

PORTLAND POTLATCH

July 2021

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



Culture Camp
July 13th-15th

Learning together, even when apart.

Join us in the Member Area on the ctsi.nsn.us website on July 13th-15th for language & culture lessons, songs, cooking videos, and other fun activities.

<p><i>Location</i></p> <p>To participate, login to the Member Area everyday July 13th-15th. It will be available in the "Pow-Wow & Culture" section. Follow along with the schedule and have fun! There is something available for all Tribal Members - new content to be posted.</p>	<p><i>To Login</i></p> <p>On the left-hand side above the website menu, enter your Roll Number and the Last Four Digits of Your Social Security Number in the Member Login and press the Enter key. To view the Member Area, click the "Member Area" link that appears.</p>
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Emergency Preparedness



Wildfire Preparedness

Please see the tips below to help prevention and protection of property during wildfire season. Be safe everyone!

PROTECT FROM EMBERS

Clear needles, leaves and other debris from roofs, gutters, porches, and decks.



MAINTAIN LANDSCAPING

Keep lawns mowed and hydrated. Dry grass and shrubs are easily ignited by wildfires.



MOVE FIREWOOD PILES

Firewood piles can ignite from wildfire embers and then ignite your home. Keep piles at least 30 feet away from buildings.



KNOW TWO WAYS OUT

Plan two ways out of your neighborhood and designate a meeting place before a wildfire threatens your area.



Create an emergency escape plan and stay informed by signing up for emergency text or alert messages from your community. Finally, don't forget to create an emergency kit.

Elders Program



ELDERS FIREWOOD DISTRIBUTION EVENT

Cut and Split Firewood Available for Pickup
 Limited Delivery Available in the Greater Siletz Area
 Limit 1/2 Cord per Elder Household, While Supplies Last



Stay in your vehicle – we will load!



MUST CONTACT:
 Elders Program
 (541-444-8212)
 to get on the list for pickup or delivery



477—Self-Sufficiency Program



477-SSP July Meeting
Information:

UV & Water Safety
July 21st 1:30-3:30pm

Your Money Your Goals
July 28th 1:30-3:30pm

Zoom information will be emailed to current 477 clients.

The 477 SSP program will be hosting monthly trainings. We will be sending out post cards with more info on how to access through zoom. This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

If you have any questions please make sure to contact your Tribal Service Specialist (TSS).

Anna Renville annar@ctsi.nsn.us

(503) 238-1512 x 1412

Tamra Russell tamrar@ctsi.nsn.us

(503) 238-1512 x 1411

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

477—Self-Sufficiency Program

477-Self Sufficiency Program Pandemic Emergency Assistance Fund School Clothing / School Supply Program

The 477-Self Sufficiency Program (477-SSP) received limited funds from the American Rescue Plan Act of 2021. The funding allows the Program to provide limited non-recurrent short-term benefits for eligible Siletz Tribal member households. The 477-SSP will provide a one-time allowance for clothing and school supplies for children returning to in-person classes for the 2021 – 2022 school year.

Eligibility Requirements Include:

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;
- School age children in Kindergarten through 17 years of age;
- Valid email address for head of household.

The 477-SSP will accept applications from July 1, 2021 – August 20, 2021. All pending documentation must be submitted by August 31, 2021. If approved for services, the 477-SSP will issue a \$300.00 clothing allowance for eligible children and \$50.00 school supply

allowance for eligible children.

Applicants will be served based on completion date. Once the funding allocation has been reached, additional households will be placed on a waiting list. You will receive all correspondence from the 477-SSP via email. The Program will issue payments twice per month until funds are expended or the application deadline is met.

By completing the application, you understand that all funds must be applied to school clothing and school supplies for the children listed on the approval notice. Completing the application is not a guarantee of services even if the application is completed prior to August 20, 2021. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

Send Applications to:

477ssp@ctsi.nsn.us

CTSI

Attn: 477-SSP

3160 Blossom Dr. NE STE #105

Salem, OR 97305

Fax: (541) 444-8334

For an online Application:

Ctsi.nsn.us (Tribal Services tab, Employment & Social Services)

For information:

Angelica Espino (503) 390-9494 x 1853

Lori Christy (503) 390-9494 x 1863

Education & Youth Update

COVID-19 YOUTH ASSISTANCE PROGRAM

THIS RELIEF PROGRAM IS OPEN TO ALL ENROLLED SILETZ TRIBAL MEMBERS LIVING ANYWHERE BETWEEN THE AGES OF 14-18 YEARS OLD

(*IF 18 YOU MUST BE RETURNING TO HIGH SCHOOL OR GED PROGRAM IN THE FALL AND PROVIDE YOUR SCHOOL TRANSCRIPTS).

TO REQUEST AN APPLICATION PLEASE CONTACT THE EDUCATION SPECIALIST IN YOUR AREA.

APPLICATIONS CAN BE SUBMITTED TO: EDUCATION@CTSI.NSN.US OR MAILED TO:
YOUTH ASSISTANCE PROGRAMS
PO BOX 549
SILETZ, OR 97380

EDUCATION SPECIALISTS & OUT OF STATE

SONYA MOODY-JURADO
SALEM AREA OFFICE
3160 BLOSSOM DRIVE NE,
SUITE 105
SALEM, OR 97305
(503) 390-9494
SONYAMJ@CTSI.NSN.US

KATY HOLLAND
PORTLAND AREA OFFICE
12790 SE STARK STREET,
SUITE 102
PORTLAND, OR 97233
(503) 238-1512
KATYH@CTSI.NSN.US

JEFF SWEET
OUT OF STATE
PO BOX 549
SILETZ, OR 97380
(541) 444-8207
JEFFS@CTSI.NSN.US

NICK VILES
EUGENE AREA OFFICE
2468 W. 11TH
EUGENE, OR 97402
(541) 484-4234
NICKV@CTSI.NSN.US

ALISSA LANE-KEENE
SILETZ AREA
P.O. BOX 549
SILETZ, OR 97380
(541) 444-8373
ALISSAL@CTSI.NSN.US

THE DEADLINE TO APPLY FOR THESE FUNDS IS AUGUST 1, 2021



Siletz Tribal Youth Council!
July 25th
11:00am
Via Zoom



Area Office Contact Info

Portland: Katy Holland, (503)-238-1512, Katyh@ctsi.nsn.us

Salem: Sonya Moody-Jurado, (503)-390-9494, Sonyamj@ctsi.nsn.us

Eugene: Nora Williams, (541)-484-4234, NoraW@ctsi.nsn.us

Siletz: Elizabeth Madden, (541)-272-9128, ElizabethM@ctsi.nsn.us



Youth Council is for ages 12 to 24. Middle School, High School, & Higher Ed students welcome!

Experience Leadership Community

Education & Youth Update

REWARD & RECOGNITION



CTSI YOUTH FACEBOOK PAGE

Remember to check out the Tribe's CTSI Youth Facebook Page—so many fun, interesting activities and opportunities are posted for our Tribal youth and families such as; board games, gaming challenges, culture night and much more! Each week we add new items!



Siletz Student Incentive Program

The Siletz Tribe would like to recognize all of our many graduates of 2021 - from Head Start to Doctorate Degrees. To receive your incentive please submit the Incentive Application, a copy of your diploma, report card, promotion, ID and Tribal enrollment. The application can either be emailed to you or you can find it on line at www.ctsi.nsn.us (go to Services/Education/College)

- Head Start: \$10
- Kindergarten \$10
- Elementary School \$20
- Middle School \$50
- High School \$100
- Adult Vocational Training
 - \$100 for 1st year
 - \$200 for 2nd year
- Higher Ed. Pendleton Blanket /\$75
- Master \$300
- Doctorate \$300/Blanket

Siletz Tribal Youth Activity

Fund: Youth are eligible for up to \$150 per year to cover costs related to extracurricular activities, cultural events, or supplies for Siletz Tribal members.

JOM: JOM Supplemental Education Program offers money to help pay for extracurricular and enrichment activities—including sport fees, camps, music lessons and cultural projects for youth ages 3 to 18 from any federally recognized tribe.

Download applications online at www.ctsi.nsn.us. (Go to Services/Education/Youth or contact Katy at the Portland area office or email Katy at katyh@ctsi.nsn.us)

Education & Youth Update

**SILETZ
JOHNSON O'MALLEY (JOM) SUPPLEMENTAL EDUCATION PROGRAM –
SUPPORTING OUR TRIBAL YOUTH**

The Siletz Johnson-O'Malley Supplemental Education Program is a federally funded program which was originally authorized by the Johnson-O'Malley Act of 1934. The overall mission of this program is to provide supplementary financial assistance to meet the unique and specialized educational needs of our Indian children.

Eligible students for the Siletz JOM Supplemental Education Program requires students must be:

- An enrolled member of a federally recognized Indian Tribe or Alaska Native
-OR-
Prove to be one-fourth (1/4) or more blood degree.
- Students must reside within the 11 county service area of the Siletz Tribe and be between the ages of 3 through grade 12 and attending public schools.
- Students must have an updated JOM Application on file each academic year.

For more information about JOM services and ways in which to access these services, please contact your local Education Specialist at your area office.

School Supplies

Steps to Register

- 1.) Contact your area Education Specialist
- 2.) Parents must complete a new JOM Application for the 2021-2022 academic year, to be eligible for JOM program services
- 3.) Parents must complete a JOM Request for Services form to register for School Supply Stipend

Enrolled JOM students in Head Start – 12th grade living in the Tribe's 11 county service area are eligible for a \$25.00 School Supply Stipend.

Registration for school supply stipends is open from **July 1st – August 6th, 2021**. Stipends will be mailed on August 18th and will be issued in the name of the parent who completes the JOM Request for Services form.

Deadline: August 6th @ 4:30pm

<p>Nick Viles Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 nickv@ctsi.nsn.us</p> <p>Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us</p>	<p>Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us</p> <p>Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us</p>
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Education & Youth Update

JOM Family Activity

Sign up to receive a Growth Mindset Workbook and sensory gadgets.



Families will work together through the workbook doing fun activities that encourage thinking creatively, positive thinking, problem solving, and foster a love of learning.

Use the included sensory gadgets to reduce stress, keep hands busy, and increase focus and attention by allowing the brain to filter extraneous sensory information.

Stress Relief - Every toy helps relieve stress by simply squeezing, pulling, flipping and twisting these sensory gadgets

To Sign Up, please contact your local area Education Specialist for an application

<p>Nick Viles Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 nickv@ctsi.nsn.us</p>	<p>Katy Holland Portland Area Office 12790 SE Stark Street Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us</p>	<p>Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us</p>	<p>Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us</p>
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Sign up deadline: July 12, 2021
One Box per family




Education & Youth Update

COVID-19
Education Kits

Summer Education Kits are designed to enhance learning while preventing learning loss during the summer months.

CTSI wants to support tribal students by providing monthly comprehensive summer Education kits, for those whose education has been affected as a result of COVID-19.

To qualify:

- Students must be an enrolled Siletz tribal member.
- Enrolled Tribal students must be between the ages of 3 years & 18 (and returning to a school or GED program in the Fall 2021)
- Complete an application, and return to Education Specialist in your area.

To get an application, contact the Education Specialist in your service area. **Deadlines for completed applications are the 15th of each month (June, July & August).**

<p>Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us</p>	<p>Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us</p>	
<p>Jeff Sweet Out of Area PO BOX 549 Siletz, OR 97380 (541) 444-8207 jeffs@ctsi.nsn.us</p>	<p>Nick Viles Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 nickv@ctsi.nsn.us</p>	<p>Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 alissal@ctsi.nsn.us</p>

Education kits will be issued on a first come first served basis, as resources are available.

If you have questions please contact the Education staff in your service area at the listed phone numbers or email addresses.

Home Visiting Program

Siletz Home Visiting Program

Home Visiting Provides:

- Parenting and life skills for successful and positive parenting
- Support and encouragement
- Resources and referrals
- A culturally sensitive, evidence based curriculum

Visits can be done virtually or outside in person using proper precautions.

For more information contact Danelle Smith
 541-444-2532 or
 1-800-922-1399

danelles@ctsi.nsn.us

Or

Lori Christy
 503-390-9494

loric@ctsi.nsn.us

Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under twelve months of age.
- Enrolled Siletz Tribal member head of household or dependent child and meet one of the following criteria—
 - Income below 300% federal poverty level for last 30 days
 - Household that resides in rural location that has limited employment opportunities
 - First time parent
 - Household with at least one adult without a post-secondary certificate
 - Family experienced trauma, chemical dependency or mental health barriers.
- Complete application process to determine eligibility.



Check out the incentive awards for our Tribal Member graduates on page 7!

For Our Tribal Members Graduating This Year

You have accomplished so much—and we'd like to give you a special tribute.

Graduate Families, we will need:

- The name of your student and a picture of them;
- name of the school they're graduating from and degree(s) if from a college;
- a short statement about their future plans; and
- your mailing address (for high school and college graduates).

Email: PIAS@ctsi.nsn.us to submit your information.

Submissions will be published on Tribally owned platforms and publications. If you do not want this published in the newspaper and/or online, please let us know when turning in your graduate information.

Considered Tribes of Siletz Indians

Behavioral Health Program

In the heat of summer:

Summer plans are established, or tentative with the pandemic still uncertain at times, and the weather is being more cooperative than not. Children are hoping to go out and play, while parents may be struggling to keep them entertained while also following COVID safety regulations. Some parks with water features are opening back up. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.

Boost your mental health in the summer to get ahead of those potential winter blues:

- 1) Exercise— It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day.
- 2) It's an important time of year to stay connected with people to keep depression at bay. While the pandemic makes it more complicated, try making at least one plan with people in your bubble each week.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative

ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

A summer haiku by the MHS:

Summer sun, cool breeze,
 Sometimes pollen makes you sneeze,
 Please do watch for bees!

Email Mental Health Specialist Rachel your own haiku and she'll put it in her newsletter, first-come first-served.



rachela@ctsi.nsn.us

Traditional Coping

July is a great month to get your children to virtual culture camp (July 13th—15th). And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in

(Continued on next page)

Behavioral Health Program

their Native heritage. Summer can be a time of difficulty for our Elders, when it's getting hot, and certainly the pandemic is problematic. It's a good time to reach out to elders in your bubble, and make sure they stay cool and hydrated. The Behavior Health Department will be hosting a few various activities generally virtual, but working towards physical activities, that tribal members in the Portland and Salem

areas are welcome to attend. Contact Rachel or the Siletz Behavioral Health Department for more details.

Portland Area Office
 Virtual Appointments M-F
 (503) 238-1512 x1417

Salem Area Office
 Virtual Appointments M-F
 (503) 390-9494 x1864

Language Program



Log in on the CTSI website to get more information about classes and to get access to study materials.

SIGN UP TODAY FOR SUMMER SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

BEGINNING JULY 15
 THURSDAYS AT 5:00 PM-INTERMEDIATE CONVERSATION
 THURSDAYS AT 5:45 PM- BEGINNING CONVERSATION

AUGUST 16-20
 INTENSIVE STUDY CAMP
 DAILY MEETINGS TO JUMP START AT-HOME LEARNING

Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up

Alcohol & Drug Program

4 Easy Tips for an Awesome Summer in Recovery

Coping With Urges, Lifestyle Balance | Smart Recovery

Enjoy Summer Without Getting Off Track

For many people, summer is the best time of the year. Warm weather, days at the beach, vacations... What's not to love? But when you're in recovery, especially early recovery, the pool parties and vacations of summer can be major relapse triggers. Here are some tips for enjoying summer without getting off track.

1. **Plan ahead**—If you know that you will be attending a party, barbecue, or other event that may be triggering, have an exit plan in place. Drive your own car so that you won't get stuck there longer than you want to, or bring a sober friend along for support. If you are going on vacation, consider researching some self-help meetings that are available in the area, or use the online meetings that SMART Recovery offers to keep your focus on recovery.

2. **Get outside**—Summer is the perfect time of year to enjoy healthy outdoor activities such as hiking, biking, and swimming. Exercise is a great recovery tool, and the added bonus of warm weather can provide a quick and easy boost to your mood.

3. **Practice self-care**—In addition to exercise, make sure that you get plenty of sleep and eat well. Taking care of yourself physically makes it easier to stay focused on your goals and make healthy choices. Also, don't be afraid to skip social events. If you are feeling overwhelmed or especially vulnerable, take some time for healthy relaxation.

4. **Remember your goals**—Recovery is all about putting your long-term goals ahead of short-term pleasures. Temptations will arise, but remember what is really important. Indulging may feel good in the moment, but it often leads to feelings of guilt and shame. Recovery will take some sacrifices but they will be well worth it when you are living a fulfilling, meaningful life.

Smart Recovery

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk (503) 238-1512 x 1414
Help is available and confidential.

Recognize
Acknowledge
Forgive
Change

Vocational Rehabilitation Program

Vocational Rehabilitation Program: JULY AWARENESS- STEVENS-JOHNSON Syndrome (SJS)

Stevens-Johnson syndrome (SJS) is a rare and serious type of severe skin rash. The **syndrome** is due to a reaction to medication, an infection, or both. It may begin with flu-like symptoms, followed by a red or purple rash that spreads and forms blisters on the face, eyes, and mouth. The affected skin eventually dies and peels off, forming painful raw areas. **Stevens-Johnson syndrome** requires emergency medical treatment in a hospital, often in intensive care or a burns unit. Complications may include dehydration, sepsis, pneumonia, and multiple organ failure. Some risk factors include a diagnosis of HIV/AIDS or Systemic Lupus Erythematosus or Lupus (Citation: Cleveland Clinic & Wikipedia).

Treatment focuses on finding the cause, administration of pain relief medication, antihistamines, antibiotics, intravenous immunoglobulins or corticosteroids. SJS may affect 1 to 2 people per million a year. Typical onset is under the age of 30. Skin usually regrows over two to three weeks; however, complete recovery can take months. Overall, the risk of death with SJS is 5 to 10% (Citation: Wikipedia). This type of severe rash can be disfiguring and cause rejection by friends, family, and others, so it may present a barrier to employment that involves daily interpersonal contact. An individual's appearance of disfigurement may impact their self-image, employer/peer acceptance, and lead to isolation, depression, and/or anxiety. SJS may cause limitations with interpersonal skills, communication, self-

care, and work tolerance in the short term. The need for on the job training and education needs to be consistent with the affected individual's current limitations and how these limitations may impact their daily job performance.

Symptoms (citation: Mayo Clinic): One to three days before a rash develops, you may show early signs of Stevens-Johnson syndrome, including:

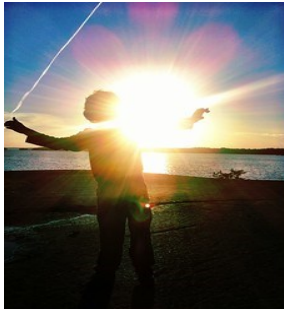
- Fever
 - A sore mouth and throat
 - Burning eyes
 - Fatigue
- As the condition develops, other signs and symptoms include:

- Unexplained widespread skin pain
- A red or purplish rash that spreads
- Blisters on your skin and the mucous membranes of the mouth, nose, eyes and genitals
- Shedding of skin within days after blisters form



Rachelle Endres, Siletz 541-444-8213, ext.1213
Toni Leija, Salem 503-390-9494, ext. 1861

July is UV Awareness Month!



That means, fun in the sun, for many people. With the beach and barbecue weather, comes higher

exposure to harmful Ultraviolet (UV) rays, which are the main cause of skin cells turning into cancer.

Taking extra precaution with your skin this summer is more important than ever, as the rate of skin cancer has increased dramatically over the last decade. According to the American Cancer Society, skin cancer is the most common cancer in the United States.

What is UV Radiation?

UV radiation is made up of UVA and UVB rays which can cause damage to the cells in the top layer of your skin called the epidermis. UVA causes aging, age spots, eye injury and cataracts and genetic damage to your skin, while UVB is also responsible for sunburns, the main risk factor for **melanoma**.

Although UVA and UVB rays can both harm skin and cause cancer,

UVB rays are stronger and can lead to more damage.

Most people assume that too much sunlight is the sole culprit of harmful UV radiation. But tanning lamps and beds are also sources of UV rays and can put you at risk for skin cancer.

We can measure the harmful UV rays known as the UV index. This is a relative scale of UV exposure and the higher the UV index the greater risk of skin injury. Some studies suggest a UVI of greater than 3, others suggest a UVI of 6, are considered harmful and sun protection is advocated. However, the UV index can change throughout the day and it is important to understand that exposure time and skin type are important for predicting risk of skin injury. There are several phone apps that can report real time UVI: Global UV, uv2Day, and UV-index.

Below are 5 important steps to protect your skin as the weather heats up:

Wear Sunscreen

Everyone should use a sunscreen that is SPF 30 or higher every day, even on cloudy days (check the UV index). Choose a sunscreen that provides broad-spectrum coverage and is water resistant. Make sure to reapply every

two hours and, if swimming, follow the directions on the bottle. Remember, sunscreen acts as a filter and shouldn't be your only line of defense against UV rays. Check out additional tips below to protect yourself.

Cover Up with Protective Clothing

Instead of shorts and short-sleeved shirts, opt for clothes that provide different levels of UV protection such as long-sleeved shirts, long pants, or long skirts. Colors can make a difference as well in your sun protection. Generally, the darker the color, the better the protection. If you can see light through a fabric, UV rays can get through, too. Wearing protective clothing also applies when swimming, so make sure to wear a swim shirt! They come in various styles and thickness, and are not only water-wicking but also feature a UV protection. Shade from buildings or overhangs are also effective sun protection.

Wear a Hat

Sometimes the best sun protection comes in the form of a hat. It is a simple way to protect your eyes, forehead, nose, and scalp. Even better to choose a broad-rimmed, 2- to 3-inch hat that covers your ears and neck!

Avoid Tanning Beds

Although tempting, tanning beds can cause just as much harm as the sun. Tanning beds and sun lamps can emit both UVA and UVB radiation. Their use has been linked to an increased

risk of melanoma, especially if a person started using them before the age of 30, according to the American Cancer Society.

Know Your Risk

The more sun safety awareness you have, the better you can protect yourself. While skin cancer can affect anyone, certain factors can increase your risk. Depending on your sensitivity to the sun, you could have a **higher risk for melanoma** if you:

- Have lighter skin
- Have multiple atypical nevi or moles
- Large congenital moles
- A family history of melanoma or you had melanoma in the past
- A history of blistering sunburns
- If you are at a greater risk for skin cancer, you should be extra vigilant with protecting your skin.

What to Do if you are Concerned about Skin Cancer

If you are concerned about your skin or have one or more risk factors for skin cancer, it is important to see your doctor (usually a dermatologist). Your doctor can perform a skin cancer screening and evaluate if you need further treatment.

<https://www.saintjohnscancer.org/blog/melanoma/july-is-uv-safety-month-here-are-5-ways-to-protect-your-skin/>

Natural Resources

2021-2022 Hunting and Fishing Tags Distribution Schedule

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

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery***	50	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/2-11/5**	8/16	First Come First Served*
	Antlerless – Adult	12	10/2-11/5	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/2-11/7	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/20-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2021-2022 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).
Second Distribution: For any eligible hunter, regardless of what other tags they have received.

Natural Resources

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Elk	Antlerless - Youth	3	8/1-12/31	Lottery applications available 6/1; due 7/2 ; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/13-11/16	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 10/5	Lottery
	2 nd Season Rifle	25	11/20-11/26		
	Antlerless	15	Various seasons beginning 1/1/22	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/27-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/16	First Come First Served

* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

** Season for Youth ages 12-17 is 10/2 - 11/7 (2 additional days at end of general season)

*** **Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/8.**

Tobacco Prevention Education

Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed in secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).



Commercial Tobacco Quit Line 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8663

- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

Lets work together and help protect the health of our people.

CTSI Youth Program Activities



We're Back!
 Calling all Gamers, k-12
 CTSI
 Minecraft Gathering!
July 24th, 11am

Contact:
 jacobr@ctsi.nsn.us for registration

Keep up to date on Youth Activities by visiting the CTSI Youth Facebook page!



CTSI Youth Cultural Sharing Night
 MONTHLY/VIRTUAL
 7/22, 8/26
 6-8pm

TO REGISTER EMAIL JACOB@CTSI.NSN.US OR USE QR CODE:

Storytelling
 Art
 Poetry
 Music
 Modern
 Traditional
 Nuu-wee-ya



Siletz Tribal Head Start Program

Siletz Tribal Head Start Program

Apply Now for your child to attend our Siletz Tribal Head Start program. We have classrooms in Siletz, Lincoln City, Salem, and Portland.



We give a preference for enrollment to children who are Native American, but you do not have to be Native American in order to attend our Head Start program.

Our program offers round-trip transportation, 2 meals each class day, structured learning activities to support children's school readiness skills, health screenings, family events, parent training, and services to support family success.

To apply, call us at 1-800-922-1399 or 541-444-2450 and ask for Head Start.

This institution is an equal opportunity provider.

EMPLOYMENT OPPORTUNITIES

Portland Head Start Assistant Teacher/Bus Driver
 30 hours per week/Full benefits

Portland Head Start Classroom Aide
 30 hours per week/ Full benefits

For more information about the jobs listed above or to apply please go to the CTSI website and click the tab for Tribal employment .

Resources



PAPERLESS??

Would you like to receive the newsletter in color and faster than by postal service?

Please email diannae@ctsi.nsn.us to sign up today.

CTSI Tribal Youth Online Academic Support

***24/7 On-Demand Access to Online Professional Tutors**

***All Subjects and Grade Levels-Including College and University**

***Individualized Help**

***All Tribal Students Eligible to Apply, Regardless of Residence**

To sign up contact your local education specialist:
Siletz and Out of Area-alissalectsi.nsn.us; PDX- Katy.Katy@ctsi.nsn.us;
Salem and Eugene-sonya.sonyam@ctsi.nsn.us

PLEASE NOTE:
On-line tutoring access is funded with US CARES Act Funds. Students MUST register by October 31, 2021. Tutoring hours are available on a first come first serve basis as resources are available

CTSI Resource Line 541-444-9613



We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials.

We have hard to find items available for general membership. This includes:

- Thermometers
- Hygiene and sanitation items
- Smudge kits
- and more!

Available while supplies last

If you need assistance, call us Monday through Friday between 9am-3pm.



COVID-19 HOME TESTS AVAILABLE!

AVAILABLE TO SILETZ TRIBAL MEMBERS— FIRST COME, FIRST SERVED.

CALL THE CTSI RESOURCE LINE:

541-444-9613

Portland Area Office Staff

Name/Title	Contact Information
Tamra Russell Interim Area Office Supervisor	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
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Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us



Other Contact Numbers

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177