Confederated Tribes of Siletz Indians

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Portland Area Office Annual Picnic

We are pleased to announce our annual, picnic-potluck!

Wednesday., August 24th II:30 AM—4 PM



SRII-NA CHEE-YASH-'E (High in sky bird) Or EAGLE

Open to all Siletz tribal members and their families—Come celebrate a day in the sun (hopefully) and fun. Just as in past years, you are invited to bring a potluck dish to share. PAO will be hosting its Third Annual dessert contest! The Picnic-Potluck will be held at:

Mt Scott Park & Community Center 5530 SE 72nd Ave Portland, OR 97206

In the event of inclement weather (i.e. rain, thunder, etc.), we may move or postpone the picnic location, so please call our office in advance.

Chicken, hamburgers, hot dogs, buns, and beverages are provided, plus bingo and crafts! Transportation is available, but limited. Call early to reserve your seat. For public transportation, ride Tri-Met bus line #10.

For more information, please call the Portland Area Office.

Important Dates

- Sat.,8/6, General Council—I PM
- Fri—Sun, 8/12, 8/13, 8/14 Nesika Illahee Pow-Wow
- Fri, 8/19, Regular Council



Community News

Portland Area Office Beading Group

Monthly, all Portland Area Siletz Tribal members are invited to bring their culture projects and enjoy a morning of beading, visiting and have a good time. Come join us:



Elders Shopping Day

The next elders shopping days will be:



Aug.2nd & 23rd 10:00 AM

Please call your area elders rep. (Kay Steele (503) 760-4746 or Consuelo 'Cookie' Fernandez and (503) 853-5430; 48 hours prior or earlier to reserve your seat on the bus.

Siletz Tribal Head Start Enrolling Now!

Applications are now being accepted for the 2015-2016 school year. We have Head Start Centers in Portland, Siletz, Lincoln City and Salem. See page 7 for application.

Did You Know: Head Start helps children grow socially, physically, mentally, emotionally, and gain confidence in themselves.

If you know a child who will be 3-4 years old by September 1, 2014, application are available at your local Siletz Area Office, or by calling (541) 444-8376 or 1 (800) 922-1399. Send in your application as soon as possible. See page 7 for more information.

CTSI Ongoing Job Announcement

Position: Elders Transporter (On-Call) Location (s): Siletz and Portland

Supervision: Area Office Supervisor/Elders Program Coordinator.

Salary: \$11.00/ Hourly

For more information please contact:

Siletz Elders program: Cecelia DeAnda: (800) 922-1399 X 1212 and E-mail: ceceliad@ctsi.nsn.us

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Mount Hood Huckleberry Festival & Barlow Trail Days

Aug., 20th — 21st, 2016

Your invited to a celebration of the rich bounty of natural resources found in the Northwest and on Mt. Hood, and a celebration of Native American and Oregon Trail history.

celebrates the rich bounty of natural resources found in the Northwest and on Mt. Hood. It is also a celebration of Native American and Oregon Trail history. Features huckleberry pancake feed, arts & crafts, music, salmon bake, BBQ, watermelon launch, exhibits, fresh huckleberries, huckleberry jam & shakes, tours, and storytelling. Fri.-Sat. 8 a.m.-7 p.m., Sun. 8 a.m.-5 p.m., sponsored by The Cascade Geographic Society. **LOCATION:** Mt. Hood Village Resort, 65000 E Hwy 26, Welches, OR. For more information, Contact: Cascade Geographic Society 503-622-4798.

Healthy Traditions (HT)

Healthy Traditions Events

Our Second class in the series will be held



Wed. Aug. 31st at 10 AM

How to preserve by pickling To ensure adequate supplies are available, class sizes for this series are limited. Please call as soon as possible to reserve your spot in class.



Aug. 2016 Planting Guide

Weather you're a seasoned gardener or a first timer, August is still a great month for planting a large variety of veggies. The list below is referenced from Portland Nursery's planting guide. The list is broken down by vegetables that may be directly sewn outdoors or planted starts outdoors.

Seed Outdoors

Arugula* Asian greens

Beets Broccoli (raab) Cabbage (early)* 8/1

Cauliflower Chard* 8/1 Cilantro Collards Kale Lettuce* Mustard greens Peas

Radish Salad greens Spinach* 8/1 Swiss chard Turnips

Early August Starts

Basil Broccoli Cabbage Carrots Cauliflower Collards Dill Fennel (bulbing)

Community Health



Diabetic Lunch & Talking Circle

In lieu of our monthly diabetic luncheon, the CTSI Portland Area Office invites you to join us for our annual Picnic-Potluck BBQ, at Mt. Scott Park on August 24th at 11:30 AM.

This is the perfect opportunity for our community to come together and enjoy the beautiful summer. All tribal members are welcome! Turn to page (1) for more details.

August is Eye Health and Safety Month



There are steps you can take to avoid eye problems associated with Diabetes.

First and foremost keep your blood sugars under control at all times.

Second: bring high blood pressure under control. High blood pressure can make eye problems worse.

Third: quit smoking!

Fourth: see your eye care professional at least once a year for a dilated eye exam. This allows the specialist to see the inside of your eyes more easily. Having your regular doctor look at your eyes is not enough. Nor is having your eyeglass prescription tested by an optician health care professional who dispenses glasses and lenses. An optometrists and ophthalmologist can treat retinopathy.

Fifth: see your eye care professional if;

- Your vision becomes blurry
- You have trouble reading signs or books
- You see double
- One or both of your eyes hurt
- Your eyes get red and stay that way
- You feel pressure in your eyes
- You see spots or floaters
- Straight lines do not look straight
- You can't see thing at the side as vou used to

So be good to your eyes and take care of your diabetes each day.

Exercise Program

Diabetes Fitness memberships slots are still available

With our updated Diabetes Grant the PAO has 6 additional Fitness Membership slots available to tribal members with Diabetes or at risk for Diabetes. Call for an appointment to fill out the application and apply for a slot. First come first serve. Call Verdene at 503-238-1512 for an application.

Contract Health Update

Remember to update your contract health services form each year! Call the Portland Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a new phone number or even a new primary care doctor, please update your information.

Vocational Rehabilitation (STVRP)

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist members of any federally recognized Tribe (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy. You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can

provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an "Individualized Education Plan-IEP" or on a "504 Plan" are encouraged to participate in the STVRP. Examples of SERVICES PRO-VIDED by STVRP:

- 1. Guidance and Counseling
- Referral to Services
- **Employment Services**
- Portfolio Building, Resume Writing,
- Interviewing Techniques, Job Coaching
- Culturally Relevant Individualized Services
- **Evaluations and Assessments**
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to the VR staff: In Salem Office -Dana Rodriguez (Program Aide) and Angie Butler (Program Director).

Siletz ICW Program

Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922ext. or visit at:

www.ctsi.nsn.us/icw.html

Will It Be

Easy?

NOPE.

Worth It? Absolutely.

Nesika Illahee Pow-Wow











2016 Nesika Illahee Powwow Tipi Drawing Winners

Tamera Manley

Melissa Flagg

Quarnisha Nevarez

James Wooten

Oscar Hatfield

Clinton A. Arden

Georgene McAlhany

Samatha Hatfield

Michelle Schwartz

Cecilia Tolentino

Robert Sims

Dawn Cordts-Buendia

Alternates

Rebecca Hatfield

Tracey Warman-Viar

Chantele Rilatos

Tina Retsket

Lisa Brown

2016-17 Siletz Tribal Head Start Enrollment Application

CHILD'S NAME	Social Security #					
Child's Sex: M F	3. Child's Date of Birth:/ AGE					
NOWReturnin	g Student: Yes No. Does child have any condi-					
tion which may be cons	tion which may be considered a disability or special need? Y/ N_Explain:					
Is child descendent/me	ember of a federally recognized Indian Tribe? Y/N					
Roll #	Tribe(Please					
attach verification).	•					
	/ N Homeless children means individuals who lack a fixed,					
	nighttime residence; For Example, are living in motels, hotels,					
	ng grounds due to the lack of alternative adequate accommo-					
dations, or are awaiting	= '					
PARENT/GUARDIA						
1.	DOB / / DOB / /					
<u>2.</u>	BOB / /					
Street Address:	City:					
Zip Code:	_					
Mailing Address:	7' 0 1					
City:	Zip Code:					
Telephone #'s: Home:	` <i>'</i>					
	ff address if different from above:					
	ment can be given to families which face any of the following					
conditions: single parent household, parents separated or divorced, child is a victim of abuse or neglect or child suffers a non-handicapping medical condition, foster child, sib-						
	ogram. If your family meets any criteria and you want to claim					
	st the qualifying condition(s) here:					
LIST ALL OTHER H	OUSEHOLD MEMBERS BY NAME and DATE Of Birth:					
Total # Household mem						
	families members to the back of this application					
1.	2.					
3. EINANCIAI CTATEM	4.					
all that apply:	ENT (You Must attach verification of these benefits.) Check					
	employment—General Assistance—Child Support—TANF -					
	al Security—Disability—College Grants/Scholarships—Other,					
explain						
T	OTAL GROSS MONTHLY INCOME					
\$	(YOU MUST attach verification)					
• 0	tify that the above information is complete and accurate:					
Signature:	Date:					
Siletz Tribal Head Start is an equal opportunity program and open to all children regardless of race, color, age, sex, handicap, or national origin. Any person who be-						
lieves she/he has been discriminated against should write to the Secretary of Agricul-						
ture, Washington, DC, 2						
ture, washington, DC,						

Education & Youth Update

August Events & Activities for Native Youth:

Youth Beach Day-Trip

Thurs. August. 18th, 8 AM to 6:30 PM

Come & Explore our Oregon Beaches. If you would like to spend a fun day at the beach with other youth please give Katy a call to confirm you would like to join. Call (503)238-1512. We will be meeting at the Portland Office at 8 AM.

Transportation, lunches and snacks provided. We will be meeting up with our Siletz Tribal youth from Salem for this trip also. We hope you can enjoy this fun day at the beach.

JOM School Supply Distribution

Tuesday, August 16th

We will be distributing school supplies to JOM participants from:

9:30 AM to 12:00 PM and 1:00 PM to 7:00 PM



If you are unable to come to either distribution time, please call Katy at (503) 238-1512 to make arrangements. To be eligible, all native youth who are able to document that they are one quarter blood degree or enrolled with a federally recognized tribe are eligible to receive school supplies, that attend a public school, K—12.

The Siletz Tribal Youth Activity **Program**

The Siletz Youth Activity Program provides up to \$75 per year to assist youth to pay for school registration fees, sports, music, camp fees, science/environmental projects, graduation, cultural supplies/materials, lab fees, shop supplies, sports and more. To be eligible you must be enrolled in the Siletz Tribe and be between elementary school through high school levels.

Oaks



Park Back-to-School Celebration

Come and enjoy a fun day at Oaks Park with

When: Friday, August 26th Time: Noon to 3:30 PM

Please call Katy to confirm you would like to join in the fun.

Siletz Tribal Student Laptop Program

The Central Administration Office is accepting applications for the Student Laptop Program beginning August 1, 2016.

Early Applications will not be accepted.

This program is specifically for Higher Education and AVT students who meet the following eligibility requirements and have not previously received a student laptop:

- Must be an enrolled Siletz Tribal Member.
- Must provide copy of current term class schedule of 6 credit hours or more.
- Must provide an unofficial transcript/grade report of successful completion of 2 consecutive part-time or full-time (6 credit hours or more) quarters/semesters of Higher Edu-

cation/AVT Program with a minimum 2.0 GPA.

Proof of residence is required.

Applications are available on the Tribe's Website, or by contacting April Middaugh 1-800-922-1399 or 541-444-8201.

~NOTICE ~

Athabaskan Language

Nuu-wee-ya' (Our Words)

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.

Monday, Aug. 15th, 2016 6 PM—8 PM

Any tribal members who need assistance with cultural projects, please bring them prior to class, if possible. We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane. Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

www.ctsi.nsn.us

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

www.siletzlanguage.org



Bear Grass and Huckleberry Gatherings

Several trips are planned by Culture and Healthy Traditions Programs for gatherings at Cougar Rock, dates and contact info is below:

If interested in going please contact Robert or Kathy to coordinate meet-up place, time, etc.

1-(800) 922-1399, X1244

Culture Program, Robert Kentta Sunday August 7th and sporadically afterwards. Possible camp out weekend August 19th, 20th, and 21st.

Healthy Traditions, Kathy Kentta

Two day trips are planned, Aug 6th, 7th and 14th.

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Student Laptop Program Opens, Applications Accepted	2 Elders Shopping Day 10 AM	3	4	5	6 General Council 1 PM—Siletz
7	8	9	10 Beading Group 9:45 AM—11:45 AM	11 477-SSP Monthly Meeting	12	13
			7.43 AW 11.43 AW	4 PM	Nesika Pow-	Illahee Wow
Nesika Illahee Pow-Wow	15	JOM School Supply Dist. 9:30 AM—Noon & 1—7 PM	17	18 JOM Youth Beach Trip 8:30 AM	19 Regular Council 8 AM—Siletz	20 Elder's Council 1 PM
21	22	23 Elders Shopping Day 10 AM	PAO BBQ-Potluck Picnic* 11:30 AM—4 PM	25	26 JOM Oaks Park Trip Noon—3:30 PM	27
28	29	30	31 Healthy Traditions Cooking Class 10 AM—1 PM			

*Note: In the event of inclement weather, the BBQ Potluck Picnic may be postponed.

Please call the office the day of the picnic to confirm.

Behavior Health

Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. • When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. • Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.

Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education

- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

Hours:

Generally, PAO Counselor Andulia WhiteElk Hours are: Monday — Friday; 8:30 AM — 5:00 PM

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.

Recognize Acknowledge Forgive Change

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

Help is

Available &

Confidential

Most Often Requested Numbers

Siletz Commu- nity Health Clinic	(800) 648-0449	Contract Health Services	(800) 628-5720
Grand Ronde Health Center	(800) 775-0095	Chemawa Clinic	(800) 452-7823
Eugene Area Office	(541) 484-4234	Salem Area Office	(503) 390-9494
Siletz Administration	(800) 922-1399	Siletz Behavioral Health	(800) 600-5599
Joyce Retherford USDA/FDP Dir.	(541) 444-8393	Chinook Winds Casino	(888) 244-6665

477-Self Sufficiency program

SSP New Monthly Meetings

The 477 Self Sufficiency Program (SSP) has implemented a new mandatory monthly group meeting for all SSP clients.

The Purpose:

These mandatory monthly meetings will allow clients to talk and share what is happening on their journey to self sufficiency. This will support clients in knowing that they are not alone and they have the same issue, concerns, questions and struggles as others. This will empower clients to talk with each other and come up with solutions together.

The format:

The meetings will be self directed by participants with prompting and facilitation from staff when necessary. Topics will be open to work, school, goals, family, resources, etc. We will also facilitate quarterly workshops

The meetings will be no longer than 2 hours. Snacks or meals may be provided (if applicable).

These meetings will be held on the 2nd Thursday of every month at 4 PM.

The list below indicates all remaining 2016 meetings:

- August 11th
- September 8th
- October 13th

- November 10th
- December 8th

Mission Statement:

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

www.ctsi.nsn.us

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

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 Anna Renville X1412, or Tamra Russell X1411.

Parking at Portland Area Office

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

THE PARTY TO THE REAL PROPERTY.

PRESENTS



PAULINE RICKS

COVERNMENT HILL,

THEIR - ALLIES

Royalty Pageant 6PIN.

Noon to 5PM:

Memorial / Giveaways

Presentation of Crown 6PM:

Grand Entry 7

JOAM:

Parade Donce Cempetition Points awarded for Parade perficipation

PM & 7PM:

Grand Entry

SUN . Aug

Noon: Grand Entry

Salmon Dinner

A DRUG & ALCOHOL FREE

を

CATEGORIES

Golden Age

Teen

Youth

SPECIALS

Women's Basketcap Round Bustle Team Dance

Tobacco Prevention (TPEP)



USDA Distribution Dates

		Monday	August 1st	9 AM – 3 PM
	Z	Tuesday	August 2nd	9 AM – 3 PM
	Siletz	Wednesday	August 3rd	9 AM – 3 PM
	<u>~</u>	Thursday	August 4th	9 AM – 3 PM
		Friday Monday Tuesday Wednesday	August 5th	9 AM – 3 PM
			August 15th	I:30 PM – 6:30 PM
	em		August 16th	9 AM – 6:30 PM
	Sal	Wednesday	August 17th	9 AM – 6:30 PM
		Thursday	August 18th	9 AM – 11 AM

I hope you all remember that when the rules changed in 2013, that we don't have to count per capita payments that are received less than monthly. If you are a client that received per capita payments in the month of August, you are still eligible to receive your food.

Be sure to LIKE us on Facebook at: "SILETZ TRIBAL FDPIR". I am posting recipes, distribution dates, pictures and food safety tips.



Joyce Retherford: CTSI FDP Director (541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk (541) 444-8279.

Contract Health

Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. Please call (800) 628-5720. A

technician is assigned to you by your last name. Please refer to the list below to determine who you need to speak with when contacting contract health.

Trish Carey	A-G	X1651
Misty Hammet	H-O	X1329
Joella Strong	P-Z	X1649

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Siletz Indians of Oregon
Portland Area Office

Portland Area Office

12790 SE Stark St., Suite 102 Portland, OR 97233

Phone: (503) 238-1512 Fax: (503)238-2436

Hours:

Mon—Friday 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis	(503) 238-1512, X1419
Area Office Supervisor	sherrya@ctsi.nsn.us
Katy Holland	(503) 238-1512, X1418
Education Specialist	katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Patricia McKinney Tobacco Prevention Coordinator	(503) 238-1512 X 1420 pattim@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andulia WhiteElk Addictions Counselor	(503) 238-1512 X 1414 Anduliaw@ctsi.nsn.us

Other CTSI Numbers:

Name/ Program	Number	Name/ Program	Number
Angie Butler	503-390-9494	Bud Lane	800-922-1399
Voc. Rehabilitation	X1872	Cultural Program	X1320
Casey Godwin	(800)-922-1399	K.C. Short	800-922-1399
LIHEAP Coordinator	X 1311	DPA/ IDA Housing	X1316
Mike Kennedy	800-922-1399	Cecelia DeAnda	800-922-1399
Natural Resources	X1232	Elders Program	X1261