



New pow-wow grounds sign tied to the life of Pauline Ricks and her legacy

By Buddy Lane, Cultural Education Director

Atop Government Hill, watched over by our towering relatives fir, spruce and cedar trees, is the Pauline Ricks Memorial Pow-Wow Grounds. A sign bearing those words has stood since 1995, welcoming people as they approach our hallowed grounds.

The past two decades of Northwest elements have taken their toll on this sign. A new one has been constructed to take the place of the original one. So this seemed like an appropriate time to share with our membership a little about the person after whom our pow-wow grounds are named.

Pauline Nellie (Bell) Ricks was born Nov. 19, 1929, to Arthur "Jug" Bell and Angeline Louie Rippin in Logsdan, Ore. Pauline was one of 12 children.

Like many Siletz families, Pauline's family instilled in her a great sense of pride in being a Siletz Indian. Information was passed on to her as it had been for millennia among our people, via stories and oral accounts from her family, about family linages, traditional dances, regalia, culture, history, the old country down on the Rogue, her ancestors' experiences living through the Rogue River Wars,



Courtesy photo by Buddy Lane

The new sign at the pow-wow grounds in Siletz

removal and the early days here on the Siletz Reservation.

Growing up in the era Pauline did meant she endured racism, discrimination and derogatory stereotypes as did most Indigenous people of her day. She lived through the Termination era

and witnessed firsthand the devastating impacts it had on all facets of our Tribe and community.

She was one of many Siletz people who were forced to move away from Siletz in search of work. She was among a large number of Siletz people who made

the Eugene-Springfield area their home. Pauline worked as an Indian education coordinator, striving to get accurate Tribal history and culture into public schools and helping to build up and empower Tribal youth to be proud of who they are.

The 1970s were a transformative time for our Tribe. Disparities and injustice were on full display on an array of fronts. And change was happening. Attitudes were shifting.

In 1972, with the failed federal policy of Termination on display for all to see, self-determination and support for Tribes was being called for by the president of the United States. Siletz people began to organize.

Pauline was a vital part of the Restoration effort from the start. She was elected to the first post-termination Tribal Council in 1973. She along with other members of the Tribal Council, Tribal membership and community worked tirelessly, donating their time, evenings after work and weekends away from their lives and families in the effort for Siletz Restoration.

Pauline was a member of the Tribal Council that made the trip back to Washington, D.C., to testify in front of the Sen-

See Ricks on page 8

Expansion of the Legal Assistance Program Update

Ever use CTSI court or wonder how CTSI court works? Ever need help with a legal problem? Do you have opinions about what the Tribe can do to better support its members with legal concerns?

CTSI has begun the process of assessing current legal assistance options and looking at options for how the Tribe might potentially expand legal assistance for Tribal members and maybe others who appear in Siletz Tribal Court. We have partnered with The Whitener Group (TWG), a



Tribal consulting firm owned by members of the Squaxin Island Tribe, to guide this process.

TWG is working with us to gather information through surveys, one-on-one meetings and strategic planning sessions. Through these efforts TWG will identify the Tribe's core values and basic legal assistance needs that it will

use as the foundation for the planning process. TWG, with key stakeholders, will then draft a program mission and an actionable implementation plan.

There will be repeated opportunities for review and adjustment. Once those basic components of the implementation plan are determined, TWG will meet with Tribal Council and facilitate a decision-making process to determine timelines, key staff actions and a program budget. TWG will then finalize the plan and begin to assist the Tribe with its implementation.

But as we get started, we would like to have YOUR input on this process. With that in mind, we have put together a short survey to gather input.

Please either go to URL below or scan this QR code to take the survey by Jan. 31, 2022! It is short, we promise.

<https://www.surveymonkey.com/r/siletz>



Courtesy photo by Teresa Simmons

Tribal elder Jane John (center) and her daughters Diana (left) and Glendora

STAHS records testimonials about the effects of Tribal termination

By Teresa Simmons, STAHS Vice Chair/Secretary

Early in 2021, the board of directors of the Siletz Tribal Arts and Heritage society held a special meeting to determine the top priorities of the exhibits to be displayed in A Place for the People, the much-anticipated Siletz museum. Assisted by Josh Eddings, Peter Hatch and Loraine Butler, the board decided the most pressing issue was to capture personal stories and memories of Tribal members covering many topics through video interviews in a virtual reality format.

Modern technology has made great strides in virtual reality presentations, which can be formatted in several ways and used in various settings. They can be easily

See STAHS on page 8

Sams sworn in as National Park Service director, first Native to lead agency

WASHINGTON – Charles F. “Chuck” Sams III was ceremonially sworn in as director of the National Park Service (NPS) by Secretary of the Interior Deb Haaland on Dec. 16. Sams is the first Tribal citizen to lead the agency, which has been without a Senate-confirmed leader for nearly five years.

“Everyone should have access to the outdoors no matter where they live, how much money they have or what their background is. Chuck Sams understands the importance of connecting people to nature and I am thrilled to work with him as the Interior Department works to make our national park system accessible to all Americans,” said Haaland. “Under his leadership, the National Park Service will continue to protect our public lands for generations to come and make critical investments in the vast infrastructure that sustains our public lands and national parks.”

“I am honored to serve as director of the National Park Service and thank President Biden and Secretary Haaland for entrusting in me the care of one of America’s greatest gifts – our National Park System. I am also incredibly proud to work with the dedicated employees of the National Park Service. I have no doubt that together, we’ll be able to expand access to the outdoors, protect America’s public lands and upgrade our nation’s infrastructure system through the Bipartisan Infrastructure Law,” said Sams.

In his capacity overseeing NPS, Sams will help implement the Great American Outdoors Act and the Bipartisan Infrastructure Law. In addition to historic funding for climate resiliency initiatives and legacy pollution cleanup, the infrastructure law provides for a five-year reauthorization of the Federal Lands Transportation Program, which will help invest in repairing and upgrading NPS roads, bridges, trails and transit systems.

The law also invests in projects that will help fund bridge replacements and resiliency, repair ferry boats and terminal facilities, and maintain wildlife crossings that keep people and surrounding wildlife safe.

Sams has worked in state and Tribal governments and the nonprofit natural resource and conservation management fields for more than 25 years. He most recently served as a council member to the Northwest Power and Conservation Council, appointed by Gov. Kate Brown.

He has held a variety of roles with the Confederated Tribes of the Umatilla Indian Reservation, most recently as its executive director. He has also had roles as the president/CEO of the Indian Country Conservancy, executive director for the Umatilla Tribal Community Foundation, national director of the Tribal & Native Lands Program for the Trust for Public Land, executive director for the Columbia Slough Watershed Council, executive director for the Community Energy Project

and president/CEO for the Earth Conservation Corps.

Sams holds a Bachelor of Science degree in business administration from Concordia University-Portland and a Master of Legal Studies in Indigenous peoples

law from the University of Oklahoma. He is a veteran of the U.S. Navy.

Chuck is an enrolled member, Cayuse and Walla Walla, of the Confederated Tribes of the Umatilla Indian Reservation, where he lives with his wife and their four children.

Elders Council Meeting

The Elders Council will hold a virtual Zoom meeting on Saturday, Jan. 15, 2022, at 1 p.m.

If you are interested in participating in the virtual meeting from your phone, computer or smart phone, please contact the Elders Program at 541-444-8233 by Wednesday, Jan. 12, 2022.

CALLING ALL CTSI AREA TRIBAL YOUTH AGE 12-17 YEARS

Ropes Course
Games Night

River Rafting
Beach Trips

Camping 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

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 February issue is Jan. 10.

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 WINTER SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

TUESDAYS JANUARY 11-MARCH 15

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS JANUARY 13-MARCH 17

5:00 PM-ONGOING CONVERSATION

SATURDAYS 2/5, 2/26, 3/12

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR X1757

2022 Virtual Tribal Council Candidates Fair

The CTSI Election Board will host the 2022 Tribal Council Candidates Fair virtually due to the ongoing COVID-19 pandemic. It's our objective to protect the health and safety of the Tribal membership and candidates while also encouraging participation in the election process.

Date: Jan. 8, 2022
Time: 9 a.m. – 12 p.m.
Location: Zoom
Question Deadline: Jan. 5, 2022 at 4:30 p.m.

The Candidates Fair will be held on the Zoom platform. For access to the meeting link and code, email Elections@ctsi.nsn.us. Please include your name and roll number in the email. The meeting link and access code will be distributed on Jan. 7, 2022, by 5 p.m.

Election rules approved by the Siletz Tribal Council (Res. 2020-345 and amended November 2021) state that the Election Board will not accept live questions from attendees. If you have questions for the candidates to be read by the moderator, please email the Election Board by the end of business on Jan. 5, 2022. Questions received after this date will not be considered or asked of the candidates.

A recording of the fair will be available on the CTSI Tribal Member section of the website Jan. 10 – Feb. 5, 2022.

Voter Registration

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

Election Deadlines

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 – Zoom (email for link and access code)
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

USDA distribution dates for January

Siletz			Salem		
Monday	Jan. 3	9 a.m. – 3 p.m.	Tuesday	Jan. 18	1:30 – 6:30 p.m.
Tuesday	Jan. 4	9 a.m. – 3 p.m.	Wednesday	Jan. 19	9 a.m. – 6:30 p.m.
Wednesday	Jan. 5	9 a.m. – 3 p.m.	Thursday	Jan. 20	By appt only
Thursday	Jan. 6	9 a.m. – 3 p.m.			
Friday	Jan. 7	9 a.m. – 3 p.m.			

Sammy Hall, Warehouseman/Clerk
 541-444-8279; sammyh@ctsi.nsn.us
 Fax: 541-444-8306 or 503-391-4296

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



CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

January 12 at 6 pm : Pine Nuts

February 9 at 6 pm: Hazel

Sponsored by the Education and Culture Departments
 Contact Nick Viles at nickv@ctsi.nsn.us or x1757 to sign up

Tribal Election Day

Saturday, Feb. 5th

In-Person Voting

- 10 AM - 4 PM at the Siletz Tribal Community Center

- Social Distancing of 6ft required

- Safety Precautions in Place

In Person Voting:

- Masks and gloves are required at all times
- Social Distancing of 6ft is required
- Disposable pencils & PPE provided
- Tribal Members are asked to leave after their vote is made

In Person Counting:

- Mask and gloves are required at all times
- Temperatures will be taken. If higher than 100.4 you will be asked to leave and watch the count via Facebook live
- Limited Capacity of 25 will only be allowed (this includes Election Board and Candidates will be prioritized).

Livestream

- Streaming on Facebook, live at 4 PM

- Counting of Ballots

- Announcement of Results

Tribal employment information is available at ctsi.nsn.us.

Save the date! Planning Community Meetings

The Salem Community Meeting is scheduled for Jan. 27. It will be similar to the meetings we've had in the past and will be dedicated to primarily LISTENING to member concerns and bringing updates.

Special items for this meeting will be a discussion of the Head Start program led by DeAnn Brown and a presentation by the Health Department.

We will be listening to you and your comments, criticisms, expectations and your priorities for our future planning.

Due to COVID restrictions, this will be a Zoom meeting.

Salem Community Meeting
Jan. 27, 2022 • 5 p.m. Pacific Time (U.S. and Canada)

Join Zoom Meeting
<https://us06web.zoom.us/j/82043684273>
Meeting ID: 820 4368 4273

Bring your voices and questions to the meeting.

Save the date! Community meetings scheduled

Because of the positive feedback the Planning Department has received from previous meetings – especially the out-of-the-area meeting – it has been suggested that we increase the number of meetings.

In addition to the four traditional meetings for the four service areas, we will add an annual fifth meeting focused on the out-of-service-area members. Further, we plan to hold an additional three quarterly meetings by Zoom open to all members (a request generated by our first out-of-area community Zoom meeting).

The meetings for each of the five areas will be similar to the meetings we've had in the past and will be dedicated primarily to listening to member concerns and bringing updates. The three new quarterly meetings will be focused on a single topic, such as housing, education and medical, or an important event, such as changes in COVID-19 protocols.

It is anticipated that the community meetings would be about two hours long and the quarterly meetings would last about one hour. A structured meeting with a host and a Zoom technical support person seemed to help the meetings run smoothly.

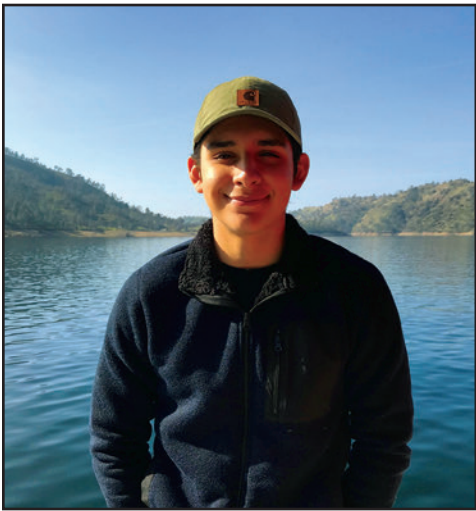
We are planning the following tentative dates for 2022:

Community outreach meetings	Quarterly meetings by Zoom
Jan. 27 – Salem	
Feb. 10 – Eugene	April 21
Feb. 24 – Siletz	July 14
March 3 – Portland	Nov. 13
March 17 – Out-of-service-area (by Zoom)	

Tentative agenda format

- Community concerns
- Announcements (i.e., required FTA civil rights declaration for transit)
- Grant development/stakeholder outreach
- Department of focus (by quarter, i.e., Housing, Natural Resources)

Graduates!



Kanaan Perez Fresno State University

Kanaan graduated in December 2021 with a Bachelor of Arts in history and a minor in English literature. He plans to continue his education to earn a teaching credential and teach at the high school level. He is forever grateful for all of the assistance the Tribe has provided for him.

Legal Aid Services of Oregon and the Oregon Law Center, civil legal service providers for low-income Oregonians, operate a **public benefits hotline** where low-income Oregonians can talk to lawyers and paralegals to get advice on public benefits, including unemployment benefits: 800-520-5292 or Oregonlawhelp.org.



Courtesy photo by Kelli Albright

Volunteers from the community pose at Siletz City Hall after packing 100 boxes of turkey dinner makings to distribute to Siletz residents in need on Nov. 20, 2021. The group received a \$3,170 grant from the Siletz Tribal Charitable Contribution Fund that covered much of the cost, as well as contributions from local grocers and private donations. The Community Thanksgiving Dinner is usually held at the Tribal Cultural Center and is open to the public, but could not be held due to COVID-19 risks.

Childcare Assistance Program

Childcare Provider Stabilization Grant Opportunity

The Childcare Assistance Program received ARPA (American Rescue Plan Act) funds to distribute to child care providers whose child care operations have experienced challenges due to the pandemic and might need support in order to stabilize their business to prevent it from closing.

If you are a child care provider in need of support for your child care business, please contact DeAnn Brown, Head Start director, at 541-444-2450 or deannb@ctsi.nsn.us to request an application.

2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's gift card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELA'S GIFT CARDS

FISHING INCENTIVE

\$50
CABELA'S GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELA'S GIFT CARD

Please report all harvests to:

Mike Kennedy
541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett
541-444-8227

deniseg@ctsi.nsn.us

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

Are you depressed? Do you think nutrition could have something to do with it?

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

I don't know about you, but many people have been feeling pretty depressed, including me. I'm preparing this in the darkest period of the year heading toward solstice. I'm hoping things feel different for us all in January.

Depression and anxiety are real, however, and they can be much more common in the months with less daylight. Besides, the world has been pushing many of us very hard and some of us might be feeling a bit threadbare at this time.

So what does this have to do with nutrition? Let's explore. I believe there is always a connection to nutrition of some kind and in my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families.

When life feels stressful or hard, remember that ideal nutrition is a powerful ally. How can we use it to our advantage? First: Do No Harm. Next: Correct imbalances and support the nervous system. Last: Give thanks when and wherever we can.

Do No Harm: Remember that sugar can be highly addictive and harmful because it can squeeze out the consumption of healthy foods as well as leave us without stable blood sugar, which can impact our energy and mood.

Additionally, the foods we crave are likely to be foods that give us an emotional

boost or rush, followed by a low. When we succumb to cravings, we generally overeat them.

Sometimes these cravings are for foods to which we are sensitive. Often when we seek those foods as though our lives depend on them, we are experiencing an addiction withdrawal.

People just can't seem to give up wheat despite the fact they may be gluten intolerant. They may even hesitate to do a gluten-free trial to see if they experience improvement.

Common allergens include milk, eggs, wheat, finfish, shellfish, soy, peanuts and tree nuts. Refined sugars, dairy, gluten, grains (including corn), soy, GMOs, coffee and alcohol are common trigger foods. None of these foods are traditional foods, except that some Tribes embrace traditional practices with corn.

We often crave the very foods that are bad for us. Food addictions as well as sensitivities can play havoc with mood.

Correct imbalances and support the nervous system: At the foundation, a great way to avoid imbalances is to eat whole foods. To correct imbalances, however, supplements and specific diet changes may be needed.

A few of the nutrients that are essential to mood and energy regulation include vitamin B-12, magnesium, zinc and essential fatty acids. These nutrients are often low in people with psychiatric conditions.

Balancing supportive foods include dark leafy greens; oily fish such as wild-

caught salmon, mackerel and sardines; pastured eggs; and sprouted nuts and seeds.

Some of the calming foods and herbs include oats, chamomile and lavender. Protein foods supply amino acids to support growth and repair, as well as the materials to make neurotransmitters to help regulate our moods. Consuming adequate protein can also support healthy blood sugar.

Fish oils are an important source of essential fatty acids that can stabilize mood when consumed at adequate levels. Sometimes amino acids and essential fatty acids are taken in the form of supplements.

Give thanks when and wherever we can, at all stages. I get it; things aren't all fine these days. When we can find something to be truly grateful for, however, it can sometimes move the needle toward finding our way toward balance. Small shifts can be powerful.

A kitchen with an attitude of gratitude is also where high-vibration nourishment is prepared! On the contrary, be cautious of foods that were prepared under hostile circumstances.

Consider whether our gratitude and our prayers/intentions can transform the food on our plate to fill its full potential. Of course, I don't mean transforming hard candies into a nourishing meal. I mean canceling the trauma and filling our foods with love.

This is also what we might call "eating consciously," where we really pay attention to the foods by fully enjoying them. And

because food is information, we also need to be conscious to become informed by our food.

Last month I shared points from Pat McCabe (Weyakpa Najin Win, Woman Stands Shining) and they seem to apply here as well. Pat shared that the power of prayer is experienced when we inquire into the truth with deep listening and curiosity. This allows deep conversation with the natural world and sense of place with all of our relations.

From this process, we sense guidance for how to be human because everything causes something else to happen. This human possibility includes how our actions cause Mother Earth to flourish with sustainability, leading to our mad love affair with earth and life. This brings joy! Possibly depression can be mitigated with this joy of which Pat speaks.

In summary: First, do no harm (avoid sugar, food sensitivities or trigger foods). Next: Correct imbalances and support the nervous system. Last (but can also be first and in the middle): Give thanks when and wherever we can.

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 Youth Part-Time Job

Community Climate Crisis Resiliency

Hello community,

There is a job opportunity for Siletz Tribal Youth, 16 to 20 years old, who are interested in Sustainability and Community work. We have part-time job position starting in February of 2022 and going until June of 2022 (working 5-10 hours a week usually on Saturdays). The job will include planning and organizing community events related to climate crises and environment resiliency. One project we hope to put together is a Siletz Youth Fish Camp, where youth and families can come and learn how to build a traditional dip-net. We also want the Youth Leadership Panel to dream up and plan out an event with the goal of creating long-term community resiliency to climate crises.

Youth who are hired on will receive trainings related to traditional fire usage, crisis response, river and ocean sustainability, and TEK (Traditional Ecological Knowledge). Some of the meetings will be online but others will be in person in the Siletz area, so if you live in Siletz Area or can commute to Siletz for the community events and some of the trainings, please reach out for an application. Last day to apply will be January 14th at 4:30pm. We are hiring for seven positions, and we will be doing interviews from January 17th to January 28th of 2022. Wages T.B.A. If you're interested or would like to know more, please reach out to Jacob Reid at email:

Jacobr@ctsi.nsn.us
541-270-1909

CTSI Jobs

Tribal employment information available at ctsi.nsn.us.

"Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy applies. 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.

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 Nuu-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 www.siletzlanguage.org, go to the 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.



BRIDGES

DO YOU CURRENTLY OWN OR HAVE INTEREST IN STARTING A SMALL BUSINESS?

BRIDGES is a small business empowerment program for immigrant, refugee, and BIPOC community members who live and/or work in East Portland and East County (including North Portland and Gresham)



Business Support
Learn how to launch & operate a small business



Leadership Development
Courses on leadership development and civic engagement



Funding Available
Offering microloans and matched savings grant programs (IDAs)

Free program launching in early 2022!

Slots are limited. To express your interest in the program, please fill out the intake survey. Formal application will be sent following completion of intake survey.

Learn more at <https://uniteeast.com/bridges>

SILETZ TRIBAL SMALL BUSINESS WORKSHOP

Join us on **Thursday, February 17th at 6pm via Zoom** to discuss how to start your own business, how to support a small business, and other business topics with guests from:

- The Oregon Native American Chamber (ONAC)
- Our Native American Business Network (ONABEN)
- Siletz Tribal Business Corporation (STBC)



CONTACT YOUR AREA EDUCATION SPECIALIST
TO SIGN UP AND GET A ZOOM LINK

Portland Area (503) 238-1512 katyh@ctsi.nsn.us	Siletz Area (541) 444-8373 alissal@ctsi.nsn.us	Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us	Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us
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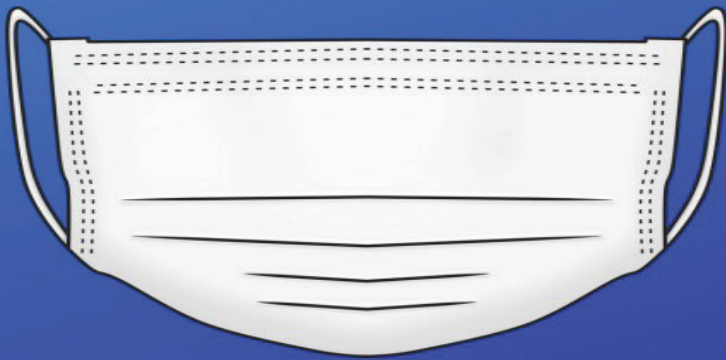
Siletz Community

Find us on Facebook! Siletz Community Health Department

Events

**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!



**Virtual Film and Education on Human Trafficking
January 19, 2022 - 5:30 pm**

**Virtual Talking Circle
January 20, 2022
5:30pm**

**Virtual Book Club
Every Wednesday
At 3:30pm**

Happy New Year

As we start off the New Year (2022), several people will make a resolution, whether it's exercising, eating healthier, taking a vacation, going back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example, eating more fruits and vegetables, working on portion control during meals, going to the fitness center or incorporating more physical activities into your routine.

If you are looking to quit smoking, here are a few tips to help with your success:

1. Make a list of the reasons why you want to quit smoking.
2. Choose a method, whether it be cold turkey, tapering, using an app or a texting program, or nicotine replacement therapy (NRTs). If you need assistance or have a question, contact the Tobacco Prevention coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know you are quitting and ask them to support you on your new journey. Let them know you may need to contact them when you're going through a rough time.
5. Reward yourself. Use the money you will save on cigarettes and treat yourself to the new you. You can buy yourself something small and frequently, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use for January

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

Commercial Tobacco Quitline 1-800-QUIT-NOW

Health Department



HUMAN TRAFFICKING IS REAL AND IS HAPPENING IN BOTH RURAL AND URBAN COMMUNITIES, (INCLUDING INDIAN COUNTRY.)

SIGNS OF HUMAN TRAFFICKING INCLUDE WHEN SOMEONE:

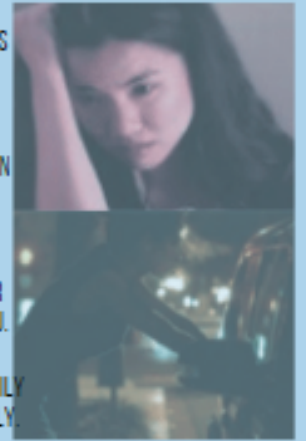
- ☒ IS NOT FREE TO COME AND GO AS HE OR SHE WISHES
- ☒ SHOWS SIGNS OF PHYSICAL, SEXUAL, OR EMOTIONAL ABUSE
- ☒ IS YOUNGER THAN 18 YEARS OLD PERFORMING SEX ACTS FOR MONEY OR SOMETHING OF VALUE
- ☒ IS IN THE COMMERCIAL SEX INDUSTRY AND HAS A PIMP OR SOMEONE CONTROLLING HIM OR HER
- ☒ HAS FEW OR NO PERSONAL POSSESSIONS OR IS NOT IN CONTROL OF THEIR OWN MONEY
- ☒ OWES A LARGE DEBT AND IS UNABLE TO PAY IT OFF
- ☒ WORKS LONG AND/OR UNUSUAL HOURS

WHO BECOMES A VICTIM OF HUMAN TRAFFICKING?
 ANYONE CAN FALL VICTIM TO HUMAN TRAFFICKING, EVEN YOU.
 HUMAN TRAFFICKING IS NOT LIMITED BY SEX, SOCIOECONOMIC STATUS, RACE, OR ETHNICITY. TRAFFICKERS PREY ON INDIVIDUALS SEEKING BETTER OPPORTUNITIES, OFTEN WITH PROMISES OF A BETTER LIFE.

A WELL-INFORMED AND HEALTHY TRIBAL COMMUNITY IS LESS SUSCEPTIBLE TO HUMAN TRAFFICKING.

TIPS FOR PROTECTING YOURSELF AGAINST HUMAN TRAFFICKING

- 1) STAY SAFE ONLINE.**
 DEVELOP GOOD SOCIAL MEDIA HABITS. REDUCE YOUR RISK BY SCREENING FRIENDS AND FOLLOWER REQUESTS AND MAKING YOUR PROFILES PRIVATE. BE CAREFUL WHAT INFORMATION YOU SHARE ONLINE, ESPECIALLY WITH STRANGERS.
- 2) KNOW YOUR WORTH.**
 TRAFFICKERS PREY ON INDIVIDUALS WITH LOW SELF-ESTEEM. YOUR CULTURE CAN BE A SOURCE OF PRIDE. LEARN ABOUT YOUR TRIBAL IDENTITY AND HERITAGE, INCLUDING YOUR ORAL TRADITIONS, TRIBAL LANGUAGE, AND SONGS.
- 3) STAY IN SCHOOL AND AVOID DRUGS AND ALCOHOL.**
 GET INVOLVED WITH AFTER-SCHOOL ACTIVITIES AND YOUTH PROGRAMS. DRUG OR ALCOHOL USE JUST MAKES IT EASIER FOR SOMEONE TO TAKE ADVANTAGE OF YOU.
- 4) STAY CONNECTED.**
 TRAFFICKERS LOOK FOR THE LONERS. MAINTAIN GOOD RELATIONSHIPS WITH FAMILY AND FRIENDS. REACH OUT TO THEM WHEN YOU NEED HELP OR ARE FEELING LONELY.
- 5) ASK FOR HELP.**
 HUMAN TRAFFICKING HOTLINE BY CALLING 1-888-373-7888 OR TEXTING BEFREE (233733) EMAILING HELP@HUMANTRAFFICKINGHOTLINE.ORG OR SUBMITTING ONLINE AT WWW.HUMANTRAFFICKINGHOTLINE.ORG HOTLINE. CALL 911 IN AN EMERGENCY OR IF THERE IS IMMEDIATE DANGER.



“YOU CAN SAVE A LIFE AND MAKE A DIFFERENCE IN YOUR COMMUNITY.”

IF THIS HAS HAPPENED TO YOU OR SOMEONE YOU KNOW, THE CARE PROGRAM CAN HELP. PLEASE CONTACT THE CARE PROGRAM AT 541-444-9680

Virtual Talking Circle

The Siletz CARE Program will be hosting a Virtual Talking Circle once a month on the third Thursday of the month:

JANUARY 20, 2022
5:30 PM

COME JOIN THE CARE PROGRAM

January 19, 2022, @ 5:30 PM

We Will Show a Short Film, Provide Some Education & Awareness with an Open Discussion on Human Trafficking and Indigenous Country.

Each Participant Will Receive a Long-Sleeved Shirt, Heart Abalone Earrings and a Prayer Tie for the Healing of Our People.

CONTACT Rachelle Endres at

541-444-8638 if Interested

Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2021-2022 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland.

We offer services to promote children's school readiness skills and assist families with supporting their child's lifelong learning. Classrooms offer 3½ hours of service per day, Monday-Thursday, round-trip transportation and developmentally appropriate activities to promote each child's success. To qualify, children must be age 3 or 4 by the local school district's age cut-off date, and income limits may apply.

Head Start applications can be found on the Siletz Tribal website or can be requested by calling 541-444-2450 or 800-922-1399 and asking for Head Start.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

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

Childcare Assistance Program expands eligibility for Tribal families in service area

The Tribal Childcare Assistance Program has received an increase in funding from the CCDF Coronavirus Relief and Response Supplemental Act. With this increase in funding, we requested approval from the Office of Child Care to temporarily waive the income eligibility requirement for all Tribal families living in the 11-county service area and to increase payment rates for family home providers.

The approval to waive the income eligibility will be in affect while the state and/or Tribe is in a declared emergency and can continue for three months following the suspension of the declared emergency as long as funding is sufficient.

Families must meet other eligibility requirements, which include living in the 11-county service area; parents must be working, engaged in education or in a job training program; and children must be enrolled Siletz Tribal members or eligible to enroll Siletz, or be the descendant or dependent of an enrolled Siletz Tribal member.

To request an application, contact DeAnn Brown by email at deannb@ctsi.nsn.us or by telephone at 541-444-2450.

STAHS, continued from page 1

transported and used as a travelling exhibit or as an exhibit in the museum. Both a teaching and a public relations tool, they have become a valuable resource and are widely used in museums.

To get the ball rolling, high-tech camera equipment that has the capability to produce state-of-the-art videos was purchased. A target date was established, space for the interviews booked, basic questions developed and Josh Eddings put in charge of the technical aspects of the filming and formatting.

The first exhibit will cover Termination in 1954 and Restoration in 1977, and the effect on Tribal members' lives as remembered by those who experienced it firsthand. This VR capture will include personal stories of elders and will be a treasure for future generations.

Dec. 7-8 were two days of immersion in history as Tribal members shared their personal experiences of Termination, a critical time in the chain of events that has happened to the Siletz Tribe over the past 67 years. Emotions ran high as the effects of Termination were recorded in a historical living record for generations to come.

Those two days in December mark the beginning of an expanding project that is the very first to be initiated as part of A Place for the People, the soon-to-be-built museum in Siletz. It is just the beginning of a much larger endeavor as the topics expand to cover many other areas.

The interviews were held in the convention area of Chinook's Seafood Grill and overseen by STAHS board members Gloria Ingle, Angela Ramirez and myself, with Josh Eddings doing the filming.

Ed Ben, Gerald Ben, Shirley Ben Walker, Raymond Ben, Victoria Ben Nelson, Delores Pigsley, Gloria Ingle, Kent Rilatos, Shawna Gray, Loraine Butler, Lavonne Butler, Jane John and her daughters Diana and Glendora were among those to share their stories. A wide range of emotions are contained in the candid interviews that are filled with tears and laughter, painful memories and proud moments.

At this writing, the first set of videos is ready for fine tuning and before long we'll get a firsthand look at the finished product. It's an exciting time as we move forward



Courtesy photo by Teresa Simmons

Kent Rilatos

toward the construction of the museum and developing the exhibits it will house.

The board hopes that in the future, many Tribal members will offer to tell their stories in their own words. In turn, these stories/memories will be held exclusively by STAHS, not to be sold or published elsewhere. When the project is complete, they will be available for viewing in the present day and by future generations.

If you are interested in participating in the oral history virtual reality project, please email gloriaingle456@gmail.com or trobbsimmons@gmail.com.

STAHS board members are Chairman Gloria Ingle, Vice Chair/Secretary Teresa Simmons, Treasurer Angela Ramirez and Shantel Hostler Peacock.

More good news!

Early in December, STAHS received \$220,000 in grants. One grant for \$10,000 came from the Hugh and Jane Ferguson Foundation, another for \$10,000 from the Morrison Family Charitable Foundation and the third for a whopping \$200,000 came from the Meyer Memorial Trust to be used for operations!

Ricks, continued from page 1

ate Committee on Indian Affairs on the Siletz Restoration Act in 1976. The Siletz Restoration Act was passed by Congress, signed by President Carter and made law on Nov 18, 1977.

She was nominated and elected by her peers to serve on the interim Tribal Council 1978. This council would lay the groundwork for the creation of our Tribal Roll and Constitution, and negotiate our Reservation Act.

"For three years now we have been working very hard toward this bill, Senate Bill 2801. We worked very hard to get our people back again to reorganize our Tribe and after much research and a lot of input from the Siletz people, we did organize, we held elections and voted for a new Tribal Council. I have been on this council for three years now. Our Tribal Council and the people at our well-attended meetings decided we were in need of restoration. We had a strong desire for identity. The news traveled fast to our people and they

began to come home, for they wanted to hear more about the restoration bill. Many would get up and say how good it is to be 'home' again.



File photo

Pauline Bell Ricks

"For Siletz, to many of us, will always be home, for some of us had to leave the area to make a living elsewhere. But our roots are buried deep in Siletz. In our hearts we have never left there. Already a good feeling has been created in Siletz, just by going home to the meetings, pot-lucks and pow-wows, just like the old days some of us remember so well!"

Pauline Bell Ricks to Senate Subcommittee on Indian Affairs
March 30, 1976

With Restoration came a revitalization of Siletz culture and Pauline was central to the effort to return missing elements to our people and community. In 1973, she organized the first pow-wow in decades here at Siletz. She was pow-wow chairperson of the first Restoration Days celebration in 1977.

She initiated the idea of a Siletz Royalty Court and would go on to serve as whipwoman for the Siletz Tribe. She helped others learn about their history

and family connections, and embrace their culture and identity as Siletz people.

Pauline left us in April 1995. The following is an excerpt from a piece that ran in *Siletz News* following her passing – "In the hearts and minds of those who knew her, these words linger: kind, dedicated, loving, sweet, thoughtful and genuine. She was the smile that greeted you at gatherings, the driving force for much that been accomplished within the Tribe. She had the ability to pull people together to accomplish a common purpose, a willingness to listen to the problems and concerns of others and, as Ed Ben put it, she was a warrior."

Pauline's life had an impact on all those who knew her. She was instrumental in the Siletz Tribe's fight for Restoration. Her work helped shape the Tribal government we know today. Her legacy will continue to be felt by the generations to come. I hope this short article sheds some light on the life of a Tribal member who sacrificed and gave much.

General Council Meeting

Saturday, Feb. 5, 2022 • 1 p.m.
Siletz, Oregon

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

Tribal Council Committee Reports

Tribal Member Concerns

Chairman's Report

Announcements

Adjourn



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

Make a Resolution!

- Make an emergency plan: Choose a safe place to meet, learn evacuation routes and establish an out-of-town contact.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid.
- Keep and update emergency supplies; remember to include cash.
- Have backup power sources available to charge devices in case of a power outage.
- Snap pictures of your property for insurance purposes.
- Check your insurance for coverage on disasters like floods, hurricanes and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, safety tips and locate open shelters.
- Save for a rainy day! Start and grow your emergency fund.
- Financially prepare for 2022 with the Emergency Financial First Aid Kit available at <https://tinyurl.com/EFFAK>.
- Spend within your means. Use a personal budgeting worksheet to help plan for holiday expenses and beyond.
- Build up your savings. Put a small amount in your account the first of every month beginning Jan. 1.

Dark Horse Comics releases comic book that explores how to prevent and prepare for Northwest wildfires

SALEM, Ore. – The Oregon Office of Emergency Management and Dark Horse Comics have released a new comic book titled, *Without Warning! Wildfire*. Addressing what to do before and during a Northwest wildfire, the comic is third in a series of educational and entertaining comic books promoting emergency preparedness.

“The *Without Warning!* comic book series began because we found that many public education publications struggled to resonate with younger audiences,” said Althea Rizzo, OEM Geologic Hazards Program coordinator. “The series has been a huge hit, helping us engage with youth while introducing and reinforcing the concept of readiness.”

Emergencies and disasters can happen at any time, often without warning. Empowering every Oregonian – including youth – to reduce their risk, be ready and know what to do when disaster strikes

is critical to staying safe. Kids and teens who are prepared often experience less anxiety and feel more confident during actual emergencies and disasters.

“Smokey Bear offers a variety of educational options for young children, but it’s been challenging to find engaging and creative resources to talk with teens and young adults about wildfire prevention,” said Kristin Babbs, president and CEO of the Keep Oregon Green Association. “This comic book fills that important gap.”

Without Warning! Wildfire features characters hiking and camping in a Northwest wilderness area who are forced to flee for their lives to escape a quickly moving wildfire. The comic helps teach readers how to protect themselves, their loved ones and wildlands when wildfires occur.

Without Warning! Wildfire is available to read for free at Dark Horse Digital, OEM’s website, and on iOS and Android apps. It is also available on Kindle, Comixology, Google Play and Apple Books.

Printed copies are available in English and Spanish through county emergency management offices, Clackamas Community College and Keep Oregon Green.

The first two comics in the series, *Without Warning! Earthquake* (published in 2014) and *Without Warning! Tsunami* (published in 2016), have been distributed throughout the Northwest and adapted for other regions, helping support readiness in communities across the U.S.

The comic book series originated with OEM’s Geologic Hazards program, which works with partners to create tools and programs to make Oregon more resilient to earthquakes, tsunamis and volcanoes. This latest issue was produced in collaboration with OEM, Dark Horse Comics, Clackamas Community College, Oregon Department of Forestry and Keep Oregon Green.

This document is available in other languages, large print, braille or a format



you prefer. For assistance, call 971-719-1183 or email language@oem.state.or.us. We accept all relay calls or you can dial 711.

Be safe. Wear a mask. Get vaccinated. Stay well.

Purchased/Referred Care



New Hours

Effective December 6th, 2021
PRC's new phone availability
will be:

8 AM to 12 PM
and
2 PM to 4:30 PM

PRC will be closed between 12-2 PM,
Monday through Friday.

Patient calls to PRC between 12-2 PM will
not be sent to a voicemail or answering
service; Tribal members, patients, and/or
vendors are being asked to call during the
new effective hours.

*Due to ongoing staffing
availability and increased
number of claims being
received, PRC is
adjusting their work
schedule in order to
manage workload.*

We apologize if this causes an inconvenience and we hope to restore
hours soon.

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, chiro-
practor or acupuncture. Eligibility: Enrolled Tribal members

Siletz Home Visiting Program

Now serving all federally recognized and Alaskan
Native families who meet eligibility criteria!!

Home Visiting Provides:

- Parenting and life skills for successful and positive parenting
- Support and encouragement
- Resources and referrals
- A culturally sensitive, evidence based curriculum
- Ongoing services from prenatal until child is 3 years old
- Virtual Visits currently

For more information contact:

Danelle Smith
Siletz and Coast Range
541-444-9603 or
1-800-922-1399
danelles@ctsi.nsn.us

Lori Christy
Salem, Portland and Surrounding
Areas
503-390-9494
loric@ctsi.nsn.us

Cathy Ray
Eugene and Surrounding Areas
541-484-4234
catheriner@ctsi.nsn.us

Go to www.ctsi.nsn.us home visit-
ing to view past success stories.

Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under twelve months of age.
- American Indian/Alaskan Native head of household or dependent child and meet one of the following criteria—
 - Income below 300% federal poverty level for last 30 days
 - Household that resides in rural location that has limited employment opportunities
 - First time parent
 - Household with at least one adult without a post-secondary certificate
 - Family experienced trauma, chemical dependency or mental health barriers.
- Other eligibility criteria may apply so contact our staff if you have questions.

OPTOMETRY ACCESS TEMPORARILY EXPANDED



Due to access concerns, you may see an optometrist outside of the Siletz Clinic or I.H.S. facility for as long as the Clinic remains in Phase I.

PRC-eligible patients living within 40-miles of the Siletz clinic or an I.H.S. facility are now eligible to obtain services at an outside optometry facility. Your annual/bi-annual benefit applies.

Please contact PRC for additional information
at 541-444-1236

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. Here are two ways to get your flu shot:

- ❖ **At SCHC or your primary care provider during regular business hours**
 - Schedule an appointment
 - Drive through flu clinics @ SCHC – 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

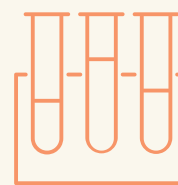
SILETZ COMMUNITY HEALTH CLINIC ANNUAL DIABETES WELLNESS VISIT

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.**

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of **ANY** federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

Examples of Services:

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



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

Salem Area Office

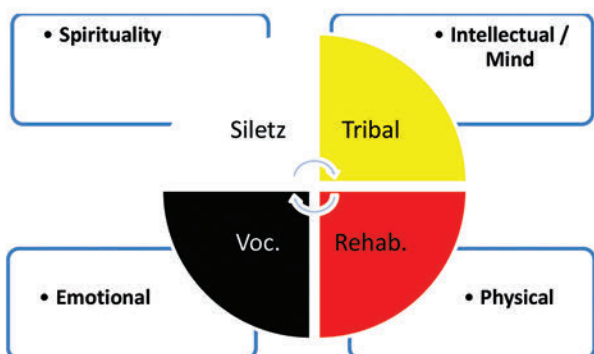
3160 Blossom Drive NE, Suite 105
Salem, OR 97305

Siletz Admin Office

201 SE Swan Ave.
Siletz, OR 97380

Salem/Portland Area – Toni Leija, Counselor/Job Developer

Siletz/Eugene Area – Currently open Counselor/Job Developer



JANUARY AWARENESS: GLAUCOMA

Glaucoma is a group of eye conditions where there is damage to the optic nerve(s). This nerve provides vital information to the brain and is crucial to maintaining good vision. If it's damaged, it leads to gradual inflammation of the inner eye(s). If untreated, it causes progressive vision loss. Medications, laser procedures and surgeries may lower the inner eye pressure and/or prevent further damage to the optic nerve(s). Native Americans/Alaskan Natives have a higher genetic predisposition than white groups. [NTG in American Indians/Alaska Natives - Glaucoma Today.](#)

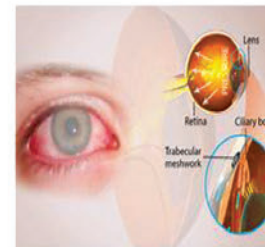
Facts:

- More than 3 million cases per year in the U.S.

- Treatments can help manage eye condition; no cure is available
- Requires lab test or imaging
- Can last several years or be lifelong
- Common for ages 50 and older
- Family history may increase likelihood

Symptoms: Initially, the condition remains without symptoms, but its gradual progression may lead to symptoms such as:

- Loss of peripheral or side vision
- Seeing halos around lights and glare in bright light
- Redness in the eye
- Eye pain
- Eye that looks hazy (particularly in infants)
- Narrow or tunnel vision
- Vision loss



Vision loss due to glaucoma causes blindness, especially in individuals over 60. Vision loss cannot be recovered, so getting regular eye exams is vital to good eye health. Leading a healthy lifestyle of exercise and good nutrition may contribute to an improved or good quality of life!

Foods to eat:

- Iron-rich foods such as spinach
- Vitamin A-containing foods such as sweet potatoes, carrots, mangoes and milk
- Protein-rich foods such as eggs and milk
- Zinc-rich foods such as green peas, eggs, wheat germ, chickpeas, oysters, red meat, poultry and certain seafood
- Foods rich in vitamin C like green pepper, citrus fruits and tomatoes

Foods to avoid:

- Foods with trans fatty acids like cookies, cakes and French fries
- Foods with high saturated fats like full-fat meat (beef)
- Foods with caffeine like coffee
- Avoid alcohol

If you or a loved one is experiencing the symptoms above, follow up with your medical providers and eye specialists. Tribal Vocational Rehabilitation counselors are available to serve your vocational needs.

Contact Tamra Russell (PORTLAND) 503-238-1512, x1411 / Toni Leija (SALEM), 503-390-9494, x1861 / Jamie Bokuro (SILETZ) 541-444-8213

HAPPY NEW YEAR!

Be safe. Wear a mask. Get vaccinated. Stay well.

Coping with Seasonal Affective Disorder



- 1 Get more sunlight. Open blinds to let sunlight in.
- 2 Spend time in nature, even if it's cold and cloudy.
- 3 Get regular physical activity.
- 4 Consider using a special light box or lamp.
- 5 Stay connected with loved ones & support networks.
- 6 Avoid drinking alcohol.

Note: If your symptoms don't improve, consult a health care provider and ask for help. They can help you find the right treatment.



Ecotrust

PRESENTS

THE INDIGENOUS LEADERSHIP BRIEFING SERIES

Four, free educational webinars that examine the theme of Indigenous Leadership: Ensuring a Future for Native Peoples, Cultures, and Lands.

Through a series of four hour-long, online gatherings, eight tribal leaders from across the Pacific Northwest will provide the historical context of issues tribal communities have confronted over time and the ways Native leaders responded. Learn about little-known eras, issues, and subjects, all from an Indigenous perspective, and about the impact of Indigenous leadership on the well-being of tribal communities and beyond.

The briefings will be held at 11am PST on the third Wednesday of each month, starting December 2021 through March 2022: →

This inaugural briefing series serves as the run-up to the 2022 Indigenous Leadership Awards, an annual event that celebrates Indigenous determination and survival.

To RSVP for one or any of these briefings, visit ecotrust.org/project/indigenous-leadership-briefings/#RSVP

NEGOTIATING A FUTURE: INDIGENOUS LEADERSHIP THROUGH THE AGES

with Roberta "Bobbie" Conner (Nez Perce/Cayuse) and Ron Allen (Jamestown S'Klallam)
DECEMBER 15, 2021

TERMINATION: THE ATTEMPT TO DESTROY AND THE REBUILDING OF THE SILETZ TRIBES

with Ed Ben (Siletz) and Bud Lane (Siletz)
JANUARY 19, 2022

THE ALASKA NATIVE CLAIMS SETTLEMENT ACT: IMPACTS ON ALASKA NATIVE COMMUNITIES

with Joe Nelson (Tlingit) and Nicole Borromeo (Athabaskan)
FEBRUARY 16, 2022

BREAKING THE CHAINS: TRANSFORMATIVE FEDERAL LEGISLATION AND TRIBAL PEOPLES

with Robert Miller (Eastern Shawnee) and Dave Tovey (Cayuse/Joseph Band Nez Perce)
MARCH 16, 2022

OHA kicks off domestic well testing for 2,000 wildfire-affected households

Agency providing vouchers for free testing to eligible property owners, well users

PORTLAND, Ore. - Oregon Health Authority (OHA) is offering free domestic well water testing to about 2,000 households affected by wildfire that rely on wells for drinking water.

The Oregon Legislature allocated funds for free well testing in response to the devastating wildfires of 2020. Many communities and households were still digging out from ash and debris when the original program's funding expired

in June 2021. If demand exceeds supply, people with low income and communities of color will be prioritized.

Well users whose properties were affected by wildfires can find steps needed to access the funds, which became available Nov. 1, at [.healthoregon.org/wells](http://healthoregon.org/wells). Well owners will find guidance on how to assess damage, take action to protect their well and test their well water to confirm it is safe to drink.

Curtis Cude, manager of the OHA's Domestic Well Safety Program, urges well

owners to "follow recommendations in the well damage assessment."

"Make sure you know what work you are authorized to do and when you need to hire a licensed professional," he said.

Actions may include:

- Repair and replace damaged well components.
- Re-pressurize and refill the well.
- Flush water lines.
- Treat the well for microbial contaminants.
- Test (apply for free testing)

OHA will provide testing vouchers to well users through May 15, 2023. To ensure that all 2020 wildfire-affected domestic well users can receive free testing, OHA can offer one voucher per affected well.

Well users can select from a list of approved environmental laboratories in Oregon that will honor the vouchers for testing services. The tests will look for the presence of bacteria, nitrates, arsenic, lead and chemicals that are hazardous by-products of fire.

Applications can be found at healthoregon.org/wells.

Oregonians urged to plan ahead, sign up for alerts as much of state faces increased risk of flooding, landslides and debris flows following wildfire season

From the Oregon Office of Emergency Management; posted on FlashAlert: Oct. 26, 2021

SALEM, Ore. - Oregon is in its rainy season while still recovering from the recent devastation caused by wildfires. The Oregon Office of Emergency Management (OEM) is warning people who live and travel in and around areas impacted by wildfires about the risk of flooding, landslides and debris flows and urges Oregonians to sign up for emergency alerts, exercise caution and plan ahead.

Wildfires dramatically change the landscape and ground conditions, which can lead to a higher risk of flooding. Natural unburned vegetation and soil normally act as a sponge during a rainfall event, but after an intense wildfire, burned vegetation and charred soil form a water-repellent layer, blocking water absorption.

As a result, properties located below or downstream of the burn areas are at an increased risk for flooding and debris flows. Even areas not traditionally flood-prone are at risk of flooding for up to several years after a wildfire.

"The impacts of wildfires are often felt for years after the flames are out. For those in or near these areas, threats like flash floods and debris flows can happen quickly and with little to no warning," said Oregon OEM Director Andrew Phelps. "Leave if you are told to evacuate or you feel it is unsafe to remain in your home. Have an evacuation route planned that is least likely to be impacted by flash flooding and debris flow and stay informed: Sign up for OR-Alert to receive emergency alerts and pay attention to weather forecasts in your area."

OEM also recommends developing an emergency plan - for floods and other hazards - that includes building and maintaining emergency kits for home, work and vehicles.

When a disaster occurs, it's unrealistic to expect first responders will be able to reach everyone within hours or even days. Oregonians should plan on being self-sufficient for at least two weeks following any type of disaster. OEM's 2 Weeks Ready program offers several resources.

The U.S. Geological Survey provides maps showing the likelihood of debris flow in different areas around specific wildfires. The recent atmospheric rivers affecting the Pacific Northwest have proven the rainy season is already underway and recent data from the National Oceanic and Atmospheric Administra-

tion shows a high possibility of more La Niña-related events continuing throughout this winter.

Floods are the most common and expensive natural disaster in the U.S. Just an inch of water in an average-sized home can cause more than \$25,000 in damage.

Most homeowners' and renters' insurance policies do not cover flood damage. Flood insurance is a separate policy that protects homes and belongings from floodwater damage so residents can recover after a storm. Policies typically take 30 days to go into effect, so it is important for residents to plan in advance.

For more information about flood risk and mitigation, visit Ready.gov/floods. For information on landslides and debris flow, visit Ready.gov/landslides-debris-flow. For information on flood insurance, visit Fema.gov/flood-insurance.

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

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



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



What are my other options?

Ask questions about prescription painkillers.

My pain. My plan. HealSafely.org

Did you know that prescription painkillers can:

- Create physical dependence in as few as 3 days
- Slow down your breathing and heart rate to dangerous levels
- Make you feel drowsy, nauseated and constipated
- Slow your body's healing process

Verl and Dorothy Miller Native American Vocational Scholarship

Scholarship purpose: Award vocational scholarships to American Indian residents of Oregon to pursue post-secondary education or training at an accredited institution in Oregon.

Eligibility criteria

- Oregon residents who can provide a certification of Tribal enrollment or descendants of enrolled members
- Open to high school graduates or graduating high school seniors
- Planning to pursue or pursuing a trade or vocational study
- Enrolled at least half time
- Enrolled in any public two-year institution or an accredited vocational or trade school in Oregon
- Financial need is required – must complete the FASFA or ORSAA

Award size: Renewal possible up to four years; students must reapply each year.
How to apply: Details available at oregoncf.org/grants-and-scholarships/scholarships/.
Applications accepted Nov. 1 – March 1 for the upcoming academic year.

Howard Vollum American Indian Scholarship

Scholarship purpose: Assist American Indian students planning to enroll full time in an undergraduate or graduate course of study in STEM.

Eligibility criteria

- Must provide a certification of Tribal enrollment or descendants of enrolled members
- Must be a resident of Clackamas, Multnomah or Washington counties in Oregon, or Clark County, Washington
- Open to students planning to major or majoring in science, computer science, engineering or mathematics
- Enrolled or planning to enroll full time
- Attending/planning to attend any public/private nonprofit college or university in the U.S.
- Financial need is required – must complete the FASFA or ORSAA

Award size: Renewal possible up to four years; students must reapply each year.
How to apply: Details available at oregoncf.org/grants-and-scholarships/scholarships/.
Applications accepted Nov. 1 – March 1 for the upcoming academic year.

Truman D. Picard Scholarship for Native American/ Alaskan Natural Resource Students

Purpose: Support American Indian students pursuing a higher education in natural resources.

Must provide evidence of validated enrollment in a federally recognized Tribe or Alaska Native Corporation, as established by the U.S.

Free Application for Federal Student Aid: ALL students must complete the FASFA.

Awards

- \$2,500 for college students (number of awards varies per year)
- \$2,500 for grad students/graduating college seniors applying/accepted for grad school
- \$2,000 for graduating senior high school students

Deadline: Friday, March 11, 2022, at 5 p.m. PST.

Inquiries and applications should be directed to the Intertribal Timber Council office at ATTN: Education Committee, Intertribal Timber Council, 1112 NE 21st Ave., Suite 4, Portland, OR 97232-2114; 503-282-4296.

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2022. All Siletz Tribal artists are encouraged to submit a pow-wow themed logo.

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

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

All entries must be received no later than Feb. 28, 2022.

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2022-2023 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

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

Crown proposals must be turned in to the committee no later than Feb. 28, 2022. Proposals should be sent to: Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

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

2022 Standing Committees Applications due by Feb. 9, 2022

Any Tribal member interested for consideration in serving on a committee for a two-year term are encouraged to fill out this form and return it to the council office prior to Feb. 9, 2022.

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

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____


Telephone: Day () _____ Evening () _____

Email Address: _____

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

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

Committee appointments will be made at the Regular Tribal Council meeting in February 2022. If you have any questions, please call the executive assistant to Tribal Council at 800-922-1399, ext. 1203, or 541-444-8203.



We're Back!
Calling all Gamers, K-12
CTSI
Minecraft Gathering
JANUARY 22, 2022 @ 10:30 AM
Contact:
elizabethm@ctsi.nsn.us
for registration

SERVICES AVAILABLE

Mental Health Services & Life Alert

Mental Health Services

➤ **What services are available?**

- Counseling Services – individual or family
- Psychiatry Services
- Psychology Services
- Up to 8-visits annually (more if medically necessary)

➤ **Who's eligible?**

- Siletz Tribal members eligible for Purchased/Referred Care (PRC), formerly Contract Health Services (CHS).

➤ **How do I get benefits?**

- CALL PRC at 800-628-5720 or 541-444-9648 to speak with a PRC representative.
- Prior to making an appointment with a provider – confirm the provider will accept PRC as payment.
- Benefits are limited, first-come, first-served.

➤ **What you need to know:**

- After calling PRC for benefits, the patient will receive a letter with program details. The letter also provides information that the patient can give to their provider for payment processing information.

- You will not be required to use other resources first. This will allow you to go to a provider who does not accept Oregon Health Plan/Medicaid or your private insurance.

Life Alert

- Please contact your local community health advocate (CHA) if you think you or another Tribal elder could benefit from Life Alert.

- Eligibility Criteria:
 - Enrolled Tribal member eligible for PRC
 - Work with CHA to determine need/apply for local services

➤ **Steps to get Life Alert:**

- Contact your local CHA –

- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)
- The CHA will assist you in applying for Life Alert at no cost through community options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

➤ **You can reach the community health advocates at:**

- Siletz – Amy Garrett at 541-444-1030
- Salem – Cecilia Tolentino at 503-390-9494
- Eugene – Adrienne Crookes at 541-484-4234
- Portland – Andrew Johanson at 503-238-1512

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

Email your local Education Specialist to be added to our email list.

Portland Area Office Katy Holland (503) 238-1512 katyh@ctsi.nsn.us	Siletz Area Alissa Lane-Keene (541) 444-8373 alissal@ctsi.nsn.us	Salem Area Office Sonya Moody-Jurado (503) 390-9494 sonyamj@ctsi.nsn.us	Eugene Area Office Candace Hill (541) 484-4234 candaceh@ctsi.nsn.us
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“Hi, I can help with OHP.”

Do you need help with OHP?

You don't have to leave your home to apply!
Applications can now be done online or over the phone.

Shop for health plans at <https://or.checkbookhealth.org/> or call direct at 855-268-9767.

541-444-9611

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional Living Center

Siletz: 800-600-5599 or
541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

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



For information on Alcoholics
Anonymous: aa-oregon.org

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.

CTSI Virtual College Info Nights Session II

**THURSDAY,
JAN. 20
6:00 PM**

LEARN ABOUT:

- Types of Federal Financial Aid
- CTSI Education Department Programs
 - Higher Education
 - AVT
 - Adult Education
 - JOM/YAF
- Siletz Tribal Housing Department Student Housing
- 477 Self Sufficiency
- **Plus meet representatives from colleges and universities.**

All Students and Families Welcome

Contact your local education specialist to sign up and for login information

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- USDA 1890 National Scholars Program
Deadline: Jan. 31, 2022
- USDA 1994 Tribal Scholars Program
Deadline: Jan. 31, 2022
- Verl and Dorothy Miller Native American Vocational Scholarship
Deadline: March 1, 2022
- Howard Vollum American Indian Scholarship
Deadline: March 1, 2022
- Truman D. Picard Scholarships
Deadline: March 11, 2022
- 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 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

Other Opportunities

- Medill-Northwestern Journalism Institute's Cherub Program
Deadline: March 14, 2022
- 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

Important information for college-bound Tribal seniors

January

- FAFSA forms must be submitted by June 30. Do not delay, start on this.
- Complete scholarships that are due.
- Check for Student Aid Report (SAR on the FAFSA website several days after filing out the FAFSA).
- Request mid-year transcripts be sent to colleges to which you have applied.
- Request transcripts needed for OSAC scholarship application.
- Send thank you notes to people who have helped you.
- Students who plan to apply for Tribal assistance for college must apply for FAFSA by June 30 at fafsa.ed.gov.

February

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

Internships

- Meta (Facebook) Data Center Engineering Internships
Deadline: Various
- Public Lands Internship Program
Deadline: Various
- 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

Fellowships

- The John Alexander Project Fellowship
Deadline: Jan. 15, 2022
- NAJA-NBC News Summer Fellowship
Deadline: Feb. 4, 2022
- E. Kika De La Garza Fellowship
Deadline: March 2, 2022
- Institute for Citizens and Scholars Fellowships
Deadline: Various
- American Indian Graduate Center
Deadline: Ongoing
- NOAA Fellowships
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

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

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.

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.americanindiandiservices.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 November 2021

Frank Aspria – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
2.25	2.25				11/1-3 Housing Comm, email
2.5	2.5	.25			11/6 Health, Housing, General Council, email
3.25	3.25	1.75	2		11/8-10 Interviews, STBC packet, email, notes, reports, infrastructure deal
		3			11/11 Gaming wkshp, email
			2.25		11/12 STBC mtg
4	4				11/15-16 Packets, email
5	5				11/17 Regular TC, email
1.25	1.25	.5			11/21-22 Reports, mail
2	2	1			11/23-24 Head Start training, email
2.5	2.5	2			11/27-30 Applications, email, reports

Lillie Butler – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
3.5	3.5				11/1-2 Packets
3.75	3.75				11/4-5 Deposition, packets
2.5	2.5				11/6 Health, Housing, General Council
1	1	6			11/8-9 Gaming, packets
6	6				11/10-16 Packets
3	3				11/17 Regular TC
2	2				11/18 Packets
3	3.25				11/19 City of Portland
6.5	6.5	4			11/22-30 Packets

Lorraine Y. Butler – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
1.5	1.5				11/2-3 Packets
1.25	1.25				11/4 CPT, packets
2.5	2.5				11/6 Health, Housing, General Council
.5	.5	3.5	2		11/8-10 Interviews, packets
		2	1		11/11 Budget wkshp, packets
			2.25		11/12 STBC mtg
2	2				11/14-16 Packets
4.5	4.5				11/17 Regular TC

Sharon Edenfield – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
.75	.75				11/2 Consent Decree

Alfred Lane III – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
1.5	1.5				11/2-3 Consent Decree
.25	.5				11/5 Audit Comm
2.5	2.75				11/6 Health, Housing, General Council
		2			11/11 Budget wkshp
.5	.5				11/16 Packets
4.5	4.5				11/17 Regular TC

Delores Pigsley – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
1	1				11/1 Mail, agenda items
2	2				11/2 Conf call on OR water & Consent Decree, mail
2	2	1.25			11/3 Conf call w/ governor, conf call w/ ODFW, mail, agenda items
1.5	1.5				11/4 Conf call w/ secretary of state, mail, prep for council
1.5	1.5				11/5 Audit/Investment Comm, court deposition
1.25	1.25				11/6 General Council mtgs, mail
3	3		.5		11/7-10 Prep for STBC mtg, mail
1	1	2			11/11 Casino budget wkshp, mtg in Salem, mail
1.5	1.5		2.25	1	11/12-14 STBC mtg, conf call w/ PR firm, Salem casino project, mail
6	6				11/15-16 White House conf, mail, prep for council
4.5	4.5				11/17 Regular TC, mail
3	3				11/18 ODFW negotiations, mail, agenda items
2	2				11/19 Restoration presentation, mail
1.5	1.5				11/20 Special TC, mail
6.75	6.75	.5			11/21-28 Mail, agenda items, prep for mtgs
2.5	2.5			4	11/29-30 Conf call on Willamette Falls, mail, agenda items, sign docs

Angela Ramirez – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
1.25	1.25				11/1-3 Health Comm, email, packets
2.5	2.75	.25			11/6 TC & General Council mtg, email
2	2				11/7 STAHS
		3			11/10-11 Budget wkshp, packets
			2.25		11/12 STBC mtg
1	1				11/16 STAHS video prep
4.5	4.5				11/17 Regular TC
1.25	1	.25			11/19-20 Special TC, email
.5	.5	.5			11/22-24 Interviews, email

Selene Rilatos – 11/1/21-11/30/21

TC	Ind	Gmg	STBC	ED	Tvl
2.5	2.5				11/1 Health Comm, SCP, email
9.25	9.25			1	11/2-5 COVID, email, packets
4.5	4.5				11/6-7 Health, Housing, General Council, email, packets
4.25	4.25				11/8-10 JI, SCP, email, COVID, packets
2.75	2.75	2	2		11/11-14 CWCR wkshp, STBC mtg, email, packets
2.25	2.25				11/15 NWPaiHB, packets, email
2	2				11/16 COVID, packets, email
4.75	4.75				11/17 Regular TC
3.5	3.5				11/18-19 COVID, email, packets
2.25	2.25				11/20-21 TC mtg, email, packets
6.5	6.5				11/22-30 SCP, email, packets, COVID

CTSI Website Redesign

You may have already noticed- but our website has a new look!

Visit www.ctsi.nsn.us to check it out.



Note: if you are having trouble accessing the Member Area, please send an email to Kat at katrinah@ctsi.nsn.us with your name (as it appears on the Tribal Roll) and your roll number.

Chinook Winds

CASINO RESORT

Thursday

HI-LOW HOT SEAT CHALLENGE

If you're in the **HOT SEAT**, you could test your hot hand against the house!

THURSDAYS in January 6pm-9pm

Play slots with your Winners Circle card and we'll draw a player at random to play high-low against the house. If your card draw is better than ours, you pocket **\$50 CASH!** Then, play again until you bust. Win up to **\$2500 CASH!**

Complete rules at Winners Circle. Management reserves the right to alter or withdraw promotion at any time.

FROSTY FUNDS

SLOT SHOWDOWN

Win **COLD HARD CASH** and **COOL PRIZES!**



DRAWINGS
SUNDAYS AT 6PM
JANUARY 9-30

Late Night Edition

Comedy on the Coast



HEADLINER
Rocky LaPorte



FEATURING
Duane Goad



HOST
Greg Williams

JANUARY 21 & 22 | 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.

Play every Wednesday to get a handle on your cut of **\$5000 CASH!**

CASES OF CASH

DRAWINGS 7pm • 8pm • 9pm

January 26 • February 23 • March 30

On Wednesdays, just log into any of our promotional kiosks. There, you'll win entries to our monthly drawings. You can stuff the virtual entry bin by earning kiosk re-plays (up to 4) with every 250 points you collect in tracked casino play!

COLLECT FREE ENTRIES DAILY STARTING JANUARY 3RD



MEMBER:
1 FREE ENTRY



MVP:
2 FREE ENTRIES



PREMIER:
3 FREE ENTRIES



ELITE:
4 FREE ENTRIES

Play Slots, Tables, Keno, Bingo and Sports Wagering, and nab an entry for every 100 player points you collect. Activate your entries starting 1 hour before each drawing by inserting your Winners Circle Card in any slot machine, or by swiping in at any Promotional Kiosk with your PIN, and activating your entries from the Promotions tab.

Complete rules available at Winners Circle. Management reserves the right to alter or withdraw this promotion at any time.



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



5 ways to cut down your energy costs

Energy costs are rising across the country. According to the Consumer Price Index, energy costs nationally are up 25% over last year, which can cut into family budgets.

Energy Trust of Oregon, a nonprofit that helps people cut energy use, has some easy ways Oregon families can use less energy while also keeping their homes warm. According to the U.S. Department of Energy, tips like these could help save an average of \$283 or more every year.

“If your home is leaking air, it can feel like you’re fighting an uphill battle to heat your home,” said Scott Leonard, residential spokesperson with Energy Trust. “By taking steps like sealing leaks, adding rugs to cover bare floors and simply opening the blinds, you can save money on your energy bill and keep your family comfortable.”

Here are Energy Trust’s top tips for keeping your home warm while saving money on your energy bill this winter. It’s also a great time to schedule maintenance service. With product shortages and busy contractors, planning ahead will keep you warm.

For more energy-saving DIY tips, visit energytrust.org/residential/DIY.

1. Set the temp: At night or when no one is home, save on energy costs by lowering your thermostat to 58-60 degrees. When you’re home, keep the thermostat at 65-68 degrees.
2. Seal those gaps: Small gaps and cracks in a typical home can add up to the same loss of energy and comfort as leaving a window open year-round. Use caulk or spray foam to seal small holes and cracks and use weather stripping and door sweeps to seal drafty windows and doors.
3. Take advantage of the sun: Heat your home with help from the sun by leaving window shades or blinds open during the daytime. At night, close the window coverings to help keep the heat in.
4. Check air filters once a month and schedule maintenance: During the coldest months when your heating system is working its hardest, check your air filter and change it if it looks dirty. A dirty air filter will slow airflow and make the heating system work harder and waste energy. Now’s the time to schedule maintenance service for your heating system. An HVAC specialist can help catch issues before you’re left in the cold.
5. Find support: If you need assistance with utility bills, check with your utility for options and programs. And the Weatherization Assistance Program is a federally funded program that provides low-income households with home weatherization services. Learn more and see if you qualify at bit.ly/3iDdj8S.

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.

Is it COVID-19, flu, RSV or the common cold?

COVID-19 Onset after exposure: 2-14 days

Not everyone gets the same symptoms, or any symptoms.
Abdominal pain • Congestion • Coughing • Diarrhea • Fatigue
Fever (brief episodes) • Headache • Muscle or body aches •
Nausea or vomiting • New loss of taste or smell •
Shortness of breath • Sore throat

Flu Onset after exposure: 1-4 days

Unlike COVID-19, usually comes on very suddenly. Your child may feel perfectly fine one day and be sick the next.
Chills • Fatigue • Fever • Headache • Loss of appetite •
Nausea • Runny nose • Sore throat

RSV Onset after exposure: 4-6 days, in stages (not all at once)

Common cause of wheezing in kids under 2. In older kids, symptoms may not appear any different than the cold.
Coughing • Decreased appetite • Fever • Runny nose •
Sneezing • Wheezing

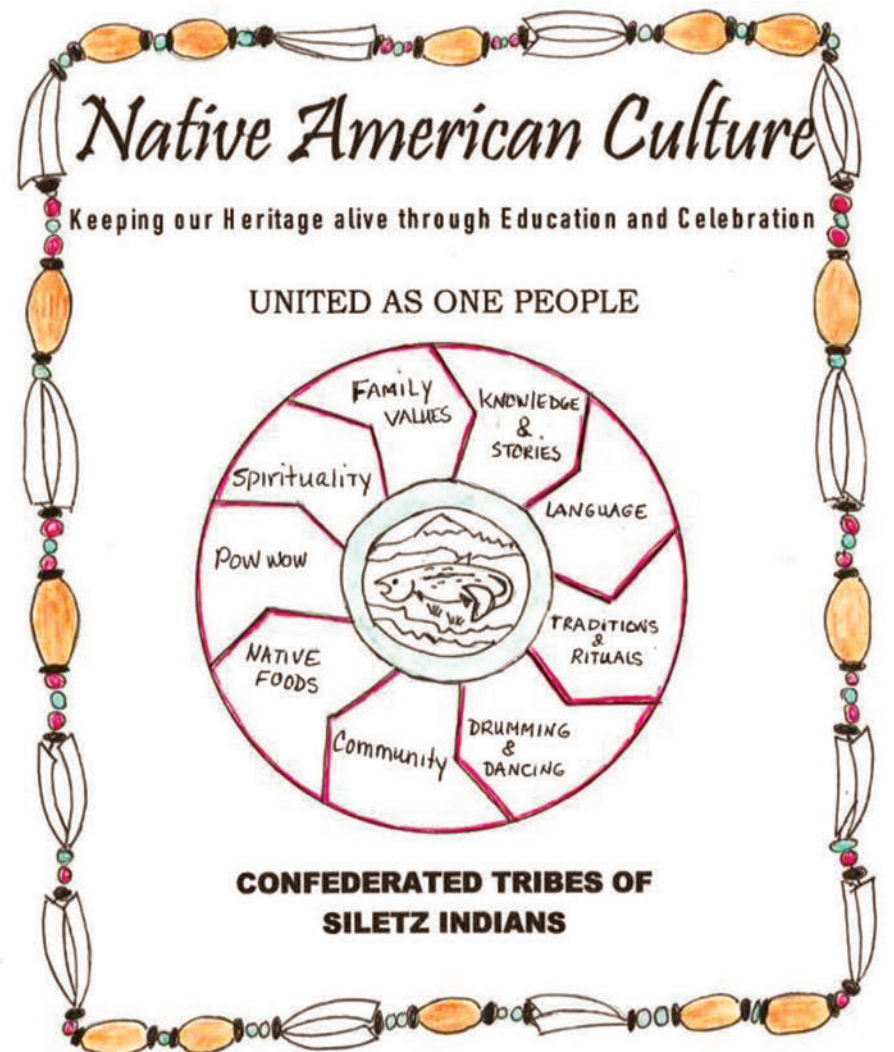
Common cold Onset after exposure: 2-3 days

Coughing • Runny or stuffy nose • Sneezing •
Sore throat • Watery eyes



Oregon Health Authority

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 were 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!

I can't find my COVID-19 vaccination card. How do I replace it?

If you have lost your vaccination card, here's how you can replace the card:

- Contact the clinic or pharmacy where you got your vaccine
- Ask your health care provider for a record
- Follow the instructions on the **ALERT IIS page**
- Call **211** for help in languages other than English



What Can I Control About COVID-19?



<p>Out of our control:</p>	<p>New variants</p>	<p>Predicting what will happen next</p>	<p>The global spread</p>
	<p>The duration of the pandemic</p>	<p>How others react</p>	<p>The actions and emotions of others</p>
<p>In our control:</p>	<p>Following public health guidance</p>	<p>Getting vaccinated</p>	<p>Getting a booster if eligible</p>
	<p>Wearing a mask and washing my hands</p>	<p>Getting tested if exposed</p>	<p>Quarantining if I have COVID-19</p>
	<p>Reaching out for support when I need it</p>	<p>Caring for my health and my community</p>	<p>Taking breaks from news and social media</p>

Most importantly, I know I am doing everything I can to keep myself and my community healthy and safe.
Learn more at coronavirus.oregon.gov

OHA 4013 (12/10/2021)

To the editor:

Whispers

Reflectively I say, arrogance along with ignorance is not an excuse for one to hide behind. Ignoring sensitive issues can lead to negative shortsightedness. We all can be affected by this culprit.

With honesty, integrity and humbleness driven by perseverance, I'm here again with words of encouragement to spark the spirit of enlightenment, the kind that doesn't criticize or defame but deepens an echo from long past.

Removal from sacred lands was devastating. If we listen carefully with an open heart, as I can, you hear a wailing of sorrow but not surrender. It was common knowledge among the people, strength through numbers with like minds become survivors.

Envision small circles for warmth, security, Tribal families. One goal, to reach a far off unknown destination intact – mind, body and soul. Held near, nurtured, a little soul not understanding clings closely for comfort. Can you hear? A whisper. "Hush my child, think not of your tired little feet, dream of tomorrow's rainbow, go gently to sleep."

A prayer, oh Great Spirit, above all else, our children and for our children's children, they must survive this walk. With the powers of all we respect around us, they may then talk the talk. Many didn't survive this treacherous journey, but we're living proof of dedicated perseverance.

Respectfully, we must not continue the extermination of Tribal families. Their culture and heritage were brought upon the people by the powers of a time past. We're now the powers that be, able to control our destiny, our lands, most important, the welfare of our families.

Shadow families. Individuals who have been separated out, neglectfully discarded by the wayside, a throw-away commodity. Their family Tribal numbers are utilized to enhance certain Tribal geographical areas. Shadow dancers living within an environment that picks, chooses. "Eeny meeny miny moe, where does this little Indian go?" I respectfully say, enough is enough.

Our beloved ancestors walked the walk, mine a grandmother, Lucy Dick. It's time, with heartfelt honesty and grace, to step up, talk the talk for our ancestors. Leave no child or family behind.

I believe we can take personnel recognition for granted until it affects us personally. I've been a staunch believer, championed direct descendancy since the early '80s. Since last addressed, children have been born to recognized Tribal families who are unrecognized direct descendants. Some people have faded into the sunsets of final rest. More, if not addressed, will follow without acknowledgment.

Is my child less than thine? To be forgotten, left behind? Approximately 1,250 signatures are needed to bring this important issue before Tribal Council.

Peace, life and joy. Go forward, be enlightened, knowing all things are possible when we live together as one. May your New Year be blessed.

Respectfully,
Eva E. Clayton

SAPSIK'WALÁ

TEACHER EDUCATION PROGRAM

Department of
Education Studies

Annually we accept American Indian/Alaska Native applicants interested in becoming teachers

- Federal grant covers education expenses including tuition, books, computer, living stipend, and dependent allowance
- Program participants do service payback by teaching for 2 years in schools with high Native American student populations
- 12 month master's program: MEd degree and teacher licensure in the following areas:
 - elementary, middle-high school social science, English and language arts, mathematics, science, world language (Chinese, French, German, Japanese, or Spanish)
- All participants earn English for Speakers of Other Languages (ESOL) endorsement
- Program is a Native cohort within UOTeach Master's Program
- Program runs from June - June each year

Applications open each September through January, please contact us today!
 Email: sapsikwala@uoregon.edu
 Phone: 541-346-2454
 Webiste: education.uoregon.edu/sapsikwala

SAPSIK'AT XTÚWIT
NAAMÍ TANANMAMÍYAU
Education Strengthens
Our People

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

IllumiNative, Sundance Institute and The Black List collaborate for second Indigenous List of screenwriters

LOS ANGELES – The Black List has announced its second annual collaboration with IllumiNative and the Sundance Institute to craft The Indigenous List, highlighting the very best Indigenous screenwriters from both feature films and television.

Launched in 2020, the inaugural edition of The Indigenous List set out to provide a platform for Indigenous writers to elevate their scripts to new levels of opportunities within the industry.

With the rising popularity of Indigenous-created and -led stories such as *Rutherford Falls* and *Reservation Dogs*, this moment in the film and television landscape has seen an unprecedented interest in and an increased demand for Indigenous talent and their work.

Here is an update on the writers and scripts selected from the inaugural list:

- Blake Pickens' episodic pilot *The Wildest West* is currently being developed by Populace and he has since been staffed on the upcoming Paramount+ reboot of *Rugrats*.
- Also on last year's list was Alika Maikau's feature *Moloka'i Bound*, which was recently selected for Ava DuVernay's ARRAY and Google's \$500,000 Feature Film Grant.
- Similarly, both Bryson Chun and Mician Alise were also chosen as fellows for Sundance Institute's 2021 Native Lab.
- Blackhorse Lowe directed two episodes of *Reservation Dogs* and has joined Erica Tremblay in the writers' room for the show's second season.
- Tremblay will also co-create and executive produce *Yellow Bird*, a one-hour drama series based on Sierra Crane Murdoch's Pulitzer Prize finalist *Yellow Bird: Oil, Murder and a Woman's Search for Justice in Indian Country*.

The project hails from *Reservation Dogs* co-creator and Indigenous List writer Sterlin Harjo and writer-director Tremblay, Beau Willimon and Jordan Tappis' Westward Productions and Michael London's Groundswell Productions.

In keeping with this momentum, filmmakers and content creators are invited to submit a script for consideration by uploading it to The Black List website. Submissions will be accepted until **Feb. 4, 2022** (evaluation purchase deadline: Jan. 4, 2022). Submissions are now open for this partnership via blcklst.com.

Requirements for the 2022 Indigenous List include:

- Native American, Native Hawaiian and Alaskan Native film artists working in the U.S. are eligible to submit scripts to this partnership.
- Any kind of story is eligible and will be considered.
- Feature film scripts, half-hour scripts and one-hour episodic scripts will be considered for this partnership –no web series or documentaries.
- All levels of experience considered for submitting writers.
- Scripts submitted should be as free of attachments as possible.
- Submitting writers should be prepared to answer the following question: What is your Tribal Nation/First Nation? Please describe how your Native culture has supported your ideas and process as a screenwriter.

Writers selected for The Indigenous List will be notified of their placement in spring 2022, with a public announcement to follow. Selected Indigenous List writers will have the option of taking general meetings with major Indigenous creators

in the industry as well as other benefits to be announced.

"We're in a moment like none before and I'm proud to continue with our partners in co-creating a base for what is already a new age for Indigenous artists within the industry. The success of last year's list is a testament to what happens when you give Indigenous artists the space to be visible and how the needle gets pushed when Indigenous artists are heard," said Adam Piron, interim director for Sundance Institute's Indigenous Program

"I should probably just admit that this is all an elaborate ploy to create the conditions where more shows as good as *Reservation Dogs* are available for me to watch. It's incredibly inspiring to see the progress both the screenwriters and the projects on last year's list have already made in such a short time and we're excited to be conspiring with IllumiNative and Sundance Institute to catalyze a new batch," said Franklin Leonard, founder and CEO of The Black List

"We must support Native creatives as they tell their own stories. IllumiNative is proud to support opportunities for Native storytellers to share their talent and skills with the industry on a platform like The Indigenous List. We are grateful to partners like The Black List, the Sundance Indigenous Program and Bird Runningwater, who continue to support the next generation of Native storytellers," said Crystal Echo Hawk, founder and CEO of IllumiNative.

The Indigenous List follows Black List partnerships with GLAAD, CAPE, Latinx and Muslim organizations, and organizations for people with disabilities to identify and celebrate great screenplays and writers from communities traditionally underrepresented in front of and behind the camera.

For more information, contact Kate Hagen at kate@blcklst.com.



Happy 9th Birthday, Amia! We love you!



Happy 9th Birthday, Leelin! You are the best son and we are so proud of you! You are awesome!

Love, Mom, Dad, Buck and Cinnamon

Free child ID kits from the Oregon State Police

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Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section. *Siletz News* reserves the right to edit any submission for clarity and length.

Not all submissions are guaranteed publication upon submission.

Please type or write legibly and submit via e-mail when possible.

Siletz Tribal Veterans

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