



The Drumbear

January Newsletter

Confederated Tribes of Siletz Indians – Salem Area Office
3160 Blossom Dr N. Suite 105, Salem, OR 97305
503-390-9494 503-390-8099 (fax)

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Beverly Owen, Area Office Supervisor, x1855 bevo@ctsi.nsn.us
Cindy Jackson, Area office Secretary, x1850 cindyj@ctsi.nsn.us

GENERAL INFORMATION

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.



The position of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.



We have a 5¢ per page charge for copies, faxes and printed materials. *Note: If the documents are specifically requested by a Tribal program there will be no charge.*



January 2nd
New Year's Day

January 16th
Martin Luther King Jr
Birthday

FREQUENTLY CALLED PHONE NUMBERS

Chemawa Health Clinic	503-304-7600
USDA Warehouse – Salem	503-391-5760
Tribal Head Start – Salem	503-393-6942
Siletz Tribal Office	800-922-1399
Siletz Health Clinic	800-648-0449
(ext1604 appts)	ext1625 Pharmacy)

Announcements & Community News



January is **Organ Donation month**. Organ donation takes healthy organs and tissues from one person for transplantation into another. Experts say that the organs from one donor can save or help as many as 50 people. Organs you can donate include: kidneys, heart, liver, pancreas, intestines, lungs, skin, bone & bone marrow, and cornea.

Most organ and tissue donations occur after the donor has died. But some organs and tissues can be donated while the donor is alive.

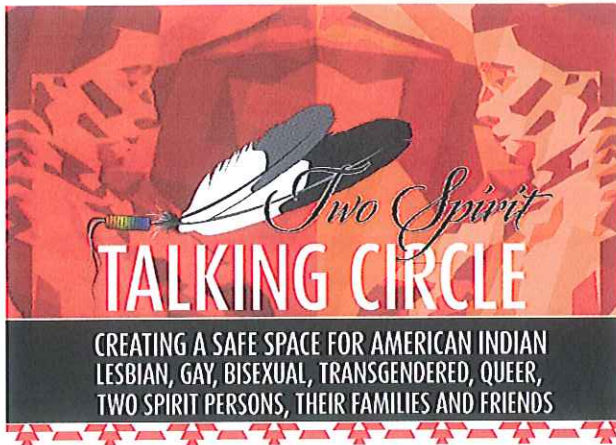
People of all ages and background can be organ donors. If you are under age 18, your parent or guardian must give you permission to become a donor. If you are 18 or older you can show you want to be a donor by signing a donor card. You should also let your family know your wishes.

Inspirational thought for this month:

With the New Year comes new strengths, new thoughts and new opportunities.



Your Salem Area Office Staff would like to wish all of you a very wonderful New Year filled with great times.



**Join us Wednesday
Jan 11th 5:00 pm
Salem Area Office**

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LGBTQ and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5:00-7:00pm

IMPORTANT REMINDER:

Tribal Elections are next month. If you haven't already done so, you must register to get your ballot.



WACIPI: 18th Annual Traditional Powwow

Portland Community College and the PCC Sylvania Campus Multicultural Center are proud to present Wacipi – a celebration of Native American culture and tradition.

Saturday, January 21, 2017

PCC Sylvania Campus, Health Technology Building (HT)

Doors open at 12 noon

Grand Entries at 1pm and 7pm



Energy Assistance Intakes are now done 2 times a month on Wednesdays from 10:00am – 2:00pm. please call Bev for an appointment and info on when the next date for appointments will be.

Tribal Members can now go into any Area Office to have a Tribal ID done. Your picture will be taken, you will sign the card and the info will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bev to schedule an appointment.



If you would like to get your copy of the newsletter via email, call Cindy to get put on the list.



**INCLEMENT
WEATHER
INFORMATION**

Please remember that if there are weather alerts in the Salem area you should call the office before coming here to make sure we are open. We will do our best to keep community members up to date via our Facebook page and our recorded phone message.



SALEM ANNUAL COMMUNITY MEETING

January 12, 2017
5:00 – 7:00 pm

It's that time again for our Community Meeting. Come to the Meeting and let your voice be heard! Share your ideas and thoughts about your community. A light meal will be served.



Culture Craft Night January 17th 5:00-7:00pm

Siletz Tribal members and their families are invited to come and learn how to string dentalium. All ages are welcome. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, budl@ctsi.nsn.us; 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments

NOTE: Language Class will be held as scheduled

Language & Culture Class

Bud Lane
1-800-922-1399
ext 1320
budl@ctsi.nsn.us



Nuu-wee-ya' (Our Words)

Date: January 17TH
Time: 6:00 – 8:00 pm
Where: Salem Area Office

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.

USDA Salem Warehouse

JOYCE RETHERFORD
CTSI FDP Director
LISA PAUL
CTSI FDP Clerk
800-922-1399 (Siletz)
503-391-5760 (Salem)



Monday January 16 th	HOLIDAY
Tuesday January 17 th	1:30pm – 6:30 pm
Wednesday January 18 th	9:00 am – 6:30 pm
Thursday January 19 th	9:00 am – 6:30 pm
Friday January 20 th	9:00am – 11:00 am

BLUE CORNMEAL CRANBERRY MUFFINS



1 1/3 c. AP Flour*
1 egg, slightly beaten*
2 tsp baking powder
1 tblsp lemon juice*

3 tblsp melted butter*
1/2 c. blue cornmeal*
1 bag white chocolate chips
1/4 c. orange juice*

3/4 c. sugar
1 c. cranberries*
3/4 c. milk*
1 tblsp lemon zest*

Measure milk in a small bowl and squeeze lemon juice in and stir. Add the lemon zest and let sit while you....

Stir together first 4 ingredients in a large bowl; make a well in the center of the mixture. Add the milk, orange juice, butter and egg. Stir just until moistened. Fold in cranberries and white chocolate chips. Spoon batter into 12 paper-lined muffin cups, filling 1/2 full. Bake at 425 for 20 minutes.

**Indicates commodity foods used.*

Like Us On
Facebook
SILETZ TRIBAL FDPPIR

477/SSP

ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853
Nathan Goodrow
Intake Specialist/Job Coach
nathang@ctsi.nsn.us
503-390-9494 x1852

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

Please Note: Nathan Goodrow will be joining our SSP Team in January

IMPORTANT DATES TO REMEMBER

January 2 nd	OFFICE CLOSED – NEW YEAR’S DAY
January 3 rd	WEX Timesheets Due
January 5 th	Job Search/Monthly Report forms due for Cash Assistance
January 12 th	Salem Area Community Meeting
January 13 th	WEX Payday
January 16 th	OFFICE CLOSED – MARTIN LUTHER KING JR DAY
January 17 th	WEX Timesheets Due Culture Craft Night 5:00-7:00pm
January 27 th	WEX Payday
January 31 st	WEX Timesheets Due



IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST** LEAVE A VOICEMAIL ON YOUR WORKER’S LINE. IF YOU DON’T LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.
- CHECKS ARE AVAILABLE AFTER 2:00PM ON THURSDAYS. SINCE THE CHECKS COME IN THE MAIL IT CAN EVEN BE FRIDAY BEFORE THEY ARRIVE. **PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.**

**HAPPY
NEW YEAR!
2017**

Community Health

CECILIA TOLENTINO, CHA

503-390-9494 x1854

ceciliat@ctsi.nsn.us

Monday – Friday

8.00am – 4.30pm

Diabetes Exercise Program

We currently have gym membership stipends available. Each stipend is a maximum amount up to \$25 per month paid directly to a local gym. Selected participants must agree to complete a total of 8 separate gym visits per month one visit per day.

Participant will be liable for the remaining gym membership dues in excess of the allowable stipend of \$ 25 per month. Memberships are available to Siletz Tribal members with Diabetes or Siletz tribal members who are at risk for diabetes.



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Community Garden

Are you interested in a garden plot in your local community. The Weave Grant will fund the cost of the rental fee. That way you and your family would be able to grow fresh produce.

No experience needed we will provide plants, seeds, basic gardening information and resources to assist in the growing season. For more information or to sign up call Cecilia at the Salem area office or by email (503)390-9494 or ceciliat@ctsi.nsn.us



Winter Weather Tips

KNOW WINTER WEATHER TERMS

- Watch = winter storm is possible in your area. Follow local officials and media for tips and updates.
- Advisory = conditions expected to cause major delays and may be hazardous. Use caution.
- Warning = winter storm is occurring or will occur soon in your area.

WINTER STORM TIPS

- Prepare for possible power loss: add warm clothes to emergency kit, check flashlight and radio batteries, charge mobile devices, fill car tank, take cash out (ATM's may not work).
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning.
- Bring pets/animals inside and move livestock to sheltered areas with non-frozen drinking water.



Who to call



Where to meet



What to pack

Ready 



winter EMERGENCY KIT for your car



Blanket



Ice scraper



Flashlight



Jumper cables



Water



Jack



Food



Spare tire



Flares



Cat litter

Education

SONYA MOODY-JURADO,
Education Specialist
503-390-9494 x1856
sonyamj@ctsi.nsn.us
Monday – Thursday

EDUCATION PROGRAM COMPONENTS: Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. I do not work on Friday.



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. **You must call Sonya to sign up for all JOM activities.**

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

To be eligible to receive Tribal education funding you have to complete your FASFA by January 31, 2017.

ADULT EDUCATION

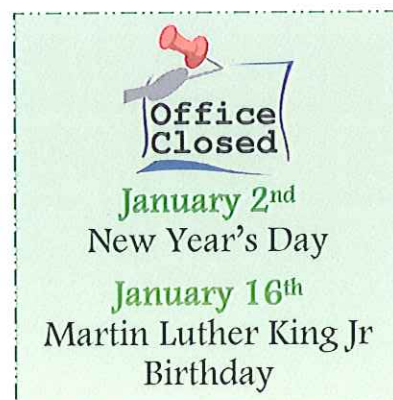
The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.

Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

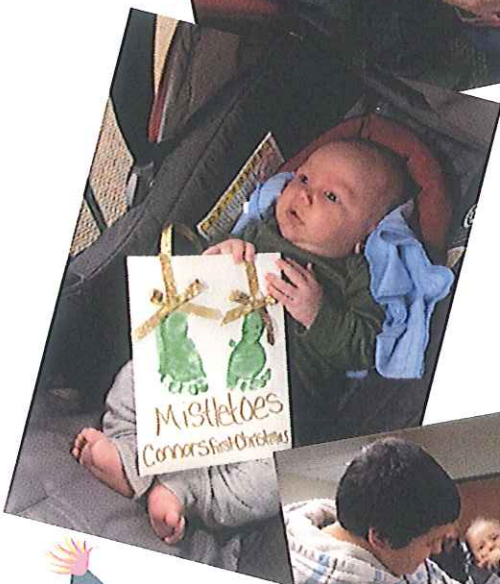
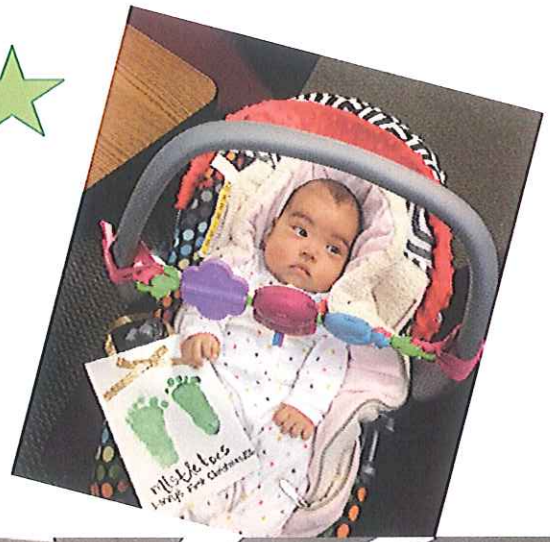


Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am – 4.30pm

Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Fun Times At Family Christmas Event



A & D

Andulia White Elk
anduliaw@ctsi.nsn.us
Counselor
503-390-9494 x1855

New Years And Your Recovery.

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 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!

HAppy New Year
2017

Mental Health

Rachel Adams
rachela@ctsi.nsn.us
Mental Health Counselor
503-390-9494

Winter has arrived:

With the last of the leaves falling off the trees, winter has arrived. With the arrival of winter, many people struggle with the lack of daylight hours, to the point of having signs of seasonal affective disorder or depression. It can be hard to get out of bed, hard to find motivation to finish daily tasks.

Here are some strategies for helping pull yourself out of the 'winter blues'.

- 1) "Spring cleaning" during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies show that a cluttered house stems from a cluttered mind more often than not. Take an hour or two and devote it to finally taking those bags of clothes to your favorite charity.
- 2) Try and make time to socialize somehow; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go to that annual party even though perhaps you're just not quite feeling in the mood.

Traditional Coping

For the people of the Siletz tribe, winter is a good time to spend extra time with our Elders; making sure they have firewood, are getting to the store, are eating healthy. Smudging is helpful to remove negative energies. Talking circles are a good way to connect as well, and are useful to help speak your mind in a safe place. Winter is also a time of reflection; it can bring peace to visit the cemetery and be amongst our ancestors.

Voc Rehab

2017

Happy New Year

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 PROVIDED by STVRP:

- 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 any of the VR staff: In Salem Office - Dana Rodriguez (Program Aide); Angie Butler (Program Director).

ANGIE BUTLER, Voc Rehab Director

503-390-9494 x1872

angieb@ctsi.nsn.us

TONI LEIJA, VOC REHAB JOB DEVELOPER

503-390-9494 x1861

antonial@ctsi.nsn.us

DANA RODRIGUEZ, Voc Rehab Aide

503-390-9494 x1862

danar@ctsi.nsn.us

Want help getting a job? Do you have a diagnosed disability (IEP or 504)?

You could be eligible for STVRP services.

Steps in working with Siletz Tribal Vocational Rehabilitation Program:

Step 1: Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you.

If the program is for you.....

Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment.

STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.



January 2nd
New Year's Day

January 16th
Martin Luther King Jr Birthday

Head Start

Teacher Jen
Teacher Jennifer
503-393-6942

JANUARY



HOLIDAYS THIS MONTH

- 2nd New Year's Day
- 16th Martin Luther King Jr Birthday

Happy New Year to all of our Head Start families! Our school year is flying by. We are so thankful to be working with all of our wonderful children and families, and look forward to seeing them continue to grow throughout 2017! December brought a fun trip to the Christmas tree farm where we learned about evergreen trees and we also learned about Nee-dash this month. We had a fun Family Night with the Polar Express and enjoyed our visit from Santa!

Teacher Jen, Teacher Jennifer, and the
Salem Head Start staff

We are accepting applications for our program. Please contact us if you know of anyone who would like an application.



WE LOVE OUR VOLUNTEERS!

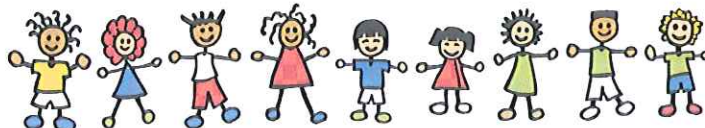
We appreciate, and are thankful for, all of the help, support, and donations you have provided so far.

What we need:

- Families to share regalia , stories, & drumming
- Help with packets on Wednesdays
- Help with cleaning on Thursdays
- Help with lunch set up and cleaning daily

A BIG Thank You To:

Palmer's Christmas Tree Farm for allowing us to come learn about trees, taking us on a train ride, and donating trees to our program! We appreciate your generosity!



Happy New Year 2017

JANUARY

SALEM AREA OFFICE 503-390-9494
 MONDAY – FRIDAY 8:00AM – 4:50PM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	2 ALL TRIBAL OFFICES CLOSED FOR THE NEW YEAR HOLIDAY	3 WEX Timesheets Due	4	5 SSP Monthlys	6	7
8	9	10 Tutoring 4:30-6:00	11	12 Indian Ed 5:30/6-7:15	13 WEX Payday	14
15	16 ALL TRIBAL OFFICES CLOSED FOR MARTIN LUTHER KING DAY	17 Tutoring 4:30-6:00 WEX Timesheets Due Tutoring 4:30-6:00 Culture Craft 5:00-7:00 Language Class 6-8pm	18 Tutoring 4:30-6:00 Two Spirit 5-7pm	19 Indian Ed 5:30/6-7:15	20 Salem Community Meeting	21 WEX Payday
22	23	24 Tutoring 4:30-6:00	25	26 Indian Ed 5:30/6-7:15	27 WEX Payday	28 WACIFI Powwow Portland Comm College
29	30	31 Tutoring 4:30-6:00 WEX Timesheets Due		Indian Ed 5:30/6-7:15		29 Portland Community College Powwow



January is Organ Donor Awareness Month

Inspirational thought for this month: With the New Year comes new strengths, new thoughts and new opportunities.



Salem Area Office Staff

503-390-9494

Beverly Owen
Cindy Jackson
Nathan Goodrow
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams
Sonya Moody-Jurado
Dana Rodriguez
Toni Leija
Angie Butler
Lori Christy

Salem Area Office Supervisor
Area Office Secretary
Intake Specialist/Job Coach
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Mental Health Counselor
Education Specialist
VocRehab Aide
VocRehab Job Developer
VocRehab Director
Home Visitor



Confederated Tribes of Siletz
Salem Area Office
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