



Gladys Bolton, 2nd oldest Tribal member and former Whipwoman, walks on

Gladys "Sis" Marie Lane Bolton was born in Bend, Ore., on Dec. 19, 1922, to Alfred and Maude Lane as the second of eight children. She walked on Jan. 13, 2019.

The family moved back to Siletz, Ore., where she graduated from school. She lived a very full life, living at the Chemawa Indian School, Guam, Mountain Home, Idaho, Seal Rock, Keizer, and Grand Ronde.

During her long and accomplished career, she worked at the Chemawa clinic and ran a daycare in Hagåtña, Guam. She served as a Tribal Court judge for the Siletz Tribe and was designated the Tribal Whipwoman, proudly serving in that position at pow-wows for many years as Tribal traditions lived on under her watchful eyes.

Always singing, laughing and known for her style, she loved to dance, travel,

shop and transport Tribal elders to countless activities.

She will be greatly missed by her loving family. She is survived by her sons, Ronald and William Hudson; her 10 grandchildren, 19 great-grandchildren and two great-great-grandchildren; her sisters, Donna Woods and Delores Pigsley; her brother, Alfred Lane Jr.; and her best friend and sweetheart, Herman Hudson, who cared for her and sang her to sleep until the end.

She was preceded in death by her beloved son, Donald, and her grandson, Blue.

She will be remembered as a hard worker, a loving mother and grandmother, and a good friend to many, many people.

Dallas Mortuary Tribute Center in Dallas, Ore., is in charge of funeral arrangements. Funeral services were held

at St. Edwards Catholic Church in Keizer, Ore., on Jan. 18. Gladys was buried next to her son at the Paul Washington Cemetery in Siletz on Jan. 19.



File photo

Gladys "Sis" Marie Lane Bolton

2019 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2019 College Students Summer Internship Program. 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 education specialists at any Tribal area office to request an application.

This program assists Tribal students with locating internship placements to gain work experience in their field of study. Ten slots are available for 2019.

Students can work up to 328 hours at Tribal minimum wage (currently \$12/hour) and can be placed within or outside of the Tribe.

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).

Placements can begin in June, but must be completed by Sept. 30, 2019.

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

By Mail

CTSI

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

colleginterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz central administration building is 4:30 p.m. on March 15, 2019.



Photo by Diane Rodriguez

Participants in the Candidates Fair on Jan. 12 in the ballroom of Aces Sports Bar & Grill in Lincoln City, Ore., include (from left) Lillie Butler, Bud Lane, Delores Pigsley, Michael Sean Swadberg Jr., Celesta Lee, Wylie Stokes and Bonnie Petersen.

All ballots for the 2019 Siletz Tribal Council election must be received by 4 p.m. on Feb. 2.

You can vote in person on Feb. 2 all the Tribal Community Center in Siletz, Ore., from 10 a.m. to 4 p.m.

Editor's note: The Chairman's Report will resume in a future issue of Siletz News.

Siletz Tribal Athletic Commission Vacancy

The Athletic Commission was formed to promote and offer different types of sport activities at the Siletz Tribe's gaming center and/or at other locations on Tribal trust land. It was established to create rules and regulations for the conduct of each sporting activity and to regulate each sporting activity that is authorized by the Tribal Council.

The Athletic Commission consists of three members and a Tribal Council member. Two of the three members may be a non-Tribal member with experience in the conduct and regulation of sporting activities.

The Athletic Commission shall permit and regulate only those sporting activities specifically authorized by Tribal Council and permitted by applicable law. The following activities are authorized by Tribal Council: boxing (amateur and professional), wrestling (amateur and professional) and mixed martial arts (amateur and professional).

The Athletic Commission shall be responsible for regulation of any sporting activity that occurs on Siletz lands to ensure that the conduct of such sporting activity comports with all Athletic Commission regulations and applicable laws.

Athletic Commission members shall be reimbursed for approved travel, subject to the availability of funds.

If interested in an appointment to the Siletz Tribal Athletic Commission, please complete a résumé and submit it to Tribal Council, Attn: Executive Secretary, P.O. Box 549, Siletz, Oregon 97380-0549 or fax it to 541-444-8325.

Vacancy will be open until filled.

STRCP has new due date for loan applications

The Siletz Tribe Revolving Credit Program (STRCP) announces changes to the due date for loan applications.

Starting March 1, 2019, and every month thereafter, completed loan applications must be received by the STRCP credit administrator by 4 p.m. at the Siletz Tribal Business Corporation office in Lincoln City, Ore., to be considered at the next monthly STRCP board meeting.

The STRCP board meeting dates have not changed and will remain the third Tuesday of every month except where noted.

For more information or if you would like to inquire about a loan, please visit stbcorp.net or contact Tracy Garrison, STRCP credit administrator, at 541-994-2142, 877-564-7298 or tgarrison@stbcorp.net.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

TICC Board of Directors Vacancies

Résumés are being accepted for the Tenas Illahee Childcare Center Board of Directors. Currently, there are two vacant board positions.

If interested, please submit your résumé to Siletz Tribal Council, c/o Executive Secretary, P.O. Box 549, Siletz, OR 97380-0549.

Vacancies are open until filled.

Volunteers needed to cut firewood for elders

The Natural Resources Department periodically receives inquiries from Tribal elders asking if there is anyone who would be willing to cut Tribal firewood for them. We are starting a list of volunteers willing to cut firewood for Tribal elders and a list of elders who want someone to cut firewood for them.

If you fit either category, please call the Natural Resources Department – Denise Garrett at 541-444-8227, Mike Kennedy at 541-444-8232 or either at 800-922-1399. We will then pair up volunteer firewood cutters and elders in need.

Please note, this is a volunteer activity. No one will be paid to perform this service and elders should not be charged anything to receive firewood.

A Tribal firewood permit is required and is issued by Natural Resources.

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. 9 • 1-4 p.m. • Chinook Winds Casino 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. 4 – 6-8 p.m.
March 4 – 6-8 p.m.

Portland

Portland Area Office
Feb. 11 – 6-8 p.m.
March 11 – 6-8 p.m.

Eugene

Eugene Area Office
Feb. 5 – 6-8 p.m.
March 5 – 6-8 p.m.

Salem

Salem Area Office
Feb. 12 – 6-8 p.m.
March 12 – 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. 11.

Submission of articles and photos is encouraged.

Please see the Passages Policy on page 16 when submitting items for Passages.



Member of the Native American Journalists Association

Tribal Council approves expanded out-of-area health benefits for 2019

The Tribal Council has allocated excess pledge revenue/third party revenue for health benefits. These benefits are for Tribal members who live outside the 11-county service area.

To qualify, Tribal members must be registered for health care with the Siletz Tribal Health Department and reside outside the Tribe's 11-county service area. These funds are intended for Tribal members who are not eligible for Purchased/Referred Care (PRC, formerly Contract Health Service).

The benefit is up to \$2,000 for dental, hearing and medical.

Pharmacy and cataract benefits are available in addition to the annual benefit of dental, hearing and medical. Vision benefits are available every other year with the exception of annual benefits if you are an elder, child or student, or have been diagnosed with diabetes.

- Pharmacy \$500
- Cataract Surgery \$2,000
- Vision \$450

All benefits are subject to funding availability. Prior authorization by PRC is required and benefits must be used within 90 days. Any funds not used within 90

days, or claims not received, will be returned to the pool for redistribution.

An individual can access benefits up to \$2,000 annually by calling on the authorization date. For example, an individual may call Jan. 2 for medical of \$500 and then call again Oct. 7 for dental of \$1,500 for a total of \$2,000.

When it receives a call for pre-authorization, PRC will authorize for household members only and voice messages do not hold funds. The individual must speak to PRC staff and obtain an out-of-area (OOA) number to secure funds.

If you are not already registered for health services, please call anytime to request an application.


Call PRC at 800-628-5720 or call your PRC tech directly.

- If your last name begins with:
- A-G call Gail at 541-444-8329
 - H-O call Chrissy at 541-444-9622
 - P-Z call Joella at 541-444-9649

The remaining 2019 authorization schedule is as follows:

April 1 • July 1 • Oct. 1

**“What is PRC?
I thought I called
Contract Health.”**



**NEW! in 2019
Contract Health Services (CHS)
is renamed
Purchased Referred Care (PRC)
1-800-628-5720 for Questions**

For more information about the
Siletz Tribal Arts and Heritage Society, visit huu-cha.org.

February USDA distribution dates, share your recipes on Tribal FB page

Siletz			Beef and Broccoli		
Monday	Feb. 4	9 a.m. – 3 p.m.	¼ cup vegetable oil*		
Tuesday	Feb. 5	9 a.m. – 3 p.m.	¼ cup vinegar		
Wednesday	Feb. 6	9 a.m. – 3 p.m.	2 teaspoons black pepper		
Thursday	Feb. 7	9 a.m. – 3 p.m.	1 teaspoon garlic powder		
Friday	Feb. 8	9 a.m. – 3 p.m.	¼ teaspoon cayenne pepper		
Salem			2 pounds beef roast, cut into 1” cubes*		
Monday	Feb. 18	Holiday	1 yellow onion, sliced thin*		
Tuesday	Feb. 19	1:30 – 6:30 p.m.	½ cup soy sauce		
Wednesday	Feb. 20	9 a.m. – 6:30 p.m.	½ cup water		
Thursday	Feb. 21	9 a.m. – 6:30 p.m.	1-2 pounds broccoli florets*		
Friday	Feb. 22	By appt only			

Put the oil, vinegar, pepper, garlic powder and cayenne pepper into a sealed bag. Shake it up to combine it well. Add the cubed beef and shake it to coat the beef cubes. Let it sit for an hour or so. Dump it into a colander to drain.

Heat some vegetable oil in a Dutch oven. Add the sliced onion and the drained meat and brown until the onion is caramelized. Place the Dutch oven in 350 F oven for about an hour.

After an hour, stir the meat and onions and add the soy sauce, water and broccoli.

Put the lid on the pan and heat it on medium high heat to let the broccoli steam until tender.

I served it over rice. Yum!

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



Joyce Retherford, FDP Director
541-444-8393/541-444-8279



Tule Mat Making Class

Siletz Tribal members and their families welcome.

Feb. 4 • 5-7 p.m.
Siletz Tribal Community Center

Feb. 5 • 5-7 p.m.
Eugene Area Office

Feb. 11 • 5-7 p.m.
Portland Area Office

Feb. 12 • 5-7 p.m.
Salem Area Office

Come and learn how to make a Tule mat. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors.
Sponsored by the Siletz Education and Culture Departments



Culture Craft Night

San-chvn Tuu-‘i’
(Acorn Soup)

Siletz Tribal members and their families – Come join us and learn how to make acorn soup. Acorns are a staple food for all Tribes on the West Coast. Learn how to shell, pound, leach and cook one of our traditional foods.

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

Sponsored by the Education and Culture Departments

March 4 • 5-7 p.m.
Siletz Tribal Community Center

March 5 • 5-7 p.m.
Eugene Area Office

March 11 • 5-7 p.m.
Portland Area Office

March 12 • 5-7 p.m.
Salem Area Office

Happy New Year!

Don't forget, insurance deductibles have started over.

If you have a new insurance or your new Medicare card, please contact Brenda Brown, insurance verification specialist, at 541-444-9674 or 800-648-0449, ext. 1674.

If you would like to get reimbursed for your Medicare premium coming out of your Social Security, please send your award letter to Sara Bell-Tellez as soon as possible.

If you have had a change in circumstances and need assistance finding health coverage, please contact me in

Patient Benefits/Business Office at 541-444-9611 or 800-648-0449, ext. 1611.

As always, a new year can bring about a lot of paperwork. If you have received a notice of any kind from the Oregon Health Authority/Oregon Health Plan, please let me help you understand what the letter says.

A lot of times people are eligible for auto-renew. This means that instead of you or me having to do all the work to reapply for OHP, they do it for you! The letter you will see if you are auto-renewed states: "Notice about your OHP at renewal" on the first page; second page is usually the definition.

You may see "Approved for Renewal" at the top of the second page, if you see

names under that paragraph, you are good to go. If ever you see the term "Coverage Ending," contact me as soon as possible.

Any questions or concerns, please reach out to me. I can at the very least point you in the right direction.

Starla Brown
Patient Benefits Coordinator
Confederated Tribes of Siletz Indians
OHP and Federal Facilitated Marketplace
Certified Application Assister
541-444-9611 or 800-648-0449, ext. 1611
Starlab@ctsi.nsn.us
Main fax: 541-444-9645
Secondary fax: 541-444-9678



File photo

Starla Brown

Ask Raven: Ways to help a friend who is self-harming

Dear Raven: If I have a friend who is self-harming but asked me not to tell anyone, what should I do?

You are already doing a most important thing by both being a friend and seeking support and guidance for yourself.

Self-harming is something to take seriously. Often self-harming is a way a person copes with feelings that are overwhelming that are connected to difficult or painful experiences. It can become a habitual and addictive way of attempting to try to feel better and gain a sense of control of their emotions.

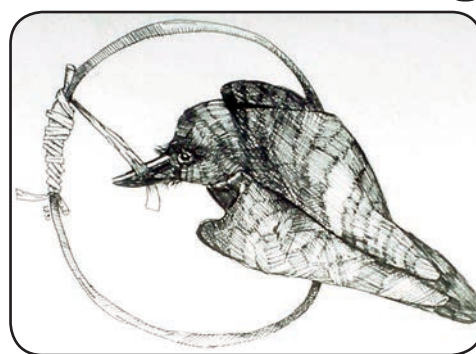
Often the person keeps this self-harming a secret and does not try to get attention for what they are doing. They usually have some shame about it. It can

become a habit and be difficult for them to stop and it may take some time for them to find other ways to manage their emotions and stop.

Some things you can do as a friend is not judge them and listen to them; inquire about how they are feeling. Give them an opportunity to talk about their feelings. Respect them for what they share with you even if it is difficult to understand and accept their self-harming.

Stay away from telling them what to do. It is best to be accepting and avoid saying things that would make them feel guilty about what they are doing.

There are resources for you and them as you find your way. Continue to seek support for yourself and let your friend know there are resources that can help.



Understanding family, people in the community, spiritual services and counselors are some resources available to assist your friend and yourself.

Thank you for inquiring and bringing up such an important topic in the community. By doing so, you are being a good friend and good community member.

Donate to STAHS through Amazon Smile

Here's how you can donate to the Siletz Tribal Arts and Heritage Society (STAHS) painlessly and effortlessly. It's as easy as 1,2,3,4.

Thank you for supporting STAHS!

1. Go to Amazon.com.
2. In the Department drop down box, type Amazon Smile.
3. See Amazon Smile – You shop. Amazon Gives.
4. Follow the easy directions.

Food additives can affect children's behavior/health, how to avoid them

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Our diet impacts our health beyond how much we weigh. It also impacts how we feel and what our moods are each day.

When we change a child's diet, his/her behavior changes. Did you know that more than 10,000 chemicals are allowed in foods, but not all are tested for food safety? These chemicals play a role in health and behavior. I offer guidance about how to avoid some of these chemicals.

The American Academy of Pediatrics issued has a new policy statement: Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of All Children. The article is titled *Food Additives and Child Health*.

One of the co-authors, Sheela Sathy-anarayana, MD, MPH, associate professor of pediatrics at the University of Washington, was interviewed on Food Sleuth Radio.

The article and interview discuss information about regulatory loopholes for manufacturers, how additives can be direct or indirect, what some of the chemicals are, where they can be found and the selected health and behavior concerns.

Some additives, such as colors and flavors, are added directly to food and are

labeled. These also include nitrates or nitrites that are added to processed meats as a preservative and color enhancer.

Indirect additives result from manufacturing and packaging materials that can become a part of the foods (and are not listed on the ingredients). These substances that come into contact with food can include adhesives, dyes, coatings, paper, paperboard, plastic and other polymers.

Some of the chemicals contained in the materials include bisphenols, phthalates, perfluoroalkyl chemicals (PFCs) and perchlorate. Some of the health effects include endocrine (hormone) disruption (including thyroid), obesogenic activity (changes in the body that can lead to obesity or weight gain), neurodevelopmental disruption, oxidative stress, cardiotoxicity, immunosuppression and decreased birth weight.

Although the exact cause between additives and behavior is difficult to pinpoint, many children are helped by a trial of clean eating (without these additives).

Reference and links for article and interview are provided below.

Children may be particularly susceptible to the effects of these compounds given that they have higher relative exposures compared with adults (because of greater dietary intake per pound), their metabolic (i.e. detoxification) systems are still developing and key organ systems are

undergoing substantial changes and maturation that are vulnerable to disruptions.

The potential for endocrine system disruption is of great concern, especially in early life, when developmental programming of organ systems is susceptible to permanent and lifelong disruption.

Tips for chemical avoidance

1. Consume fresh or frozen fruits and vegetables when possible.
2. Avoid processed meats, especially maternal consumption during pregnancy.
3. Avoid microwaving food or beverages in plastic (including infant formula and pumped human milk).
4. Avoid washing plastics in the dishwasher.
5. Use alternatives to plastic, such as glass or stainless steel.
6. Look at the recycling code on the bottom of products to avoid plastics with recycling codes 3 (phthalates), 6 (styrene) and 7 (possible bisphenols) unless plastics are labeled as "biobased" or "greenware," indicating that they are made from corn and do not contain bisphenols. This step helps determine the plastic category in order to avoid chemicals that can migrate into your foods (indirectly).
7. Wash hands before handling foods and/or drinks, and wash all fruits and vegetables that cannot be peeled.

Processed foods, which contain additives, are often bought because they appear to be cheaper, but that is not really true.

Fresh foods do take more time to prepare. Minimally processed foods, such as frozen or home-canned fruits, vegetables and beans, can be used effectively for nutritious convenience foods. Consuming fresh and minimally processed foods alleviates the financial burden for the cost of health conditions that are associated with consumption of many processed foods with additives.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.

References

Trasande L, Shaffer RM, Sathyanarayana S; AAP Council on Environmental Health. *Food Additives and Child Health*. *Pediatrics*. 2018; 142(2):e20181408

Link to policy statement (above reference): pediatrics.aappublications.org/content/pediatrics/early/2018/07/19/peds.2018-1408.full.pdf

Interview link (Food Sleuth Radio): beta.prx.org/stories/257938?play=true

CTSI Natural Resources working to restore native Olympia Oysters



CTSI staff working in Yaquina Bay
Pictured are: Max Tice-Lewis and Michael Norton



In 2018 the CTSI Biological Programs completed an Olympia oyster monitoring project in the Yaquina Bay. We have been working collaboratively with Oregon Oyster Farms in an effort to build, maintain, and ultimately restore native Olympia oyster reefs. Two shell deployments were carried out in 2017 as a means to create and expand oyster habitat. We have continued measuring different biological and environmental characteristics to monitor the effectiveness of the project. We also monitored other locations within the Yaquina River to determine the upstream and downstream limits of successful oyster growth, survival, and reproduction. We are now working to process samples and analyze data to make sense of the big picture. We will use all the information we have collected from our monitoring efforts to help inform future Olympia oyster restoration projects.

Article and Photos courtesy: **Scott McIntosh, Aquatic Programs Biologist**

Herbal Medicine Making Classes

Healthy Traditions and Community Health

are inviting Siletz Tribal members and their families to learn about making herbal salves, also an Anti-Viral and Immune strengthening Elderberry syrup with herbs.

5-7 PM—LIGHT HEALTHY MEAL WILL BE PROVIDED

Thursday February 21

Thursday March 7

Thursday March 21

Thursday April 4

Session A: Topical Herbal Medicine Making

Session A: Food As Medicine

Session B: Topical Herbal Medicine Making

Session B: Food As Medicine

Registration is required to attend.

Space is limited to 1 adult per household - reserve your spot today!

Please call: **541 444 9613**



Siletz Community



HEALTHY TRADITIONS AND COMMUNITY HEALTH INVITES SILETZ TRIBAL MEMBERS AND THEIR FAMILIES TO



HERBAL MEDICINE MAKING CLASS
ALL MATERIALS PROVIDED
CLASS WILL BE HELD AT THE HEALTH CLINIC
5-7PM—MEAL PROVIDED

Thursday February 21, 2019	Session A: Topical Herbal Medicine Making
Thursday March 7, 2019	Session A: Food As Medicine
Thursday March 21, 2019	Session B: Topical Herbal Medicine Making
Thursday April 4, 2019	Session B: Food As Medicine

Space is limited to 1 adult per household,
reserve your spot today!
541-444-9613

Events

February 7th & 21st

Native STAND
Siletz Clinic - Behavioral Health
5:00 - 7:00pm

February 14th

Date Night: Dining Out
Romancing the Sacred Hoop
6:30 pm

February 18th

President's Day
All Tribal Offices Closed

February 26th

"Me Too" Luncheon
Tribal Community Center
12:00 - 2:00pm

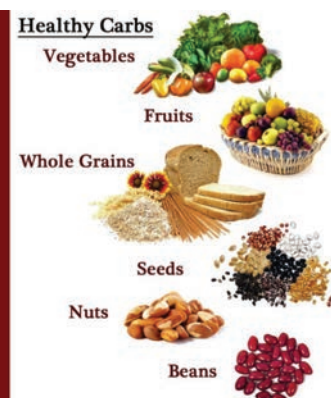
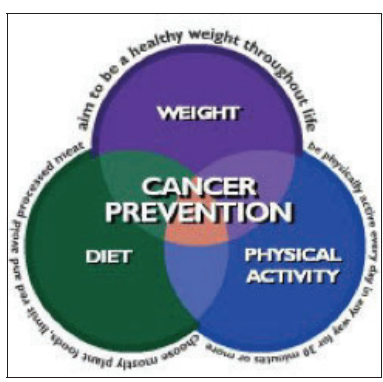
February 28th

Diabetes Luncheon
Tribal Community Center
12:00 - 1:00pm

National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!



CARE Program



Date Night: Dining Out Romancing The Sacred Hoop

February 14th 6:30pm

**Bring your significant other and come
enjoy a night of music, laughter and
romance**

Age: 16 & up

RSVP by February 1st

Contact: Jen Metcalf 541-270-7365

Text or Call

Limited space available please call or text today

February is American Heart Month!

Heart disease is the leading cause of death in the U.S. Every year, 1 in 4 deaths are caused by heart disease. The good news is heart disease can often be prevented. This is why it is important to learn more about what steps you can take to help your heart!

1) Find time to be active! It is recommended to get 150 minutes of physical activity per week.



2) Make it a habit to eat healthier! Try healthier versions of your favorite recipes.

3) Quit smoking for good! For resources, call Corey Strong at 541-444-9682.



4) Work with your doctor and get your blood pressure and cholesterol levels checked regularly.

5) Take your medications regularly and talk to your doctor if a medication is not working for you.





Lorna B. Martin – 1934-2019

Lorna was born July 15, 1934, in Siletz, Ore., to Joseph and Mary Washington. She walked on Jan. 14, 2019.

She married the love of her life, Jack Martin, on Dec. 8, 1952. Together they had four children – Joseph, Jacquelyn, Charlene and Brenda.

She was preceded in death by her husband, Jack; her son, Joseph; her first granddaughter, Tonya; and her siblings, Wilma, Bernadine, Wilverna, Gayle, George and a brother who passed at birth.

She is survived by her three sisters, Joan, Pauline and Cynthia; her three daughters, 14 grandchildren, 51 great-grandchildren and 10 great-great-grandchildren.

Funeral services were held Jan. 17 at Virgil T. Golden Funeral Service. She was



Courtesy photo

Lorna B. Martin

laid to rest in Willamette National Cemetery in Portland, Ore., with her husband. She will be greatly missed by all.

Rose Marie Cochran – 1959-2018

Rose Marie Cochran was born May 17, 1959, in Hillsboro, Ore. She died Nov. 28, 2018, at her home in Hermiston, Ore., at age 59. She is the daughter of Wilma Berry.

A private family service was held. Please leave an online message for Cochran's family at burnsmortuaryhermiston.com.

Burns Mortuary of Hermiston is in care of arrangements.

Jana Sue Breneman – 1952-2018

Jana Breneman was born April 1, 1952, and passed away peacefully on Dec. 2, 2018, at her home in Independence, Ore., surrounded by her husband and sons. She was 66 years old.

Jana is survived by her loving husband of 36 years, Randy Breneman; her two sons, Sam Potter and Robbie Breneman; her three grandchildren, Lucas Potter, Kai Breneman and Alaina Potter; and countless friends and family whom she loved with her whole heart.

Jana, born Jana Sue Ricketts, was born on April Fool's Day of 1952 in Toledo, Ore. She was the daughter of the late Herman Ricketts and Rosemary Lawson Ricketts.

Jana grew up in Springfield, Ore., graduating from Thurston High School in 1970. Jana and Randy moved to Independence in 1980.

They were married on Nov. 26, 1982. They got married the day after Thanksgiv-

ing – she picked that day because it was the day after the holiday and she was sure she would be able to remember the date. Except ... Thanksgiving moves every year so her plans were foiled. But the family has enjoyed the story ever since.

Jana's family, friends, music – and Pepsi – were the loves of her life. She would spend countless hours working on her music collection, ensuring that she had all of her different types of media catalogued in her computer so she could tell you whether she had a song on a 45, a CD, an album, an 8-track or a cassette. Any of you who have been to her house know about the "music room" and what it holds.

Aside from her music, she was the first person to offer help to someone who she thought needed assistance. She would never put herself first – even when she probably should have – because she was constantly watching out for the needs of

others. It was this selflessness that made Jana such a special person whom we all loved so much.

So it makes sense that she worked most of her career in public service. While she spent some time in other agencies, she worked the longest helping customers at the Secretary of State Corporation Division. She made great friends there who would call her up to enlist her help and expertise.

Jana had such a strong work ethic that she always went to work, even if she was sick. Jana worked for the State of Oregon for 28 years and 10 months before her retirement.

Jana loved a lot. She loved going to the casino. She loved playing pinochle and Yahtzee and was way more competitive than she ever let on – just beat her at Yahtzee once and you'll figure that out.

She loved country music and a nice cold can of Pepsi – never a plastic bottle.



Courtesy photo

Jana Sue Breneman

She loved talking to all of you on the phone and loved it more when she could visit you or when you could visit her.

A celebration of life for family and close friends took place Dec. 8, 2018, at the Siletz Tribal Community Center. Per Jana's request, this was a casual event. As she would say, "Come as you are."

In lieu of flowers, Jana would want you to take a family member out to the casino, drink a Pepsi and try to win a little money.



Photo by Andy Taylor

Several kids enjoy board games during Game Night at the Siletz Public Library on Jan. 16 under the watchful eyes of Corey Strong (left), Tobacco Education and Prevention coordinator, and Jacob Reid, Youth Development Program coordinator (right).



Courtesy photo by Alicia Keene

Siletz youth enjoy a trip to Mugley's Bowling in Toledo, Ore., on Jan. 3, accompanied by Raina Johnston, Programs 1 clerk (standing, far left); Jeff Sweet, Youth Services coordinator (standing, white hat); Jamie Bokuro, intake specialist/job coach in the 477 Self-Sufficiency Program (seated, center); and Sarah Butler, classroom aide in Siletz Tribal Head Start (seated, far left).

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
Purchased Referred Care (PRC) – 800-628-5720	Website – ctsi.nsn.us

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 8:15-8:45 a.m. and Friday from 9-9:30 a.m.

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

Lincoln County Joint Transportation Committee: Connections to care

By Diane Rodriguez

It all started with \$2,000 – money to help seniors and people with disabilities find transportation to medical appointments and health services in Lincoln County.

Kitty Bushman, chairman of the Lincoln County Joint Transportation Committee (LCJTC) and a director of the North Lincoln Health District, and Cynda Bruce, transit program director of the Lincoln County Transportation Service District, shared the details of how this combination of agencies helps people get where they need to go.

“Pat Constance, a parish nurse, came to my office. She was concerned about barriers to medical access in this area,” said Bruce. “Seniors and disabled individuals were having trouble getting around.”

Constance also was on the health district board – and an initial connection between transit and health was born. In 2018, LCJTC received a \$5,000 grant for transportation via bus tickets from the Siletz Tribal Charitable Contribution Fund. It received the same in 2016. These grants run through the North Lincoln Health District.

Overall, LCJTC has received \$16,000 from the charitable fund since 2013.

The tickets are given to health care providers to distribute as needed for people to use Lincoln County transit system buses to get to appointments and other health services, which can include completing tests, picking up prescriptions and obtaining mental health services.

“We try to be flexible. Someone may need to get medical supplies or a flu shot,” said Bruce. “They may need food for nour-

ishment, which can be a medical need. We don’t want to limit it so much that people can’t get their health care needs met.”

Bushman explained that LCJTC also uses \$5,000 annually from each of the two hospitals (Samaritan North Lincoln and Pacific Communities) to provide for other transportation.

“The joint committee gives money to people who need taxi rides or gas cards (\$25 vouchers or cards); this goes through the foundation at both hospitals,” said Bushman. “This also includes discharge planners at the hospitals and also the finance person at the hospitals can ask for assistance.”

Bruce cited the example of a man who contacted her office because he needed to go to Corvallis for appointments. She suggested this program could get him there and maybe he could stay at the Pastega House. He didn’t think that would work, she said, because he had a little dog and couldn’t leave it alone at home.

He eventually stayed a couple of times while someone cared for the dog. He went back and forth, eventually completing his treatment.

“I didn’t recognize him when he called. I got the tickets together, delivered the tickets to him because there wasn’t enough time to mail them. Turned out he was someone who had previously worked with my daughter at a Lincoln County business,” said Bruce. “It was awesome to give him services, give transportation to someone who had worked hard all his life and needed some help now.”

When asked for final comments about this program, both women chimed in, almost completing each other’s sentences.



Photo by Diane Rodriguez

Cynda Bruce (left) and Kitty Bushman

Bushman: “The program is something that people need to be more aware of, that there is help out there for them.”

Bruce: “Without this program, medical costs would increase because people wouldn’t take care of themselves as well.”

Bushman: “Being able to go to the doctor’s office instead of letting something go and ending up in the emergency room. Talk to providers if you need help getting places. Contact the foundations for specific rides.”



The foundations can be reached at the following:

North Lincoln Hospital Foundation
541-996-7102

Pacific Communities Health District
Foundation
541-574-4745



Courtesy photo

Aurora Carmona (left) and Sharon Edenfield attend Sen. Ron Wyden’s Town Hall meeting at the Lincoln City Cultural Center on Jan. 5.



Courtesy photo

Allison Cook and her daughters, Eden and Eva

Cook graduates from Tribal Home Visiting Program

Congratulations to Allison Cook, recent graduate of the Siletz Home Visiting Program. Cook entered the program in January 2016 just weeks before the birth of her daughter, Eden, and graduated January 2019 when Eden turned 3.

During the course of those three years, Cook and her partner experienced many life events, including moving, surgeries, a job change and the birth of another child. Yet through it all Allison remained calm, supportive and engaged as a mother.

When asked what she valued most from participating in the Siletz Home Visiting program, Cook said “It reinforced my parenting skills. Helped to know I am doing it right.”

Election Deadlines

10 a.m. – 4 p.m.	Feb. 2, 2019	In-person voting – Tribal election, Tribal Community Center, Siletz
4 p.m.	Feb. 2, 2019	Deadline for returning absentee ballots

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

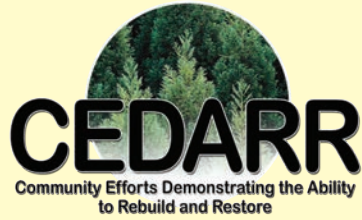
Narcotics Anonymous Toll-Free Help Line – 877-233-4287
For information on Alcoholics Anonymous: aa-oregon.org

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 6 • Noon

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Siletz Clinic: No-show optometry patients must use walk-in clinic

In the Siletz Clinic's Optometry Department, after one no-show patients will not be able to schedule appointments for six months.

Patients will have access to our walk-in clinic on the last Thursday of the month from 8:15 – 11:15 a.m.

Thursdays

Feb. 28
March 28
April 25

Patients will be seen on a first-come, first-served basis.



Funded Orthodontic Treatment Screening



The 2019 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to schedule a screening. The screening dates are April 17 and May 22, 2019.

The program and amount of accepted applicants will be dependent on the funding for the year. An additional screening date may be added if the need is great.

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

Open to all ages who are **CHS-eligible only**. To be eligible for the 2019 program year, you must complete a screening appointment during one of the screening days. 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 to schedule an appointment. Individuals who have been placed on the waiting list will receive a postcard notifying them to call and schedule an appointment.

Dental Walk-In Clinic

1. Dental and Optometry a. First No-Show

Patient will receive a letter providing notice about the no-show appointment and their requirement to utilize the department's Walk-In Clinic for appointments. Walk-in availability is first-come, first-served. Patient will be required to utilize the Walk-In Clinic for six months, after which patient will be able to return to scheduling appointments.

The Dental Clinic will see walk-in patients every other Tuesday from 8:30 a.m. to 12:30 p.m. and 1:30 – 4:30 p.m. with check-in by 3:30 p.m. Patients will be seen on a first-come, first-served basis.

Services offered at the walk-in clinic include denture/partial adjustments and chairside relines, fillings, first step root canal, extractions and exams.

Walk-in dates

Feb. 19
March 5 and March 19

Excluded visit types: Partials, dentures, crowns, implants and hygiene appointments will need to be addressed during a regularly scheduled appointment with your primary dentist.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe in overcoming barriers to employment. We work with individuals who have disabilities and live within the Confederated Tribes of Siletz Indians' 11-county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Résumé Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about STVRP, please inquire at 800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

EUGENE AREA OFFICE
2468 West 11th Ave.
Eugene, OR 97402

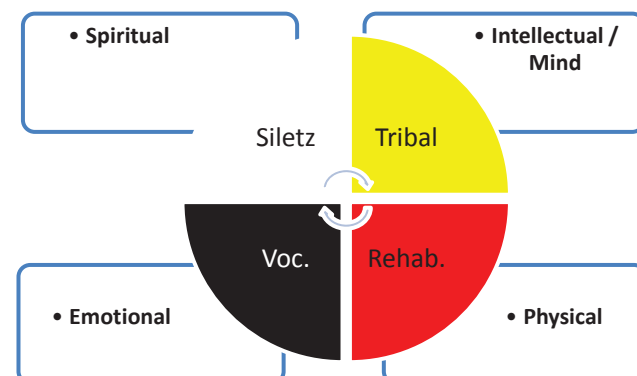
SALEM AREA OFFICE
3160 Blossom Dr NE, Ste. 105
Salem, OR 97305

SILETZ ADMIN. OFFICE
201 SE Swan Ave.
Siletz, OR 97380

EUGENE OFFICE – JERAMIE MARTIN, Program Director

SALEM OFFICE – DANA RODRIGUEZ, Program Aide; **TONI LEIJA**, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer



After-hours crisis line now available at 541-444-8286 or 800-600-5599

Because mental health and relapse crises do not always happen during business hours, Siletz Behavioral Health has arranged a collaboration with an after-hours crisis line called Lines for Life.

On weekends and during the weekday hours of 5 p.m. to 8 a.m., the number to the Behavioral Health front desk is forwarded to Lines for Life, where you will be connected with a live mental health counselor.

The counselor will do everything he/she can to help de-escalate, advise and support.

Afterwards, this information can be shared with our mental health counselor so follow-up care can be provided.

Of course, if there is an emergency and you fear that you or someone else is in imminent danger, please call 911. That's always the fastest way to get help.

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.
- 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 the 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.

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 and universities.
- Good luck!

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov.
- Seneca Scholarship for Oregon High School Seniors
Deadline: March 1, 2019
- Catching the Dream 2019 Summer Scholarship
Deadline: March 15, 2019
- Intertribal Timber Council Truman D. Picard Scholarship
Deadline: March 15, 2019
- NAJA-Facebook Journalism Project Scholarship
Deadline: April 30, 2019
- University of Idaho College of Natural Resources McCall Outdoor Science School Scholarships
Deadline: Rolling
- American Indian College Fund: TCU Scholarship
Deadline: Contact TCU Financial Aid Office

Internships

- Northern Arizona University Institute for Tribal Environmental Professionals 2019 Summer Internship
Deadline: Feb. 25, 2019
- Native American Journalism Fellowship
Deadline: Feb. 28
- Tribal Researchers' Cancer Control Fellowship Program
Deadline: March 22, 2019
- NBC News Summer Fellows Program
Deadline: Ongoing
- HP 3D Printing Engineering Intern
Deadline: Open until filled
- Pearson Packaging Systems Engineering Internship
Deadline: Open until filled
- Wisdom of the Elders Agricultural Incubator Internship
Deadline: Various
- NW Native American Research Centers for Health Research Support Fellowship
Deadline: Rolling
- Northwestern University's Center for Native American and Indigenous Research Undergraduate Fellowships
Deadline: Rolling
- Fred Hutchinson Cancer Research Center Post-Doctoral Research Fellow
Deadline: Multiple
- Saturday Academy Internships
Deadline: Multiple
- EPA Environmental Research and Business Support Program
Deadline: Multiple
- National Science Foundation Research Experiences for Undergraduates
Deadline: Multiple
- Claremont Native American Fellowship
Deadlines: Multiple
- Indian Land Tenure Foundation
Deadline: Multiple
- Environmental Protection Agency
Deadline: Multiple
- American Fisheries Society
Deadlines: Multiple
- Oregon Museum of Science & Industry (OMSI)
Deadline: Multiple

Other Opportunities

- 2019 UNITY Mid-Year Conference
Feb. 15-18, 2019
- Center for Native American Youth at the Aspen Institute – Generation Indigenous Network Youth Ambassador
- National Youth Leadership Forum STEM Program Nomination Form
Deadline: Various
- The Student Conservation Association
- Northwest Youth Corps
- Saturday Academy - FREE Classes for Native American Students
- ON TRACK OHSU!
- Caldera Youth Program
- The SMART Competition

For more information about the Siletz Tribal language program, please visit siletzlanguage.org.

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



The following information from the Job Accommodation Network (JAN) contains symptoms and possible workplace accommodations for bipolar disorder. STVRP may be able to advocate for or assist eligible program participants with some of these accommodations. These symptoms and their possible accommodations contain partial lists and therefore are not comprehensive. For more information, visit the JAN website.

According to the Job Accommodation Network, bipolar disorder is a brain disorder marked by periods of elevated mood (mania), and prolonged periods of sadness and hopelessness (depression). These shifts in mood are severe as compared to the average person.

❖ Symptom	Attentiveness/Concentration
➤ Possible Accommodation	Modified Workspace, Alternative Lighting, Apps for Memory, Electronic Organizers, White Noise Machine, Noise Canceling Headsets, Flexible Schedule, Modified Break Schedule, Timers and Watches, Verbal Cues, Wall Calendars and Planners, Written Instructions
❖ Symptom	Decreased Stamina/Fatigue
➤ Possible Accommodation	Job Restructuring, Periodic Rest Breaks, Stand-lean Stools, Work from Home/Working Remotely
❖ Symptom	Organizing/Planning/Prioritizing
➤ Possible Accommodation	Apps for Organization/Time Management, Ergonomic Equipment, Job Coach/On-site Mentoring, Reminders, Supervisory Methods, Wall Calendars and Planners, Written Instructions
❖ Symptom	Stress Intolerance
➤ Possible Accommodation	Apps for Anxiety and Stress, Behavior Modification Techniques, Counseling/Therapy, Environmental Sound Machines/White Noise Machines, Support Animal/Person, Modified Break Schedule, Job Restructuring.

"Bipolar Disorder." Job Accommodation Network, Office of Disability Employment Policy, askjan.org/disabilities/Bipolar-Disorder.cfm.

This content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, or questions, seek the advice of a qualified health professional.

General Council Meeting

Saturday, Feb. 2, 2019

Siletz Tribal Community Center • Siletz, Oregon

1 p.m. – Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes
Programs
Medication Assistance Therapy (MAT)
Tribal Members' Concerns
Chairman's Report
Announcements
4 p.m. – Adjourn

CTSI Jobs

Tribal employment information is available at 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.

Send applications to:

Confederated Tribes of Siletz Indians
Attn: Human Resources Department
P.O. Box 549
Siletz, OR 97380-0549

Fax number: 541-444-8375 or 800-922-1399, ext. 1375

Human Resources: 800-922-1399, ext. 1274, or 541-444-8274

Website: ctsi.nsn.us

Email: hrdepartment@ctsi.nsn.us

2019 Standing Committees

Applications Due by Feb. 6, 2019

Any Tribal member interested for consideration in serving on a committee for a two-year term are encouraged to fill out this form and return it to the address below prior to Feb. 6, 2019. 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 (4)
____ Health Committee (3) ____ Budget Committee (1)
____ Cultural Heritage Committee (3) ____ Enrollment Committee (2)

Committee appointments will be made at the Regular Tribal Council meeting in February 2019. If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

Tribal members get discounts at RV parks

Tribal members receive a 15% discount on spaces at Logan Road RV Park located in Lincoln City, Ore. Call 877-LOGANRV or visit loganroadrvpark.com for more information.*

Tribal members receive a 15% discount on spaces at Hee Hee Illahee RV Resort located in Salem, Ore. Call 877-564-7295 or visit heeheeillahee.com for more information.*

*Subject to availability

THE NORTHWEST NATIVE AMERICAN CENTER OF EXCELLENCE

American Indian/Alaskan Native Pre-Admission Workshop

In partnership with University of Washington and Washington State University

This is a one day event designed for American Indian and Alaskan Native pre-medical students who are actively preparing to apply to medical school within the next two years.

Here is the link to sign up for this workshop:
bit.ly/NNACOEApplicationWorkshop2019

Competitive travel scholarships are available

Apply by March 1st, 2019

Saturday,
May 4, 2019
8 a.m. - 5 p.m.

Robertson Life Sciences Building, 2S014 & 2S018
2730 S.W. Moody Ave.
Portland, OR 97201

For more information or questions please email Marissa Fuqua Miller at
nativehealth@ohsu.edu.

www.ohsu.edu/NativeHealth



SAVE THE DATE

14th Annual Native Caring... A Conference to Learn, Connect & Share

Hosted by the Oregon Indian Tribe

The Coquille Indian Tribe

Other Oregon partnering Tribes include:

Burns Paiute Tribe ~ The Confederated Tribes of the Umatilla Indian Reservation ~
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians ~
Confederated Tribe of Siletz Indians ~ Confederated Tribes of Warm Springs ~
Cow Creek Band of Umpqua Tribe of Indians ~ Confederated Tribes of Grand Ronde ~ Klamath Tribes



April 23-24, 2019
The Mill Casino and Hotel
North Bend, Oregon

Please come and join other caregivers of Native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops that will enhance your caregiving skills and provide you with a break from your daily responsibilities.

Look for registrations coming out early February 2019

The Mill Hotel has a limited number of rooms blocked for this event at \$95 or \$105 + tax per night
800-953-4800

For more information, call 541-888-9494

Lori Austin, ext. 2214
Savannah Gilkey, ext. 2206

Vendors, please contact Suzy Deeds at 503-304-3429 or suzy.deeds@nwsds.org

Tribal Council Timesheets for December 2018

Lillie Butler – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
1	1					12/3 Packets
2.25	2.25					12/4 SVS school board, packets
5.5	5.5				2	12/5-7 Chemawa LLC, packets
2.5	2.5	8			2	12/10-12 Athletic Comm, packets
		6.5	3		2	12/13 Special TC – gaming, STBC mtg/packet
1.75	1.75				2	12/14 All-staff mtg
4.5	4.5					12/18-19 Packets
2	2					12/20 R. River-Siskiyou Nat'l Forest, packets
2.75	2.75					12/21 Regular TC
8.5	8.5					12/24-31 Packets

Loraine Y. Butler – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
15	15				16	12/3-7 Wellness conference
1	1	1.5	2.5			12/10-11 Packets
2	2				6	12/12 OYA
		6.5	2		2	12/13 Special TC – gaming, STBC mtg
1.5	1.5				2	12/14 All-staff mtg
1.5	1.5					12/16 Packets
1.75	1.75					12/17 Clinic wkshp
.75	.75					12/18 Sign checks, packets
1.5	1.5					12/20 R. River-Siskiyou Nat'l Forest
3.75	3.75					12/21 Regular TC
1	1					12/31 Packets

Reggie Butler Sr. – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.5					12/3 Packets
2.75	2.75					12/4 SVS school board, packets
1	1				2	12/5 Chemawa LLC
8.75	8.75	4.5				12/6-12 Sign checks, packets
		6.5	3		2	12/13 Special TC – gaming, STBC mtg/packet
2.5	2.5				2	12/14 All-staff mtg
6.5	6.5					12/17-19 Clinic wkshp, sign checks, packets
2.5	2.5					12/20 R. River-Siskiyou Nat'l Forest, packets
2.75	2.75					12/21 Regular TC
9	9					12/24-31 Sign checks, packets

Sharon Edenfield – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.5					12/3 Packets
.75	.75					12/4 SVS school board
		8.5			2	12/13 Special TC – gaming, EPA public comment
1.5	1.5					12/17 Clinic wkshp
2	2					12/20 R. River-Siskiyou Nat'l Forest, packets
2.75	2.75					12/21 Regular TC

Tribal Council Email Addresses

- Tribal Chairman: Delores Pigsley dpigsley@msn.com
- Vice Chairman: Alfred "Bud" Lane III budl@ctsi.nsn.us
- Treasurer: Robert Kentta rkentta@ctsi.nsn.us
- Secretary: Sharon Edenfield sharone@ctsi.nsn.us
- Lillie Butler lbutler@ctsi.nsn.us
- Loraine Butler loraineb@ctsi.nsn.us
- Reggie Butler Sr. rbutler@ctsi.nsn.us
- Gloria Ingle gloriai@ctsi.nsn.us
- Angela Ramirez angelar@ctsi.nsn.us

Gloria Ingle – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
1.75	1.75				1.5	12/1 Angels Ball
1	1				.75	12/3 Health Comm
1	1.25				.75	12/7 Interviews
3.25	3.25				.75	12/9-10 STAHS, dev sustainability doc
		4	1.5		1.5	12/13 Special TC – gaming, STBC mtg
1.75	1.75				.75	12/17 Clinic wkshp
2.75	2.75				.75	12/21 Regular TC
1.5	1.5					12/28 Packets

Robert Kentta – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
.75	.75					12/3 Natural Resources Comm
				1.5	4	12/10 Mtg w/ Erin at SAO
		6			2	12/13 Special TC – gaming
1.5	1.5					12/16 Packets
1.25	1.25					12/17 Clinic wkshp

Alfred Lane III – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
		1			2	12/13 Special TC – gaming
1.5	1.5					12/20 Audit and Investment Comms., packets
2.75	2.75					12/21 Regular TC

Delores Pigsley – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
3.5	3.5	2			2.5	12/1-4 Casino event, review apps for LCIS, mail, agenda items
1.5	1.5	1			2.5	12/5-6 Chemawa Station LLC, mail
4	4	1				12/7-11 Shangri-La event, mail, agenda items, prep for council
1	1	1			2.5	12/12 CW Xmas party, mail, agenda items
		6.5	1.5		1.25	12/13 Special TC – gaming, STBC mtg
2.5	2.5				1.5	12/14 All-staff mtg, mail
1.25	1.25	.75				12/15-16 Mail, admin, prep for mtg
1.75	1.75	.25			4	12/17-18 Clinic wkshp, mail, agenda items
1.5	1.5				2	12/19 Self-gov negotiations, mail, prep for council
2.25	2.25		.5		3	12/20 R. River-Siskiyou Nat'l Forest, Investment and Audit Comms, sign STBC checks
3.5	3.5				3	12/21 Regular TC, mail
1.5	1.5					12/22-29 Mail, agenda items
.25	.25	1			1.25	12/31 Casino event, mail

Angela Ramirez – 12/1/18-12/31/18

TC	Ind	Gmg	STBC	ED	Tvl	
2	2	5			2.5	12/1-2 Angels Ball, email, packets
18	18				23	12/3-7 Indian Nations Conference, email, packets
4.5	4.5					12/8-12 Email, packets
		6.5			2.5	12/13 Special TC – gaming
1.25	1.25					12/16 Email, packets
1.5	1.5					12/17 Clinic wkshp
2	2					12/28-30 Email, packets
					1.25	12/31 Casino event

For more information about the Siletz Tribal Arts & Heritage Society, visit huu-cha.org.

Chinook Winds

CASINO RESORT

SEE OUR STARS SHINE



Gary Allan
February 22 & 23, 8pm
Tickets \$50-\$65



Grand Funk Railroad
March 29 & 30, 8pm
Tickets \$40-\$55

For tickets call 1-888-MAIN ACT (1-888-624-6228) or purchase online at chinookwindscasino.com. Discount available for Winners Circle Members.

LIBERTY OF THE SEAS

Caribbean Cruizin'

We're giving away 20 Caribbean cruise packages

in all, so start collecting free entries weekly with your Winners Circle Card starting January 28!



Drawings

Thursdays at 7pm and Sundays at 4pm
February 7 – March 10



Swipe your Winners Circle Card in any of our promotional kiosks to claim your free virtual entries every week.

- Members receive one free virtual entry each week
- MVP Members receive two free virtual entries each week
- Premier Members receive 3 entries each week
- Elite Members receive 4 entries each week



Collect even more entries with your tracked casino play; one entry for every 100 points earned on slots, tables, bingo or keno. Also collect an entry for every hour you play in a cash poker game. Complete rules at Winners Circle. Cruise packages are non-transferrable and must be used by the winner. Management may alter the promotion at any time.

COMEDY ON THE COAST

February 8 & 9,
8pm, \$15

Tickets available at the Chinook Winds Casino Resort Box Office.
Buy by phone at 1-888-MAIN-ACT (1-888-624-6228), 541-996-5776 or online.
21 and over event, doors open at 7:30pm with a no-host bar.



HEADLINER
RENO COLLIER



FEATURING
DAVID CROWE



HOST
CARL LEE

Twilight

THURSDAY SLOT TOURNAMENT

Night Owls, win a share of 3500 Sand Dollars!
February 14, 2019



Free entry! Rounds played 8pm-11pm and collect DOUBLE POINTS until midnight. Top session finishers win 25 Sand Dollars. Top tournament finishers win up to 500 Sand Dollars!

Tournament entry is open to 270. Register at a promo kiosk up to two hours before start time. Double points credited by 8am the next day.

Rules available at Winners Circle. Management may change offers at any time.

Boomer TUESDAYS

If you've had at least 55 birthdays, you're IN, and Tuesdays are just for YOU!

FREE SLOT TOURNAMENTS

Top finisher each session entered in Bonus cash drawing!

FEBRUARY 19 starting 8:30am. DOUBLE POINTS 8am-2pm! Win up to 500 Sand Dollars!

FEBRUARY 26 starting 6:30pm. DOUBLE POINTS 6pm-10pm! Win up to 500 Sand Dollars!

Tournament entry is open to 315. Register at a promo kiosk up to two hours before start time. Double points credited by 8am the next day.

Rules available at Winners Circle. Management may change offers at any time.



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



Chinook Winds Casino Resort

Entertainment

Feb. 2: King of the Cage
6 p.m., \$40-\$100
Feb. 8-9: Comedy on the Coast
8 p.m., \$15
Feb. 22-23: Gary Allan
8 p.m., \$50-\$65
March 22-23: Comedy on the Coast
8 p.m., \$15
March 29-30: Grand Funk Railroad
8 p.m., \$40-\$55
April 26-27: Cheech & Chong
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. 8-9: Hang 'Em High (country/rock)
Feb. 15-16: Beth Willis Rock Duo (classic)
Feb. 22-23: Rock n Roll Cowboys
(country/rock)
All 8 p.m. to Midnight

Special Events

Sun: 100% Payout Blackjack Tourney
Sparkling Sunday Brunch at Siletz
Bay Buffet
Wed: Wine Wednesdays at Chinook's
Seafood Grill (CSG)
Mon: Bearable Mondays
Mon-Fri: Happy Hour at Rogue River
Lounge (3-6 p.m.)
Tue: Boomers Club
\$2 Taco Tuesdays at Aces Sports
Bar & Grill
First Tuesday: Boomer Slots
Third Thursday: Twilight Slots

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.

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.



If you want to be part of a great team and looking for a new career opportunity, Please call Human Resources at (541) 996-5800 or (541) 996-5806.
www.chinookwindscasino.com/careers
Office Hours: Monday through Friday 8am-4:30pm

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 44th 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, or call 888-CHINOOK (244-6665) or 541-996-5825.



Job Fair

Wednesday, February 27, 2019
12:00 PM - 4:00 PM

WHERE: CHINOOK WINDS CASINO RESORT CONVENTION CENTER

ON THE SPOT INTERVIEWS WILL BE CONDUCTED
APPLICANTS MUST BE 16 OR OLDER TO APPLY

FULL TIME & PART TIME POSITIONS
STARTING MINIMUM WAGE: \$11.00 PER HOUR

"EMPLOYMENT IS BETTER AT THE BEACH"

Be Passionate and Determined **E**mbrace Change **A**ccountability **C**ustomer Service **H**appiness

COMPANY BENEFITS

Paid Time Off
Accrued Bi-weekly
All-purpose Leave
SELL BACK OPTION

Employer Paid
25k Life Insurance
Short Term Disability
Long Term Disability
Employee Discounts
Discounted Rate for Fitness Center Membership

FREEBIES
Paid Breaks
Flu Shot
Health Screening
Paid Jury Duty
Employee Shuttle
Golf
On-Site Check Cashing
Uniforms
Employee Assistance Program
Employee Dining Room

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.

Tribal members can maintain monthly golfing privileges at Chinook Winds Golf Resort
Tribal members receive free greens fees and can walk nine or 18 holes at no charge. If a cart makes golf more enjoyable, it is only \$10 for nine holes or \$15 for 18 holes.
New this year – We offer Tribal members monthly cart lease and golfing privileges starting at \$75/month.

- Tribal individual cart lease \$75/month
- Couples membership with cart lease \$125/month
 - Couple membership is eligible for any individual living in the same household as the Tribal member.
- Tribal family membership with cart lease \$150/month
 - Couple plus children in the same household under age 24 will have full golf and cart privileges (must be a licensed driver to drive the golf cart.)

Golf is an outstanding way to spend some time with your family and friends. Please take advantage of all of our employee benefits and spend some quality time outdoors this spring on the beautiful Oregon Coast.
Cory Camilleri is our golf pro at Chinook Winds Golf Resort.



Gunnar Olson – Happy 7th Birthday!
We love you to the moon and back!
Grampa, Gramma Leah and the rest
of your family



Happy 2nd Birthday to Rylee Roo!
Love, Mom, Dad and sister

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

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.

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

Siletz Tribal Youth Council Meeting

Helping our Homeless Population

Date: Saturday, Feb. 9



Time: 11 a.m. Youth Council Meeting at Portland area Tribal Office
12-1:30 p.m. Lunch & Meeting
2 p.m. Community Outreach – Hand out supplies to homeless
3 p.m. Depart for home

Location: Portland Area Siletz Tribal office – 12790 SE Stark St., Suite 102

Youth packing list: Warm clothes depending on the weather. We will make sandwiches for the homeless and fill bags with either gloves/socks/toothbrushes etc.

Lunch will be provided
Parents/Guardians are welcome to attend with youth

Transportation:
Youth carpool from the area and Siletz offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers:
Portland: Katy Holland, 503-238-1512
Salem: Sonya Moody-Jurado, 503-390-9494
Eugene: Nora Williams-Wood or Nick Viles, 541-484-4234
Siletz: Dee Butler or Jacob Reid, 541-270-5951

Youth Council Objective:
The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

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

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 2019.

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 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. 22, 2019.

Royalty Crown Proposals

The Pow-Wow committee is now accepting proposals for 2019-2020 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. 22, 2019.

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.