				2	12/8 All-Staff mtg
.5	.5					12/13 Packets, email
3.25	3.25				3	12/15 Regular TC
.25	.25					12/20 Time, email

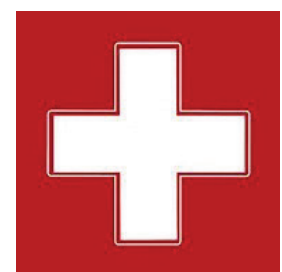
## Delores Pigsley – 12/1/17-12/31/17

TC	Ind	Gmg	STBC	ED	Tvl	
1.25	1.25				2.5	12/1 Shangri-La event, mail, agenda items
.5	.5	1			2.5	12/2 CWCR event, mail
2.25	2.25	.5				12/3-6 Mail, agenda items, prep for council
		5	2.5	1.25		12/7 Special TC – gaming, STBC mtg, mail
3	3				1.5	12/8-9 All-Staff mtg, mail
2	2				2.5	12/10 Stan Speaks retirement, mail
1	1					12/11 Mail, agenda items
8.25	8.25				12	12/12-14 Climate change conf, mail, prep for council
3.5	3.5				4	12/15 Regular TC
3.25	3.25	.75		4	2.5	12/16-25 Econ dev, mail, agenda items, conf call, sign docs
2.75	2.75	.25	.5		2.5	12/26-30 Mail, agenda, sign docs and STBC checks
		1			1.25	12/31 Casino event, mail

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).



## Reminder



The Siletz Clinic would like to remind parents and guardians that if you are sending your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a Release of Information. This gives permission for another person to bring your child to appointments and for your child's provider to discuss their care with them. If you have any questions, please call 541-444-1030 or 800-648-0449. Thank you!

# Chinook Winds CASINO RESORT

**SUPER PARTY 52**

SUNDAY, FEBRUARY 4 KICK-OFF AT 3:30PM

**CONVENTION CENTER FREE VIEWING PARTY**  
Watch the game on GIANT SCREENS! Drawings for NFL merchandise, team jerseys and a total of \$1500 CASH. Doors open at 2:30pm. Must be 21 or over. Must be a Winners Circle member to participate in drawings.

**ACES SPORTS BAR & GRILL FREE VIEWING PARTY**  
Watch the game on the big screens! Stadium-style food & drink specials! Drawings for team merchandise. Family seating available. Must be 21 or over to participate in drawings.

Rules available at Winners Circle.

**KING OF THE CAGE**

**FIGHT TO FINISH**

SATURDAY, FEBRUARY 3, 2018  
CHINOOK WINDS CASINO RESORT  
DOORS OPEN 5:00PM / FIGHTS START 6:00PM

FOR TICKETS: CALL 1-888-MAIN-ACT (624-6228), ONLINE AT WWW.CHINOOKWINDSCASINO.COM, OR AT THE CHINOOK WINDS CASINO RESORT BOX OFFICE.

**COMEDY ON THE COAST**

HEADLINER DEREK RICHARDS FEATURING DUANE GOAD HOST CHASE MAYERS

FEBRUARY 9 & 10 • 8PM  
TICKETS \$15, DOORS OPEN AT 7:30PM

21 AND OVER EVENT, WITH A NO-HOST BAR. FOR TICKETS, CALL 1-888-MAIN-ACT (1-888-624-6228) OR PURCHASE ONLINE AT CHINOOKWINDSCASINO.COM

# Feb-a Palooza

Mardi Gras, Valentine's Day, Chinese New Year, President's Day, all packed into two weeks! Make the most of it and play Feb-A-Palooza! Collect virtual drawing entries for your chance to **SPIN THE PRIZE WHEEL!** You could win up to **\$6200 in CASH and PRIZES!**

**February 12-23 • Drawings hourly 6pm-9pm  
Mondays, Tuesdays, Wednesdays & Fridays**

Collect free virtual entries weekly starting February 5 when you swipe your Winners Circle card in any promotional kiosk:

- Members collect 1 free virtual entry per week
- MVP Members collect 2 free virtual entries per week
- Premier Members collect 3 free virtual entries per week
- Elite Members collect 4 free virtual entries per week
- New members get a bonus entry with enrollment

Collect even more with your tracked casino play:

- Collect 1 virtual entry with every 100 points earned on Slots, Keno or Bingo
- Collect 1 virtual entry with every 20 minutes played on a cash table
- Collect 1 virtual entry for every hour played in a cash poker game

Complete rules at Winners Circle.



chinookwindscasino.com • 1-888-CHINOOK • Lincoln City



# Chinook Winds Casino Resort

## Entertainment

Feb. 3: King of the Cage  
6 p.m., \$40-\$100

Feb. 9-10: Comedy on the Coast  
8 p.m., \$15

Feb. 23-24: Roots & Boots Tour  
8 p.m., \$40-\$55

March 10: Hollywood Medium Tyler Henry  
2 p.m. & 8 p.m., \$50-\$65

March 30-31: Comedy on the Coast  
8 p.m., \$15

April 20-21: The Charlie Daniels Band  
8 p.m., \$30-\$40

April 27-28: Comedy on the Coast  
8 p.m., \$15

May 11-12: Comedy on the Coast  
8 p.m., \$15

May 18-19: Rodney Carrington  
8 p.m., \$35-\$50

### Rogue River Lounge

Fri & Sat: Ultrasonic DJ, cover  
10:30 p.m. to 1:30 a.m.

### Chinook's Seafood Grill

Weds: Kit Taylor (pianist) – 5 - 9 p.m.

Feb. 2-3: Briana Renea (country/rock)

Feb. 9-10: Melissa Mickelson (country)

Feb. 16-17: James Stanton Group (blues/  
pop/funk)

Feb. 23-24: The Stingrays (rock)

March 2-3: Mike Branch Band (rock)

March 9-10: Ty Curtis (blues)

March 16-17: Branded Band (country/rock)

March 23&24: Beth Willis Rock Duo (rock)

All 8 p.m. to Midnight

## Special Events

Sun: 100% Payout Blackjack Tourney  
Sparkling Sunday Brunch at Siletz  
Bay Buffet  
Sunday Sirloin and Shrimp - Chi-  
nook's Seafood Grill (CSG)  
Chateaubriand for Two - Rogue  
River Steak House (RRSH)

Mon: Bearable Mondays  
Chateaubriand for Two - RRSB

Tue: Boomers Club  
\$2 Taco Tuesdays at Aces

Wed: Wine Wednesdays at CSG

Mon-Fri: Happy Hour at Rogue River  
Lounge (3-6 p.m.)

First Tuesday: Boomer Slots

Third Thursday: Twilight Slots

Feb. 4: Super Party 52

Through Feb. 10: America's Greatest  
Game Shows

Feb. 27-15: Pacwest Poker Classic

March 9-18: WBCA Pool Tournament

April 9-15: APA Pool Tournament

### Hotel rates for Siletz Tribal members

Siletz Tribe hotel rates all year round! No longer do you have to guess at what your rate is and worry about higher rates in the summer. One rate for each hotel type is now \$79 for standard deluxe oceanfront rooms and \$99 for oceanfront junior suites.

Tickets go on sale 90 days  
in advance.

Concerts in the showroom are  
for ages 16 and older. Comedy  
on the Coast in the convention  
center is for ages 21 and older.

For more information or to obtain  
tickets for all concerts, call  
the Chinook Winds box office  
at 888-CHINOOK (888-244-6665)  
or 541-996-5825; or call  
888-MAIN-ACT (624-6228).

All events, concerts and promotions are subject to  
change at the discretion of Chinook Winds Casino Resort.

### Tribal members can enjoy free golf, discounts

Siletz Tribal members can play golf at Chinook Winds Golf Resort at no charge. Golf cart fees are \$10 per seat for 9 holes and \$15 per seat for 18 holes.

Tribal members also receive a 50 percent discount on lessons from golf pro Larry Dealy and a 20 percent discount on merchandise (certain restrictions apply).

Please call Chinook Winds Golf Resort at 541-994-8442 for tee times or to schedule a golf lesson.

Follow us on Twitter, find us on Facebook or visit our website  
at chinookwindscasino.com.

For more information about events in North Lincoln County, visit  
lcchamber.com, oregoncoast.org or lincolncity-culturalcenter.org.



Would you like to be a part of the Chinook Winds team?

Find out why "Employment is Better at the Beach" at:

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

Job Line: 541-994-8097 Toll Free: 1-888-CHINOOK ext 8097

Human Resources Office: 541-996-5800 Monday-Friday 8am-4:30pm

Be Passionate Embrace Change Accountability Customer Service Happiness

### Calling all Tribal member business owners

If you would like to be on the preferred Tribal members business list with Chinook Winds, please fax, mail, email or drop off your business card, brochures, or business information to:

Chinook Winds Casino Resort  
Attn: Purchasing Dept.  
1777 NW 44<sup>th</sup> St.  
Lincoln City, OR 97367  
Phone: 541-996-5853  
Fax: 541-996-3847  
erica@cwresort.com

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegas-style gaming, an 18-hole golf course, headline entertainment from some of music's most legendary stars, three full-service restaurants, a secure child care facility and arcade, and a 243-room ocean-view hotel.

For more information, visit [chinookwindscasino.com](http://chinookwindscasino.com), or call 888-CHINOOK (244-6665) or 541-996-5825.

**Human Resources is looking for  
Tribal member EVENT TEMPS**

**who are eager to start as soon as possible!**

If you are looking for a position that outlines, helping departments when needed, ushering guests in our showroom or even door greeting at MMA fights, **Event Temp** is your position.

To apply, stop by our HR office anytime Monday-Friday from 8 a.m.-4:30 p.m.

Visit our website at [chinookwindscasino.com/careers](http://chinookwindscasino.com/careers) to download our employment application. Or you can stop by the HR office at the Siletz admin building to complete and fax your application to us.

If you have any questions regarding this flier, please contact  
Melissa Clawson at 541-996-5800.

# Annual State of Indian Nations address to kick off NCAI winter session

WASHINGTON – On Feb. 12, National Congress of American Indians (NCAI) President Jefferson Keel will deliver the 2018 State of Indian Nations (SOIN) address, which will be followed by the Executive Council Winter Session (ECWS).

Broadcast live from Knight Studios at the Newseum in Washington, D.C., Keel's address will outline the goals of Tribal nations and their leaders, the opportunities for success and advancement of Native peoples, and the priorities for our nation-to-nation relationship with the United States.

Directly following SOIN, ECWS will kick off. Held at the Capital Hilton in Washington, D.C., the conference will explore key issues facing American Indian communities while providing tactical solutions primarily through legislative and policy planning and advocacy with the administration and Congress.

The event features Tribal leaders and more than 20 speakers from the White

House, government agencies and Congress, including:

- Ryan Zinke, Secretary, Department of the Interior
- David Shulkin, Secretary, Department of Veteran Affairs
- Deputy Attorney General Rod J. Rosenstein, Department of Justice
- Democratic Leader Nancy Pelosi (CA)
- Sen. Heidi Heitkamp (ND)
- Rep. Tom O'Halleran (AZ)
- Sen. Jeff Merkley (OR)
- Rep. Derrick Kilmer (WA)
- Rep. Don Young (AK)
- Sen. Tom Udall (NM)
- Rep. Norma Torres (CA)

- Rep. Jack Bergman (MI)
- Rep. Steve Pearce (NM)
- Sen. Catherine Cortez Masto (NV)
- Sen. Lisa Murkowski (AK)

## About the State of Indian Nations

Each year, the president of the National Congress of American Indians presents the State of Indian Nations address to members of Congress, government officials, Tribal leaders and citizens, and the American public.

The speech outlines the goals of Tribal leaders, the opportunities for success and advancement of Native peoples, and priorities to advance our nation-to-nation relationship with the United States.

For more information, visit [ncai.org/about-ncai/state-of-indian-nations](http://ncai.org/about-ncai/state-of-indian-nations).

## About NCAI

Founded in 1944, the National Congress of American Indians is the oldest, largest and most representative American Indian and Alaska Native organization in the country.

NCAI advocates on behalf of Tribal governments and communities, promoting strong Tribal-federal government-to-government policies and promoting a better understanding among the general public regarding American Indian and Alaska Native governments, people and rights.

For more information, visit [ncai.org](http://ncai.org).

### Change in Siletz Clinic check-in times

The Siletz Clinic asks all patients with appointments to check in 15 minutes prior to your scheduled appointment time. This allows for any necessary paperwork to be completed prior to your appointment with your provider.

Thank you!

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Siletz Community Health Clinic



*We'll do everything possible to not only provide you with quality health care, but also to involve you in decisions about your health, and participate with you in developing and maintaining a healthy lifestyle for the future.*



*Monday - Friday 8am-5pm*

*Siletz Community Health Clinic offers comprehensive health care to ALL residents of Lincoln County. We accept Private Insurance, Medicare & Medicaid*

*Call the Clinic for more information  
541-444-1030  
200 Gwee-Shut Rd • Siletz, OR 97380*

### Helpline, continued from page 1

abuse who, historically, have lacked access to supportive services.

StrongHearts advocates are trained to navigate each caller's abuse situation with a deep understanding of Tribal communities, culture and tradition.

"We are honored by those reaching out because we know Native people really do face unique barriers to safety and justice in their communities," said Lori Jump (Sault Ste. Marie Tribe of Chippewa Indians), StrongHearts assistant director. "In many cases, a victim of domestic violence may feel like there's nowhere left to turn to for help. Our goal is to provide a safe space for Native survivors where they can reach out for help anonymously and safely."

The StrongHearts Native Helpline was created to respond to the epidemic of domestic violence and dating violence in Tribal communities. According to a recent study by the National Institute of Justice, more than one in two Native women and one in three Native men have experienced physical violence by intimate partners in their lifetime.

Through StrongHearts, trained advocates offer callers emotional support,

assistance with safety planning, information and education, and referrals to culturally specific resources. Callers after hours will have the option to connect with the National Domestic Violence Hotline or to call back on the next business day.

"Domestic violence is one of the biggest public safety issues in Tribal communities, yet so many Native survivors aren't getting the culturally supportive services they so desperately need," said Caroline LaPorte (Little River Band of Ottawa Indians), StrongHearts senior Native affairs policy advisor. "Our advocates help fill the gap by listening to and responding to the complex needs of our callers, but the need for more resources is clear."

### About the StrongHearts Native Helpline

Created by and built to serve Tribal communities across the United States, the StrongHearts Native Helpline, a project of the National Indigenous Women's Resource Center, the National Domestic Violence Hotline and the Family Violence Prevention and Services Program, is a culturally appropriate, anonymous, confidential and no-cost service dedicated

to serving American Indian survivors of domestic violence and dating violence, along with their concerned family members and friends.

By dialing 1-844-7NATIVE (1-844-762-8483) Monday through Friday from 9 a.m. to 5:30 p.m. CST, callers can con-

nect, at no cost, one-on-one with knowledgeable StrongHearts advocates who can provide lifesaving tools and immediate support to enable survivors to find safety and live lives free of abuse.

Learn more about the StrongHearts Native Helpline at [strongheartshelpline.org](http://strongheartshelpline.org).

### Siletz News Letters Policy

*Siletz News*, a publication of the Confederated Tribes of Siletz Indians, is published once a month. Our editorial policy encourages input from readers about stories printed in *Siletz News* and other Tribal issues.

All letters must include the author's signature, address, and phone number in order to be considered for publication. *Siletz News* reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of *Siletz News*.

Editor-in-Chief: Brenda Bremner  
Editor: Diane Rodriguez  
Assistant: Andy Taylor



Happy 4<sup>th</sup> Birthday, Aiden! May this year bring you all the joy and mighty machine “grabbers” you can dream of.  
Love, Mama, Dada and Huddy



Happy 55<sup>th</sup> Birthday, Rachenda!  
Love always, Hector

Happy 38<sup>th</sup> Birthday to my very best friend in the whole world, Sara Bell-Tellez!  
Another step closer to 40, my friend!  
Love, Darcy

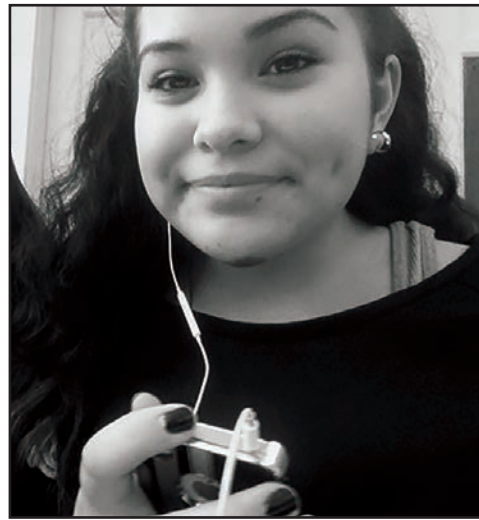


Happy Birthday to Ryan Smith and Ronald “Lee” Smith Jr. We love you very much.  
Your family



Happy 81<sup>st</sup> Birthday on Feb 14 to the best grand-, great- and-great-great-grand-mother on the rez. We love you very much, Grandma Alice! These past few months with you has been the best of my life.

Love, your favorite granddaughter, Rob, Mia, Tyee, Loren, Chvn, Gabs and Sophie



Great job Alina Mason for your superb grades. We are very proud of you.  
Love, Uncle Corey, Hayle and Grandma Joella



I want to wish my son, Izeyah, a great 1<sup>st</sup> birthday! Mommy and Daddy love you so much.



Happy Birthday to the Ed Bens!  
From the Tomlinson, Ben and Kibby families



Happy 6<sup>th</sup> Birthday to Chvn-ne Holmes on Feb. 12! Hope your day is one in a million!

Love, Mom, Dad, Mia, Tyee, Beans, Gabby, Sophie and Gramma Alice



Happy Valentine's Day to the best husband a woman could ask for. You have been a godsend with helping me care for my grandma these past few months. Thanks for always being my ride or die.  
Love, your wife Trish Bowers

**Free child ID kits from the Oregon State Police**  
503-934-0188 or 800-282-7155  
child.idkits@state.or.us

To use **mail order pharmacy** to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

Tribal children in need of foster parents for:  
Permanent care,  
temporary foster care or  
short-term emergency care.

Contact,  
Indian Child Welfare  
541-444-8272

**Passages Policy**  
Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.  
All birthday, anniversary and holiday wishes will appear in the Passages section. Siletz News reserves the right to edit any submission for clarity and length. Not all submissions are guaranteed publication upon submission. Please type or write legibly and submit via e-mail when possible.