

# THE DRUMBEAT NEWSLETTER - March 2022



## Highlights/Announcements

### Siletz Salem Area Office

3160 Blossom Drive NE, Suite 105

Salem, OR 97305


Phone: 503-390-9494

Fax: 503-390-8099

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## March 17 is St Patrick's Day

### IRISH PROVERB

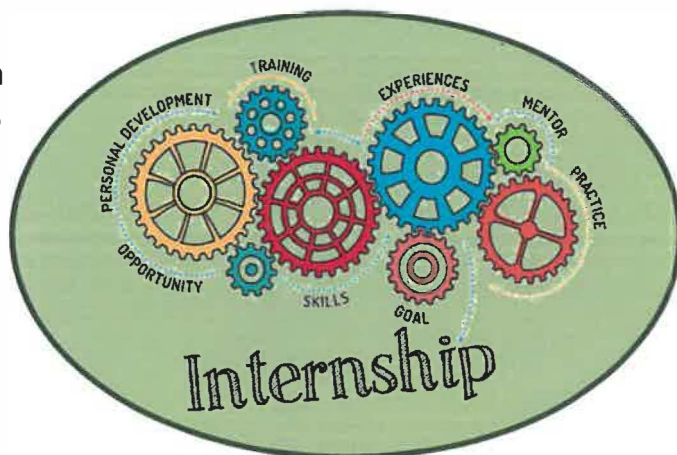
May today be better than yesterday, but, not as good as tomorrow

# 2022 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2022 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager, Lisa Norton, or the Education Specialists at any Tribal area office.

The purpose of the program is to provide funding for a paid internship to tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. There are 10 slots available paid at tribal minimum wage and for up to 350 hours. Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. There are a limited number of placements available with the Tribe. Due to COVID,, most Tribal placements will likely be remote.



Students selected for the program must complete an orientation, criminal history background check and drug screening.

Placements can begin in June, but must be completed by September 30, 2022.

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

## By Mail

CTSI  
Attn: College Internship Program  
P.O. Box 549  
Siletz, OR 97380-0549

## By Fax

541-444-2307

## By Email

collegeinterns@ctsi.nsn.us



The deadline to apply for the program is **4:30 PM on March 31, 2022**. If you have questions about the program, please contact Lisa Norton at the above email address or by calling (541) 444-8210.



## What are the consequence's of too much screen time?

Being on our electronic devices too much can be bad for our health. Take some digital downtime.

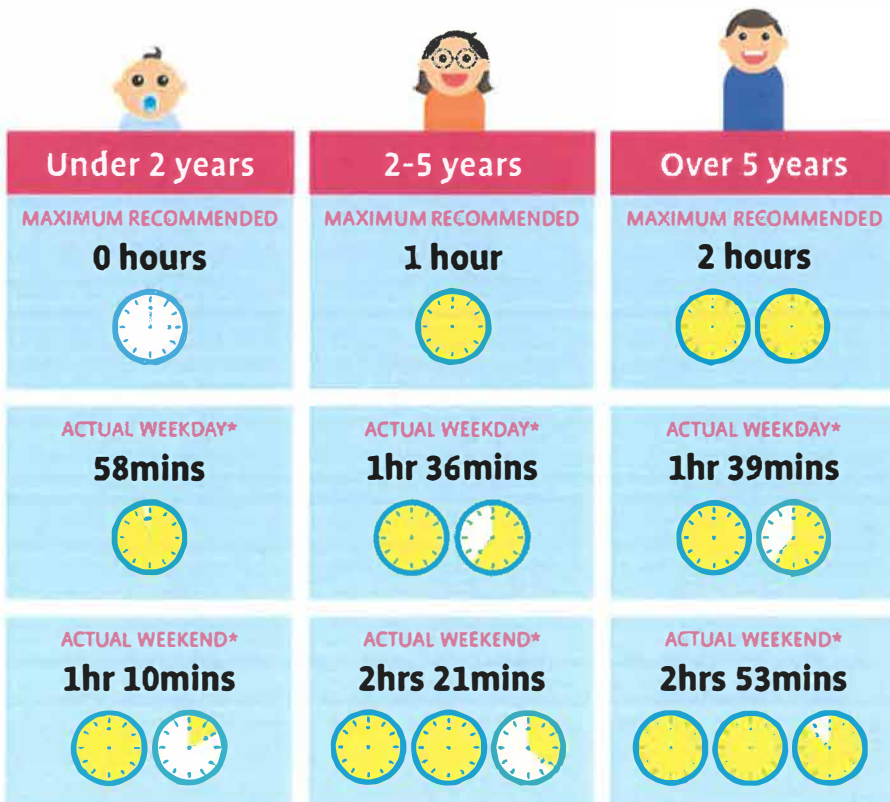
To say we live in a connected, high-speed world is a bit of an understatement. Sometimes, we can miss what's happening right in front of us while we are hyper-connected to friends, family and strangers on social media. Create an unplugged day to spend time away from our screens and instead spend time in nature, connecting with loved ones, and relaxing.

### The consequences of too much screen time:

- Physical strain to your eyes and body
- Sleep deprivation
- Increased risk of obesity
- Susceptibility to chronic health conditions
- Loss of cognitive ability
- Impaired socializing skills
- Delayed learning in young children
- Weakened emotional judgment

### 6 benefits of unplugging from technology:

- Reduces stress and anxiety. Unplugging from technology is like a reboot for your brain
- Opportunity to focus on appreciation and gratitude
- Provides more time for simple pleasures
- Reduces feelings of loneliness
- Connect with the natural World
- Allows you to be present



## Classroom Aide position available in Salem!

The Salem Head Start classroom is looking to hire a Classroom Aide. To apply, go to the following web address:

<https://www.ctsi.nsn.us/tribal-employment/>





## **EDUCATION News**

Sonya Moody-Jurado  
Sonyamj@ctsi.nsn.us  
503-390-9494

Spring

### JOM

#### **SPRING BREAK STREAM**

Spring Break STREAM kits are for enrolled JOM students and are designed to engage students, enhance learning and prevent learning loss during spring break.

- ◆ Application Period: February 1-March 2, 2022

Please email Sonya at [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to get an application.

#### **MINECRAFT**

Calling all gamers K-12!

March 12 at 10:30am

Email [elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us) for registration or questions.

#### **CLIMATE CRISIS RESILIENCY SUMMIT**

All Siletz Tribal Youth - Middle and High School

**Register by March 15, 2022 (limited availability)**

Traditional fire usage, environmental sustainability and Traditional Ecological Knowledge (TEK)

Plus, 2 hours of self-directed outdoor activities (per day)

March 22-24 via Zoom at 10:00am-12:00pm

Email [jacobr@ctsi.nsn.us](mailto:jacobr@ctsi.nsn.us) or call 541-270-1909 for registration or questions.

(If you have grade school youth or younger, reach out - we would like to plan a virtual family event as well)

#### **BINGO NIGHT**

CTSI Youth Ages K-12

March 18 at 6:00pm

Email [elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us) for registration or questions

#### **YOUTH COUNCIL-Special Event**

March 26 at 12:00 PM via ZOOM

We will have the pleasure of meeting with Minceir Whiden-A Traveller's youth organization from Ireland.

Please call or email Sonya to get the Zoom link.

Youth Council is for Tribal youth ages 12-24 years.



(continued from previous page - EDUCATION NEWS)

## HIGHER EDUCATION (HE)/ADULT VOCATIONAL TRAINING PROGRAM (AVT)

### **COLLEGE INFORMATION NIGHT Part III - April 21<sup>st</sup> at 6:00pm**

Topics: Application and deadline information; Siletz Tribal Housing Department Student Housing Assistance application; Understanding and accepting your financial aid package; Meet college representatives.

The next term that we will be funding will be Fall Term 2022. **The deadline for Fall Term is June 30, 2022.** All documentation has to be turned in by that date to have your application considered complete. For an application please call Sonya at (503) 390-9494 or applications are available on our Tribal website at [www.ctsi.nsn.us](http://www.ctsi.nsn.us) Applications are date stamped by the date of completion.

## ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call (503) 390-9494, or applications are available on the Tribal website at [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

# **Marion Rose Morales - *Fast Horse*** **Memorial and Give-a-way**

**Location: Milwaukie Center  
5440 S.E. Kellogg Creek Dr.  
Milwaukie, Oregon 97222**

**Date: March 5, 2022  
Time: 1:00pm - 3:00pm**

**Eulogy starts at 1:15pm  
Lunch at 2:00pm  
Giveaway: 2:30pm**

**Memorial Coordinated by Alejandro Morales,  
Lisa Fast Horse, Santiago Morales and Shelby Fast Horse**

**Please contact Santiago Morales for Memorial Information  
Or Lisa Fast Horse for Lunch information**



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

➤ FAFSA Opens for Applications Oct. 1st  
(at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must completed 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](http://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](http://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](http://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.

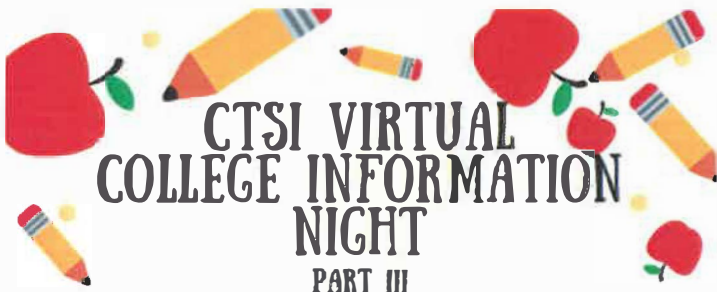
Siletz Area & Out-of-State  
Alissa Lane-Keene  
Alissal@ctsi.nsn.us  
541-444-8373

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

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.



## CTSI VIRTUAL COLLEGE INFORMATION NIGHT PART III

Join the CTSI Education team on  
**April 21st @ 6pm via Zoom**

Topics:

- CTSI Higher Education and AVT applications and deadlines
- Siletz Tribal Housing Department Student Housing Assistance application
- Understanding and accepting your financial aid packet
- Meet college representatives

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

Katy Holland  
Portland Area  
(503) 238-1512  
katyh@ctsi.nsn.us

Sonya Moody-Jurado  
Salem Area  
(503) 390-9494  
sonyamj@ctsi.nsn.us

Alissa Lane-Keene  
Siletz Area/Out of Area  
(541) 444-8373  
allssal@ctsi.nsn.us

Candace Hill  
Eugene Area  
(541) 484-4234  
candaceh@ctsi.nsn.us

### Siletz Tribal Youth Council

March 26th, 2022, 12:00pm

**SPECIAL EVENT: Siletz Youth Council is hosting MINCEIR WHIDEN—A Traveller's Youth Organization from Ireland.**

Eligibility:

Siletz Tribal Youth

Ages 12 to 24

Siletz & Out of Area Elizabeth Madden Elizabethm@ctsi.nsn.us	Portland Area Katy Holland Katyh@ctsi.nsn.us
Salem Area Sonya Moody-Jurado Sonyamj@ctsi.nsn.us	Eugene Area Candace Hill Candaceh@ctsi.nsn.us

# JOM Youth For Enrolled JOM Students

## Spring Break STREAM

### Send-Home Activities

Spring Break STREAM Kits are designed to enhance learning and prevent learning loss during Spring Break.

Completed applications must be received by the following deadlines: **March 2, 2022 by 4:30 PM.** Microsoft form must be completed by **March 4, 2022 @ 4:30 PM.**

Contact the Education Specialist in your service area to request an application.

<b>Candace Hill</b> Eugene Area Office (541) 484-4234 CandaceH@ctsi.nsn.us	<b>Katy Holland</b> Portland Area Office (503) 238-1512 KatyH@ctsi.nsn.us	<b>Sonya Moody-Jurado</b> Salem Area Office (503) 390-9494 SonyaMJ@ctsi.nsn.us	<b>Jeff Sweet</b> Siletz Area (541) 444-8207 JeffS@ctsi.nsn.us
-------------------------------------------------------------------------------------	------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------	-------------------------------------------------------------------------

This program is funded by BIA CARES funding. Education kits will be issued on a first come first served basis, as resources are available.

### CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

*\*Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.  
We will be taking calls Monday through Friday between 9am-3pm.



Visit the Salem Area Office  
**Facebook page:**

[www.facebook.com/SalemAreaOffice/](http://www.facebook.com/SalemAreaOffice/)



Visit the CTSI Language  
**Facebook page:**

[www.ctsi.nsn.us/heritage/language/](http://www.ctsi.nsn.us/heritage/language/)



Visit the CTSI Youth  
**Facebook page:**

[www.facebook.com/CTSIYouth](http://www.facebook.com/CTSIYouth)



Visit the Siletz Health Clinic  
**Facebook page:**

[www.facebook.com/SiletzHealthClinic](http://www.facebook.com/SiletzHealthClinic)



## SILETZ HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

The Siletz Home Visiting Program serves Native American families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. Visits are currently being done virtually.

Home Visiting Provides:

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

For more information and eligibility criteria please contact Lori Christy, Home Visitor 503-390-9494 or [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us).



**CTSI'S NEW CAMP  
CREEK HILLS PROPERTY**

**The Tribe would like YOUR  
input on priorities for land  
use at our new property.**

**Follow the link below or scan  
the QR code to learn more,  
view a virtual photo map,  
and take a short survey.**

<https://tinyurl.com/yckww5a7>

Complete the  
survey for a  
chance to win  
a prize!

### CTSI Client Services Survey

The CTSI Internal Audit Department is conducting a customer service survey of clients who have received or attempted to receive services from the following:

Siletz Community Health Clinic (Medical, Dental, Purchased/Referred Care)

CTSI 477-Self Sufficiency Program (Temporary Assistance for Needy Families (TANF), Emergency Assistance, General Assistance, Home Visiting)

CTSI Elder Services (Transportation, In-Home Assistance, Meal-Site)

Siletz Tribal Housing Department (Rental Assistance, Low-Income Home Energy Assistance Program (LIHEAP), Emergency Housing)

If you have had any interaction with these services since January 2021 and are willing to take a short survey to answer questions regarding your experience, please scan the QR code or go to the URL below by March 31, 2022.

If you would like a paper copy of the survey, please leave a message at 541-557-4219 with your name, phone number, and mailing address.

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





# PARENTING CLASS



\*\*\*CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW\*\*\*

\*\*\*COW CREEK BAND OF UMPQUA TRIBE OF INDIANS\*\*\*

\*\*\*CONFEDERATED TRIBES OF SILETZ INDIANS\*\*\*

PRESENT TO YOU:

## FATHERHOOD IS SACRED MOTHERHOOD IS SACRED BY ALBERT M. POOLEY

### WHEN:

April 6, 13, 20, 27

May 4, 11, 18, 25

2022

6pm - 7:30pm

### WHERE

~ZOOM~

Link will be emailed to you  
after registration

RSVP BY

3/30/2022

Lori Christy

503-390-9494

[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)

RSVP BY

3/30/2022

Jessica Hibler

541-484-4234

[jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)

**RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!  
FOR THOSE THAT ATTEND ALL 8 WORKSHOPS  
YOU WILL BE ENTERED INTO A DRAWING FOR THE  
GRAND PRIZE SO DON'T MISS OUT!!**

**WWW.NATIVEAMERICANFATHERS.ORG/**

### Course Topics:

- Define the purpose of life
- Understanding the sacredness of fatherhood/motherhood

### Laying the Foundation

- Understanding the concepts of character and integrity
- Understanding the importance of fathers and mothers as leaders.

### The Creator

- Understand and explain the importance of faith/belief

### Choice

- Understand and value the freedom of choice
- Understanding the consequences of both good and bad choices

### Essential Part of Choice

- Understanding the importance of vision and explain how vision is powerful

### Teachable

- Understand the importance of truth and being teachable

### Barriers to Being Teachable

- Understand and identify the barriers to being teachable
- Understand and explain how to remove the barriers to being teachable

### Wisdom

- Understand the importance of wisdom
- Explain the three components of wisdom

### Service

- Understand the importance and benefits of service
- Understand the concept of sacrifice and why it is important
- Explain how to value the small and simple things

### Self Identity

- Understand why it is important to know who we are
- Understand the importance of improving attitude
- Understand how our parents had ideas about who we would become

### Relationships

- Learn positive ways to build relationships
- Understand how communication affects relationships

### Nurturing

- Understand the importance of nurturing
- Learn how to nurture your family and children
- Understand how love and discipline relate to nurturing

## 477 - SELF SUFFICIENCY PROGRAM - *Angelica Espino, TSS*

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email.

If you recently lost your employment due to Covid-19, and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

### **Component Spotlight:**

**We offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe).**

#### **Core Services:**

Provides employment enhancement services.

- Employment referrals and job searching assistance
- Resumes & cover letters assistance
- Employment counseling/coaching
- Mock interviews
- Interview clothing & transportation assistance (directly tied to a job opportunity)

#### **Classroom Training:**

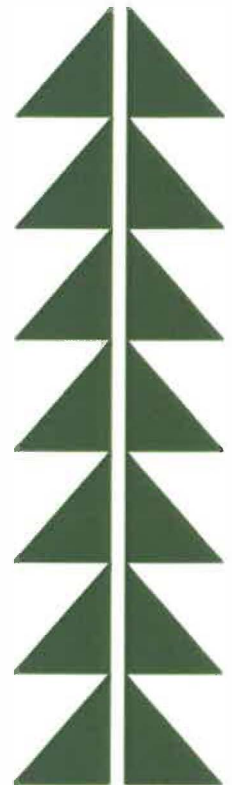
Assistance with GED, higher education, vocational training or certification.

- Assistance with tuition, books, fees, and other related support services

#### **Direct Placement:**

Assistance to become job ready.

- If hired by an employer and need supportive services to become job ready.
- Must apply within 7-days of hire



***Participants in 477 - Self Sufficiency Programs must meet the programs' eligibility requirements.***

#### **Important 477-SSP Dates to Remember:**

**March 5:** Monthly Report Forms, Self Sufficiency Activities, Time-sheets, and Job Search Forms are due.

**March 17:** Pathways to Healing - 10:00 am (Online Monthly Training)

**March 24:** Abalone Dream Catcher - 10:00 am (Online Activity)

#### **For More Information Contact:**

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)

# EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-SSP

## Eviction

Are you being evicted or facing homelessness?

## Native American

Are you an enrolled Siletz tribal member or enrolled in a federally recognized Indian tribe and reside in the CTSI service area?

## Utility Shut Off

Have you received a shut off notice for utilities? (electric, water, sewer)

## Exhausted all Resources

You have utilized all other funding sources i.e. Housing Dept. LIHEAP, other Community agencies?

## 100% of Federal Poverty Level

Not sure what your poverty level is? Call one of the area offices.

## Taking Action

CTSI Area Offices:

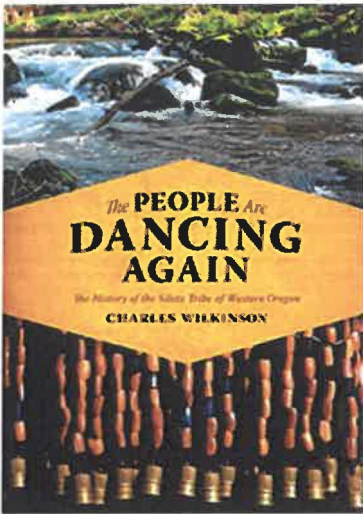
Siletz Administration Office: Jamie (541) 444-8266

Salem Area Office: Angelica (503) 390-9494

Portland Area Office: Anna (503) 238-1512

Eugene Area Office: Jen (541) 484-4234

\*\*other criteria may apply.



# CTSI ELDERS BOOK CLUB

Invites Tribal Members of All Ages  
To join together and read and discuss  
our  
Tribal History Book:

We meet twice monthly, via Zoom, the 2nd & 4th Thursdays of the month. All attendees are encouraged (but not required) to read and discuss the assigned chapter. Our next meetings will be:

**March 10th—Chapter 8**

**March 24th—Chapter 9**

To join please contact:

**AJ Warren, Title VI Coordinator**

**Phone: (541) 444-8212 or e-mail: [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us)**

**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](mailto:nickv@ctsi.nsn.us) OR X1757

# CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

**Upcoming Dates:**

**March 9 at 6 pm: Maple Bark**

**March-April: Virtual Hazel Peeling Party**  
time is weather dependent-email for details

**April 13 at 6 pm: Shellfish**

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or x1757 to sign up

## Preparing for Spring:

Along with the rain comes regrowth and new blossoms. Spring is a time to recover from our winter blues, and re-center for the summer months to come. It is a great time to start a garden, and gardening can greatly boost our mental health.



## Activities for mental health in the spring:

- 1) Spring is a good time to start getting outdoors more. This is Oregon, so it may be raining, but the weather is warming and the exercise is a great mental boost.
- 2) Grow a garden, or even just plant a few plants in a planter box to tend. Weeding is hard work, but great relief for the mind.
- 3) Don't forget about spring cleaning—get rid of that clutter and feel the relief in your head.
- 4) Toss out one bad habit, and replace it with something healthier. It takes 21 days to make a habit stick, so keep up the hard work and it will pay off!

## A March haiku by your MHS:

Spring rains are falling,  
Temperatures are rising,  
Flowers bloom, birds call.



Email Rachel your own haiku and she'll put it in her newsletter; first-come first-served.

[rachelz@ctsi.nsn.us](mailto:rachelz@ctsi.nsn.us)

Don't forget. Rachel is accepting new clients! Call and schedule an appointment; She can help you learn skills to get you where you want to go.

## Traditional Coping

For the people of the Siletz tribe, spring is a time to get outdoors and be in nature, remembering our social distancing. It is a time for rope courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, and collecting herbs and grasses for healing and smudging. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people. Let's do our best to live life in a healthy, good way!

### Portland Area Office

Virtual Appointments Only

(503) 200-4340

### Salem Area Office

Virtual Appointments Only

(503) 200-4340

# USDA FOOD DISTRIBUTION PROGRAM - *Sammy Hall, FDP Director*

## Siletz

Tuesday	March 1	9:00 am – 3:00 pm
Wednesday	March 2	9:00 am – 3:00 pm
Thursday	March 3	9:00 am – 3:00 pm
Friday	March 4	9:00 am – 3:00 pm
Monday	March 7	9:00 am – 3:00 pm

## Salem

Monday	March 14	1:30 pm – 6:30 pm
Tuesday	March 15	9:00 am - 6:30 pm
Wednesday	March 16	<b>By appointment only</b>

Call the Salem Warehouse only on Salem distribution days/times specified.

503-391-5760 -OR- 800-922-1399 ext. 1869

**SALEM WAREHOUSE LOCATION**  
3160 Blossom Drive NE, Suite 185

### Sammy Hall, FDP Director

sammyh@ctsi.nsn.us  
541-444-8279

### Fax

Siletz: 541-444-8306  
Salem: 503-391-4296

We would like to see more people sharing their recipes on our FB page.



at "**Siletz Tribal FDPIR**" and share your recipes.



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 Cabelas Gift Card incentives.

#### HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50

CABELAS GIFT CARDS

#### FISHING INCENTIVE

\$50

CABELAS GIFT CARD

#### SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy  
541-444-8232  
mikek@ctsi.nsn.us

or  
Denise Garrett at  
541-444-8227  
deniseg@ctsi.nsn.us



## PRC CHALLENGES AND IMMEDIATE CHANGES

*Due to current staffing shortages and to ensure that we are able to continue to process payments and to assist all of our tribal members in a timely fashion, all phone calls will be directed to a voicemail.*

**Starting Tuesday, December 7th**

What to expect when you call for a PRC Authorization #:

1. You will be directed to a voicemail.
  - a. You will be asked to leave a detailed message.
2. If an authorized visit, you will receive an automated -call with your authorization # within 1-business day.

What to expect if you have a billing question:

1. You will be directed to a voicemail and will leave your question/issue.
2. You will receive a call back within 3-business days (sooner if possible).

**We apologize for any inconvenience this may cause. We ask that during this time that if you need to contact PRC that you call only once; if you do not hear back from PRC within 3-business days, please call back.**

# Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2022-2023 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2022 and a 2023 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alsea, South Alsea and Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is ONLY the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held during the Natural Resources Committee Meeting to be held on April 4<sup>th</sup> at 4:45 PM. Applications are available on the Tribal website, in the kiosk at the back door of the Tribal Admin building in Siletz, or by calling the number below. Completed applications must be received by the Natural Resources office by **4:30 PM, April 1, 2022**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

## E-Cigarette's/Vape Pens

What are e-cigarettes? E-cigarettes are a form of Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.

Most e-cigarettes contain nicotine, which has known health effects.

- ◆ Nicotine is highly addictive.
- ◆ Nicotine can harm adolescent brain development, which continues into the early to mid-20's.
- ◆ Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and Individuals who start using e-cigarettes are 4 times more likely to start smoking.

If you are interested it quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until your ready to quit for good.



**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
**AI/AN Line now available (option 7) 1-800-7848-663**



# SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, VRC/Job Developer

## MARCH AWARENESS: EPILEPSY

Epilepsy is where nerve cell activity in the brain is misfiring and leads to seizures. During a seizure, a person experiences abnormal behavior, symptoms, and sensations, and sometimes loss of awareness (Mayo Clinic).

Of the nearly 3.5 million people in the United States who have epilepsy, the Epilepsy Foundation estimates about 51,000 are Native Americans. The Epilepsy Foundation reports that it is one of the most misunderstood health disorders because so little is known about its causes. Nearly half of all those with epilepsy continue to have uncontrolled, recurring seizures, despite medication and other treatments (Mayo Clinic). See link: <https://www.epilepsy.com/living-epilepsy>

### Causes:

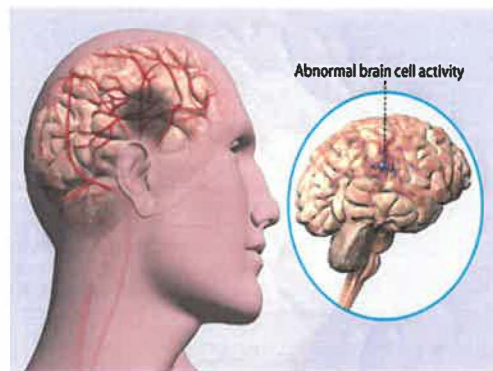
- ✦ Genetics
- ✦ Acquired Brain Injury, i.e., Head trauma or Stroke
- ✦ Infections: Meningitis, HIV, viral encephalitis, and some parasitic infections
- ✦ Dementia

### Symptoms:

- ✦ Temporary confusion
- ✦ A staring spell
- ✦ Uncontrollable jerking movements of the arms & legs
- ✦ Loss of consciousness or awareness
- ✦ Psychological symptoms, i.e., fear, anxiety, or déjà vu
- ✦ Stiff muscles

### When to see a Doctor:

- ✦ Breathing or consciousness doesn't return after the seizure stops
- ✦ A second seizure follows immediately
- ✦ You have a high fever
- ✦ You're pregnant
- ✦ You have Diabetes
- ✦ You've injured yourself during the seizure
- ✦ Seizure lasts more than 5 minutes
- ✦ If you continue to have seizures even though you've been taking anti-seizure medication



### Accommodations:

- ✦ A. Create an Employee Safety Action Plan:
  - a. List of key signs or warnings of seizure activity
  - b. Obtain assistance from emergency care providers
- ✦ B. Option of telework or working from home

**Makayla Johnson, VRC (Eugene) 541-484-4234, x 1752**  
**Jamie Bokuro, Interim VR Director (Siletz) 541-444-8266**  
**Tamra Russell, VRC (Portland) 503-238-1512, x 1411**  
**Toni Leija, VRC (Salem) 503-390-9494, x 1861**



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### YOUR SALEM AREA OFFICE STAFF:

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<b>Lori Christy</b>	<b>LoriC@ctsi.nsn.us</b>	<b>Home Visitor</b>	<b>X 1863</b>
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