



Confederated Tribes of Siletz Indians

Eugene A/O Soup Night

You are cordially invited to the Eugene Office to sample yummy soups staff prepared just for you...

Along with soups there will be tasty desserts and beverages

Tribal ID Machine will be here for those that need ID's



When: November 1st 2018

Time: 4:00 - 7:00pm

Address: 2468 West 11th Avenue Eugene Oregon 97402

Questions, Contact: Lou or Nora at 541-484-4234



FLU SHOTS

Thursday, November 1, 2018

4:00 – 7:00 p.m.

At the Siletz Eugene Area Office

2468 West 11th Avenue

FREE flu shots are available to Siletz Tribal members and their families (even if the family member is not tribal), and any other tribal member eligible for Indian Health Services.

Ages 6 months to adult.

(Please allow enough time to complete a short questionnaire and to remain 10 minutes after receiving your vaccination.)

Three Reasons to Get Vaccinated

- 1) Prevent flu-related deaths
- 2) Prevent serious illness
- 3) Protect others around you

You may contact Adrienne Crookes,
Community Health Advocate, if you have questions.

541-484-4234

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

November 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	November 5 th	6:00-8:00pm
Eugene A/O	November 6 th	6:00-8:00pm
Portland A/O	November 13 th	6:00-8:00pm
Salem A/O	November 14 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:

Debra Brown
Foster Family Coordinator
CTSI – Siletz Indian Child Welfare
541-444-8336
debrab@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 Nora or Nick @ 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 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

2019

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

Crisis/Shut-off/Regular OPENS

*October 1st Siletz Tribal Elders and Disabled members
November 1st for other 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**

Chinook Winds Casino Resort

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

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

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 her. (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.

Looking for Instructors/teacher

The Eugene Area Office would like to hear from instructors/teachers of Native culture/craft activities. We would like to offer classes to Tribal Members in our Service area and are in need of instructors.

Lou Carey 541-484-4234

JOM: Youth News and Notes

Ongoing: Homework Help

Come for individual tutoring as well as educational games and activities. Also, snacks and incentive prizes!

November Dates:

Tuesday 11/13, 3:30-5:30 pm and **Monday** 11/26, 3:30-5:30 pm

November Youth Activity Calendar

Tue, Nov 13:

Homework Help, 3:30-5:30 pm, EAO

Mon, Nov 26:

Homework Help, 3:30-5:30 pm, EAO

Nov 27: College Info Night, 4:30-6:30 pm, EAO

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

Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for youth aged 3-18 from any federally recognized tribe.

Siletz Tribal Youth Activity Fund: Offers up to \$75 to cover fees for extracurricular and cultural activities or supplies for Siletz tribal members.

Higher Ed/AVT: News and Reminders

College Info Night:

- November 27, 4:30-6:30 pm
- Eugene Area Office
- Assistance completing the FAFSA, applying to college, finding scholarships, and getting tribal aid
- All new, returning, and prospective students welcome
- Dinner provided
- See flyer for details

Higher Education and AVT Grants

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

2019-2020 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2019**. Applications for federal financial aid (FAFSA) must be completed by **January 31, 2019**.

NOW is the time to begin applying to college! Make an appointment today for information about filing out the FAFSA, signing up for the SAT/ACT, help applying to schools, finding additional scholarships, and/or how to apply for tribal assistance.

Note: Applications for clock-hour schools such as truck driving school or beauty school 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 details.

Considering attending a college, university, or training program next year?

Need information about filing out a FAFSA?

Want information about the types of aid the tribe offers to help students?

Come to...

College Info Nights

Tuesday November 27, 2018 4:30-6:30 pm

OR

Wednesday January 16, 2019 4:30-6:30 pm

Eugene Area Office

All tribal members and their families are invited to an informational session about applying for college, filing a FAFSA, tribal deadlines for funding, and additional outside scholarships.

Featuring

- ◆ Dinner
- ◆ Door Prizes
- ◆ Presentations by other tribal programs available to students
- ◆ Answers to questions about:
 - College Applications
 - Tribal Aid
 - Scholarships

For more information contact:

Nick Viles nickv@ctsi.nsn.us

or

Norma Trefren normal@ctsi.nsn.us

541-484-4234 x1757

541-484-4234 x1756



SILETZ ELDER NEWS

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.

Flu Shots will be available Thursday, November 1, 2018 from 4:00 p.m. until 7:00 p.m. You will need a little extra time to complete a short questionnaire. The Tribal **ID Machine** will be available and it is also **Soup Night**.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday November 6, 2018. Classes will be held from 6:00 pm until 8:00 pm. A light meal is provided. A Siletz Dentalium Stringing Class will be held on the same day. The Dentalium class will start at 5:00 pm. The Siletz Culture Department will provide material and instructor. If you have your own material please bring it with you.

The next Elder's Council Meeting is scheduled for Saturday, November 10, 2018 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds entertainment for November, 2018 is Paula Abdul. She will be at the casino on November 2nd and 3rd. Her shows will start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

The 41st Annual Restoration Pow-Wow will be held on Saturday, November 17, 2018. The Pow-Wow will be held at the Chinook Winds Casino Resort and the Grand Entry will be at 6:00 pm. Sunday, November 18, 2018 is Restoration Day.

There will be a Diabetes Support Class on November 29, 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 Eugene Area Office will be closed on November 12th, 19th, 22nd, 23rd.

Jim Swanson, 541-683-8766 jimswanson38@comcast.net



Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

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. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

EUGENE AREA OFFICE

2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

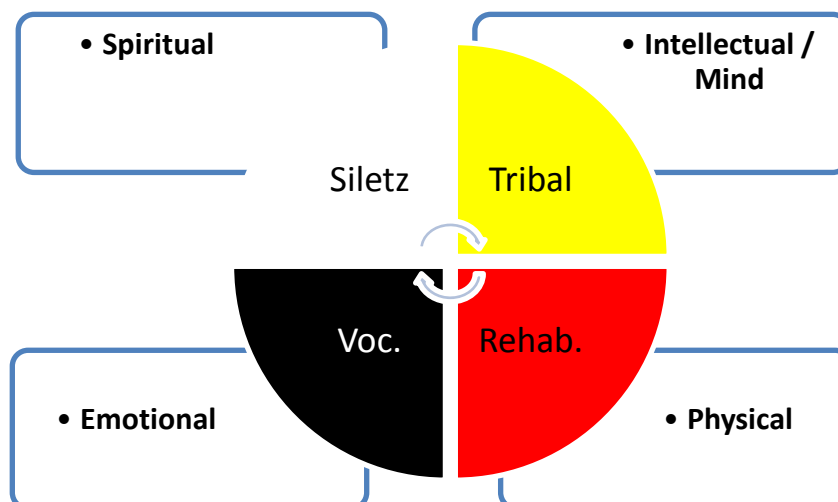
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

EUGENE OFFICE – **JERAMIE MARTIN**, Program Director

SALEM OFFICE - **DANA RODRIGUEZ**, Program Aide; **TONI LEIJA**, Counselor/Job Developer

SILETZ – **RACHELLE ENDRES**, Counselor/Job Developer



**December 18th & 20th
3:30pm-7:30pm**

**Eugene Area Office
2468 West 11th Ave
Eugene, OR 97402**

Siletz History and Fish Net Class

**Presented By: Home Visiting, STVRP, Diabetes
Program, and the Eugene Area Office**

**Come to the Eugene Area Office on Tuesday
(12/18/18) and Thursday (12/20/18) for a brief
presentation on Siletz Tribal History and Siletz
member instructing families on how to make their
own traditional fish nets.**

**Food and materials will be provided. Gas vouchers
are available for those traveling out of town.**

**Limited Spaces available, please, RSVP to 541-484-
4234 ext. 1385 or ask for Jeramie by November 30th**

PARENTING WORKSHOP

PRESENTED BY CTCLUSI FAMILY SERVICES
DEPARTMENT IN COLLABORATION

WITH

CONFEDERATED TRIBES OF SILETZ & DHS

Topics Include:

1. The Philosophy and Practices of Nurturing Parenting
2. Ages and Stages of Growth for Infants and Toddlers
3. Building Self-worth in Children
4. Alternatives to Spanking
5. Learning Positive Ways to Deal with Stress and Anger
6. Working Towards a Better You
7. Child Safety
8. Planning for My Family's Nutrition
9. Protecting Children from Abuse and Neglect

Lessons from the Nurturing Parenting
and Family Spirit Curriculums

Please RSVP with Jessica Phillips
or Adrienne Crookes

By phone: 541-484-4234

or

By email: jessicap@ctsi.nsn.us



When:
Tuesdays-

November 6th
November 13th
November 20th
November 27th
December 4th

Time:
5:30-7:30pm

Location:
135 Silver Lane Suite
200, Eugene OR 97404



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.

Take Away Truth

When nobody else celebrate you... learn how to celebrate yourself...

When nobody else compliments you...then compliment yourself...

It's not up to other people to keep you encouraged...It's up to you...

Encouragement should come from the inside...

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.

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 hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services – All Intakes

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

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

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

WEX/Grant Assistance

Dates to remember in November 2018

Thursday	November 1 st	TANF/GAF
Thursday	November 1 st	EAO – Soup/Flu/Tribal ID Night 4-7pm
Friday	November 2 nd	WEX Payday
Sunday	November 4 th	Daylight Savings Fall Back
Monday	November 5 th	Self-Sufficiency documentation due
Tuesday	November 6 th	WEX Time Sheets Due
Tuesday	November 6 th	EAO Culture & Language Class 4-8pm
Sat – Mon	November 10-12	Youth Conference/Lincoln City
Monday	November 10th	Veterans Day Holiday CLOSED
Friday	November 16 th	WEX Payday
Saturday	November 17 th	Restoration Day Pow Wow CW Casino
Monday	November 19th	Restoration Holiday CLOSED
Tuesday	November 20 th	WEX Timesheets Due
Thursday-Friday	November 22nd – 23rd	Thanksgiving Day/After Holiday CLOSED
Thursday	November 29 th	Diabetes Support Group 6-8pm
Friday	November 2 nd	WEX Payday

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.

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.

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.

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

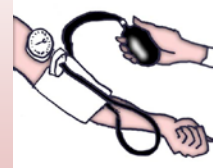
Siletz Community Health

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.

Diabetes Support Group

Thursday, November 29th

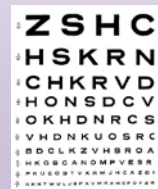
From 6:00-8:00 p.m.

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



Dr. Trevor Cleveland, Optometrist with Complete Vision Center, will be here to talk about Diabetes and Eye Health.

If you have diabetes, it is likely that you will develop some changes in your eyes. Diabetes can cause vision loss from Diabetes Retinopathy. Come learn about steps that you can take to help protect your eyes.



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**

Did you have gestational diabetes when you were pregnant?

November is National Diabetes Month. If you developed diabetes when you were pregnant (called gestational diabetes), you have a greater chance of getting diabetes later in life. Your child may also have a greater chance of being obese and developing type 2 diabetes.

If you've had gestational diabetes—

1



Understand your risk.

An estimated half of all women who had gestational diabetes will go on to develop type 2 diabetes later in life.

2



Find out if you have type 2 diabetes.

Get tested within 12 weeks after your baby is born. If the test is normal, get tested every 3 years.

3



Tell your child's doctor you had gestational diabetes.

Your child's doctor may monitor their growth charts more closely.

4



Take charge of your health.

Make healthy food choices and stay active as a family to prevent or delay type 2 diabetes.

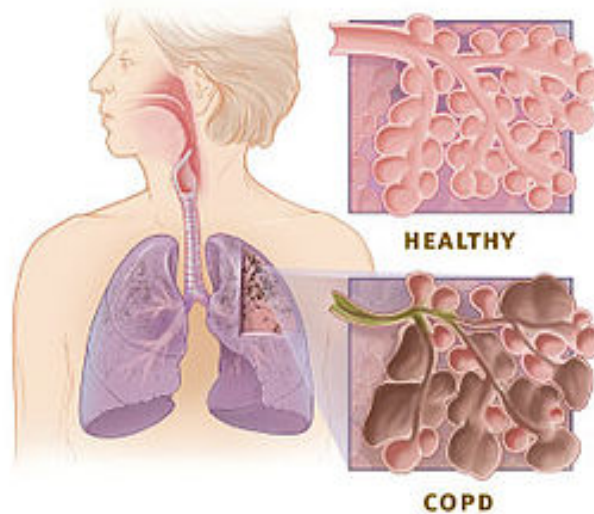
Visit www.niddk.nih.gov to learn more about diabetes, including gestational diabetes.

November is COPD Awareness Month

Adrienne Crookes, Community Health Advocate

WHAT IS COPD?

COPD stands for chronic obstructive pulmonary disease. It's a chronic lung condition that gets worse over time. COPD includes chronic bronchitis, emphysema, or both. Most COPD patients have both.



Millions of people have COPD, both men and women. It is also a leading cause of disability and death. Experts estimate that up to 11 million Americans have COPD. However, just as many people have some form of lung problem but haven't been diagnosed with COPD.

Causes:

The most common cause of COPD is smoking. It is 10 times more likely that a smoker will die from it than a nonsmoker. Secondhand tobacco smoke may also increase a person's chance of getting COPD. Another cause of COPD is exposure to indoor or outdoor pollutants. It can also be caused by a rare genetic condition called Alpha-1 Antitrypsin Deficiency.

Your COPD can get worse over time, but it can be treated. COPD can cause you to be less and less active over time, which can lead to you becoming more and more out of shape. And that can make it even harder for you to breathe. That's why it's important to manage your COPD.

The good news is that there are many things you can do to manage your COPD. Quit smoking, exercise regularly, eat healthy foods, and make other lifestyle changes.

For more information about COPD visit uscopdcoalition.org

What are e-cigarettes?

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

What are the health effects of using e-cigarettes?

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

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

Nicotine is highly addictive.

Nicotine can harm adolescent brain development, which continues into the early to mid-20's.

Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals that smoke from burned tobacco products.



Cancer Awareness Month for November

Cancers associated with commercial tobacco use



Pancreatic Cancer:

Pancreatic cancer is a disease in which malignant (cancerous) cells form in the tissues of the pancreas. The pancreas is a gland located behind the stomach and in front of the spine. The pancreas produces digestive juices and hormones that regulate blood sugar.



Lung Cancer: What causes lung cancer? “Smoking”

The incidence of lung cancer is strongly correlated with cigarette smoking, with about 90% of lung cancers arising as a result of tobacco use. The risk of lung cancer increases with the number of cigarettes smoked over time. But even though the risk is higher the more you smoke, there is no safe level of exposure to tobacco smoke. People who are exposed to second-hand smoke are also vulnerable to lung cancer, this includes non-tobacco users.



Stomach Cancer:

Stomach cancer begins when cancer cells form in the inner lining of your stomach. These cells can grow into a tumor. Also called gastric cancer, the disease usually grows slowly over many years.

Confederated Tribes of Siletz Indians

41st Annual Restoration Pow-Wow

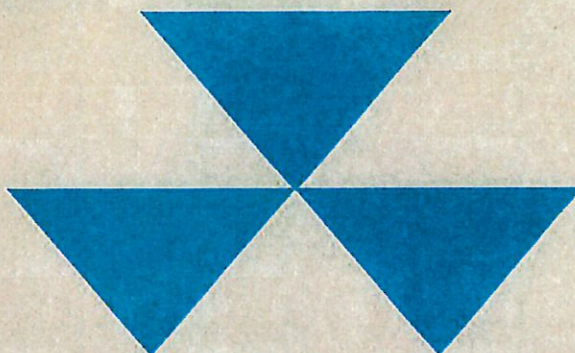
**On Saturday,
Nov. 17, 2018**

The Confederated
Tribes of Siletz Indians
of Oregon Invites you
to celebrate with us
at our 41st Annual
Restoration Pow-Wow
to be held at:




Chinook Winds
CASINO RESORT

1777 NW 44th Street,
Lincoln City, Oregon



Grand Entry: 6 pm

Whip Man: Tony Whitehead
Whip Woman: Shirley Walker
MC: Nick Sixkiller

All Drums and Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

This is a family event; drugs and alcohol will not be tolerated.
The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort
are not responsible for injuries and lost or stolen items

USDA distribution dates for **NOVEMBER** 2018

Siletz

THURSDAY	NOVEMBER 1	9:00 AM-3:00 PM
FRIDAY	NOVEMBER 2	9:00 AM-3:00 PM
MONDAY	NOVEMBER 5	9:00 AM-3:00 PM
TUESDAY	NOVEMBER 6	9:00 AM-3:00 PM
WEDNESDAY	NOVEMBER 7	9:00 AM-3:00 PM

Salem

MONDAY	NOVEMBER 12	HOLIDAY
TUESDAY	NOVEMBER 13	1:30 PM – 6:30 PM
WEDNESDAY	NOVEMBER 14	9:00 AM – 6:30 PM
THURSDAY	NOVEMBER 15	9:00 AM – 6:30 PM
FRIDAY	NOVEMBER 16	BY APPOINTMENT ONLY

It is the time of year when we have a lot of holidays. It is difficult to get in a full week for distribution at either warehouse. Clients need to show up for scheduled appointments because it will be impossible to reschedule. If you haven't named an authorized representative to pick your food up for you, maybe it is time to do that. You can send a note with your rep or call and we will note it on your application.

We will soon have the bonus ham for the holidays, so make sure to come in.

LIKE us on Facebook at Siletz Tribal FDPIR. 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



November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 TANF/GAF Day USDA Distribution Siletz 9-3pm Soup/Flu/Tribal ID Night 4-7pm	2 Payday USDA Distribution Siletz 9-3pm	3
4 Daylight Savings Time 	5 Self-Sufficiency Reports Due USDA Distribution Siletz 9-3pm Language/Culture Class Siletz 5-8pm	6 Timesheets Due USDA Distribution Siletz 9-3pm Parenting Workshop (See Flyer) Language/Culture Class EAO 5-8pm	7 USDA Distribution Siletz 9-3pm	8	9	10 Youth Conference Elders Meeting 1-4pm Ace's
11 Youth Conference	12 Youth Conference Veterans Day CLOSED	13 USDA Distribution Salem 1:30-6:30pm Parenting Workshop (See Flyer)	14 USDA Distribution Salem 9-6:30pm	15 USDA Distribution Salem 9-6:30pm	16 Payday USDA Distribution Salem By Appt. Only	17 Restoration Pow Wow CW Casino
18 Restoration Day	19 Restoration Day CLOSED	20 Timesheets Due Parenting Workshop (See Flyer)	21	22 Thanksgiving Holiday CLOSED 	23 Thanksgiving Day After CLOSED	24
25	26 ED/Homework Club 3:30-5:30pm	27 Parenting Workshop College Info Night 4:30-6:30pm	28	29 Diabetes Support Group 6-8pm	30 Payday RSVP for Siletz History and Fish Net Class/EAO December 18& 20	



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
Jessica Phillips, Program Coordinator/THV x1752
Jeramie Martin, Program Director/STVRP x1385
Jenifer Jackson, Tribal Service Specialist/477SSP x1755
Norma Trefren, Intake Specialist/Job Coach/477SSP x1756
Adrienne Crookes, Community Health Advocate x1753
Nora N Williams-Wood, Clerk x1750
Gloria Stott, Elders On-Call Transport

A word of encouragement during a failure is more potent than a word of praise after an achievement

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

2018/2019

HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

Denise Garrett

541-444-8227

deniseg@ctsi.nsn.us