



Tribe requires staff to show proof of vaccine or face weekly testing requirement

By Diane Rodriguez

On Aug. 24, the Siletz Tribal Council passed a resolution requiring staff at Tribal entities to be vaccinated or submit to weekly COVID testing. The Tribal entities include:

- Siletz Tribal administration offices/departments
- Tribal area offices in Portland, Salem and Eugene
- Siletz Tribal Business Corporation
- Tenas Illahee Child Care Center

- Siletz Community Health Clinic
- Siletz Tribal Gaming Commission
- Internal Audit Department

This also includes Tribal Council members, residents of Tribal congregate care facilities (men's and women's Transitional Living Centers); and Tribal contractors and their employees must follow this policy.

Individuals who have been vaccinated must send proof of vaccination to the Tribe's Human Resources Department

staff or designated Tribal employee. Those who are not vaccinated are subject to weekly testing at an entity of their choice. Home test results will not be accepted.

The Tribe will pay for any out-of-pocket expenses for the vaccination required for employees of any Tribal entity, Tribal Council members and Tribal congregate care facility residents. Employees of Tribal entities also will be paid for the time taken to receive vaccinations and/or for testing.

A medical exemption from this policy is available with a signed exemption form from a medical provider. This does not, however, exempt a person from the weekly testing requirement as they are still able to spread the virus. Those individuals who have recovered from COVID-19 or have received a previous positive antibody test also are not exempt from testing.

Tribal entities, with the exception of the clinic, remain closed to the public at this time.



Please see page 10 for information about the Tribe's \$200 vaccine promotion.

Newland ceremonially sworn in as assistant secretary for Indian affairs

WASHINGTON – Bryan Newland was ceremonially sworn in Sept. 8 as Department of the Interior assistant secretary for Indian affairs by Secretary Deb Haaland (see photo right). Newland is a citizen of the Bay Mills Indian Community (Ojibwe), where he recently completed his tenure as Tribal president.

"Bryan has worked on behalf of Indigenous peoples and Indian Country for decades. His wealth of experience will advance the department's commitment to ensuring Tribes have a seat at the table for every decision that impacts them and their communities," said Haaland. "From clean energy projects and economic development to addressing past injustices against Tribal communities, Bryan will lead with the knowledge that we best serve Indigenous peoples when Tribal governments are empowered to lead their communities."

"I am honored to be back at the department of the Interior working on behalf of Tribal communities and alongside a historic secretary," said Newland. "The Biden-

COVID-19 EMERGENCY ASSISTANCE PAYMENT PROGRAM

The Siletz Tribe has established multiple COVID-19 Relief Programs to ensure all eligible Tribal members received assistance for the unexpected costs and/or loss of income due to the COVID-19 pandemic public health emergency since the Tribal Declaration of Emergency on March 17, 2020.

The Siletz Tribal Council intends to approve, by Tribal Resolution, a one-time Emergency Assistance Payment in 2021 that falls within the General Welfare Ordinance guidelines for each eligible and living Tribal member enrolled on Oct. 31, 2021, including minors. The payment amount will be determined by Tribal Council Resolution on Nov. 19, 2021.

The guidance by the U.S. Department of Treasury requires each adult Tribal member applying for assistance to complete an application for programs and payments. An application was mailed Sept. 1, 2021, to all Tribal members with a valid address on file with Enrollment as of that same day. The application is also available on the Tribal website.

- You can call 541-444-8224 after noon on Nov. 19, 2021, to hear a recording of the information as it was voted on.
- This payment will not be subject to garnishment through Siletz Tribal Court.
- This assistance is considered non-reportable based on the Tribal General Welfare Exclusion Ordinance.
- Only one application per eligible and living Siletz Tribal member enrolled on Oct. 31, 2021. Adults must complete their own application. The parent with physical custody should list their children on the parent's own application. Non-Tribal parents, including foster parents, should apply on the Tribal member children's behalf.
- For parents/guardians who are applying for minor children in their care, the child's full name and date of birth must be listed on the application for it to be considered complete. If the Roll # is not completed, staff will fill that information in. Children must be listed in the database system used by Enrollment in the same household as the adult applying on their behalf. Foster families will be verified by Enrollment with the Indian Child Welfare Department.
- For adults who are not Tribal members who are applying on behalf of a Tribal member minor, a W9 form must also be submitted. Contact staff via CARES@ctsi.nsn.us if you are in need of that form and it is also available on the Tribal website.
- Submit a completed application by **FRIDAY, NOV. 12, 2021**, by 4:30 p.m. PST and receive an Emergency Assistance Payment dated **Dec. 1, 2021**. Any application submitted **after 4:30 p.m. PST on Nov. 12, 2021**, will not be eligible for payment.
- Submit completed application one of the following four ways:
 1. MAIL – CTSI, Attn: Enrollment, P.O. Box 549, Siletz, OR 97380-0549
 2. SCAN and EMAIL – CARES@ctsi.nsn.us
 3. DROP OFF at any area office using their drop box
 4. FAX to 541-444-8296



STAHS keeps moving ahead with museum

The last 18 months have been difficult to say the very least for everyone everywhere. There's been nothing easy about it.

Even so, during this time the Siletz Tribal Arts and Heritage Society has continued to push toward the ultimate goal of building A Place for the People, a museum that will be located on Government Hill in Siletz, Ore.

Gloria Ingle, Teresa Simmons, Angela Ramirez and Shantel Hostler Peacock, members of the STAHS unpaid volunteer board, are proud of the progress that has been made despite the many challenges.

As with all things, money is needed to achieve this goal. We have experienced continued success in fundraising efforts in the form of grants thanks to the efficiency and tenacity of STAHS Capital Campaign Coordinator Stephen Reichard and the support of the Siletz Tribal Council.

This year, \$1,569,000 has either been received or committed toward the museum with another \$1.25 million in grant proposals submitted for approval.

It's been a long, hard struggle to grow the funds needed to build the museum. There is much further yet to go, but we are confident that one day, together as one, we will be able to celebrate the opening of A Place for the People, a learning center for generations to come.



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



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



Tribal revolving credit program lowers interest rates

The Siletz Tribe Revolving Credit Program provides consumer, home improvement and small business loans to qualified Tribal members. Recently, STRCP lowered its interest rates to help make loans more affordable and help improve credit scores.

With three loan tiers available, borrowing money is easier than you may think. For more information on our loan program, contact Tracy Garrison at Tgarrison@stbcorp.net or 541-351-9152.

Elders Council Meeting

The Elders Council will hold a virtual Zoom meeting on Saturday, Oct. 9, 2021, at 1 p.m.

If you are interested in participating in the virtual meeting from your phone, computer or smart phone, please contact Brian Crump in the Elders Program at 541-444-8233 by Wednesday, Oct. 6, 2021.

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

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.

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 November issue is Oct. 8.

Submission of articles and photos is encouraged.

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



Member of the Native American Journalists Association

SIGN UP TODAY FOR FALL SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA!

TUESDAYS OCTOBER 12-DECEMBER 7
5:00 PM-BEGINNING CONVERSATION

THURSDAYS OCTOBER 14-DECEMBER 9
5:00 PM-CONTINUING CONVERSATION

SATURDAYS 10/30, 11/13, 12/4
11:00 AM- IMMERSION SPEAKING GROUP

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



Virtual Event
INDIGENOUS PEOPLES' DAY
OCTOBER 11TH, 6:00 PM
 To sign up, email Jacob Reid at JacobR@ctsi.nsn.us

For Tribal Youth and their Households.
Come celebrate and share with us!
We will have guest speakers and raffle prizes!

USDA distribution dates for October

Siletz		
Monday	Oct. 4	9 a.m. – 3 p.m.
Tuesday	Oct. 5	9 a.m. – 3 p.m.
Wednesday	Oct. 6	9 a.m. – 3 p.m.
Thursday	Oct. 7	9 a.m. – 3 p.m.
Friday	Oct. 8	9 a.m. – 3 p.m.

tribution program. It has been a wonderful 20 years and I will miss you. Be kind to Sammy and whoever is in the position. Thank you all for allowing me to be a part of your lives.

Salem		
Monday	Oct. 18	1:30 – 6:30 p.m.
Tuesday	Oct. 19	9 a.m. – 6:30 p.m.
Wednesday	Oct. 20	9 a.m. – 6:30 p.m.
Thursday	Oct. 21	By appt only



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



Sammy Hall, Warehouseman/Clerk
 541-444-8279; sammyh@ctsi.nsn.us

As you have probably noticed, I (Joyce) am no longer with the food distri-

Fax: 541-444-8306 or 503-391-4296

DETAILS	BUILDING	NEIGHBORHOOD	APPLY
Affordable housing units: - Studios, 1 bedrooms, 2 bedrooms, and 3 bedrooms Location: - 4610 NE 42nd Avenue, Portland, OR 97218 (Cully) - Ethnically diverse community Preferences: - Tribal and Artist	Community Spaces: - Community room with art from local Native artists - Art workshop and studio - Courtyard Supportive Services: - On-site property manager and maintenance tech - Resident services provided by NAYA Family Center Public Transportation: - On direct bus line to NAYA Family Center and Many Nations Academy	Less than 1 mile away in NE Portland: - Parks: Fernhill Park, Wilshire Park - Portland Community College - Workforce Center - Public Schools: Rigler Elementary, Beaumont Middle School Less than 1.5 miles away: - NAYA Family Center services including It's Many Nations Academy - an alternative, accredited high school - Public School: Grant High School	To apply or visit us in-person: 4522 NE 42nd Street Portland, OR 97218 Questions? MamookTokatee@viridianmgt.com or MamookTokatee@nayapdx.org 503.396.1158 Application materials can be found here: https://bit.ly/3y9n57n

CTSI Jobs – 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.

Be safe. Stay home. Get vaccinated. Stay well.

VIRTUAL CULTURE NIGHTS

While tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

UPCOMING DATES:

Wednesday, October 27 at 6 pm:
Traditional Fishing

Sponsored by the Education and Culture Departments
 Contact Nick Viles, nickv@ctsi.nsn.us or 1-800-929-1899, x1757 for login information

Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

- ✚ FAFSA Opens for Applications Oct. 1st (at www.fafsa.ed.gov)
 *If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th
- ✚ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf
- ✚ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf
 - Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at www.aigcs.org)
 - American Indian Graduate Center applications open as early as December and close as early as May each year. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene AlissaL@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

Carol Elizabeth (Quenelle) Williams

Our beloved mother, Carol Elizabeth (Quenelle) Williams, 82, began her next journey Aug. 23, 2021, in Albany, Ore. Carol was the third of 10 children born to Leonard and Lizzette (Warren) Quenelle. She grew up on the Grand Ronde Reservation and became a respected elder member of the Grand Ronde Tribe.



She met and married Siletz Tribal member Eugene Williams Sr. in 1955 and they shared seven beautiful children, four boys and three girls. After her husband passed away in 1977, she continued raising their children in Siletz, Ore. After they were grown, she met and married Steve Loveland and briefly moved to Nevada before returning to Siletz to be with her family and homelands along the Oregon Coast.

Carol mastered the skills of a home-maker while also completing her education and nearly 30 years of sobriety on

Oct. 2, 2021. She annually worked with numerous farming families to assist with cultivating and harvesting a variety of fruits, vegetables and trees. She also worked in cabinetry, bartending, housekeeping, Publisher's Mill and for the Siletz Tribe.

Carol's traditional and leisure activities included picking fern, peeling chit-tum bark, beading, cross-stitch, watching soap operas, putting her Native puzzles together, caring for her plants and spend-



ing time with her three Pomeranians – Pepper, Jellybean and Chili Bean.

Carol is survived by one sister, Evelyn "Toni" Quenelle, Willamina, Ore.; son, Eugene "Poppa" Jr. and Debbie Williams, Toledo, Ore.; daughter, Nora and Randy Wood, Cottage Grove, Ore.; daughter, Melody Williams and Darrel, Newport, Ore.; daughter, Charmaine and Mark Hammett, Siletz; son, Duane "Scotty" Williams, Siletz; and daughter, Christina Goodell and Martha Metcalf, Siletz.

She enjoyed generations of cousins, nieces, nephews, grand-, great-, and great-great-grandchildren.

She now joins the family circle who preceded her on the journey: husband, Eugene Williams Sr.; son, Stacy 'Babe' Wade Williams; son, Gordon 'Ab' Lynn Williams; brothers, Leonard (Chuck), Donald (Donnie) and Larry Quenelle; sisters, Charlotte, Delores and Eileen; both parents; and her beloved Pomeranian, Bucky.

Her family will announce the future celebration of her life and her passing message.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399
Salem Area Office – 503-390-9494
Portland Area Office – 503-238-1512
Eugene Area Office – 541-484-4234

Purchased Referred Care (PRC) – 800-628-5720
Tribal Veterans Rep – 541-444-8330 or 541-270-0569
Siletz Community Health Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599
Chinook Winds Casino Resort – 888-244-6665
Chemawa Health Clinic – 800-452-7823
Bureau of Indian Affairs – 800-323-8517
Website – www.ctsi.nsn.us

Your mouth is a gateway to your health; important to eat healthy, brush your teeth

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

Our mouths and dental health are more important than many have realized. Our mouth starts the process of nutrition and our nutrition in turn influences our oral health. As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families.

I come at this topic with personal interest. Despite my keen attention to my lifestyle and my nutrition, I've been living with Lyme disease and mold illness. When I learned that dental issues could interfere with healing, I started looking into oral health more deeply.

Recently, I realized I had a hidden infection in my mouth and jaw that I had been living with for many decades. It has actually been a long road for me. I would like to address some of the many ways that what happens in the mouth impacts other parts of the body. These factors can have either positive or negative outcomes.

Most of us have been educated from a young age about the importance of brushing our teeth and that sugar is bad for our teeth. Head Start focuses on brushing teeth and having dental checkups. Oral health is more than that. It includes a healthy balance of microbes and appropriate structure for function.

Plaque formation can be healthy or unhealthy. I like the way Alvin Danenberg, DDS, CFMP, explained this in a recent talk I heard.

Dental plaque has some very important functions. It is our protection. It is basically there to defend the gum tissue

against infection by potential pathogenic bacteria in the mouth. Dental plaque stops bacteria from sliding down the tooth enamel to get under the gum into the jawbone.

Dental plaque is not always healthy, however. If it's allowed to become unhealthy, it can cause inflammation in the gum tissue, deeper bone damage around the roots of the tooth and eventually the loss of teeth. Unhealthy gut and poor food choices can cause healthy dental plaque to become unhealthy dental plaque.

Gum disease or periodontitis follows unhealthy plaque and is a very big problem these days, especially when gums recede around the root of your teeth. Blood in your mouth when brushing or flossing is a sign of gum inflammation that should be discussed with your dentist or hygienist.

Periodontitis can also result from specific bacteria called *P. gingivalis* in the oral biome. Interestingly, it can also trigger auto-immune reactions against joints and other tissues (mentioned later).

A vicious cycle occurs once plaque becomes unhealthy. It can start in the mouth or the gut. For example, oral infections, when present, can travel to the gut via saliva.

When the gut is unhealthy, it can become leaky (more permeable) and unhealthy toxic elements can spread into the circulatory system. Once that happens, our immune system is compromised. It constantly tries to fight this inflammation, but it's a losing battle.

As that happens, the compromised immune system allows the bacteria in the mouth to change from healthy to unhealthy. The plaque around the teeth

starts to become unhealthy and the bacteria become imbalanced. Poor food choices can feed these pathogenic bacteria in the unhealthy dental plaque, leading to new problems. It is therefore important to focus on healthy diet, teeth brushing and hygiene, as well as addressing any infections.

Personally, my mouth was incredibly aggressive in plaque formation despite my diet and dental hygiene. When my hidden infection was found and treated, my excess plaque formation decreased dramatically. This even surprised my dentist.

In the body there are many different microbiomes and they contain more than just bacteria. There are also fungi or yeast, archaea, viruses and protozoa, which are generally considered parasites.

Measuring the pH of saliva is one way to evaluate the health of the mouth. Acidity is a sign of poor health and is shown in the low numbers on the 14-point scale. If the pH is above 6.8, cavities will not form.

Acid favors decay. Sugar on the teeth can result in acidic pH. This is why brushing to remove food from the teeth is important. Proper foods protect oral health by nourishing and mineralizing the teeth rather than feeding the unhealthy bacteria. Limiting sugary foods and starches, eating many vegetables and moderate healthy proteins can protect against cavities and support healthy pH in the mouth.

Also, when the mouth is acidic, yeast can grow freely and can lead to systemic candida. If your tongue becomes white, this can be an overgrowth of yeast, often called thrush. Sometimes thrush follows antibiotic use. Our bodies are always seeking a balance and sometimes this is difficult to find.

Problems in our mouth, or our oral microbiome, are associated with other conditions, such as cardiovascular disease. Think of it this way – plaque in the mouth is the same plaque in the blood vessels! There is increasing evidence that the health of the mouth can be associated with heart attacks, diabetes, obesity, visceral fat, autoimmune diseases, cancer, stroke, neurologic conditions and more.

Remember, your mouth is a gateway to your health because it is the start of the gastrointestinal tract and leads to the rest of your body. With that in mind, conditions in the mouth that allow imbalance and overgrowth move through the digestive tract.

When boundaries are leaky (not healthy) other parts of our bodies can be impacted, such as our brain, our digestion and our circulation (blood and lymph). Bitter foods such as dark leafy greens can stimulate and prepare our bodies for effective digestion to keep our bodies working well and to protect from excessive biofilm development.

It is essential to realize how our state of oral health can help or hurt overall body health. What we eat matters, as well as the ways we care for our mouth to support balance. This topic will be explored further in the next article.

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



Siletz Community

Find us on Facebook! Siletz Community Health Department

The Resource Line is still here for you! 541-444-9613

Need to know your resources while you isolate or quarantine? Sanitation supplies available as well!
We are here for you!



Events

Tuesdays at 5:30pm
Art with CARE
Via Zoom

October 16 at 5:30pm
Virtual Talking Circle
Via Zoom

October 21 at 5:30pm
Calming Scrub
Via Zoom

October 22 at 6pm
Film Screening *Sisters Rising*
Via Zoom

Wednesdays
Wear purple and win

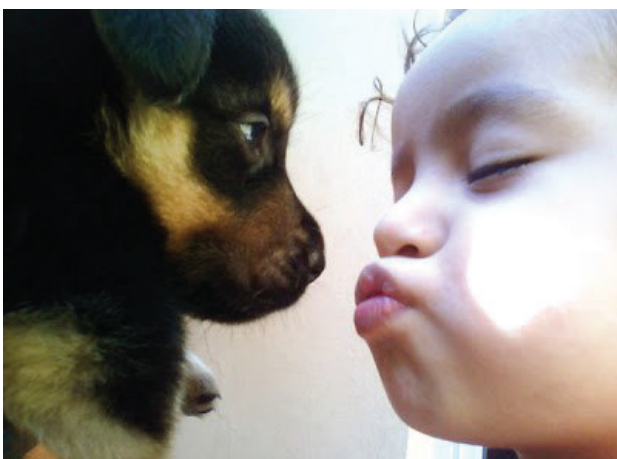
What is Secondhand and Thirdhand Smoke?



Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions.



What is thirdhand smoke?



Thirdhand smoke is the invisible tobacco "dust" (or chemical) that settles in the environment and stays there even after a cigarette has been put out. Thirdhand smoke contains more than 250 chemicals. We know that children exposed to thirdhand smoke are at risk because they have higher levels of cotinine (the byproduct of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car.

Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancers caused from secondhand smoke exposure.

Health Department



Coming in October! Domestic Violence Awareness Month

Show your support for survivors of Domestic Violence by displaying a "In this house we believe women are sacred" yard sign or a "A Siletz Auntie Lives Here" window cling! Contact CARE for more information 541-444-9680.

Fly
A
Flag

More than 4 in 5 American Indian and Alaskan Native women have experienced violence in their lifetime. In some U.S. counties, murder rates of Native American women are up to 10 times higher than the national average for all other races. By flying or displaying a flag in the month of October you can show your support and honor our loved ones who have experienced or lost their lives to domestic violence. Contact the CARE Program to find out how you can get a flag to fly.

Calming
Scrub

Join the CARE Program in a self-care activity, making a calming lavender body scrub, on **October 21** via Zoom. We will send you all the supplies you to need to make this calming scrub and engage in a little self-care. Email Alexcia at CARE for registration and meeting information: alexciag@ctsi.nsn.us

Create
Art
Together

Use your favorite art form (beading, sketching, painting, sewing, etc.) to create an art piece that includes a purple bear paw in honor of Tillie Black Bear, who was known as the grandmother of the Battered Women's Movement and dedicated her life to the safety of Indigenous women.

The CARE program will host a weekly Zoom session every Tuesday in October at 5:30 where we can come together (virtually) and work on our art pieces, share stories and be in community with one another. Your art piece can be in any art form you like. Check out this link for more information about Tillie Black Bear: http://www.ncdsv.org/images/NIWRC_Honoring-Tillie-Black-Bear-the-Grandmother-of-Our-Movement_7-2014.pdf



Wear
Purple
& Win

Wear purple on Wednesdays through the month of October for your chance to win. Each Wednesday you have an opportunity to enter into a drawing to win a self-care kit.

Film Screening

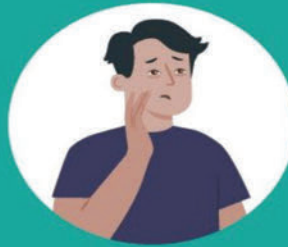
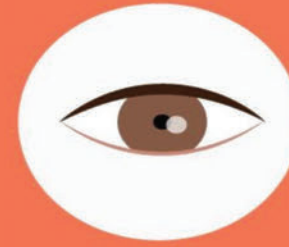


Watch Sisters Rising with the CARE Program on October 22 at 6pm. Contact Alexcia at the CARE Program for more information: alexciag@ctsi.nsn.us

Talking Circle

The CARE Program hosts a virtual talking circle every third Thursday of the month via Zoom. Our October talking circle is **October 14, at 5:30 p.m.**

END
HIV

SIGNS OF OVERDOSE

 <p style="color: white; font-weight: bold;">Pale/blue skin</p>	 <p style="color: white; font-weight: bold;">Small or constricted pupils</p>
 <p style="color: white; font-weight: bold;">Loss of consciousness</p>	 <p style="color: white; font-weight: bold;">Shallow breathing</p>

Safety Tips:

- Use with others
- Carry Naloxone/NARCAN
- Test your drugs before using
- Start low and go slow
- Watch and wait

SILETZ COMMUNITY HEALTH **HARM REDUCTION**
 Contact:
Sharon Bruns (541) 272-9083



Get yours before they're gone!

WOMEN ARE SACRED YARD SIGN

Contact the CARE Program to find out how you can get one these yard signs and show your community that you support survivors of domestic violence.

541-444-9680

or email Alexcia Gongloff: alexciag@ctsi.nsn.us



Courtesy photo

Izaiah Fisher

Fisher named co-president of national committee after serving as regional rep

Grand Ronde resident Izaiah Fisher has been named the male co-president of the United National Indian Tribal Youth (UNITY) Executive Committee.

Fisher, 19, is a member of the Confederated Tribes of Siletz Indians. He previously served on the Grand Ronde Tribal Youth Council and the Siletz Tribal Youth Council. His work with UNITY began in 2019 when he was named the northwest regional representative.

Fisher is a descendent of the Selsic, Tom and Riggs families. He graduated from Siletz Valley Early College Academy in 2020.

UNITY's mission is "to foster the spiritual, mental, physical and social development of American Indian and Alaska Native youth, and to help build a strong, unified and self-reliant Native America through greater youth involvement." For more information about UNITY and how to get involved, visit unityinc.org.

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

Newland, continued from page 1

Harris administration has made clear its priorities to respect Tribal sovereignty and self-governance, fulfill federal trust and treaty responsibilities to Tribal nations, and make regular, meaningful and robust consultation with Tribal nations cornerstones of federal Indian policy. I am committed to engaging with Tribes every step of the way and ensuring they have the support and resources they need to fully thrive."

Before serving as Tribal president of the Bay Mills Indian Community, Newland served as chief judge of the Bay Mills Tribal Court. From 2009 to 2012, he served as a counselor and policy advisor to the assistant secretary of the interior for Indian affairs.

Bryan is a graduate of Michigan State University and the Michigan State University College of Law. In his free time, he enjoys hiking and kayaking the shores of Lake Superior and is a nature photography enthusiast.

About DOI

The Department of the Interior (DOI) conserves and manages the nation's natural resources and cultural heritage for the benefit and enjoyment of the American people, provides scientific and other information about natural resources and natural hazards to address societal challenges and create opportunities for the American people, and honors the nation's trust responsibilities or special commitments to American Indians, Alaska Natives and affiliated island communities to help them prosper.

CALLING ALL CTSI AREA TRIBAL YOUTH AGE 12-17 YEARS

Ropes Course River Rafting Camping Trips
Games Night Beach Trips Hikes
After School Programs and more!

Sign up with the Prevention program today!

Please note: Prevention activities are not open to the public. For questions please call, Elizabeth Madden at 541-444-9606 or email at elizabethm@ctsi.nsn.us

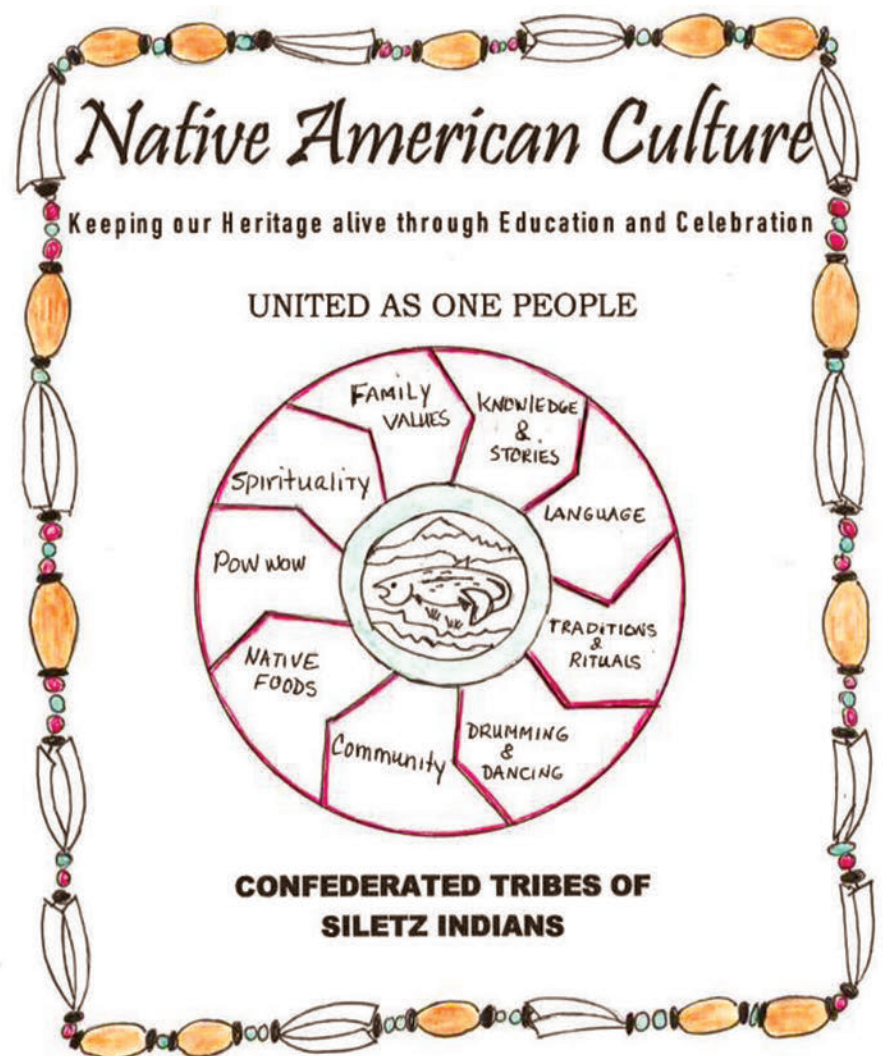
Need Rental Housing?

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

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

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

This fundraiser replaces the Elders raffles that usually take place at the Nesika Illahee and Restoration pow-wows. Neither event took place in 2020 and both have been canceled in 2021. Help this group continue to buy flowers and gift cards for elders who fall ill by purchasing a steel blue T-shirt or sweatshirt.



ELDERS COUNCIL FUNDRAISER

The Elders Council is holding a T-Shirt fundraiser. We are now taking orders. T-shirts and V-necks are \$20 each and sweatshirts are \$30 each. Please contact Shelley UpChurch at 541-992-5095 or email shellmeister09@gmail.com to reserve yours today!

FEMA continues to offer reimbursement of funeral costs for COVID-related deaths

PHILADELPHIA – The COVID-19 pandemic has been incredibly difficult for all Americans, but even more so for those who lost a loved one to the virus. The unexpected and sometimes sudden loss of a loved one has placed a heavy burden on many thousands of Americans.

FEMA offers help through the COVID-19 Funeral Assistance Program, which allows eligible funeral expenses to be reimbursed directly to the loved ones who incurred those expenses.

Individuals who apply may receive up to \$9,000 per funeral and a maximum of \$35,500 for multiple funerals that occurred within the same state or territory. The sooner people with eligible expenses begin their application, the sooner they can receive their reimbursement.

“When people think of FEMA’s role in the COVID-19 response, they often think of the work we have done to get shots in arms. That is an important and ongoing mission, but there are other ways we offer support,” said FEMA Region 3 Acting Regional Administrator Janice Barlow. “Our hearts go out to those grieving the loss of a loved one to COVID-19. We hope that through our Funeral Assistance Program, FEMA can help ease some of that burden.”

One of the most important steps for individuals interested in applying is to first understand the program’s eligibility and documentation requirements. **To be eligible for funeral assistance, you must meet these conditions:**

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The person applying on behalf of the deceased individual must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after Jan. 20, 2020.

If you had COVID-19 funeral expenses, we encourage you to gather the following documentation and have it ready when you start your application:

- **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- **Funeral expenses documents** (receipts, funeral home contract, etc.) that include the applicant’s name, the deceased person’s name, the amount of funeral expenses and the dates the funeral expenses happened.
- **Proof of funds received from other sources** specifically for use toward funeral costs. We are not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies or other sources.

The program does reimburse eligible expenses; however, patience is encouraged upon submitting your application. It can take several weeks from the time all the necessary documentation has been collected for the funds to be disbursed.

The best way to reduce the wait and speed up the process is to be prepared with all of the required paperwork when you start the process. After you apply, stay tuned for any communications from FEMA as follow-up questions may be asked to continue processing the application.

How to Apply

Call this dedicated toll-free phone number to complete a COVID-19 Funeral Assistance application with help from FEMA’s representatives. Multilingual services are available.

COVID-19 Funeral Assistance Line: 844-684-6333 | TTY: 800-462-7585

Hours of Operation: Monday-Friday, 9 a.m. to 9 p.m. EDT

If you use a relay service, such as your videophone, InnoCaption or CapTel, please provide your specific number assigned to that service. It is important that FEMA is able to contact you and you should be aware phone calls from FEMA may come from an unidentified number.

 **Help prevent the spread of COVID-19!**

Access ODHS programs and services from home:

Need **medical, food, cash** or **child care** assistance? → one.oregon.gov or **1-800-699-9075**

Services for **older adults** or **people with disabilities**? → **1-855-ORE-ADRC**



General information? → **2-1-1** or 211info.org

Not sure if you can be helped over the phone or online?
Call your local ODHS office: go.usa.gov/xw7Ba



Back to campus: COVID-19 safety tips

- 1** **Make a plan to get your COVID-19 vaccine** if you haven’t already. It’s the safest and most effective way to protect yourself and others.
- 2** **Stay at least 6 feet apart** from people you don’t live with. Avoid crowded indoor spaces like busy fitness centers or gathering areas.
- 3** **Wear a face covering** in shared spaces with people who don’t live with you, or outdoors when you’re unable to stay 6 feet apart from people you don’t live with.
- 4** **Keep visitors at a minimum**, just like you would at home. Visiting with others outdoors is lower risk than indoors.
- 5** **Don’t eat or drink from the same glass or dish as others.** Don’t place personal items like toothbrushes on shared surfaces. Instead, consider using a tote.
- 6** **Practice good hand hygiene.**
- 7** **Stay home and isolate if you’re sick.**



Caring for your skin while wearing a mask

Maskne?

Wash your mask. Toss disposable masks after one use.

Keep makeup light. Makeup can clog pores, so less is best when wearing a mask.

Change your mask. After exercise or other activities leaving you sweaty, it’s a good idea to wear a fresh mask.

Everyday tips

Apply a thin layer of moisturizer or sunscreen. These products can serve as a barrier between your skin and mask.

Wash your face twice a day. Use a gentle cleanser and pat your face dry with a towel, do not rub.



Tribal vaccine promotion: Get your shot(s), receive \$200, help protect others

Purpose: To increase vaccinated Tribal members and staff, CTSI is providing a \$200 cash payment to Tribal members (all ages), CTSI staff and CTSI entities staff (IAD, STGC, STBC and Tenas Illahee) to complete their COVID-19 vaccine series.

- * COVID-19 Vaccine - **Must complete vaccine series** to qualify for incentive by Dec. 15, 2021.
 - ★ Qualifying series
 - Moderna – 2 shots
 - Pfizer – 2 shots
 - Johnson & Johnson – 1 shot

- * **Who is eligible**
 - ★ Enrolled Siletz Tribal members – all ages – living anywhere
 - Ages 14 and older – check is payable to individual Tribal member
 - Ages 13 and under – check is payable to PARENT of Tribal minor or guardian (must provide proof of guardianship and W-9)

- * **Staff**
 - CTSI, IAD, STGC, STBC and Tenas Illahee, including full/part time and temporary employees
 - Currently employed by CTSI/entities at time of application and payment

- * **Payments**
 - ★ 3 payment cycles available:
 - Sept. 8, 2021 – application/documentation received Aug. 30
 - Nov. 3, 2021 – application/documentation received Oct. 22
 - Dec. 29, 2021 – application/documentation received Dec. 15

- * **How to apply**
 - ★ Complete application and provide requested documentation
 - Vaccine Program staff will verify vaccine series in Oregon Alert when vaccine card not submitted.
 - ★ Application and W-9 are available on website – ctsi.nsn.us

- * **Program information**
 - ★ Tribal members who are also employees are only eligible for one promotion payment of \$200
 - ★ Payment is not reportable income
 - ★ Vaccine promotion ends Dec. 15, 2021 – must apply no later than Dec. 15, 2021.

Vaccine Promotion Application for Siletz Tribal Members (14 years of age and older)

Name: _____ DOB: _____ Roll # _____

Mailing Address: _____

Phone # _____

Vaccine Location: _____ (Siletz Clinic, Fred Meyer, Salem Armory, etc.)

Read carefully to **ensure** you're sending **required** documentation:

- _____ I received my vaccine @ Siletz Clinic – Send application **only**
- _____ I received my vaccine in Oregon* – Send application **only**
- _____ I received my vaccine outside of Oregon – Send application **and** copy of vaccine record

Signature: _____ Date: _____

*If site does not report to Oregon Alert, you'll be contacted to provide a copy of your vaccine card.

**If your Social Security number is not on file with CTSI, we will need a copy of it or W-9.

***More than 1 family member: Provide above information on separate sheet of paper and send.

Vaccine Promotion Application for Siletz Tribal Members (13 years of age and younger)

Name: _____ DOB: _____ Roll # _____

Legal Guardian Name: _____

Mailing Address: _____

Phone # _____

Vaccine Location: _____ (Siletz Clinic, Fred Meyer, Salem Armory, etc.)

Read carefully to **ensure** you're sending **required** documentation:

- _____ I received my vaccine @ Siletz Clinic – Send application **ONLY**
- _____ I received my vaccine in Oregon* – Send application **ONLY**
- _____ I received my vaccine outside of Oregon – Send application **AND** copy of vaccine record

Proof of Guardianship

- _____ I am the legal parent and enrolled Siletz Tribal member – No additional information required.
- _____ I am the legal parent and NOT an enrolled Tribal member – Send W-9
- _____ I am the legal guardian – Send proof of guardianship and W-9

I attest the minor child resides with me and I am the legal guardian. I understand that supplying false, incomplete or inaccurate information is punishable under federal, state or Tribal laws.

Signature: _____ Date: _____

*If site does not report to Oregon Alert, you'll be contacted to provide a copy of your vaccine card.

**More than 1 family member: Provide above information on separate sheet of paper and send.

Mail or email your application

Mail to: Siletz Community Health Clinic, Attn. Vaccine, P.O. Box 320 Siletz, OR 97380
Email to: Covidline@ctsi.nsn.us

Siletz Community Health Clinic

Purchased/Referred Care – Newly Available Service

PRC Funding for Specialty Surgery

Tribal Council approved funding for medically necessary surgeries that are not currently approved services. To qualify, you must be an enrolled Siletz Tribal member AND PRC-eligible. Eligible surgeries include:

- Excess eyelid skin removal
- Breast reduction
- Excess abdominal skin removal

PRC will process requests through Gatekeepers; funding is limited and will be first-come, first-served. The established medically necessary criteria are consistent with CMS and insurance guidelines. Requests deemed as cosmetic will not qualify.

Dental Services and Funding

PRC-eligible patients living within 40 miles of the Siletz Clinic or an IHS facility are now eligible to obtain services at an outside dental facility. You may also be eligible for implant(s) as the result of reduced access to dental care from dental office closures or reduced capacities. Implant requests go through Gatekeepers to determine eligibility.

Contact PRC for additional information at 541-444-1236.

Out-of-area Tribal members are eligible for an additional benefit of \$3,000 for dental services, which must be received by Dec. 31, 2021. Funding is limited.

Contact the COVID Team for additional details at 541-444-9607.

How to Ensure Medical Bills are PAID

Timely by Purchased/Referred Care

When a medical bill (doctor, emergency room, ambulance, laboratory, radiology, etc.) is sent directly to you, please contact the medical facility at your earliest convenience. Purchased/Referred Care (PRC) can only process bills sent directly from medical facilities, which allows us to apply discounts – essentially PRC pays less. Although PRC contacts facilities on your behalf, unfortunately we're not always successful in updating your billing information.

Also, watch for mail from PRC in case your visit is denied. Your visit may be denied for the following reasons: you're due for an Annual Update; you need to apply for OHP or provide income verification; or you did not call PRC with visit date.

If you are billed, please do one of the following to ensure a quicker billing process:

- Call the facility and give them your PRC information and other insurance if applicable.
- Write a note on the billing statement 'Please Bill, information attached' and mail the statement along with your insurance information to the medical facility.

Sample bill:

Cut out a copy and send with your bill:

SILETZ COMMUNITY HEALTH CLINIC

DRIVE-THRU FLU SHOT CLINIC



Open to the Community
PATIENTS- INSURANCE WILL BE BILLED
\$20 FOR NON-PATIENTS

FRIDAY
OCTOBER 1ST
9 AM - 1 PM

FRIDAY
OCTOBER 8TH
2 PM - 6 PM

FRIDAY
OCTOBER 15TH
9 AM - 12 PM

FRIDAY
OCTOBER 22ND
3 PM - 5 PM

Alternative Health Care Benefit Changes

Effective April 1, 2021, Tribal Council approved an increase to the alternate health care benefit from \$50 per visit to \$75 per visit.

Available services include three visits quarterly for either: massage, chiropractor or acupuncture. Eligibility: Enrolled Tribal members

Join CARE Program's Virtual Movie Night



Grab some popcorn, and join us in watching Native American director Willow O' Feral's film "Sisters Rising", shedding light on violence against women in Indian Country.

October 22nd, 2021 @ 6:30pm PT via zoom

Live Discussion available afterwards.

email Alexcia at alexciag@ctsi.nsn.us for info

CARE Program Main line : 541 444-9680

Siletz Community Health Clinic Flu Shot Access

In response to COVID-19, the clinic is unable to offer flu clinics in the area offices. We hope to return to providing flu clinics next year but for now want to do our part in keeping you safe.

2 ways to get your flu shot

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



I Strengthen My Nation – Challenge Programs through NPAIHB, NIDA

The National Institute on Drug Abuse (NIDA) in partnership with the Northwest Portland Area Indian Health Board (NPAIHB), through the We R Native program, is hosting two challenge competitions to recognize the inherent strengths and resiliencies of Indigenous people and culture that foster healthy communities and protect against substance use.

Research has demonstrated that youth participation in substance misuse prevention research yields community-specific prevention methods and materials, increasing community awareness of substance misuse and solutions. The challenges ask youth with knowledge of American Indian and/or Alaska Native culture (ages 14-25) to share their ideas about resilience and how it can combat substance use.

Prizes will be awarded for two challenges:

- **Art Challenge:** We invite youth to submit any original form of art and describe how it depicts resilience against drug abuse to win \$500 (individual submission) or \$1,000 (group submission). We will award approximately 25 prizes.
- **Community Project Intervention Challenge:** We invite youth to develop plans for a project they believe would augment resilience to substance abuse in communities, submitting to us a plan for the project and video description. Prizes for each proposed project will be up to \$10,000 (minimum award \$2,000).

We R Native is a multimedia health resource for Native youth, by Native youth. The service was designed using behavior change theory and extensive formative research with AI/AN teens and young adults across the U.S.

We design our health messages to address the social, structural and environmental stressors that influence adolescent health; with particular focus given to the prevention of suicide, bullying, STDs, teen pregnancy, and drug and alcohol use.

The deadline for submissions has been extended to Dec. 10, 2021. For more information, visit wernative.org/contest.

THIS IS YOUR SHOT

COMMON CONCERNS

Accurate information is critical to combat common myths and rumors when it comes to the COVID-19 vaccine. It can be challenging to know which sources of information you can trust. Before considering vaccine information on the Internet, check that the data comes from a credible source and is up to date. Take a look at a few of the common concerns among Native youth and parents:

DOES IT AFFECT MY DNA?

Different types of vaccines offer protection in different ways, but the COVID-19 vaccine cannot affect your DNA. Both mRNA and viral vector COVID-19 vaccines deliver instructions to our cells to start building protection against the virus. However, the material never enters the cell's nucleus, which is where our DNA is kept.

DOES IT CAUSE FERTILITY ISSUES?

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. Additionally, there is no evidence that female or male fertility problems are a side effect of the COVID-19 vaccine.

IS THE VACCINE SAFE FOR NATIVE YOUTH?

All COVID-19 vaccines used in the U.S. were tested in clinical studies with thousands of people, including American Indians and Alaska Natives. These studies were done to ensure the vaccines meet safety standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the U.S.

WILL THE VACCINE ENLARGE MY HEART?

Based on the latest evidence, myocarditis appears to be an extremely rare side effect that pales in comparison to the potential risks of COVID-19 infection.

WILL THERE BE LONG-TERM SIDE EFFECTS?

Side effects that cause long-term health problems are extremely unlikely after your COVID-19 vaccine. Vaccine monitoring has historically shown that side effects generally happen within six weeks of receiving it. The Food and Drug Administration required each of the COVID-19 vaccines to be studied for at least eight weeks after the final dose, and millions of people have been vaccinated with no long-term side effects detected.

BUT I'M YOUNG AND HEALTHY!

Although fewer children have been sick with COVID-19 than adults, all ages can still be infected with the virus and spread it to others. The CDC recommends everyone 12 years and older get a COVID-19 vaccine.

WHAT IF I'VE ALREADY HAD COVID-19 AND RECOVERED?

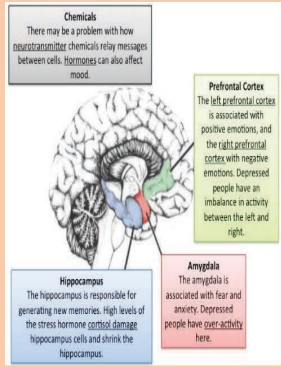
You should be vaccinated even if you've already had COVID-19. Experts do not yet know how long you are protected from getting sick again after recovering. Even if you have already recovered, it is possible that you could be infected with the virus again.



For more information, visit www.cdc.gov

page 07

**DEPRESSION DOESN'T NEED TO BE A BURDEN
- IT'S TREATABLE!**



Depression is a serious medical condition that affects thoughts, feelings, moods and behaviors, and gets in the way of a person's ability to work, study, sleep and eat.

Signs and Symptoms:

- ❖ Loss of interest or enjoyment in daily activities
- ❖ Persistent sad, anxious or hopeless mood
- ❖ Irritability or nervousness
- ❖ Feelings of guilt, fear or worthlessness
- ❖ Significant weight loss or gain due to appetite changes
- ❖ Overtired and decrease in energy levels
- ❖ Unable to sleep or too much sleep
- ❖ Unexplained crying spells
- ❖ Difficulty concentrating, remembering and/or making decisions
- ❖ Little or no interest in companionship or physical activities
- ❖ Thoughts of death or suicide

Empower Tribal Communities – Manifest Strength in Community, Culture, Traditional Activities

- Increase awareness of mental health & its connection to chronic diseases
- Conduct stigma awareness training
- Educate providers about unique mental health issues in Indian Country
- Advocate & implement policies that promote social justice, equity and equality
- Create and provide comprehensive, affordable health coverage
- Shift the focus of mental health care to prevention and early intervention
- Integrate traditional healing and spiritual practices with modern health care
- Develop a person-centered care philosophy and respect for family and community
- Health care providers treating Indians should familiarize themselves with their belief systems and traditional treatment for mental illness

Contact Rachel Endres, VRC in Siletz, 541-444-8218; or Toni Leija, VRC in Salem, 503-390-9494

For further information on Depression as a Disability, see <https://www.betterhelp.com/advice/depression/is-depression-a-disability/>



477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



- Are you looking for work?
Why not sign up for **CORE** Services.
- Job Referrals
 - Resumes
 - Cover Letter
 - Employment Counseling/Coaching
 - Job Search Assistance
 - Mock interview

- Once you secure employment, apply for **Direct Placement** within 7 days of hire date.
- Support Services for:**
- Required tools
 - Uniforms / Clothing / Boots / Shoes
 - Licensing - fees
 - Transportation Assistance

Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis

- | | |
|--|--|
| Siletz Administration Office
Lincoln & Tillamook
PO Box 549
Siletz, OR 97380
Phone: (541) 444-2532 | Salem Area Office
Marion, Polk, & Yamhill
3160 Blossom Dr. NE Suite 105
Salem, OR 97305
Phone: (503) 390-9494 |
| Portland Area Office
Clackamas, Multnomah, & Washington
12790 SE Stark Suite 102
Portland, OR 97233
Phone: (503) 238-1512 | Eugene Area Office
Benton, Lane, & Linn
2468 West 11th Ave
Eugene, OR 97402
Phone: (541) 484-4234 |



**Check the CTSI website for other services offered by the 477-Self Sufficiency Program

CTSI Jobs – Tribal employment information is available at ctsi.nsn.us.

How to access language materials online

Virtual speaking groups and beginning community classes have begun again. Contact Nick Viles (nickv@ctsi.nsn.us) for login information.

Ch'ee-la xwii-t'i
(Greetings everyone)

To assist Tribal members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed. I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes.

Go to www.ctsi.nsn.us. Enter in your roll number and last four digits of your Social security number to log on to the Tribal member access area. Click on "Our Heritage." On the drop down, click on "Language."

Lots of written and recorded materials are available in this section. The Nuw-wee-ya' (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on "Study Materials" and scroll down. Volume 1 contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of

the word's pronunciation. Volume 2 contains animals, birds, colors, fish, greetings and goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words "Search for" is an empty white box. Type in the word you are searching for and click on the "search" button. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the www.siletzlanguage.org website are 14 Language learning videos and many other culture-related videos, materials and curriculum.

477 Self-Sufficiency Program

Non-Needy Caretaker Relative (NNCR)

Assistance for caretaker relatives of a Siletz Tribal child/children

The program may assist with:

Financial assistance and support services to meet the needs of the Siletz child/children.

Who is a caretaker relative?

A caretaker relative is not the parent of a Siletz enrolled dependent child and is responsible for the care, control and supervision of the child.

Caretaker relatives can be related to the child in the following ways: blood relatives or culturally established family members.

Income Guidelines

Non-needy caretaker relatives do **NOT** have to meet income requirements to qualify.

However, if the caretaker is receiving ongoing financial assistance from the State or Tribe, the family will not be eligible for NNCR.

Example of an NNCR

A grandparent (or other relative) who is responsible for the care, control and supervision of a Siletz enrolled child who would like assistance to help meet the needs of the child.



Apply today!

Call your Area Office
Must meet eligibility criteria and services are available on a budgetary basis.

- | | | | |
|---|---|--|---|
| Siletz Office
Lincoln & Tillamook
201 SE Swan Ave.
P.O. Box 549
Siletz, OR 97380-0549
Phone: 541-444-2532 | Salem Area Office
Marion, Polk & Yamhill
3160 Blossom Drive NE,
Suite 105
Salem, OR 97305
Phone: 503-390-9494 | Portland Area Office
Clackamas, Multnomah & Washington
12790 SE Stark, Suite 102
Portland, OR 97233
Phone: 503-238-1512 | Eugene Area Office
Benton, Lane & Linn
2468 W 11 th Ave.
Eugene, OR 97402
Phone: 541-484-4234 |
|---|---|--|---|

Public Notice

Publicly Posted from 9/20/2021 to 10/10/2021

Tribal Council Actions Affecting the Tribal Membership Roll

Posting #314

Per the Enrollment Ordinance §2.302 (c)(2), the Enrollment Committee, with the assistance of Enrollment staff, shall post notice of final enrollment actions taken by the Tribal Council under this ordinance in the same manner it posts notices of proposed actions.

On 9/17/2021, the Siletz Tribal Council by Tribal resolution made the following 45 actions affecting the Tribal membership roll. Contact the Enrollment Department for a copy of the Tribal resolution. This notice has been published on the Tribal website under the Enrollment Postings in the Tribal Member Area.

Enrollment Ordinance §2.304 (e)(6)

When the Tribal Council approves an application for enrollment, the applicant shall be notified by certified mail, shall be posted as required by Section 2.302(c), and the Enrollment Committee and Enrollment staff shall enter the name of the applicant on the official Tribal membership roll.

If the Tribal Council decides to reject an application for enrollment, the applicant shall be so notified by certified mail and advised of his or her right to appeal in accordance with §2.315 of this ordinance or to request reconsideration of the decision in accordance with §2.314 of this ordinance. Such Tribal Council decisions shall be enacted in the form of a resolution.

If the Tribal Council rejects the recommendation of the Enrollment Committee either as to approval or rejection for enrollment, Enrollment staff shall post the council's action in a manner consistent with §2.302(c) and in the Tribal newspaper so as to notify the Tribal membership

of the council's action, and shall notify the applicant and any interested parties by certified mail of the council's action.

Any appeal period for Tribal members who do not receive notice directly by mail of Tribal Council action approving or rejecting an enrollment application shall commence 10 days after notice of such action pursuant to this section was received.

Siletz Tribal Court Rules and Procedures Ordinance §3.009(a) Time for Filing

Civil actions to review Tribal Council action or other Tribal action shall be presented to the court clerk in writing not more than 60 days after an action of the Tribal Council or Tribal officials as specified in the Tribal code is alleged to have violated the plaintiff's right or rights or not more than 60 days after the alleged harm first manifested itself if such harm was not apparent on the date of the Tribal Council's or other official's action.

1. Removal from Roll – Deceased

Enrollment Committee Recommendation to Tribal Council: Approval

Tribal Council Decision: Approval

Resolution #: 2021-315

- | | |
|----------------------------------|------|
| 1. Jessie Pauline Aguilar | 4797 |
| 2. Tiegan John Wayne Childress | 4079 |
| 3. Blanche Darlene Downey | 0952 |
| 4. Rhonda Lynn Green | 1167 |
| 5. Rosalie Grace Kentta | 0502 |
| 6. Paul Mortenson | 0681 |
| 7. James Darwin Pyle | 0743 |
| 8. Michael William Spencer | 2089 |
| 9. Elaine Louise Thomas | 0925 |
| 10. San Poil Oripachan Whitehead | 3047 |
| 11. Beverly Joyce Youngman | 0386 |

2. Name Change

Enrollment Committee Recommendation to Tribal Council: Approval

Tribal Council Decision: Approval

Resolution #: 2021-316

- | | |
|------------------------------------|------|
| 1. Deidre Ann Beaston | 3278 |
| 2. Joseph Paul Bostwick | 3503 |
| 3. Jennifer Ann Butler | 1974 |
| 4. Mychala Lynn John | 3011 |
| 5. Christopher Scott Lundy | 3477 |
| 6. Chuvonne Louise Metcalf | 1917 |
| 7. Bradford Robert Prather | 2275 |
| 8. Brayden Anthony Robertson-Wells | 4793 |
| 9. Stephanie Ann Stratton | 2356 |

3. Blood Quantum Correction: Priscilla Butler

Enrollment Committee Recommendation to Tribal Council: Approval

Tribal Council Decision: Approval

Resolution #: 2021-317

- | | |
|------------------------|------|
| 1. Barry Curtis Butler | 0141 |
|------------------------|------|

4. Blood Quantum Correction

Enrollment Committee Recommendation to Tribal Council: Approval

Tribal Council Decision: Approval

Resolution #: 2021-318

- | | |
|--------------------------|------|
| 1. Ryder Mathew Williams | 5743 |
|--------------------------|------|

5. Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Approval

Tribal Council Decision: Approval

Resolution #: 2021-319

- | | |
|-----------------------------------|------|
| 1. Patricia Mae Ayala | 6523 |
| 2. Arleigh Olissa Barry | 6524 |
| 3. Stephie Monetta Cassell-Carr | 6525 |
| 4. Gentry Dean Collins | 6526 |
| 5. Jay Paul De Vera McKnight | 6527 |
| 6. Kaia Elaine Elliott | 6528 |
| 7. Olga Jean Evans | 6529 |
| 8. Cylus Talen Flock | 6530 |
| 9. Benjamin Alexander Gomez | 6531 |
| 10. Harper Dean Heddings | 6532 |
| 11. Jasper Er-Ner' Jones | 6533 |
| 12. Devon Louis Martin | 6534 |
| 13. Tane Jo McClain | 6535 |
| 14. Cynthia Leona Murrow | 6536 |
| 15. Alluka Skye Navarro | 6537 |
| 16. Kymarii Terel Nevarez-Dumas | 6538 |
| 17. Preston Alexander Ray | 6539 |
| 18. Azlyn Naomi Rodriguez | 6540 |
| 19. Aiden Ryan Che-le'l Sanderson | 6541 |
| 20. Kaylee Mae Thompson | 6542 |
| 21. Lynea Nicole Thompson | 6543 |
| 22. Makenna Marie Thompson | 6544 |
| 23. Joz'Linn LaRae Williams | 6545 |



CLEANING PRODUCTS

Can Poison Children

- > Cleaning products are not for children. It is not safe to have children use cleaning products to disinfect your home. Give them other tasks to help tidy up.
- > Supervise children when they are around cleaning products.
- > Store all cleaning products up, away, and out of sight and reach of children. Locked up in a cupboard or cabinet is best.

Questions? Poison Control can help.

If you suspect a poisoning, don't take a chance.
Call 1-800-222-1222.




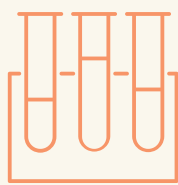
Fast. Free. Expert. 24/7, confidential help.


SILETZ COMMUNITY HEALTH CLINIC ANNUAL DIABETES WELLNESS VISIT


The Annual Diabetes Wellness Visit is different than your yearly physical exam. This visit will focus on gathering health information and counseling you on improving your health and preventing complications.

WHAT WILL BE REVIEWED AT YOUR DIABETES WELLNESS VISIT?


MEDICAL HISTORY


LAB RESULTS



MEDICATIONS



PROVIDER PLAN


CALL TO SCHEDULE YOUR LAB VISIT AND APPOINTMENT TODAY!

541-444-1030

ENJOY A FREE GIFT
WHEN YOU ATTEND YOUR VISIT!


ONE ON ONE


VIDEO CALLS


OVER THE PHONE

HERE TO SUPPORT YOU, YOUR FAMILY AND THE COMMUNITY! YOUR HEALTH IS OUR PRIORITY.

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- Veterans of Foreign Wars (VFW) Voice of Democracy (grades 9-12) Deadline: Oct. 31, 2021
- VFW Patriot's Pen (grades 6-8) Deadline: Oct. 31, 2021
- VFW Young American Creative Patriotic Art Contest (grades 9-12) Deadline: March 31, 2022
- AIS Scholarship Deadline: Varies
- Open Education Database Graduate and Ph.D. Scholarships Deadline: Varies
- Tribal College and University Scholarships Deadline: Ongoing
- American Indian Service Scholarships Deadline: Ongoing
- American Indian Science and Engineering Society (AISES) Scholarships Deadline: Ongoing
- American Institute of CPAs Deadline: Varies
- American Meteorological Society Minority Scholarships Deadline: Ongoing
- Army Emergency Relief Scholarships Deadline: Ongoing
- Catching the Dream Scholarships Deadline: Ongoing
- College Board Scholarship Deadline: Ongoing
- National Action Council for Minorities in Engineering Deadline: Varies
- NOAA Scholarships Deadline: Ongoing

Other Youth Opportunities

- NAYA Ninth Grade Counts Deadline: Rolling
- Dept. of Energy Scholars Program Deadline: Ongoing
- National Park Service Tribal Stewards Inclusion Program Deadline: Ongoing
- 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!
- The SMART Competition

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-Alissa alissal@ctsi.nsn.us; PDX- Katy Katyh@ctsi.nsn.us;
Salem and Eugene-Sonya sonyamj@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

Important information for college-bound Tribal seniors

October

- Check deadlines for Early Action or Early Decision (college entrance).
- Check your school counseling office or ASPIRE center for scholarship information.
- Check deadlines for CSS/Financial Aid Profile for U.S. private schools.
- Continue or start working on college applications.
- Ask for letters of recommendation from teachers, coaches and personal references. Provide them with a résumé.

November

- Visit colleges.
- Take SAT tests.
- Complete essays.
- Take SAT tests.
- Set up scholarship search profiles on websites.
- Check your school counseling office or ASPIRE center for scholarship info.
- Proofread and have someone else proofread all documents completed up to this point (scholarship essays, résumé, etc.).

Internships

- Wall Street Journal Deadline: Oct. 15, 2021 (spring); Nov. 1, 2021 (summer)
- NOAA Internships Deadline: Ongoing
- Code Switch Internship Deadline: Various
- HP 3D Printing Engineering Intern Deadline: Open until filled
- WOTE Agricultural Incubator Internship Deadline: Various
- Saturday Academy Internships Deadline: Multiple
- EPA Environ. Research/Bus. Support Deadline: Multiple
- National Science Foundation Research Experiences for Undergraduates Deadline: 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

Visit OregonStudentAid.gov to check out more than 500 grant and scholarship opportunities.

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

Fellowships

- American Indian Graduate Center Deadline: Ongoing
- NOAA Fellowships Deadline: Ongoing
- NBC News Summer Fellows Program Deadline: Ongoing
- Master of Forest Resources Fellowships Deadline: Open until filled
- 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
- Claremont Native American Fellowship Deadlines: Multiple

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

Tribal Council Timesheets for August 2021

Frank Aspria – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5					8/2 LC mtg
.5	.5					8/4 Housing Comm
1.5	1.5	1				8/5-6 Email, minutes, reports, packets
3	3					8/7-8 Health, Housing, reports
.75	.75	1	1.5			8/9 TC wkshp, packets
.5	.5		3			8/10-15 STBC mtg, email
1.25	1.25					8/16 TC wkshp
4	4					8/18-19 WF mtg, packets, email
3	3					8/20 Regular TC
2.5	2.5	2				8/21-23 Enrollment wkshp, email
4.25	4.25	1				8/24-30 TC wkshp, reports, email
.75	.75	.5				8/31 TC wkshp, email, packets, policy

Lillie Butler – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.5					8/6 Packets
2.5	2.25					8/7 Health, Housing, General Council
1	1					8/9 Workshop
3.5	3.5	3	4			8/10-13 STBC mtg/packet, packets
5.25	5.25	4				8/16-19 Workshop, packets
3	3					8/20 Regular TC
3.5	3.75					8/23-24 Enrollment, workshops, Council
9.25	9.25					8/25-31 Council wkshps, packets

Loraine Y. Butler – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
1	1		2			8/2-4 LC/TC, packets
3.25	3.25					8/7 Health, Housing, General Council
.75	.75	1	3			8/8-10 Workshop, STBC mtg, packets
1	1	3.75				8/11-12 Special TC – gaming, packets
4.25	4.25					8/16-18 Salary analysis, packets
4.5	4.5					8/20-22 Regular TC, packets
3.5	3.5					8/23-24 Enrollment wkshp, GM wkshp
1.5	1.5					8/30-31 TC wkshp, packets

Sharon Edenfield – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5					8/2 Mtg w/ Lincoln City
2	2					8/7 Health, Housing
2.25	2.25					8/8-9 TC wkshp, minutes, packets
		3.75				8/11 Special TC – gaming
1	1					8/16 TC wkshp
1.5	1.5					8/17-19 STRCP mtg, packets
3	3					8/20 Regular TC
3	3					8/23 TC wkshp, minutes, packets
1.5	1.5					8/24 Special TC, workshop

Alfred Lane III – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
2	2					8/7 Health, Housing, General Council
1	1					8/9 CARES wkshp
.75	.75					8/10 State compact negotiations
		3.75				8/11 Special TC – gaming
3.5	3.5					8/19-20 Regular TC, packets
2.25	2.25					8/21-23 Enroll, ARPA wkshp, packets
1.5	1.5					8/24 Workshop, TC mtg
.75	.75	1		2		8/26 Audit & Investment Comm, meet w/ CW GM
1.25	1.25					8/27-31 TC wkshps, Special TC

Delores Pigsley – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
5.75	5.75					8/1-6 Mail, agenda items, prep for cncl
3.25	3.25			4		8/7 Health, Housing, General Council, mail
1.75	1.75		.5			8/8-9 ARP wkshp, prep for STBC mtg, mail
1	1	2.25				8/10 Compact negotiations, STBC mtg, mail, prep for council
1	1	3.75	1.25			8/11 Special TC – gaming, STBC mtg, mail
2.5	2.5	.5				8/12-15 Mail, agenda items, prep for mtg
2	2	.5				8/16 Salary wkshp, mail, agenda items
.5	.5	2				8/17 OR Tribes mtg, mail
1.5	1.5					8/18 Chemawa mtg, mail
2	2	.5				8/19 Interview, mail, prep for council
3.75	3.75	.75				8/20 Regular TC, OR Tribes, mail
2	2					8/21-22 Mail, prep for council, agenda items
2	2					8/23 ARP wkshp, Enrollment wkshp, mail
2	2	.75				8/24 Personnel wkshp, Special TC, mail
1	1	1		2.5		8/25 Mail, agenda items
2.5	2.5					8/26 Audit & Investment Comm, interview, mail, agenda items
2.5	2.5					8/27-29 Personnel wkshp, Special TC, mail
3.5	3.5			4		8/30-31 Admin wkshp, Special TC, Rep. Schrader call, sign docs, mail

Angela Ramirez – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
2	2					8/1 STAHS
1	1					8/2 Health Comm, G2G mtg, interviews
2	2					8/4-6 Interviews, email, packets
3.5	3.5	2				8/7-8 Health, Housing, General Council, email, packets
.75	.75					8/9 Workshop
		.75	3			8/10 STBC mtg, email, packets
3	3	4.75				8/11-14 Special TC – gaming, email, packets
8.25	8.25	.5				8/16-19 Workshop, email, packets
3.25	3.25					8/20 Regular TC, email, packets
.75	.75	1				8/21-22 Email, packets
1.25	1.25	.5				8/23 Workshop, email, packets
2	2					8/24 Workshop, TC mtg, email, packets

Selene Rilatos – 8/1/21-8/31/21

TC	Ind	Gmg	STBC	ED	Tvl	
6	6					8/1-6 Email, packets, COVID
4.75	4.75			1		8/7-8 Health, Housing, General Council, email, packets
2	2					8/9 Workshop, email, packets
1.25	1.25		3			8/10 STBC mtg, mail, packets
		4.5				8/11 Special TC – gaming, email
5.5	5.5					8/12-15 Email, packets, COVID
5.25	5.25					8/16-18 Workshop, email, packets, COVID
1.25	1.25			3		8/19 Heritage tree dedication, email
4	4					8/20 Regular TC, email
4	4					8/22-23 Workshops, email, packets
3	3					8/24 Workshop, TC mtg, COVID, email
4	4			1		8/25-26 NWPAlHB mtg, interviews, email
2.75	2.75					8/27-30 Workshop, email, packets
2	2					8/31 Meeting, COVID, email

Chinook Winds

CASINO RESORT

CHINOOK WINDS CASINO RESORT PRESENTS

SURF CITY

OCT. 2 + 3, 2021

Join us at the beach for a weekend filled with all the cars, trucks, motorcycles, lowriders and stereo systems you can handle!



OCTOBER 2
10AM - 4PM



OCTOBER 3
9AM - 5PM



OCTOBER 2
SQ ONLY AT 9AM

OCTOBER 3
SPL ONLY AT 8AM

Registration for all three events is available now at chinookwinds.com

LATE NIGHT EDITION

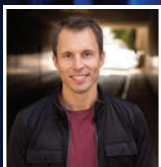
Comedy on the Coast



HEADLINER
JOHN WING



FEATURING
CORY MICHAELIS



HOST
JONATHAN FLANAGAN

October 8 & 9 • 9:30pm • \$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 9pm with a no-host bar.

PIGSKIN CHALLENGE

SEPT 9, 2021 - JAN 9, 2022

PICK THE WINNING PRO FOOTBALL TEAMS EVERY WEEK ALL SEASON LONG, AND WIN YOUR SHARE OF...

OVER \$20,000 IN CASH & PRIZES!

Swipe in to any of the promotional kiosks to make your picks. Pick selections begin each week on Tuesdays at 5pm and ends at 9:59am on Sundays.

\$85,000 Monsta Match

Drawings Sundays at 7pm in October



Over \$85,000 is at STAKE!

COLLECT FREE ENTRIES WEEKLY STARTING SEPTEMBER 27TH



MEMBER:
1 FREE ENTRY



MVP:
2 FREE ENTRIES



PREMIER:
3 FREE ENTRIES



ELITE:
4 FREE ENTRIES

Gather even more entries with every 100 points earned on Slots, Tables, Bingo, Keno and Sports Wagering.



SPORTS WAGERING



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



Angels Ball and Fantasy of Trees canceled amid concerns of spreading COVID

LINCOLN CITY, Ore. – Due to the possibility of spreading COVID-19, the Board of Directors of Angels Anonymous has decided to cancel the Angels Ball and Festival of Trees scheduled for Dec. 1-4, 2021.

The Angels Ball generates the greatest share of funding needed to make it possible for Angels Anonymous to help residents in the North Lincoln County area

with immediate and basic needs. In 2020, even though the ball was canceled, donations from members of the community and beyond made it possible to lend a helping hand to those who so desperately needed it. More than 148 families, many of them victims of the Echo Mountain Complex fire, were assisted last year and the need has continued in 2021.

A huge vote of thanks goes out to our sponsors and donors for supporting our mission. Your help has provided a lifeline to literally hundreds of families over the past 23 years.

Lincoln County is still facing the struggle presented by the pandemic and as winter approaches, we anticipate the need for support will continue to be high. We ask for your support in this coming year

and hope to see you all again at the Angels Ball in 2022, when we can celebrate the holidays with renewed hope and the joy of the angels.

If you wish to make a monetary donation to Angels Anonymous, call 541-994-2651 or send your donation to Angels Anonymous, P.O. Box 554, Lincoln City, OR 97367.

PTSD effects on Native children who witness or feel threat of domestic violence

By StrongHearts Native Helpline

When we say, “domestic violence is not traditional,” it is to remind American Indians of a time before colonization. It’s a glimpse into a past when times were good. Instead, our memories only extend to the depths of colonization and the devastating impact it had on our people. Whether we know it or not, our words and actions reflect a story from the past.

Effects of domestic violence during pregnancy

In 2014, Michigan State University professors studied and linked the abuse of pregnant women to symptoms of trauma in their children. Professors concluded that stress hormones released during pregnancy also increase stress hormones within the fetus. Some of the symptoms exhibited by the newborn baby included

nightmares, startling easily and sensitivity to loud noises/bright lights.

Impact of domestic violence on children

Children and adolescents’ exposure to domestic violence or even the threat of violence/abuse has been linked to an increased risk of psychological, social, emotional and behavioral problems. Violence includes physical aggression or assault as well as emotional abuse such as humiliation, intimidation, controlling actions, and isolation from family and friends. Exposure does not require directly witnessing violence because children often experience the harms associated with an awareness of violence.

According to *Promising Futures, Best Practices for Serving Children, Youth and Parents Experiencing Domestic Violence*,

effects of exposure to domestic violence on children can include:

- Believing the abuse is their fault
- Turning against mother or father or having ambivalent feelings about both parents
- Feeling that they are alone, that there is no one who understands them
- Being afraid to talk about the abuse or express their feelings
- Developing negative core beliefs about themselves and others
- Developing unhealthy coping and survival reactions, such as mental health or behavior problems
- Believing that the world is a dangerous and unpredictable place
- Being isolated from people who might find out about the abuse or offer help

- Viewing the world as dangerous
- Hopelessness about the future
- Difficulty maintaining relationships
- Difficulty experiencing positive emotion
- Overwhelming feelings of guilt or shame
- Self-destructive behavior
- Irritability, angry outbursts or aggressive behavior

If you or the children in your life have disturbing thoughts and feelings about a traumatic event, or if you feel you’re having trouble getting your life back under control, a medical or behavioral health care provider can help. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse. Children can also benefit from counseling or other types of mental health therapy.

Traditional healing

We were once forbidden to use our traditional methods of healing, so it’s been a long road for Native peoples to reclaim our traditions, cultures and spiritual identity. The revitalization of our cultures and spirituality is so important.

Recovering from the loss of human life, ancestral lands, cultural and spiritual identity requires healing traditions and ceremonies. Our ceremonies promote wellness by acknowledging the interrelatedness of spirit, the Creator and the universe.

Our community gatherings provide an opportunity for traditional healers and storytellers to use prayer, drumming, songs and sacred objects to restore and renew a sense of hope and pride. Without these fundamental traditions, the journey to healing and recovery is made more difficult.

When medicine is needed, help is available

If you are a parent in an abusive relationship or if you experienced domestic violence growing up, StrongHearts Native Helpline is a 24/7 culturally appropriate domestic, dating and sexual violence helpline for American Indians and Alaska Natives, available by calling or texting 844-762-8483 or clicking on the chat icon on Strongheartshelpline.org. StrongHearts advocates can help you with safety planning and parenting skills.

StrongHearts Native Helpline is a project of the National Indigenous Women’s Resource Center and the National Domestic Violence Hotline.

Additional Resources

National Suicide Prevention Lifeline
800-273-TALK (800-273-8255)

In a case study of children exposed to violence, nearly half (46%) involved a parent/caregiver who was a victim of intimate partner violence (IPV). These caregivers/parents had few social supports (39%); had mental health issues (27%); alcohol (21%) and drug abuse (17%); a perpetrator of IPV (13%); physical health issues (10%); a history of foster care/group home (8%); and cognitive impairment (6%).

Post-traumatic stress disorder and historical PTSD

“Post-traumatic stress disorder (PTSD) is a mental health condition that’s triggered by a terrifying event – either experiencing it or witnessing it. Symptoms can include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.” Children 6 years old and younger may re-enact the traumatic event through play and/or experience frightening dreams.

Sadly, American Indian juveniles experience PTSD at a rate of 22%, the same rate as combat veterans and triple the rate of the general population. This is due to Native children being “poly-victimized,” experiencing several forms of violence including sexual abuse, physical abuse, domestic violence, child maltreatment and community violence.

The risk of post-traumatic injuries, medical and behavioral disorders are increased by up to tenfold and their ability to thrive is severely compromised.

Four types of symptoms include intrusive memories, avoidance, negative changes in mood and thinking, and changes in physical and/or emotional reactions. Native children can experience:

- Negative thoughts about oneself and others

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.

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



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

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.

Interior Department, ITC strengthen wildland fire management collaboration

WASHINGTON – The Department of the Interior announced the signing of a memorandum of understanding with the Intertribal Timber Council on Sept. 15. As climate change propels larger, costlier and more complex wildfires, this agreement emphasizes the importance of collaborating on wildland fire management across departmental and Tribal lands.

Approximately 6.5 million acres of land managed by the Interior Department are in close proximity to Tribal land, separated by 50 miles or less. The proximity and interconnectedness of these lands necessitates close communication and collaboration on wildland fire management.

“By making smart investments in critical infrastructure, wildland fire response and key partnerships, the Department of the Interior is helping lead the Biden-Harris administration’s response to the increasingly complex fire environment, including on Tribal lands,” said Secretary Deb Haaland. “By strengthening our ties and improving collaboration with stakeholders like the Intertribal Timber Council, we will improve our efforts to more effectively reduce wildfire risk, rehabilitate burned landscapes, promote a better understanding of wildfire and support our firefighters.”

The memorandum of understanding between Interior’s Office of Wildland Fire and ITC commits to undertake mutually beneficial actions and work collaboratively to reduce wildland fire risk and miti-

gate post-wildfire impacts. In particular, both organizations agree to:

- Identify shared values
- Utilize information technology to improve decision making among partners
- Highlight common conservation priorities to combat the effects of climate change
- Coordinate on workforce development efforts
- Facilitate the exchange of perspectives and information to increase awareness, understanding, and engagement between the two organizations

“There is no single entity across wildland fire management that will be able to successfully manage the landscape before, during and after a wildfire without help,” said Cody Desautel, ITC president. “The Intertribal Timber Council looks forward to the continued effort to pursue and promote stewardship of our lands for the benefit of our communities.”

The Biden-Harris administration is working with Congress on much-needed, longer-term support, benefits and work-life balance improvements for federal firefighters, as well as wildland fire preparedness.

President Biden’s Build Back Better agenda would help better prepare communities and ecosystems against the threat of

wildland fire, including investments made by the Bipartisan Infrastructure Investment and Jobs Act. The act contains \$600 million for federal wildland firefighter salaries, expenses and the development of a distinct “wildland firefighter” classification series, as well as historic investments to restore and leverage nature-based infrastructure to protect communities and the environment.

The department recently outlined updated wildland fire management goals, including supporting science and research into the effects of climate change on wildland fire, modernizing the firefighter workforce while creating good jobs and

protecting the safety and long-term well-being of wildland firefighters and incident responders.

The Interior Department is committed to honoring and fulfilling its trust responsibilities to Tribal nations. This agreement represents yet another step toward the Biden-Harris administration’s priority of strengthening nation-to-nation relationships and promoting climate resiliency across landscapes and communities.

Learn more about the memorandum of understanding on the Office of Wildland Fire partnership webpage at doi.gov/wildlandfire/partnerships.

2022 Tribal Council Application

Application for names to be placed on the 2022 ballot for candidates in the Siletz Tribal Council election

Name: _____ Roll# _____

Address: _____

City _____ State _____ ZIP _____

Telephone: _____

Email Address: _____

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians and 18 years of age or older on Election Day. This application must be filed with the Election Board by **4 p.m. on Dec. 3, 2021**. I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing by **4 p.m. on Dec. 8, 2021**. Otherwise, my name will appear in the voter’s pamphlet and on the ballot.

Signature: _____ Date: _____

Mail your application to CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

Election Deadlines

4 p.m.	Dec. 3, 2021	Deadline to file for candidacy
4 p.m.	Dec. 3, 2021	Deadline to submit a photo and/or candidate’s statement for inclusion in the Tribal Voter’s Pamphlet
4 p.m.	Dec. 8, 2021	Deadline to withdraw in writing from the Tribal election
4 p.m.	Dec. 8, 2021	Certified Candidates List posted
Days of:	Dec. 13-14, 2021	Voter’s Pamphlet mailed out
Days of:	Dec. 16-17, 2021	Absentee ballots mailed out
9 a.m. – 12 p.m.	Jan. 8, 2022	Candidates Fair – Location TBD
4 p.m.	Jan. 28, 2022	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 5, 2022	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 5, 2022	Deadline for returning absentee ballots

Voter’s Pamphlet and Statement

If you would like your candidate’s statement and photo to appear in the Voter’s Pamphlet, please submit your statement and a recent 3x5 photograph of yourself along with your application. Deadline for statements and photos is **4 p.m. on Dec. 3, 2021**.

Candidate statements must be no longer than 750 words and must not be derogatory or contain personal attacks on any one individual. Statements and photos will appear in the Voter’s Pamphlet. Photos will be included on the ballot. Mail your statement and photo to CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

The candidate is responsible for ensuring receipt of application and statement by the deadline. Letters will be sent to all candidates after review and certification by the Election Board. The Election Board will also send each certified candidate a packet that includes the Siletz Tribal Constitution, Election Ordinance and approved rules.

Candidates can call 800-922-1399, ext. 1256, or 541-444-8256; or e-mail elections@ctsi.nsn.us to confirm receipt of application and candidate’s statement.

5 Health & Safety Tips for Students & Households

1. Make a plan to vaccinate all eligible household members
2. Mask up in public, including carpools
3. Limit gatherings with other households for now
4. Move social activities outdoors
5. Make a plan in case your child needs to miss school

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us.

OHA 3881 (08/31/2021)

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: Mike Kennedy
Editor: Diane Rodriguez
Assistant: Andy Taylor



Happy 5th Birthday, Huddy! We love you so much! May your birthday bring as much happiness as you give to everyone who knows you!
Love, Mama, Dada and Aiden



Happy 15th birthday to Sunny Jimenez! We're so proud of the young woman you're becoming.
Love, Mom, Lenny and Bubby



Congratulations, Shayn, on your new manager job. It's much deserved. ♥
Love, Grandma and Grandpa K



Want to wish my nephew, Johnny, a Happy 1st Birthday! Love you to the moon and back. ♥♥



Siletz Tribal Veterans

For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us

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.

Lincoln County Jail seeks volunteers

The Lincoln County Jail in Newport, Ore., is seeking additional cultural practitioners to provide services to American Indians who are incarcerated. They are seeking both female and male practitioners to provide online, one-on-one and group guidance (once it is safe to hold in-person meetings).

If you have questions, please contact Lisa Norton at lisan@ctsi.nsn.us. If you want to volunteer, contact Dennis Buckmaster (dbuckmaster@co.lincoln.or.us) to start the process. This process does include a background check, but all situations will be considered individually.

Use Amazon Smile to donate to STAHS

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!

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.

Free child ID kits from the Oregon State Police

503-934-0188 or 800-282-7155
child.idkits@state.or.us

General Council Meeting

Saturday, Nov. 6, 2021
1 p.m.

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

CARES Funding & ARPA Funding Report
Tribal Council Declarations
Tribal Members' Concerns
Chairman's Report
Announcements
Adjourn

Be safe. Get vaccinated.

Follow mask and social distancing guidelines. Exercise a little patience.

We're on Facebook!

CTSI has several official Facebook pages that you can check out, including the new Confederated Tribes of Siletz Indians page!

You can like us on Facebook to keep up to date with the Tribe, along with reading our official publications and visiting the Tribe's website at ctsi.nsn.us.

To find the official Confederated Tribes of Siletz Indians Facebook page, just search for **@CTSIgov**