

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

The Eugene Area Office Newsletter
April 2018

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz CC	April 2 nd	6:00 - 8:00pm
Eugene AO	April 3 rd	6:00 - 8:00pm
Portland AO	April 16 th	6:00 - 8:00pm
Salem AO	April 17 th	6:00 - 8:00pm

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. For more information call:

Bud Lane at the Siletz Cultural Department
(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

Tribal children are in need
Of foster parents for:
Permanent care,
Temporary foster care,
OR Short-term emergency care.

Contact:

Anita Bailor

Foster Family Coordinator

CTSI – Siletz Indian Child Welfare

541-444-8236

anitab@ctsi.nsn.us

EAO Mini Library



Available: Native Books to checkout
Come by and check out a book to read

Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO

Contact Nick or Nora @ 541-484-4234

!!MAIL ORDER SERVICE AVAILABLE!!

WE CAN NOW PROVIDE MAIL ORDER

SERVICE TO

ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the “Auto-Fill” program. ALL “Auto-Fill” prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

COME MEET WITH **DIABETES PROGRAM DIRECTOR**

If you have diabetes or are a pre-diabetic, and would like to meet with Chris Sherrod, you can call him and set up a time for you to meet with him. You can contact Chris by calling:

541-484-4234 x1647

EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2018

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

2018

**Low-Income Energy Assistance Program
(LIHEAP)**

~OPEN~

Elderly and Disabled-October 1st

Crisis/ Regular heating- November 1st
All Siletz Tribal Households

Please contact Nora Williams-Wood for more information or to make an appointment:

541-484-4234 or 1-800-922-1399 Ext 1750

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 Ext. 1750

Please make sure document is completely filled out, except for your signature and what Notary fills out. Current ID required

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, www.ctsi.nsn.us follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call

1-800-922-1399 Ext 1322 or (541) 444-8322

FAX (541) 444- 8313

Chinook Winds Casino Resort

Sign up for an electronic newsletter: www.chinookwindscasino.com

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc at Eugene Area Office, please contact Nora to be put on email list or email me. (541) 484-4234 or email: noraw@ctsi.nsn.us

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website: <http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives: Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

JOM: Youth News and Notes

Spring Gathering Trips:

End of April: Hazel

Come learn how to gather hazel, an important part of Siletz baskets. Hazel should be ready near the end of April but exact gathering dates will be depend on conditions. Rides are available and lunch will be provided. Call ahead for updates and final details but plan for an initial trip sometime between April 14 and May 8.

Extracurricular Opportunities:

JOM: JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$75 per year to cover fees for costs related to extra-curricular activities or cultural activities/supplies for Siletz tribal students.

Youth Council:

The next Youth Council meeting is tentatively scheduled for Sunday April 22 in Portland. Rides and lunch provided.

April Youth Activity Calendar

April 2: Tutoring at Chifin Center, 3-5 pm

April 9: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) EAO

April 16: Tutoring at Chifin Center, 3-5 pm

April 22: Youth Council Meeting-Portland

April 23: Homework Help (4-5 p.m)/Culture Night (5-7 p.m.) EAO

April 30: Tutoring at Chifin Center, 3-5 pm

End of April/Early May: Hazel Gathering Trip, exact date and time TBD

Sign up for the Youth Events
Email List for updates and
reminders
Contact: nickv@ctsi.nsn.us

Expanded Tutoring Opportunities

JOM is continuing to partner with the Springfield Native's Program to offer tutoring at the Chifin Native Youth Center (1084 G St. Springfield, OR 97477) on alternating Mondays. All JOM students are welcome to attend. Tutor/Culture Nights will continue at the Eugene Area Office every other week.

Upcoming Dates:

Monday April 2— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm -5 pm

Monday April 9—Tutor Night (4-5pm) and Culture Night (5-7 pm) at Eugene Area Office

Monday April 16— Tutoring and Homework Help, Chifin Native Youth Center, 3 pm- 5pm

Monday April 23— Tutor Night (4-5pm) and Culture Night (5-7 pm) at Eugene Area Office

Monday April 30—Tutoring and Homework Help, Chifin Native Youth Center, 3 pm -5 pm

Higher Ed/AVT: News and Reminders

Outside Scholarships Are Still Available

-American Indian Education Fund:

Deadline: April 4, 2018

Apply online: http://www.nativepartnership.org/site/PageServer?pagename=aief_home

-American Indian College Fund:

Deadline: May 31, 2018

Apply online: <https://collegefund.org/>

-Cobell Vocational Training Scholarship:

Deadline: May 31, 2018

Apply online: <https://cobellscholar.academicworks.com/opportunities/4466>

-American Indian Graduate Center:

Deadline: June 1, 2018

Apply online: <https://www.aigcs.org/>

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Fall 2018 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2018**. To be eligible for funding you must have completed a Federal Application for Financial Aid (FAFSA) by January 31, 2018.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Tax Software:

Tax software is once again available for use at the Eugene Area Office. Drop-ins welcome or call ahead to check for availability.



SILETZ ELDER NEWS

When you use this number to contact the Elders Program, 541-444-8225, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class at the Eugene Area Office will be held on Tuesday, April 3, 2018. Learn about gathering maple bark and making traditional maple bark capes and dresses. A light meal will be served. Class is held from 6:00 pm until 8:00 pm. Additional help is available at 5:00 pm.

A smoked salmon class will be held on April 11th and 12th at the Eugene Area Office. Class is from 1:00 pm until 3:00 pm. The first day is preparing the salmon and the second day is the smoking day.

The next Elder Council Meeting is scheduled for Saturday, April 14, 2018. The meeting begins at 1:00 pm and ends at 4:00 pm and will be held at Aces. Check with the Elders Program prior to the meeting to make sure the meeting schedule has not changed.

The first quarter Super Star Luncheon is April 19, 2018, and is held upstairs at the casino. Lunch starts at 11:30 and all Elders are welcome to attend.

The Chinook Winds Entertainment for April, 2018 is the Charlie Daniels Band. His shows will start at 8:00 pm on April 20th and 21st. Call Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Quarterly Officers, Transporters, and Area Representatives meeting April 26th at the Salem Area Office. The meeting starts at 11:00.

There will be a Diabetes Support Class on April 26, 2018. Class will start at 6:00 pm and a light meal will be served. Contact Adrienne Crookes at 541-484-4234 for more information.

The area office is continuing its noon walking group. The group meets on Tuesday and Thursday and walkers will walk from 12:15 pm until 12:45 pm.

Our Elders Honor Day is scheduled for Wednesday, May 2, 2018. The theme is Boots and Shawls. Mark your calendar now for this Special Honor Day. Doors open at 10:00 am.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net



NAYTLH-'A TRIBAL
HOME VISITING

COMMUNITY CAFE

SATURDAY, APRIL 21ST (SILETZ
COMMUNITY CENTER)

SATURDAY, APRIL 28TH (EAO)

11AM - 2PM

FREE BRUNCH | FAMILY FRIENDLY | GAS VOUCHERS

**JOIN US AT EITHER LOCATION FOR A
CONVERSATION ABOUT TRADITIONAL
CHILD DEVELOPMENT PRACTICE &
KNOWLEDGE. RSVP BY CALLING OR
STOPPING BY YOUR LOCAL AREA OFFICE.**

QUESTIONS? JESSICAP@CTSI.NSN.US

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



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).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

Self-Referral

Person making referral: _____ Date: _____

Agency: _____ Phone: _____

Name: _____

Home phone: _____ Cell phone: _____

Address: _____

City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about
the Siletz Home Visiting Program.



Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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 may speak to VR staff in the following locations:

Salem Area Office

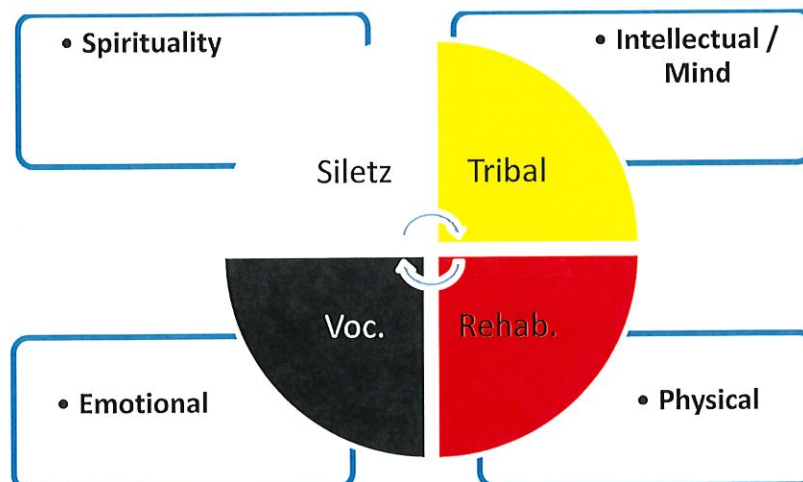
3160 Blossom Drive NE, Ste 105
Salem, OR 97305

Siletz Admin. Office

201 SE Swan Ave
Siletz, OR 97380

Salem Office - Dana Rodriguez, Program Aide; Toni Leija, Counselor/Job Developer

Siletz – Rachele Endres, Counselor/Job Developer; Jeramie Martin



477 Self-Sufficiency Program

Norma Trefren, Intake Specialist/Job Coach x1756

Jenifer Jackson, Tribal Services Specialist x 1755

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Norma to schedule an appointment at x1756.

You are Strong

You have dealt
With so much
And done the best
That you can
Take a moment now
To appreciate how
Strong you are...

**TSS staff administrative hours
Monday through Friday
8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

**Clients are required:
To meet with Tribal Services Specialists each month
You will need to call and set up an appointment**

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Norma **x1756** or Jen **x1755**

Schedules:

Norma's: **M-F 8-4:30pm**
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

Norma will be **OUT** of the office:

***Norma – April 11, 12, 18, 23, 26**

Jen's hours: **M-F 8:00-4:30pm**
General Assistance and TANF

Jenifer will be **OUT** of the office:

***Jenifer – April None**

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer and Norma are out.

WEX/Grant Assistance
Dates to remember in April 2018

Friday	March 30 th	TANF/GAF
Tuesday	April 3 rd	EAO Language/Culture Class 5-8pm
Wednesday	April 4 th	SSP Client Training 10-12:30pm
Thursday	April 5 th	Self-Sufficiency documentation due
Friday	April 6 th	WEX Payday
Tuesday	April 10 th	WEX Time Sheets Due
Wednesday	April 11 th	Smoked Salmon Class
Friday	April 20 th	WEX Payday
Saturday	April 21 st	THV Community Café 11am – 2pm
Tuesday	April 24 th	WEX Time Sheets Due
Thursday	April 26 th	Diabetes Support Class 6-8pm

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to eligible enrolled federally recognized tribal members and descendants:

Please contact Norma at 541-484-4234 or 1-800-922-1399 x1756 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Siletz Contract Health	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Contract Health registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

**Adrienne Crookes
Community Health Advocate
541-484-4234**

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

**Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234**

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Please Come Join Us!

Smoked Salmon Class



At the Siletz Eugene Area Office
2468 W. 11th Avenue

On Wednesday, April 11th
1:00 – 3:00 pm
On Thursday, April 12th
9:00 am – 3:00 pm



Come learn how to smoke fish at home --- safely!
Learn how to cut up a piece of fish, prepare a brine,
and smoke the fish in an electric smoker.

A small chunk of salmon and all supplies will be provided.

This will be a two-day class. The first day we will cut up the fish and make the brine.

The brined fish will be refrigerated overnight.

The following day you can come back and smoke your fish.

Smoking fish can take up to 6 hours in a smoker.

Class size is limited to 8 people, so call early to sign up!

If you have questions or would like to sign up for this class,
contact Adrienne Crookes or Nora Williams at 541-484-4234.

Diabetes Support Group

Thursday, April 26th

From 6:00–8:00 p.m.

At the Siletz Tribal Office
2468 West 11th Avenue
Eugene, OR

Theresa Albright-Fischer, RN, Certified Diabetes Educator
with Peace Health will be our special guest presenter
She will be talking about diabetes and heart health

Did you know that Native Americans are more than twice as likely
to become diabetic than the rest of the U.S. population?
Native Americans are more likely to develop complications
from diabetes once they have the disease

**Everyone is welcome! You don't have to be pre-diabetic, or have
diabetes to attend. A light, nutritious meal will be provided.**

For more information you may contact
Adrienne Crookes, Community Health Advocate, at 541-484-4234

Car Seat Recommendations for Children

"Best Practice" for Safer Travel

Children should ride properly restrained on **every trip** in every type of transportation.

- Infants and toddlers under 2 years of age should ride in a rear facing car seat.
- Toddlers should ride in a forward-facing car seat only after they outgrow the rear facing limits on the car seat.
- Older children should ride in a belt-positioning booster seat after they outgrow the harness on the car seat.
- All children should ride in the back seat until they are 13 years old.
- All passengers should be safely restrained in a lap and shoulder safety belt.

Parents often look forward to transitioning from one stage to the next, but these transitions should generally be delayed until they are necessary - when the child outgrows the limits for their current stage.

Additional Safety Tips

Rear Facing: Never place a rear facing child in front of an active frontal air bag.

Forward Facing: Use the top tether when the anchor is available or have an anchor installed.

Booster: Have your older child use a booster seat until the lap and shoulder belt fit properly – even if age 8 or older or taller than 4'9" in height.

Attend a check-up event or meet with a Child Passenger Safety (CPS) Technician to make sure children are riding safely. Call or visit www.childsafetyseat.org for a calendar of check-up events.

Refer to the child safety seat manufacturer's manual and the car seat information in your vehicle owner's manual for specific details.



When is my child ready to ride in a safety belt?

1. Is the child tall enough to sit with their back against the vehicle seat back?
2. Do the child's knees bend comfortably at the edge of the vehicle seat?
3. Does the belt cross the shoulder over the collarbone?
4. Is the lap belt low, touching the thighs?
5. Can the child stay seated like this for the entire trip?

A "No" answer means the child should continue riding in a booster seat for best protection.

Oregon Occupant Protection Laws

Child Restraints: Child passengers must be restrained in approved child safety seats until they weigh 40 pounds or reach the upper weight limit for the car seat in use. Infants must ride rear facing until they reach two years of age.

Booster Seats: Children over 40 pounds **and** who have reached the upper weight limit of their car seat's harness system, must use a booster seat until they are 4'9" tall **and** age 8.

Safety Belts: A child taller than 4'9" **and** age 8 or older must be properly secured with the vehicle's safety belt. The child is properly secured if the lap belt is positioned low across the thighs and the shoulder belt is positioned over the collarbone and away from the neck.

Failure to properly use safety belts or child restraints is a Class D traffic violation with a \$110.00 fine.

(ORS 811.210 and ORS 815.055, effective January 1, 2012.)



www.ChildSafetySeat.org



April is National Distracted Driving Awareness Month

Adrienne Crookes, Community Health Advocate

Pay attention, save a life: Ditch the distractions

More than 80 percent of people say they feel uncomfortable riding with a distracted driver. ODOT and partner agencies, Oregon State Police and AAA Oregon are emphasizing the importance of focusing on driving when you're behind the wheel.

Ditch the distractions:

1. **Turn off your cell phone and stow it.** Turn your phone off or switch to silent mode before you get in the car. Then stow it away where it's out of reach.
2. **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road.
3. **Install an app.** Apps can help you avoid texting while driving. Go to your app store and search for "distracted driving."
4. **Pull over.** If you need to make a call, pull over to a safe area first.
5. **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
6. **X the text.** Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk free.
7. **Know the law.** Familiarize yourself with the state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.
8. **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to review your map.
9. **Secure your pets.** Unsecured pets can be a big distraction in the car.
10. **Mind the kids.** Pull over to a safe place to address situations involving children.
11. **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road.

Teenagers Are At The Most Risk! How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules."
- Remind your teen that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example—show responsible driving behaviors starting when your children are young.



Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p>Confederated Tribes of Siletz Indians of Oregon Tribal Identification Siletz Tribal Roll: #99999 DOB: 09/01/2006 BQ: 4/A Issue Date: 3/18/2016 Expiration Date: 3/18/2016 Height: 5' 10" Weight: 150 lbs. Eligible For Registration 201608 expires 3/18/2016</p> <p>Siletz Valley Charter School 245 NW James Frank Ave, Siletz, OR PO Box 123456 Siletz, OR 97130-9999</p>	 <p style="text-align: center;">WARRIORS Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal Hunting & Fishing License Not valid without seasonal License No.</p> <p style="text-align: center;">99999</p> <p style="font-size: small;">If found, return to: CTSI Enrollment PO Box 519 Siletz, OR 97130 (800) 922-1399 ext. 1258</p>
<i>Front of ID Card</i>	<i>Back of ID Card</i>

If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.



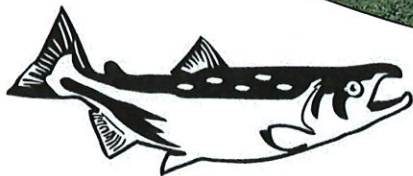
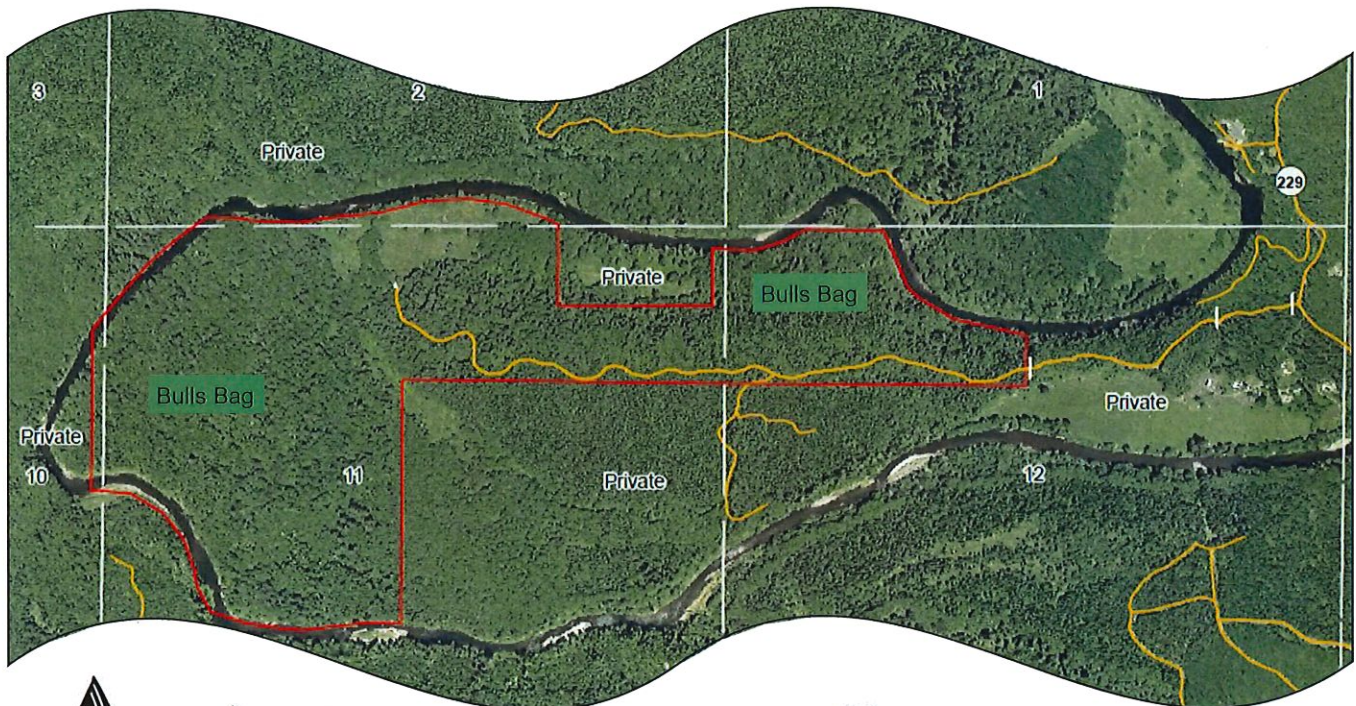
BULLS BAG FISH HABITAT RESTORATION PROJECT

Meeting for Tribal Member Feedback

The CTSI Natural Resources Department is in the process of developing a fish habitat restoration project on the Siletz River at the Tribe's Bulls Bag property using logs from areas within the property.

Tribal members are invited to review & comment on the project at a meeting to be held on Saturday, April 7, 2018 beginning at 9:00 AM in the Tribal Council Chambers in the Admin. Building, 201 SE Swan, Siletz.

Natural Resources staff will present an overview of the Bulls Bag project, followed by a field visit to the site. Join us to learn more about the project and to share your ideas and concerns.



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 this fall's 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 2018 and a 2019 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 Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West 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 LOP section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase tag
* 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 that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 2nd at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM March 30, 2018**. 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.

Now Recruiting

TRIBAL STEWARDS

Ages: 19-24

Dates: 6/18-9/26

**Learn
Work Hard
Earn Money
Have Fun**



Hands on training and experience for Native American young adults who are interested in pursuing employment with conservation corps, land and water resource management agencies, and other outdoor careers.

TribalStewards.org

Tribal Stewards Program



The Tribal Stewards Program is specifically designed to provide hands on training and experience to Native American young adults who are interested in pursuing employment with conservation corps, land and water resource management agencies, and other outdoor careers. The Tribal Stewards Program integrates team-based work projects, culture relevancy, education, and on-site vocational training into an experience that prioritizes personal growth, and the development of conservation work skills. Participants will develop technical skills working on a variety of conservation projects while developing the soft skills needed to be successful in the outdoor industry.



Tribal Stewards members spend 12 weeks camping, working and traveling together as a six person team. You can expect to work on physically challenging conservation projects in many kinds of weather, gaining hands on experience in the groundwork of stewardship. Each day, you will return to camp after work and participate in community activities, including meal prep, water collection and treatment, and tool maintenance, followed by a family style dinner. Evenings will be spent on various educational and recreational activities; including formal lessons taught by team members, group discussions, and stargazing around the campfire.

2018 Dates: June 18 to September 26

Overview:

- Projects take place with the Pacific Crest Trail Association in Mt. Jefferson Wilderness near Warm Springs, OR.
- Participants will earn a living allowance of \$3,630 for their term of service, prorated throughout the program.
- \$2,215 AmeriCorps Education Award upon the successful completion of the program.
- All crew meals, tent lodging and transportation (except to/from NYC HQ) included.
- This program begins and ends at NYC offices in Eugene, OR.
- Tribal Stewards participants must be between 19 and 24 years of age at the start of the program.



To find out more and apply visit:

TribalStewards.org

or contact by email or phone:

AngelaN@nwyouthcorps.org

(541) 654-4706

USDA distribution dates for APRIL 2018

Siletz

MONDAY	APRIL 2	9:00 AM-3:00 PM
TUESDAY	APRIL 3	9:00 AM-3:00 PM
WEDNESDAY	APRIL 4	9:00 AM-3:00 PM
THURSDAY	APRIL 5	9:00 AM-3:00 PM
FRIDAY	APRIL 6	9:00 AM-3:00 PM

Salem

MONDAY	APRIL 16	1:30 PM – 6:30 PM
TUESDAY	APRIL 17	9:00 AM – 6:30 PM
WEDNESDAY	APRIL 18	9:00 AM – 6:30 PM
THURSDAY	APRIL 19	9:00 AM – 11:00 AM

CINNAMON NUT FILLED PUMPKIN APPLE BREAD

BREAD:

3 CUPS ALL PURPOSE FLOUR*	½ TEASPOON BAKING POWDER
1 ½ TEASPOONS BAKING SODA	1 TBLSP. PUMPKIN PIE SPICE
1 ¼ CUPS PACKED BROWN SUGAR	1 ¼ CUPS GRANULATED SUGAR
1 TEASPOON SALT	1 CAN PUMPKIN PUREE*
8 TABLESPOONS EGG MIX*	1 CUP WATER
1 CUP VEGETABLE OIL*	2 CUPS CHOPPED APPLES*
1 TEASPOON VANILLA EXTRACT	

FILLING:

1 CUP CHOPPED FRUIT & NUT MIX*	1 STICK OF BUTTER*
1 CUP PACKED BROWN SUGAR	¼ CUP ALL PURPOSE FLOUR*
2 TEASPOONS CINNAMON	

DIRECTIONS:

1. Preheat oven to 350°. Grease and flour, or parchment line 2 average size bread pans.
2. In a large bowl, combine all the dry ingredients for the bread. Whisk together well.
3. In another bowl, mix the egg powder and water, pumpkin, oil, and vanilla together. Mix the pumpkin mixture into the flour mixture. Combine well. Add the chopped apple and mix to combine. Do not beat with electric mixer, use a spoon.
4. Make the filling. Mix all ingredients together in a bowl. It should resemble a paste.
5. Divide half of the pumpkin batter between the two loaf pans. Divide the filling in half. Place spoonfuls of the filling more towards the center of the loaf, avoiding the outside edges of the batter.
6. Divide remaining batter. Top the filling with the remaining batter between the two pans. Gently spread evenly. Place in oven and bake one hour or until toothpick inserted comes out clean. Cool and enjoy.

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

Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 USDA Distribution Siletz 9-3pm Tutor at Chifin Ctr. 3-5pm Language Class Siletz 6-8pm	3 USDA Distribution Siletz 9-3pm Language Class Eugene 6-8pm	4 USDA Distribution Siletz 9-3pm SSP Client Trng 10-12:30pm	5 USDA Distribution Siletz 9-3pm	6 USDA Distribution Siletz 9-3pm Pay Day	7
8	9 Homework Help 4-5pm Culture Class 5-7pm	10 Time Sheets Due	11 Smoked Salmon Class 1-3pm EAO	12 Smoked Salmon Class EAO	13	14 Elders Meeting 1-4pm
15	16 USDA Distribution Siletz 9-3pm Tutor at Chifin Ctr. 3-5pm Language Class Portland 6-8pm	17 USDA Distribution Salem 9-3pm Language Class Salem 6-8pm	18 USDA Distribution Salem 9-6:30pm	19 USDA Distribution Salem 9-11am	20 Pay Day	21 Hazel Stick Gathering (Tentative) NAYTLH-'A Tribal Home Visiting Community Café Siletz Com. Ctr. 11-2pm
22 Youth Council Mtg Portland	23 Homework Help 4-5pm Culture Class 5-7pm	24 Time Sheets Due	25	26 Diabetes Support Group 6-8pm	27	28 NAYTLH-'A Tribal Home Visiting Community Café EAO 11-2pm
29	30 Tutor at Chifin Ctr. 3-5pm					

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

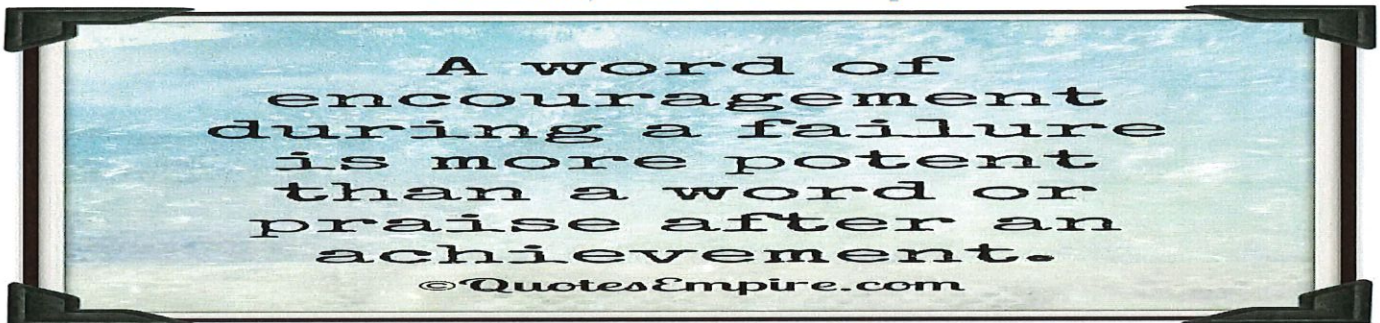
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756

Adrienne Crookes, Community Health Advocate x1753

Jessica Phillips, Program Coordinator/THV x1752

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport



The Confederated Tribes of Siletz Indians
The Eugene Area Office
2468 West 11th Avenue
Eugene Oregon 97402

Bear Claws and Teeth Available

The Tribal Natural Resources Department periodically obtains bear parts from the Oregon Department of Fish and Wildlife for Siletz Tribal members to use in making regalia and ceremonial items. An effort to reduce the bear paw and snout parts to manageable size has been done by volunteers, but parts still have bone, fur and tissue attached. The final preparation of claws and teeth to create clean, useable items is the responsibility of the tribal member. Parts are kept frozen and are distributed on a first-come-first-served basis as they become available. Bear parts may only be used by Siletz Tribal members and may not be traded or sold. Tribal members interested in processing and using bear parts for regalia and other cultural purposes should contact the Natural Resources Department to be added to the waiting list by calling Mike Kennedy at 541-444-8232 or Denise Garrett at 541-444-8227.