



# Community News

## Portland Area Office

### Beading Group

We will resume beading group in January 2018. our next beading group date is:



For more information, please contact Sherry Addis at (503) 238-1512. See you in 2018!

### Elder's Shopping Day



The next elders shopping day will be:



To reserve your spot on the bus for the next shopping day, please call one of your elders program area representatives; Kay Steele or Angie Artiago.



### PAO Elders Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Tues. Jan. 30th  
5:30 PM — 7 PM  
PAO Community Room**

Please bring a potluck dish to share. For more information or to request a ride/

carpool, please contact the either of your elder reps.

### LIHEAP Energy Assistance

Funding is still available for income eligible Siletz Tribal households. Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

### New Years Eve Pow-Wow

**December 31st, 1 PM—12 AM 777 NE MLK JR. Blvd.**

This year is NARA's 31st annual New Year's Eve Sobriety Pow-Wow. This Pow-Wow is hosted by NARA NW, and will take place at the Oregon Convention and Event Center. For more information please visit:

[www.naranorthwest.org/event/new-years-eve-sobriety-powwow/](http://www.naranorthwest.org/event/new-years-eve-sobriety-powwow/)

### WACIPI: 19th Annual Traditional Powwow

**Saturday January 20th**

Portland Community College and the PCC Sylvania Campus Multicultural Center are proud to present WACIPI— a celebration of Native American culture and tradition, supporting PCC Native American Scholarship Fund.

Please join us for an extraordinary cele-

bration featuring drum groups and dancers from across the region and attracts more than 1,000 participants each year. Location: PCC Sylvania Campus, Health Technology Building (HT),12000 SW 49th Ave. Portland, OR 97219. Doors open at Noon— Grand Entries at 1 and 7 PM.

### Portland Winter Resources 2017-18

This time of year winter can present families with unique challenges. To assist, we have combined the below resources that are generally available during the winter months for those who may need assistance:

#### • Street Roots

A complete directory of resources in the metro area. You can call your local 211 info all-purpose referral line at (503) 222-5555 or dial 211 or visit their website:

[www.streetroots.org/about/work/resourceguide](http://www.streetroots.org/about/work/resourceguide)

#### • Bradley-Angle House

24-hour crisis line for women and women with children fleeing domestic violence. 24-hour crisis line. Undisclosed location (503) 281-2442.

#### • Clackamas Women's Crisis Hotline (503) 654-2288

#### • Child Abuse/Reporting Hotline (All of Oregon) (503) 731-3100.

#### • The Family Winter Shelter

The Family Winter Shelter is a 100-bed homeless family shelter operated by Human Solutions. Families with children or couples and single women in their third trimester of pregnancy have a warm, dry, safe and welcoming place to sleep. Shelter families are able to access housing, employment and other services designed to quickly end their homelessness. Operating from Nov. 1st to Mar. 31st at

**16141 E. Burnside St.  
Portland, OR—Open Every  
night 7 PM to 7 AM  
[www.homelesshelterdirectory.org](http://www.homelesshelterdirectory.org)**

#### • Mainspring Emergency Services

Formerly "Fish Emergency Services" provides, clothing for families in need. Items provided include emergency food boxes, clothing, personal care products (soap, toothpaste, laundry soap, etc.) and referrals for people most in need.

**1335 SE Hawthorne Blvd.  
Portland, OR (503) 233-5533  
Mon - Thurs 9:30 AM - 2:00 PM  
Transit: 14, 10, 70  
<http://www.mainspringpdx.org>**

#### • Allen Temple Emergency Aid Center

Food boxes with ID or proof of current address. Services area from Wielder to Lombard, and Greely to NE 42nd. Must meet USDA income guidelines. Opens: 5 PM 7 PM Tues., 11 AM 2 PM Wed. & Sat. Closed 1st & 2nd Tues and 1st Wed and Sat. (503) 289-6615.

### Parking at the Portland Area Office (PAO)

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

# 477 Self-Sufficiency Program

## SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



Our guest speaker this month is Katy Holland who will be talking about college. Katy will talk about, how and when to apply, all the deadlines and different funding and resources available to you. If you are thinking about college come learn all the ins and outs.

### 477-SSP Mission Statement:

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

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

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

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

**Your Success is Important to Us**

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

## PAO Garden Club Resumes!

### Garden Club's Mission:

To advance the health of Siletz Tribal families, by encouraging and supporting home gardening, improve access to free, fresh, organic fruits and vegetables, and provide education about traditional plants used by our ancestors for food, medicine and basketry.

The CTSI, Portland Area Office is excited to announce the first garden club meeting of the year:



**Weds., Jan. 3rd 2018  
5:30 to 7:30 PM  
Portland Area Office**

If you would like more information about garden club and how to participate, please contact Sherry Addis or Andrew Johanson at PAO.



# Siletz Tribal Vocational Rehabilitation Program

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.



Services

- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please contact your closest office listed below.

### Salem Area Office

**1-(503) 390-9494**

3160 Blossom Drive NE, Ste. 105

Salem, OR 97305

Program Aide— Dana Rodriguez

Counselor/Job Developer—Toni Leja

### Siletz Area Admin, Office

**1-(800) 922-1399**

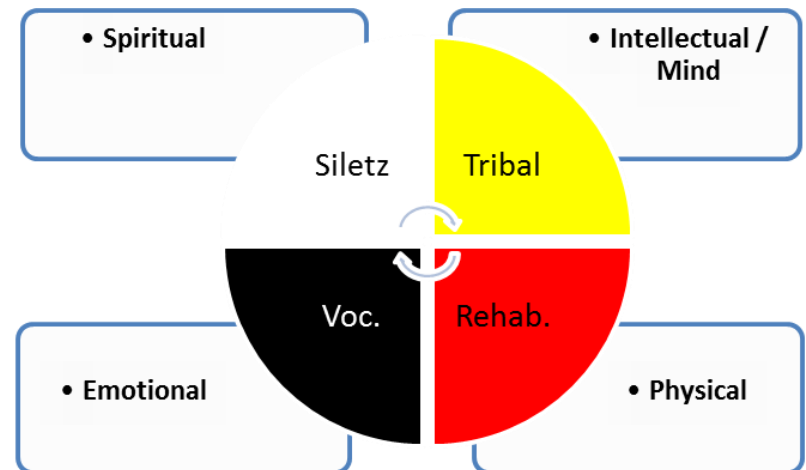
201 SE Swan Ave Siletz, OR 97380

Counselor/Job Developer— Rachelle Endres

Program Director—Jeramie Martin

### Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized



## Community Health



### Diabetes Support Group (DSG)

**Wednesday, January 10th  
Noon to 2:00 PM**

Our January DSG is for tribal member with diabetes and their family or support persons. All Tribal member are welcome to join us for a healthy lunch and sharing circle.

### Wisdom Warriors

The Group will meet at 11:00 AM on January 10th, 2018. Bring your books and your goals, and if your schedule allows, we welcome you to stay for our diabetes support group/ luncheon.

### Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 648-0449. Your worker is assigned to you by your last name. Please refer to the list below to determine who you need to speak with, when contacting contract health.

|                      |                  |
|----------------------|------------------|
| <b>Trish Carey</b>   | <b>A-G X1651</b> |
| <b>Gail Barker</b>   | <b>H-O X1329</b> |
| <b>Joella Strong</b> | <b>P-Z X1649</b> |

### Over-the-Counter Medications

Remember that the Portland Area Office

distributes OTC Medication's (OTC'S) to tribal members. We have:

- Pain Relievers/Fever Reducers
- Antihistamines
- Cough Suppressants
- Antacids
- Topical Agents/Creams
- Pedialite
- Children and Adult Multivitamins
- Nasal Spray

Questions? Call Verdene McGuire your Community Health Advocate

### Signs Your Tooth Could be Dying

**By Dr. Jill Price DMD PC**

Dying teeth cause problems in your mouth, and can significantly reduce your overall oral health. Symptoms include tooth pain, discoloration (deep yellow, brown, or even black), a bad taste in your mouth, smells coming from the tooth, which could cause bad breath. If you notice any of these signs it is important that you contact your dentist and get seen right away.

### Diabetes Superfoods

“Super-food” is a term used by many food and beverage companies as a way to promote a food that is thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). Super-foods are often rich in vitamins/minerals and fiber (i.e. whole wheat bread, prunes and other vegetables). Foods that are high in fiber take longer to digest and raise your blood glucose not as fast. Adding

*(Continued on page 10)*

## Athabaskan Language

### Nuu-wee-ya'

**(Our Words)**

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



**Wednesday, Jan. 17th  
6 PM—8 PM**

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

**www.ctsi.nsn.us**

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

**www.siletzlanguage.org**

### Words for January

|                     |               |
|---------------------|---------------|
| xaa-ghi             | New           |
| maa~xvstlh-         | Year (s)      |
| t'et lhinlh-ts'at'- | Midnight      |
| lhuk, luu-k'e       | Salmon        |
| Natlh-sri~'         | Legends, Sto- |
| sheshtlh-i~         | sweathouse(s) |

### Colors

|             |        |
|-------------|--------|
| Lhshvn      | Black  |
| Lhkii       | White  |
| Lhsrik      | Red    |
| Lhts'uu     | Yellow |
| Lhvt-lhts'u | Green  |
| Lhsrik-lhki | Pink   |
| Lhvt-lhsrik | Purple |
| Lhvt-lhts'u | Gray   |

# Behavioral Health—Mental Health

## Winter has arrived:

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

## Here are some strategies for helping pull yourself out of the ‘winter blues’.

1. “Spring cleaning” during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies have shown that a cluttered house stems from a cluttered mind. Take an hour or two and devote it to finally taking those bags of clothes to your favorite charity.
2. Try and make time to socialize; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go to that annual

party even though perhaps you’re just not quite feeling in the mood.

## Traditional Coping

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

**Rachael’s Work Days/Hours**

|  |   |  |
|--|---|--|
| <p><b>Portland Area Office</b><br/>Mon &amp; Tues<br/>(503) 238-1512</p> |  | <p><b>Salem Area Office</b><br/>Wed, Thurs, and Fri<br/>1 (503) 390-9494</p> |
|--|---|--|

## Most Often Requested Numbers

|                       |                          |                                |                |
|-----------------------|--------------------------|--------------------------------|----------------|
| Siletz Administration | (800) 922-1399           | Salem Office                   | (503) 390-9494 |
| Eugene Office         | (541) 484-4234           | Siletz Community Health Clinic | (800) 648-0449 |
| Pharmacy Refill Line  | (800) 648-0449<br>X 1625 | Siletz Behavioral Health       | (800) 600-5599 |
| Chemawa Health Clinic | (800) 452-7823           | Grand Ronde Health Center      | (800) 775-0095 |
| NARA Clinic           | (503) 230-9875           | NARA Dental Clinic             | (971) 347-3009 |

# Behavioral Health—Alcohol & Drug Program

## Adult Children of Alcoholics:

### Behaviors and Characteristics

It may be difficult when someone we love or care for is chemically dependent, it may happen slowly and gradually. We loved or enjoyed our relationships with those special people for a long time but something changed in our loved ones. They started drinking or using drugs or maybe it was always that way and we just began to see it. We then begin to compensate and pretended there was nothing wrong and we accepted some of our loved ones traits. When that happens, pretty soon our own behaviors begin to change. Here are some characteristics of the ACOA person:

- I need to be in control of people and/ or the situation or I just don’t feel comfortable.
- I have trouble fitting in. I feel like an outsider, whether I am in my community or not.
- I don’t know how to have fun. I’m very serious all the time and life isn’t enjoyable.
- I’m overly responsible about everything except when I’m irresponsible. There’s no happy medium for me.
- I have trouble with intimacy and relationships because I’m afraid of rejection or abandonment.
- Life is an ongoing crisis. When it’s not in

crisis I wonder what will go on next.

- I have difficult following through projects from beginning to end.
- I constantly seek approval and affirmation from others.
- I lie when it would be easier to tell the truth.
- I am extremely loyal, even when it isn’t deserved or there is proof otherwise.

Addiction is a family disease. And with all members of the home, just like the addict, we need to work on ourselves as well. We learn dysfunctional behaviors because we live in uncertainty with our loved one who is addicted. ACOA meetings are a great place to start our own healing journey. Please visit

[www.acaoregon.com/tag/acoa/](http://www.acaoregon.com/tag/acoa/)

We all deserve to heal.

## Generally, PAO Counselor Andulia WhiteElk Hours are:

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

|                 |  |
|-----------------|--|
| Salem Office    | Monday, Tuesday and Wednesday<br>8— 4:30PM |
| Portland Office | Thursday and Friday<br>8— 4:30PM           |

**Recognize  
Acknowledge  
Forgive  
Change**

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

**Help is  
Available &  
Confidential**

# January 2018

| SUN | MON  | TUE                               | WED  | THU   | FRI  | SAT   |
|-----|--|-----------------------------------|--|---|--|---|
|     | 1<br>CTSI Offices & Head<br>Start Closed For<br>New Year's Day | 2                                 | 3<br>Garden Club<br>5—7:30PM   | 4   | 5  | 6   |
| 7   | 8  | 9<br>Elder's Shopping Day<br>10AM | 10<br>Wisdom Warriors 11 AM<br>Diabetic Support Group<br>Noon— 2 PM      | 11<br>SSP—CAN Meeting<br>1:30—3 PM  | 12<br>Regular Council<br>8 AM<br>Beading Group | 13<br><b>Siletz Candidates Fair</b><br>Aces Bar & Grill , Lincoln<br>City, OR |
| 14  | 15<br>CTSI Offices &<br>Head Starts Closed<br>For              | 16                                | 17<br>A. Language Class<br>6 PM— 8 PM                                    | 18  | 19   | 20<br>Elders Council<br>Chinook Winds<br>1 PM                                 |
| 21  | 22   | 23                                | 24<br>Elder's Shopping Day<br>10AM                                       | 25  | 26   | 27  |
| 28  | 29   | 30<br>Elders Potluck<br>5:30 PM   | 31<br>CTSI, Planning Mtg. & ID<br>Machine<br>5:00 PM—8PM<br>FAFSA Filing | <b>Inclement Weather Conditions:</b> This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office or alter our hours due to weather conditions. In the event of extreme weather, please call our office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours. |  |   |



## Education & Youth Update



### File Your Free Application for Federal Financial Aid

All adults who are planning on attending any type of college or training in the 2018-2019 academic school are required to file a free application for federal student aid by **January 31, 2018** to be eligible for Siletz Tribal education funds. This application is done online at

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

Students can begin applying from Oct. 2017 to the end of January 2018 for federal financial aid. If you would help with this please contact Katy and she can help walk you through the online application.

### Higher Education Deadline



The Siletz Tribal Higher Education Application deadline is June 30, 2018. The FAFSA must be completed by Jan. 31, 2018 to be eligible.

### Scholarship Time!

The Oregon Student Access Commission (OSAC) scholarship application has over 450 scholarships available to apply for. The scholarship season is underway now, especially through March 2018. To search for and apply for scholarships you can go to OSAC's website at:

[www.oregonstudentaid.gov](http://www.oregonstudentaid.gov).

The deadline to submit the OSAC online scholarship application is March 12, 2018. If you would like help in applying for this or other scholarships please contact Katy or visit the following web sites:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

(Go to services, education, college, scholarships).

[www.aspire.oregon.org](http://www.aspire.oregon.org)

[www.oregoncf.org](http://www.oregoncf.org)

[www.collegehorizons.org](http://www.collegehorizons.org)

### Siletz Tribal College & Scholarship Workshop

If you are interested in attending college during the 2018-2019 academic school year and would like more information about Tribal education programs including Adult Vocational Training Programs, housing and scholarship opportunities please plan to attend this workshop with Katy.

**6:30 PM, Thurs., Jan. 18th  
At the Portland Area Office  
12790 SE 127th, Suite 102**

### Siletz Johnson O'Malley Program Assisting Native Youth

The Johnson O'Malley Program provides services and assistance to youth ages 3 to 19 years old, attending a public school and who are either enrolled in a federally recognized Tribe or able to document they are one quarter blood degree from a federally recognized Tribe. Services include financial assistance for school fee's, pre-school, enrichment programs, tutoring, group activities and events, advocacy, college & career planning. Please contact Katy for an application.

### College Horizons

College Horizons, is a six-day crash course in preparing Native American, Native Alaskan, and Native Hawaiians who are sophomore, and junior in high school for the college application process. Students learn about a variety

of colleges and universities and establish personal relationships with college admission representatives as well as college counselors. At each site, approximately 100 students from across the nation work with over 70 college professions to help students. The host this year will be the University of Pennsylvania (June 23-29th) and the University of Rochester (June 23-29th) The deadline for completed applications will be due in February. For more information checkout :

[www.collegehorizons.org](http://www.collegehorizons.org)



### CTSI Ongoing Job Announcement

**Position:** Transporter (On-Call) **Location (s):** Portland

**Supervision:** Area Office Supervisor/Elders Program Coordinator.

**Salary:** \$11.25/ Hourly

**For more information please contact:**

**Siletz Elders program:**

**Cecelia DeAnda:**

**(800) 922-1399**

**X 1212 and E-mail: [ceceliad@ctsi.nsn.us](mailto:ceceliad@ctsi.nsn.us)**

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

# PAO Holiday Open House 2017



A Big thank you to all of our staff and transporter, for making our annual holiday celebration another great success! Please enjoy the collage of Photos from our celebration, courtesy of Andrew Johanson. Congratulations Rachel Adams 1st place winner, (left) and Verdene McGuire 2nd place winner (right) of the 1st Annual Cookie Contest 2017.



# Siletz Home Visiting Program

The Siletz Tribal Home Visiting Program is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. The Home Visiting program is open to American Indian/ Alaskan Native families when they are expecting a child or have a child under the age of one, continuing until the child turns three.

culturally sensitive to native families. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

If you are interested in learning more about the program please contact Lori Christy, (503) 390-9494, X1863.

The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence based and



## Need A New Tribal ID?

### Let PAO Help, Or Come The Planning Meeting January 31st 2018.

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.

|                                     |  |         |
|-------------------------------------|--|---------|
|                                     | Confederated Tribes of Siletz Indians of Oregon                      |         |
|                                     | <b>Tribal Identification</b>   |         |
|                                     | Siletz Tribal Roll: #99999   |         |
|                                     | DOB: 09/01/2006  | BO: 4/4 |
|                                     | Issue Date: 3/18/2016  |         |
|                                     | Expiration Date: 3/18/2016   |         |
|                                     | Height: 5' 10" Weight: 150 lbs.                                      |         |
|                                     | <small>Exercised Per Resolution 2016-086 effective 3/18/2016</small> |         |
| <b>Siletz Valley Charter School</b> |  |         |
| 245 NW James Frank Ave, Siletz, OR  |  |         |
| PO Box 123456                       |  |         |
| Siletz, OR 97380-9999               |  |         |

## 2018 Portland Fix-It Fair

January 27th at 9:30AM—2:30PM

This is a FREE event hosted by the City of Portland at George Middle School, 10000 N Burr Ave., Portland, Or.

Learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy. For more information visit:

[www.portlandoregon.gov/bps/FIF](http://www.portlandoregon.gov/bps/FIF)





## Winter Preparedness

### Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- **Flashlights and battery powered or hand-crank radio**
- **Extra batteries**
- **Car chargers for cell phones and laptop or tablet computers**
- **A battery powered clock**
- **Emergency phone numbers including PGE outage numbers**
- **Bottled water (if you rely on electricity to pump water)**
- **A manual can opener**
- **Disposable plates and utensils**
- **Extra blankets or sleeping bags**
- **Battery-powered camp lantern**
- **Comfort items like playing cards or favorite books**

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

[www.portlandgeneral.com](http://www.portlandgeneral.com)

### Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

## Summer Internship Program

### 2018 College Students Summer Internship Program

#### New Deadline!

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2018. Students may work up to 360 hours at tribal minimum wage and can be placed within or outside of the Tribe. Students

selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 28, 2017.

Students should send a completed application and an unofficial copy of transcripts to:

#### By Mail:

Attn: College Internship Program

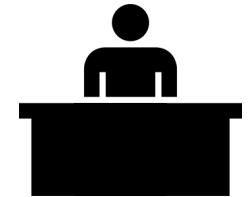
P.O. Box 549

Siletz, OR 97380

**By Fax:** (541) 444-2307

**By E-mail:** [collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

Deadline for applications to be received at the Siletz Central Administration building is **4:30 PM on March 16, 2018.**



## Tribal Children Need Foster Parents

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

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

[www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)

**Will It Be Easy?**

**NOPE.**

**Worth It?**

**Absolutely.**

Published by the  
**Confederated Tribes of Siletz  
 Indians of Oregon**  
**Portland Area Office**

**Portland Area Office**  
**12790 SE Stark St., Suite**  
**102**

**Portland, OR 97230**

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

**Hours:**  
 Mon—Friday  
 8:00 AM—4:30 PM

[www.ctis.nsn.us](http://www.ctis.nsn.us)



**BEAR SV-GVS**



## How to Get Your Newsletter Faster and In Color?

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

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

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



*(Continued from page 4)*

super-foods to your daily eating plan can help you achieve your health goals. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent disease:

Non-starchy vegetables, fruits, legumes, nuts, seeds, whole grains, Beans, Dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish high in omega 3 oils, nuts, whole grains, milk and yogurt. Look for lower cost options fruits and vegetables in season or frozen or canned to help your budget. Beans and whole grains, a good option year round.



## Portland Area Office Staff:

### Name/ Title

### Contact Information

|  |  |
|--|--|
| Sherry Addis<br>Area Office Supervisor     | (503) 238-1512, X1419<br>sherrya@ctsi.nsn.us     |
| Katy Holland<br>Education Specialist       | (503) 238-1512, X1418<br>katyh@ctsi.nsn.us       |
| Andrew Johanson<br>Area Office Clerk       | (503) 238-1512, X1400<br>andrewj@ctsi.nsn.us     |
| Verdene McGuire<br>Comm. Health Advocate   | (503) 238-1512, X1413<br>verdenem@ctsi.nsn.us    |
| Anna Renville<br>Tribal Service Specialist | (503) 238-1512, X1412<br>annar@ctsi.nsn.us       |
| Tamra Russell<br>Tribal Service Specialist | (503) 238-1512, X1411<br>tamrar@ctsi.nsn.us      |
| Andrew Eddings<br>Peer Recovery Mentor     | Work Cell: (541) 270-9717<br>andrewe@ctsi.nsn.us |

## Staff or Program Phone Numbers:

| Name/ Program            | Number         | Name/ Program        | Number         |
|--------------------------|----------------|----------------------|----------------|
| Bud Lane                 | 800-922-1399   | Jeremy Martin        | 800-922-1399   |
| Cultural Program         | X1320          | Voc. Rehab. Direct.  | X1385          |
| K.C. Short               | 800-922-1399   | Mike Kennedy         | 800-922-1399   |
| Finance Manager          | X1316          | Natural Resources    | X1232          |
| Cecelia DeAnda           | 800-922-1399   | Andulia WhiteElk     | (503) 238-1512 |
| Elders Program           | X1261          | A&D Counselor        | X 1414         |
| Rachel Adams             | (503)390-9494  | DeAnn Brown          | (800)922-1399  |
| Mental Health Specialist | X1864          | Siletz HS Program    | X1510          |
| Angela Ramirez           | (800)922-1399  | Kay Steele           | (503) 760-4746 |
| Enrollment Clerk         | X 1258         | Portland Elder's Rep |                |
| Angelina Artiago         | (503) 760-3899 |                      |                |
| Portland Elder's Rep     |                |                      |                |