

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

September 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	September 4 th	6:00-8:00pm
Eugene A/O	September 5 th	6:00-8:00pm
Portland A/O	September 11 th	6:00-8:00pm
Salem A/O	September 12 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

2018

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

***Crisis/ Regular heating
For 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

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

Education-September 2018

Nick Viles, Education Specialist
nickv@ctsi.nsn.us 541-484-4234 x1757

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

JOM: Youth News and Notes

Homework Help:

Monday September 17, Eugene Area Office, 3:30-5:30 pm: Afterschool tutoring, homework help, and games. Snacks provided. Culture Night will resume in October.

Huckleberry Gathering:

Saturday September 1: Join the Healthy Traditions Program for the annual huckleberry trip. Call for details. Rides available from EAO.

College Prep!

High School Juniors and Seniors: NOW is the time to start thinking about college. Schedule an appointment SOON to discuss any questions about applying to college, scholarships, or tribal aid.

Upcoming Events:

Sept. 15: The Youth Council will volunteer at the Elder's Wood Cut, meeting to follow. Depart EAO at 8:00 am.

Nov. 10-12: Siletz Youth Conference. Three days of workshops, games, and speakers for youth ages 12-18. Applications due in mid-October.

September

Youth Activity Calendar

Sept. 1: Huckleberry Picking, depart EAO, time TBA

Sept. 15: Youth Council Meeting, Siletz, depart EAO 8:00 am

Sept. 17: Homework Help, EAO, 3:30-5:30 pm

Sept 1-30: School Supply Distribution, EAO, drop in basis

Get updates on upcoming events by signing up for the Youth Activities Email List!

Contact:

nickv@ctsi.nsn.us

Higher Ed/AVT: News and Reminders

Higher Ed and Adult Vocational Training

The deadline for the 2018-19 school year was June 30, 2018. Students interested in attending a clock-hour school are still eligible to apply.

2019-2020 Deadlines:

*Submit FAFSA by January 31, 2019; Submit application by June 30, 2019

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, obtaining or renewing professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more details.

Siletz Tribal Youth Council Meeting



The Siletz Tribal Youth Council will volunteer at the Elder's Wood Cut, with a meeting to follow. All youth ages 12-24 are welcome to attend on: Saturday, Sept. 15, 2018 in Siletz, OR.

Tentative Schedule:

- 9:45 a.m. - Meet at Siletz Behavioral Health
- 10:00 a.m. - Arrive at Elders Wood Cut
- Noon - Lunch (provided)
- 1:30 p.m. - Youth Council Meeting
- 2:30 p.m. - Depart for home

For transportation: Youth carpools are available from all of the area offices. Contact your local area office as soon as possible to join.

Area Office Contact Numbers:

- Eugene: Nora Williams-Woods or Nick Viles, 541-484-4234
- Portland: Katy Holland, 503-238-1512
- Salem: Sonya Moody-Jurado, 503-390-9494
- Siletz: Dee Butler, 541-444-8618

Youth Council Objective

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

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.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Wednesday September 5, 2018. Class starts at 6:00 pm and a light meal is provided.

An Elder Woodcut is happening on Saturday September 15, 2018 between 8:00 am and 2:00 pm. The Woodcut is near USDA on Logsdan Road, Siletz. If you need firewood delivered call the Elders Program to be added to the list, Cecelia 541-444-8212 or Raina 541-444-8261.

The next Elder's Council Meeting is scheduled for Saturday September 22, 2018 at 1:00 pm, and will be held in the Aces room at the Golf Course.

The Chinook Winds Entertainment for September, 2018 is UB40. They will be at the casino on September 14th and 15th. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665.

There will be a Diabetes Support Class on September 27, 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.


The Summer Food Rescue Program will continue for this month. Contact Adrienne Crookes for more information. Fresh produce is available at the Siletz office on Tuesdays between 3:30 pm and 4:15 pm. This is FREE produce. Please bring your own bag or cooler to transport your food. Any produce that is not picked up on Tuesday may be picked up later in the week; however, it will not be as fresh. More produce will be available on Saturday.

The Eugene Area Office will be closed on September 3 and September 10.

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

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!

<input type="checkbox"/> 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 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



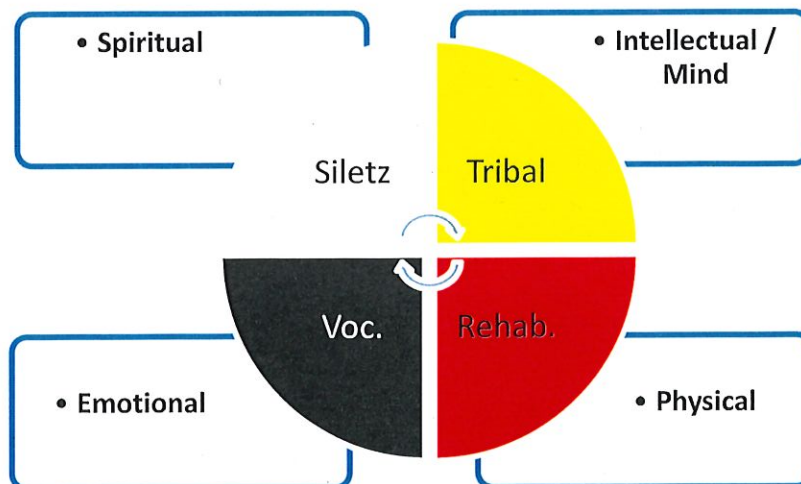
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

EUGENE AREA OFFICE	SALEM AREA OFFICE	SILETZ ADMIN. OFFICE
2468 West 11 th Eugene, OR 97402	3160 Blossom Dr NE, Ste 105 Salem, OR 97305	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

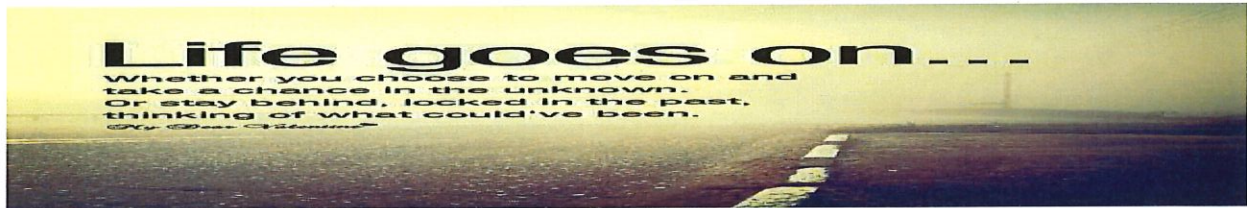


477 Self-Sufficiency Program

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.



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**

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

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

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.

WEX/Grant Assistance
Dates to remember in September 2018

Friday	August 31 st	WEX Timesheets Due
Friday	August 31 st	TANF/GAF
Monday	September 3 rd	Labor Day Holiday CLOSED
Wednesday	September 5 th	Self-Sufficiency documentation due
Friday	September 7 th	WEX Payday
Friday-Sunday	September 7-9 th	Run to the Rogue
Monday	September 10 th	All Treaty Day CLOSED
Tuesday	September 11 th	WEX Time Sheets Due
Thursday	September 27 th	Diabetes Support Class 6-8pm
Friday	September 21 st	WEX Payday
Tuesday	September 25 th	EAO Open House 4-7pm
Tuesday	September 25 th	WEX Timesheets Due

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.

Diabetes Support Group

Thursday, September 27th

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

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



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. Come learn about modest lifestyle changes you can make to get healthy.

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

Mountain Huckleberry Picking

Saturday, September 1st

Time: TBA



This is the potential gathering date, depending on weather and fire danger.

If you would like to join us for huckleberry picking,
you may contact
Nick Viles or Nora Williams-Wood
541-484-4234.

This gathering activity is sponsored by the Siletz Healthy Traditions Program

Farmers Market Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some fresh organic produce, you may pick it up at the Siletz office on **Tuesdays** and **Saturdays**, between 3:30 and 4:15 pm. This is *free* produce. A staff person will be on hand to distribute what we receive. Please bring your own bags or cooler to transport your food. Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh. You may call ahead and check on the availability of produce.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene

(ask for: Nora, Jessica, or Adrienne)

Attention Siletz Tribal Members!

Tobacco Quit Kits are Available!

Do you use commercial tobacco products?

Are you thinking about "kicking the habit?"



**The Siletz Tribe has *Tobacco Quit Kits*
that may be able to help with that.**

Kits are available at the Siletz Eugene area office, as well
as at the Siletz Community Health Clinic.

Feel free to stop by our office and pick one up!

**We can help get you started with
living a healthier lifestyle!**

Contact Adrienne or Nora to get your kit! 541-484-4234

September is Head Lice Prevention Month

Adrienne Crookes, Community Health Advocate

Take Precautions

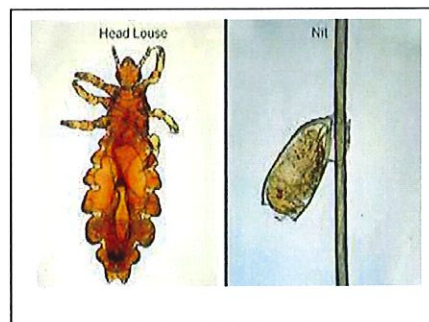
When people, especially kids, come into close contact or share belongings, lice can easily pass from one person to another. This is true even if you teach children good hygiene and practice it yourself. But by taking some precautions, you may be able to prevent your child from getting or spreading head lice.

Practice Good Habits

1. To reduce the chance of you or your child catching a case of head lice, start by not sharing items that touch the head. Lice can crawl from an object to your head. Avoid sharing: combs and brushes, hair accessories, hats and helmets, scarves and coats, towels, headsets and earbuds.
2. Minimize head-to-head contact. Ask your child to avoid games and activities that lead to head-to-head contact with classmates and other friends. Put long hair in a ponytail or braid.
3. Separate personal belongings. Shared spaces and shared belongings can be breeding grounds for lice. Closets, lockers, drawers, and coat hooks can create an easy opportunity for lice to pass from one person's belongings to another. Ask your child to keep their belongings out of common areas, if possible.

Early Actions

Schools may report a head lice infestation so that parents can take preventive measures with their families. If this happens, take action as soon as possible. Look in your child's hair for small white nits, the eggs of lice. Inspect your child's clothes...particularly hats, shirts, scarves and coats that have been worn during the past 48 hours, looking for lice and eggs.



For more information about head lice, visit npa@headlice.org



10 tips
Nutrition Education Series



MyPlate
MyWins

Based on the Dietary Guidelines for Americans

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

2 Take your casserole to the next level

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 Planning something Italian?

Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.



4 Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

5 Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6 Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

7 Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



8 Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

9 Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.



10 Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

REMINDER
Deer General Rifle Tags
Available Starting
August 20, 2018

Natural Resources Office

First Come First Served

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

REMINDER
Salmon Tags
(for cultural fishing at Tribal cultural fishing sites only)

Available Starting
September 4, 2018

Natural Resources Office

First Come First Served

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions



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 Cabelas 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

or

Denise Garrett at
541-444-8227

deniseg@ctsi.nsn.us

2018 Elk Tag Drawing Info

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 1st at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 4th and are **due September 21st** in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 9 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

2018-2019 Hunting and Fishing Tags Distribution Schedule

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	General Rifle	375	9/29-11/2**	8/20	First Come First Served
	Late Archery	50***	11/17-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	1 st Season Rifle	25	11/10-11/13	Lottery applications available 9/4; due 9/21; drawing 10/1; tags issued 10/2 (see Note 1 below)	Lottery
	2 nd Season Rifle	25	11/17-11/23		
	Antlerless	9	Various seasons beginning 1/1/19	Lottery applications available 9/4; due 9/21; drawing 10/1; tags issued 12/3	Lottery
	Late Archery Antlerless	56	11/24-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	9/4	First Come First Served

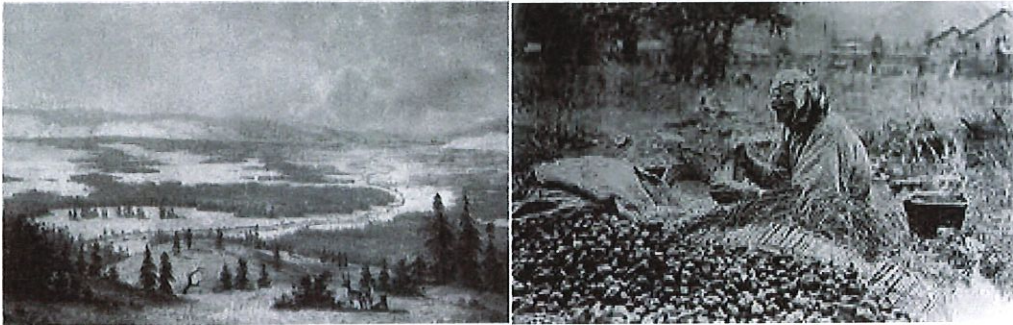
* No early calls to "save" an archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 9/29 - 11/4 (2 additional days at end of general season)

*** Minus number of tags issued in Deer Early Bow Season.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2018-2019 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).
Second Distribution: For any eligible hunter, regardless of what other tags they have received.

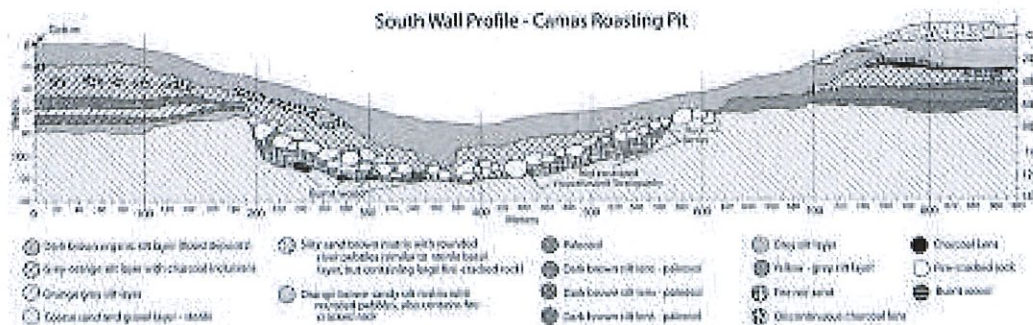


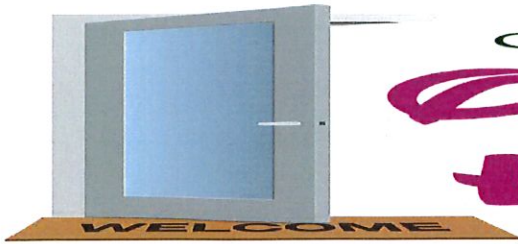
This painting from 1847 shows the prairies of the Willamette Valley, where the original Kalapuya People lived and prospered. So much camas grew here that outsiders coming to our land in the springtime thought they were looking at vast lakes – but what they really saw were countless camas flowers swaying in the breeze.

Camas has been a staple food of our ancestors since time began; digging and preparing the bulbs has always been a vital part of making our lives here prosperous and good.

On September 22nd, we will gather in the morning at the Andrew Reasoner Wildlife Preserve (84595-84799 Loraine Highway, Eugene 97405) to recognize Autumnal Equinox, and celebrate the return of a component of our Traditional Ecological Knowledge to the homeland. We will be using traditional tools and materials to construct a camas oven that honors the old ways. We will be using fire, stones, and foliage gathered from the local environment.

Our hope is to create a place for Tribal People to gather in the future to both socialize and use TEK ways to strengthen our connection to the world.





COME ON IN
**OPEN
HOUSE**



CTSI-Eugene Area Office

It's Potato Bar Time

**Come and enjoy a delicious baked potato with all
of the different toppings of your choice**

Coffee, Juice and water

Top it off with dessert



Date: September 25, 2018

Time: 4:00 – 7:00pm

Where: 2468 West 11th Avenue

Eugene Oregon 97402

Contact: Lou or Nora

541-484-4234

USDA distribution dates for **SEPTEMBER** 2018

Siletz

TUESDAY	SEPTEMBER 4	9:00 AM-3:00 PM
WEDNESDAY	SEPTEMBER 5	9:00 AM-3:00 PM
THURSDAY	SEPTEMBER 6	9:00 AM-3:00 PM
FRIDAY	SEPTEMBER 7	9:00 AM-3:00 PM
MONDAY	SEPTEMBER 10	HOLIDAY
TUESDAY	SEPTEMBER 11	9:00 AM-3:00 PM
WEDNESDAY	SEPTEMBER 12	9:00 AM-3:00 PM

Salem

MONDAY	SEPTEMBER 17	1:30 PM – 6:30 PM
TUESDAY	SEPTEMBER 18	9:00 AM – 6:30 PM
WEDNESDAY	SEPTEMBER 19	9:00 AM – 6:30 PM
THURSDAY	SEPTEMBER 20	BY APPOINTMENT ONLY

VANILLA PUDDING FRUIT SALAD

1 CAN DICED PEACHES*	1 CAN FRUIT COCKTAIL*
1 LB CHERRIES HALVED/SEEDED*	1 LB GRAPES HALVED*
2 GOLDEN DELICIOUS APPLES DICED*	2 GRANNY SMITH APPLES DICED*
2 GALA APPLES DICED*	2 BOXES VANILLA INSTANT PUDDING
2 CONTAINERS OF COOLWHIP	JUICE OF 1 LEMON*

1. Rinse all the canned fruit and let it drain while you dice the apples.
2. Dice the peaches and cherries and put them in a big bowl.
3. Add all the other fruit and the lemon juice. The lemon juice keeps the apples fresh longer.
4. Sprinkle the vanilla pudding over the top and mix in the 2 containers of cool whip.
5. Mix well and serve.

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

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 WEX Timesheets Due 12pm Food Rescue 3:30-4:15pm	29	30	31 TANF/GAF	1 Huckleberry Picking Time TBA Food Rescue 3:30-4:15pm
2	3 Labor Day LABOR DAY 	4 USDA Distribution Siletz 9-3pm Language Class Siletz 6-8pm Food Rescue 3:30-4:15pm	5 USDA Distribution Siletz 9-3pm Self-Sufficiency Documenta- tion Due Language Class EAO 6-8pm	6 USDA Distribution Siletz 9-3pm	7 USDA Distribution Siletz 9-3pm WEX Payday Run to the Rogue	8 Food Rescue 3:30-4:15pm Run to the Rogue
9 Run to the Rogue	10 All Treaty Day CLOSED 	11 USDA Distribution Siletz 9-3pm WEX Timesheets Due 12pm Food Rescue 3:30-4:15pm Language Class PAO 6-8pm	12 USDA Distribution Siletz 9-3pm Language Class SAO 6-8pm	13	14	15 Food Rescue 3:30-4:15pm Siletz Elders Woodcut 8-2pm Youth Council Mtg Siletz 1:30-2:30pm Depart EAO 8am
16	17 USDA Distribution Salem 1:30-6:30pm Homework Help EAO 3:30-5:30pm	18 USDA Distribution Salem 9-6:30pm Food Rescue 3:30-4:15pm	19 USDA Distribution Salem 9-6:30pm	20 USDA Distribution Salem By Appt. ONLY	21 WEX Payday	22 Food Rescue 3:30-4:15pm
23	24	25 WEX Timesheets Due 12pm EAO Open House 4-7pm Food Rescue 3:30-4:15pm	26	27 Diabetes Support Group EAO 6-8pm	28	29 Food Rescue 3:30-4:15pm
30						

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-42341-800-922-1399

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jessica Phillips, Program Coordinator/THV x1752

Jeramie Martin, Program Director/STVRP x1885

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

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

Adrienne Crookes, Community Health Advocate x1758

Nora N Williams-Wood, Clerk x1750

Gloria Stott, Elders On-Call Transport

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

EAO-Fish for Siletz Tribal Members

Run to Rogue Cancelled