


# CONFEDERATED TRIBES OF SILETZ INDIANS

## PORTLAND POTLATCH - DECEMBER 2022




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### NUU-WA'SH-VSH HOLIDAY GIFTS

PAO is having a holiday gift bag giveaway for the Christmas season! If you would like to participate you must sign up- limit one bag per household. Sign up opens on December 12th until the 16th. Pick up of holiday gift bags will be

Wednesday, December 21st from 8 AM - 6 PM  
Thursday, December 22nd from 8 AM - 4 PM  
Friday, December 23rd from 8 AM - 11:45 AM  
 (all Tribal offices will be closed early on Friday due to the holiday weekend).

<https://forms.office.com/r/yH02ZBZvtG>



You must sign up and sign for the holiday bags. Supplies are limited.



You can also sign up by scanning the QR Code!



## PAO Announcements

Elders: Sandi Steele will be the temporary Elders Rep for the Portland area until further notice. Please contact Sandi for rides to events or Elders Shopping Days at 503-819-2931.

### Elders SHOPPING Days

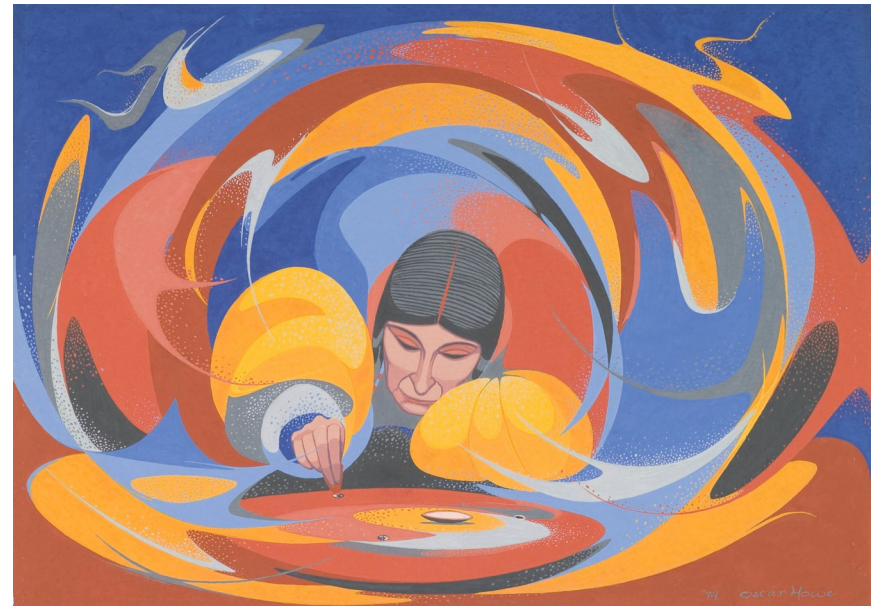


#### Elders Shopping Days are Back!

Shopping days will be the 1st and 3rd Thursdays of each month. Elders, please call the Temporary Portland Elder's Representative Sandi Steele to be added to the passenger list for Elders Shopping Days at (503) 819-2931



## Happenings in PDX



### Dakota Modern: The Art of Oscar Howe

October 29th, 2022– May 14th, 2023

Portland Art Museum

*The following description was submitted by the event organizer.*

Dakota Modern: The Art of Oscar Howe introduces new generations to one of the twentieth century's most innovative Native American painters. Howe (1915–1983) committed his artistic career to the preservation, relevance, and ongoing expression of his Yanktonai Dakota culture. He proved that art could be simultaneously modern and embedded in customary Očhéthi Šakówiŋ (Sioux) culture and

aesthetics—to him, there was no contradiction.

Howe challenged the art establishment's preconceptions and definitions of Native American painting. In doing so, he catalyzed a movement among Native artists to express their individuality rather than conforming to an established style. This legacy of innovation and advocacy continues to inspire generations of Native artists to take pride in their heritage and resist stereotypes.

*(Continued on next page)*

### Siletz Clinic COVID Resource Line



**(541) 444-9636**



## Happenings in PDX

Dakota Modern traces more than forty years of the artist's career and development from early conventional work created while in high school in the 1930s through the emergence in the 1950s and 1960s of his innovative and abstract approach to painting.



*Oscar Howe was a Yanktonai Dakota artist from South Dakota, who became well known for his casein and tempera paintings. He is credited with influencing contemporary Native American art, paving the way for future artists. His art style is marked by bright color, dynamic motion and pristine lines*



*We wish you all Merry Christmas and the happiest of holidays!*



## Natural Resources Program

### Cultural Salmon Fishing 2022 SEASON

**October 28 to December 26**

**Tribal License & Tag Required**



#### Cultural Fishing Sites:

- Euchre Creek Falls (off Hwy 229)
- Little Rock Creek (above Hatchery)
- Drift Creek (off Hwy 101)

Tribal salmon tags may **ONLY** be used to fish in posted areas at the above cultural fishing sites using only a dip net, spear, or gaff hook.

**2022 Cultural Salmon Fishing Season OPEN  
October 28, 2022 to December 26, 2022**

**CTSI license/tags are available at:  
Natural Resources Department 541-444-8227**



## 477-Self Sufficiency Program

### 477-SSP December Meeting Information:

The 477-SSP program will be hosting monthly trainings. We will send out post cards with more information on how to gain access through zoom.

This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

If you have any questions please make sure to contact your Self-Sufficiency Counselor.

Anna Renville [annar@ctsi.nsn.us](mailto:annar@ctsi.nsn.us)  
(503) 238-1512 x 1412

Tamra Russell [tamrar@ctsi.nsn.us](mailto:tamrar@ctsi.nsn.us)  
(503) 238-1512 x 1411



The 477 SSP program offers many services for Siletz Tribal Members and other Tribal Members from federally recognized tribes. These services are in place to help our people attain self-sufficiency by removing barriers to employment. For a full list of those services please visit the CTSI website: <https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>



### Your Success is Important to Us!

If you have questions, or to apply, please call the Portland Area Office (503) 238-1512 and speak with one of our Self-Sufficiency Counselors; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

## Voc. Rehabilitation Program

### December Awareness: Assistive and Accessible Technology for Individuals with Disabilities

We live in a world where globally most people have some form of disability (ies). Microsoft is a pioneer on providing accessibility tools (AT devices and durable medical equipment) to individuals with disabilities. Access to state of the art technology, can make your life much easier. There are computer-based webinars: [Accessibility Learning Webinar Series - YouTube](#) (Microsoft 2019).

There is no limit to what people can achieve when technology is accessible to improve their lives. Finding tools and devices that can enhance our abilities, and stretch our minds capabilities so that we can “explore frontiers where no one has gone before.”

[Oregon Statewide AT Program](#)  
([acesstechnologiesinc.org](http://acesstechnologiesinc.org))

Oregon has a Statewide Assistive Technology Program that has been in existence since 1990. Access to assistive technology (AT) devices, durable medical equipment, and services are available for individuals with disabilities and their families. ATI staff work with you, service providers, agencies, and interested individuals on the use of user-friendly devices that can make life much easier in one’s home, workplace, and/or community.

ATI has a “Device Loan Library” where you can try-before-you-buy equipment and also a rental service. Go to ATI’s library, and you will find ergonomic or assistive technology devices to choose from. They have a program where you can rent BEFORE you buy.... ATI staff are trained and certified to work with technology. They offer trainings and workshops to employers, individuals, and agencies.

**Call ATI today at 800-677-7512 or your local CTSI Job Development Specialists/Counselors to learn more!**

*There is funding assistance to purchase specific assistive technology products that may be outside of your price range.*

Makayla Jackson  
Eugene Area Office  
541-484-4234, ext. 1752

Toni Leija  
Salem Area Office  
503-390-9494, ext. 1861

Tamra Russell  
Portland Area Office  
503-238-1512, ext. 1411



## Behavioral Health Program



### Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year... It can be hard to find the energy to do our activities of daily living, let alone extra-curricular activities. But that makes it all the more important!

### Ways to fight shorter day tiredness:

- 1) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a “happy light”, one that has the full spectrum of sunlight in it (don’t use within two hours of bed).

- 2) Get exercise, even if it’s just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body’s desire to continue being busy and active.

### Youth Conference:

Youth Conference went off without any troubles, and survey data and word of mouth indicated it was a success! It certainly appeared the youth enjoyed themselves! Many people came out to lead activities and workshops, including Mitch Factor, who was captivating and fun. Youth participated in a basketball tournament, and some also made frybread and medicine bags. What great times!

*(Continued on next page)*

## Behavioral Health Program

**Mental Health Specialist services include:**

The Mental Health Specialist has a MS in Mental Health Counseling, and utilizes person-centered therapy, adding in pieces of Brainspotting, anger management, coping skills teaching, mindfulness, and self-compassion when it is requested or seems beneficial from her perspective. People of any age can come in to see the Mental Health Specialist for individual counseling, group therapy, Gottman-style couples counseling, and family counseling. The Mental Health Specialist also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities. Virtual appointments offered three days per week.

**Please note: It came to the attention of the Mental Health Specialist that her Salem extension stopped being forwarded at some point during COVID, and many people left messages on a line that had been disconnected. Rachel feels very badly for those who left messages for her that did not receive a call back, and**

**offers her sincere apology. Her best number is: 503-200-4340**

### Coming up this December:

Mental Health Specialist Rachel will be helping Katy Holland run an activity with youth and their families to create gifts for loved ones, at the Portland Area Office, December 20th from 3-7pm. Come over and create with them!

### Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It’s still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors’ ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way!

**Fridays: Advance Appointment Needed  
Virtual Appointments Continue  
(Portland/Salem Area Offices)  
(503) 200-4340**

## Education Program

# 2022-2023 CTSI College Information Nights

Sponsored by the  
Education Department

**6PM VIA ZOOM**



College Information Night II 12/15/2022

- College Applications: School selections & Application submission
- Tribal & other types of financial aid
- Guest Presenter: Learning Campus life
- Guest Presenter: Learn about a Voc. training program

**Contact your Education Specialist to Sign Up!**

Katy Holland  
Portland & Washington  
KatyH@ctsi.nsn.us



**ONLINE  
TUTORING  
AVAILABLE**

We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Education and AVT. Space is limited as hours are available. Contact Katy at 503-238-1512 ext. 1418 to sign up or email [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us)



## Education Program

# CTSI JOM ALL AREA BOWLING

**Tuesday, December 27th, 2022  
10am to 1pm at Highland Bowl  
in Corvallis, OR**

**Limited transportation available**

**Free bowling and lunch for all JOM registered youth within the II-county service area and Siletz area Housing Resident Youth**

**Contact your area Education Specialist to sign up by December 14th at 4:30pm**

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

**Salem Area  
(503) 390-9494  
sonyamj@ctsi.nsn.us**

**Siletz Area  
(541) 444-8207  
jeffs@ctsi.nsn.us**

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



Check out our Siletz Tribal Youth Facebook page. You will find up to date announcements and numerous opportunities for our youth!





# Education Program



JOM FAMILIES ARE INVITED TO SHARE IN A EVENING OF MUSIC, XMAS LIGHTS, PUPPET SHOW AND JOY AT THE FESTIVAL OF LIGHTS—AT THE GROTTO .

**THIS EVENT IS PLANNED FOR FRIDAY, DEC. 23RD.**

The Festival of Lights is a walk-through event and visitors can expect to walk approximately one-quarter mile. All entertainment areas are either indoors or tented, but visitors should dress for the weather. Rubber-soled shoes, warm socks, gloves, and ear coverings are recommended, especially on colder nights. Average festival visitation times are between 75 and 90 minutes. Visitors

wishing to hear a specific concert should arrive at least 30 to 45 minutes in advance of the scheduled concert time.

**How to get to the Festival**

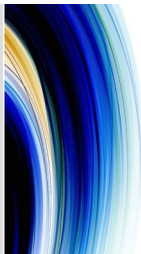
The entrance to The Grotto is at NE 85th & Sandy Blvd. in Portland, Oregon.

**Please sign up with Katy for tickets.**

(503-238-1512/[Katyh@ctsi.nsn.us](mailto:Katyh@ctsi.nsn.us))



Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects and/or educational and other needed supplies for Siletz tribal youth. For more information and the application please visit our tribe’s website: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)



**SILETZ  
TRIBAL  
YOUTH  
ACTIVITY  
FUND**

# Education Program

## Siletz Education Programs Serving Our Tribal Members

applications at [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree (up to 5 years of educational support funding). Each year the deadline to apply is **June 30th**. Applications to apply for Federal student Aid (FAFSA—required) **opens October 1st**.
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download

◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office (503) 238-1512 ext. 1418 or by email; [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) .



## JOM Youth—Sign Up for Holiday Cookie Box Kits

Sent to your home through Amazon  
To sign up, contact Katy at (503)238-1512 ext. 1418 or email [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us). The deadline to apply is Dec. 15, 2022.  
Kits are available on a first come, first serve basis.



## Education Program

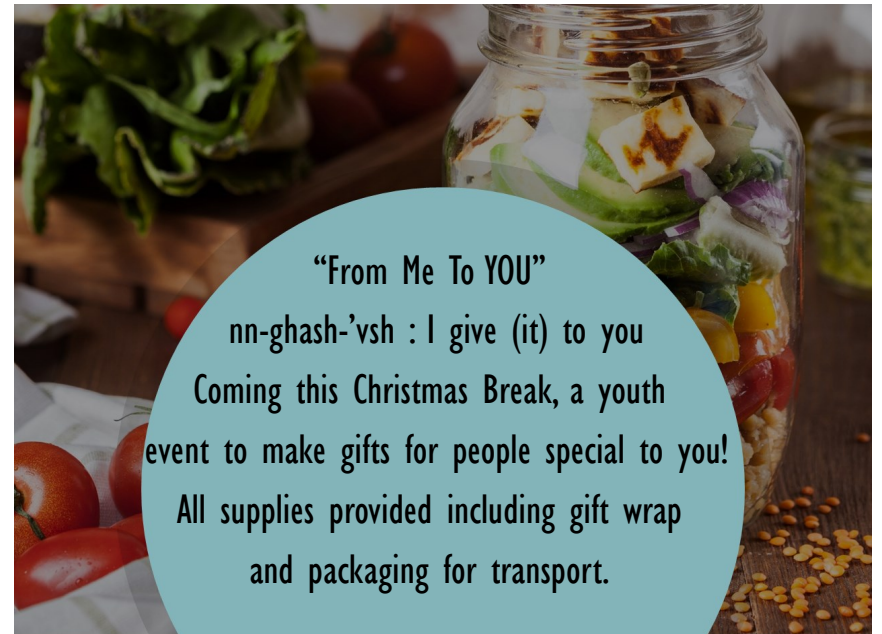
# JOM SUPPLEMENTAL EDUCATION PROGRAM

We would like to encourage all of our Tribal families with enrolled Siletz children from three years old through high school to sign up for our JOM Supplemental Education Program. JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to \$50 per request and more. The program can also provide school supplies if you have not received school supplies

this year. JOM can also help to purchase cultural supplies. Please email or call Katy for an application or get one online at <https://www.ctsi.nsn.us/youth/>



## Education Program



**“From Me To YOU”**  
nn-ghash-’vsh : I give (it) to you  
Coming this Christmas Break, a youth event to make gifts for people special to you!  
All supplies provided including gift wrap and packaging for transport.

*Snacks will be available.*



This Event will be held  
**Tuesday, December 20<sup>th</sup>**  
stop in from **3pm-7pm** at  
the Portland Area Office!

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us)



## Virtual Culture Nights

# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

### Upcoming Dates:

**December 7 at 6pm: Nee-dash**

**January 11 at 6 pm: Our Tribal Bands**

**February 8 at 6 pm: Exploring Family History**

**March 15 at 6 pm: Hazel**

*Sponsored by the Education and Culture Departments*

Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or 541-484-4234 x1757 to sign up

For access to study materials please log in on the Tribe's website:

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

For more information or to sign up please contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or call (541) 484-4234 ext. 1757.



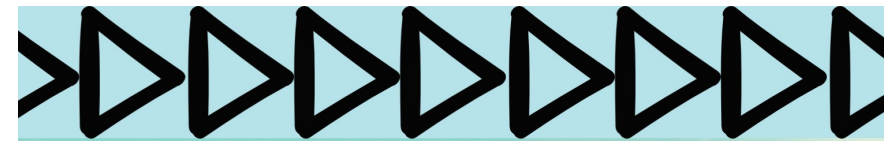
### DO YOU LIKE WHAT YOU ARE READING SO FAR?

Like our Facebook page to get updates on important information and activities.

Confederated Tribes of Siletz Indians -  
Portland Area Office - Home | Facebook



## Language Program



SIGN UP TODAY FOR WINTER ON-LINE  
**LANGUAGE CLASSES**

**LEARN**  
**NUU-WEE-YA'**  
(OUR LANGUAGE)

**TUESDAYS, JANUARY 3-MARCH 7**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

**THURSDAYS, JANUARY 5 -MARCH 2**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 1/28, 2/18, 3/4**

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757



To sign up, contact Nick Viles at [Nickv@ctsi.nsn.us](mailto:Nickv@ctsi.nsn.us) or call  
(541) 484-4234 X 1757

## Home Visiting Program

### REDUCING Holiday STRESS for You and Your Toddler



Holidays can be exciting and fun and at the same time busy and stressful. Here are a few tips to help limit holiday stress.

**Stick to the routine.** Children do best with routines so stick with your child's regular routine as much as possible. Focus on sleep and food. Having naps, bedtime, snacks and meals at regular times will really help.

**Limit sugary food intake.** Sweet treats are great but you want to balance sweet and healthy snacks. Too many sweets can make a child overly active, emotional and may upset their

stomach. Be sure and have some fresh fruit, vegetables, cheese, yogurt and other quick healthy snacks on hand.

**You don't have to do it all.** Plan one or two fun things you want to do as a family. Too much on the schedule can be overwhelming for everyone. Think about what is important to you and say no to the rest.

**If your child is overwhelmed take them to a quiet space.** If you are at a party, shopping or other event with lots of people, noise and stimulation, your child may become overwhelmed, if they do take them to a

## Home Visiting Program

quiet room or outside to be able to relax and calm down. If possible lower the lights and do things you know are calming for your child, hold them, hum, speak soft soothing words.

**Take care of yourself and stay calm.** Plan ahead, have realistic expectations, eat well, get enough sleep, exercise and remember to breathe. Do the things you enjoy that provide you with the strength you need to keep going in a healthy way.

**Home Visiting** is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve native 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. If you would like more information about Home Visiting please contact Lori Christy, Family Support Specialist, in the Salem Area Office at 503-390-9494 or [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us).

*Try the 5 finger breathing calming technique below:*

### Calming Strategy

## 5 Finger Breathing



- Spread one hand apart. Point your pointer finger from your other hand.
- Use pointer and start at bottom of the thumb. Breathe in going up the thumb.
- Breathe out going down the thumb.
- Repeat for all 5 fingers.



# Alcohol & Drug Program



New Years is an emotional time for everyone. Whether it is thinking of new resolutions and how you're going to keep them or how you're just going to get through the holiday without using or drinking. Feelings that commonly come up around this time are; possibly sadness, regret, loss, joy and hope because of reflecting back on how your year has gone. One thing is certain; there will be opportunities for overdoing it with parties and festivities and for those in recovery possible relapse potential.

Here are some tips to get through this particular holiday.

- Make a new resolution and throw

your own clean and sober party. This will support you and your recovery and will help others with their sobriety as well. It's considered service work and giving back in a way which will make you feel good too.

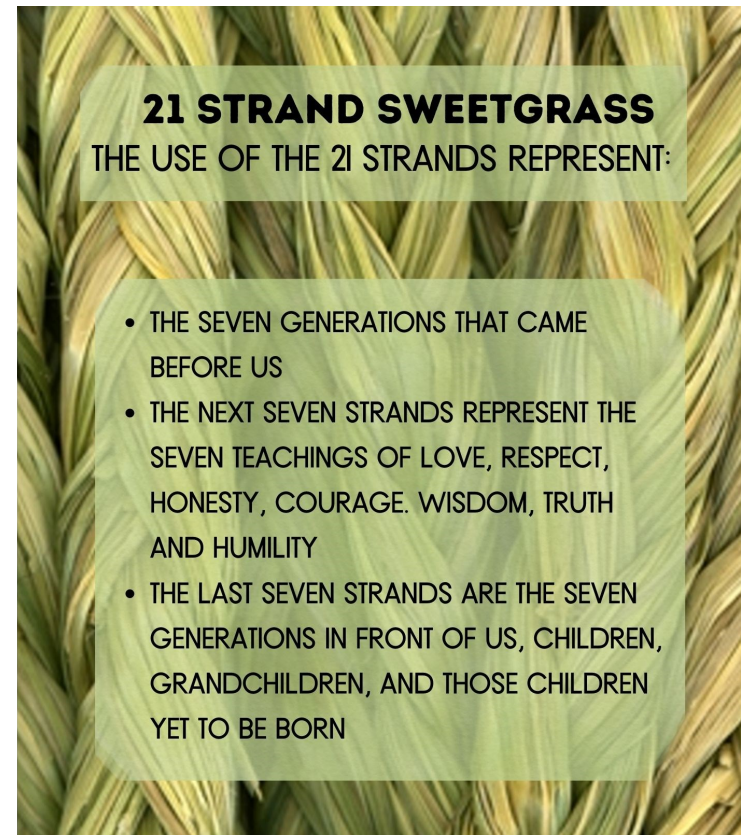
- If you must attend a party, plan ahead. Make sure you have a plan to leave and give yourself a timeline to stay. This is so you don't test your own resolve and temptation. Often times that's a losing battle especially those in early recovery.
- Call a sponsor or a good support friend if you feel the thoughts of

# Alcohol & Drug Program

using creep in. Just to keep you grounded in your commitment to recovery and a healthy lifestyle.

- Don't burden yourself with making New Year's resolutions that will stress you out and are unrealistic. This often sets people up for failure and adds unnecessary stress that you really don't need.

Remember this day will pass and you will still have to join life the next day, so weigh your options and think through what happens when you make the decision to let loose and drink or use. Chances are it's not how you want to start your year. Be safe and remember you are worth your recovery!



## 21 STRAND SWEETGRASS THE USE OF THE 21 STRANDS REPRESENT:

- THE SEVEN GENERATIONS THAT CAME BEFORE US
- THE NEXT SEVEN STRANDS REPRESENT THE SEVEN TEACHINGS OF LOVE, RESPECT, HONESTY, COURAGE, WISDOM, TRUTH AND HUMILITY
- THE LAST SEVEN STRANDS ARE THE SEVEN GENERATIONS IN FRONT OF US, CHILDREN, GRANDCHILDREN, AND THOSE CHILDREN YET TO BE BORN

## Extras

# TRANSPORTATION PROGRAM

Provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area

To request a transport please call:  
**Richard Faber**  
**(541) 444-9633**



Crisis Text Line for Natives—Call or Text

**Dial 988**  
from any phone to get help.  
If you need immediate help now,  
Text **NATIVE** to 741741.

**PublicAlerts**  
VISIT [PUBLICALERTS.ORG](http://PUBLICALERTS.ORG)  
Receive emergency notifications via landline, mobile and email.

211info ★  
**2-1-1**  
The easiest way to find health and human services.

**Free. Live. Confidential.**

## Portland Area Office Staff

Name/Title	Contact Information
<b>Vacant</b> Area Office Supervisor	(503) 238-1512 x 1419
Katy Holland Education Specialist	(503) 238-1512 x 1418 kathyh@ctsi.nsn.us
<b>Vacant</b> Comm. Health Advocate	(503) 238-1512 x 1413
Dianna Edenfield Administrative Services Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Self-Sufficiency Counselor II	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Self-Sufficiency Counselor II	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings BH Case Manager CADC1, CRM	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Zinn Mental Health Specialist	(503) 238-1512 x 1417 rachelz@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503) 238-1512 x 1414 anduliaw@ctsi.nsn.us
Katrina Hudson Web Content Specialist	(503) 238-1512 x 1415 katrinah@ctsi.nsn.us



12790 SE Stark St.  
Suite 102  
Portland, OR 97233  
Phone: (503) 238-1512  
Fax: (503) 238-2436

## Other Contact Numbers

Name/Program	Number	Name/Program	Number
Siletz Community Health Clinic	(800) 648-0449	Purchased Referred Care (PRC)	800-628-5720
Siletz Administration Building	(800) 922-1399	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Non-Emergency Medical Transport	1-(541) 444-9633	Kay Steele Portland Elders Rep.	(503) 760-4746