



THE DRUMBEAT

January 2018 Newsletter Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

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Beverly Owen, Area Office Supervisor, x1851
Cindy Jackson, Area office Secretary, x1850

bevo@ctsi.nsn.us
cindyj@ctsi.nsn.us

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

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

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

We have a 5¢ per page charge for copies, faxes and printed materials.

Note: If the documents are specifically requested by a Tribal program there will be no charge.

If you would like to receive your newsletter via email, call Cindy or email her and make that request. Our newsletter is also available on the Tribal website:

<http://www.ctsi.nsn.us/>

As well as our Facebook page: <https://www.facebook.com/groups/383072355357428/>



January 1st
New Years Day
January 15th
Martin Luther King Jr Day

Happy
New
Year



Announcements & Community News



Each month we will spotlight a particular style of powwow dance.



Tiny Tots

Tiny Tots is reserved for small children only. It's the basic building block that leads them into their traditions and culture. Some little one's start off right after they learn to walk, often accompanied by their parents when dancing around the Powwow circle. They are not required to be perfect, nor are they required to do it at hard levels with intensity often reserved for adults.



ADVOCATE: Kim Lane 541-444-9679

kiml@ctsi.nsn.us

OUTREACH: Kira Woosley 541-444-9680

kiraw@ctsi.nsn.us

TOLL FREE: 1-800-648-0449

The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.



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



Wacipi Traditional Powwow – PSU January 20th

Sylvania Campus 12000 SW 49th Ave, Portland, OR

Grand Entries at 1:00 p.m. and 7:00 p.m. Activities for children: 12:00–9:00

Free Community Dinner: 5:30 p.m.



If you would like to receive your newsletter via email all you need to do is call Cindy or email her at cindyj@ctsi.nsn.us and you will be added to the distribution list.



This newsletter (as well as all Area Office newsletters) available online at <http://www.ctsi.nsn.us/>



WE are A COMMUNITY

Do you have suggestions for things we can do for our Salem Community?

Are there things you would like to see happen here in the Salem Community?

Do you have concerns? Comments? Questions?

Well then.....here's the answer:



Salem Area Office
Community Meeting
January 25th 5:30pm





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:

CTSI
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380

By Fax:

541-444-2307

By E-mail:

collegeinterns@ctsi.nsn.us

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

LANGUAGE AND CULTURE

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



Nuu-wee-ya' (Our Words)

When: 2nd Tuesday of every month from 6:00 – 8:00 pm

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



USDA SALEM WAREHOUSE

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

Distribution Dates & Times

| | |
|------------------------------------|-------------------|
| Tuesday January 16 th | 9:00am – 6:30 pm |
| Wednesday January 17 th | 9:00 am – 6:30 pm |
| Thursday January 18 th | 9:00 am – 6:30 pm |
| Friday January 19 th | 9:00 – 11:00 am |

Like Us On
 Facebook
SILETZ TRIBAL
FDPIR

+ I've always wanted to try to make lumpia but was hesitant, just because my husband doesn't like cabbage. I decided to try my own version, using the products available in the food package. They turned out great. Try it for yourself and make adjustments to the recipe according to what you and your family like.



Commods Lumpia

| | | |
|---------------------------|----------------------------|--------------------------------|
| 1 tbsp vegetable oil* | 1 tsp black pepper | 1 tsp garlic powder |
| 1 can beef w/fat removed* | 1 tsp salt | 2 cloves crushed garlic |
| ½ c. chopped onion* | 1 tsp soy sauce | ½ c. minced carrots |
| 1 pkg ww tortillas* | ½ c. thinly sliced cabbage | 2 c. vegetable oil for frying* |

Place a wok or large skillet over high heat and pour in 1 tbsp oil. Cook garlic and onion for 2 minutes then add beef, carrots and cabbage. Season with salt, pepper, garlic powder and soy sauce. Remove from heat and set aside until cool enough to handle.

Place 3 heaping tbsp of the filling on the tortilla leaving a 1 ½ inch space at both sides. Fold the sides in and roll tightly and moisten the top edge with water to seal the edge.

Heat the skillet over medium heat, add oil to ½ inch depth and heat for 5 minutes. Slide 3 or 4 of the rolls into the oil. Fry the rolls for 1-2 minutes until all sides are golden brown. Drain on paper towels and serve.

*indicates product available in food package





477/SSP

ANGELICA ESPINO
Tribal Service Specialist
503-390-9494 x1853
angelicae@ctsi.nsn.us

JANUARY



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

IMPORTANT DATES TO REMEMBER

| | |
|---|---|
| January 1 st | ALL TRIBAL OFFICES CLOSED FOR NEW YEARS DAY |
| January 1 st - 5 th | Monthly Contact Appointments (MANDATORY) |
| January 5 th | Job Search/Monthly Report forms due for Cash Assistance |
| January 15 th | ALL TRIBAL OFFICES CLOSED FOR MLK Jr. Day |
| January 17 th | MANDATORY Training 9:00-11:00am |

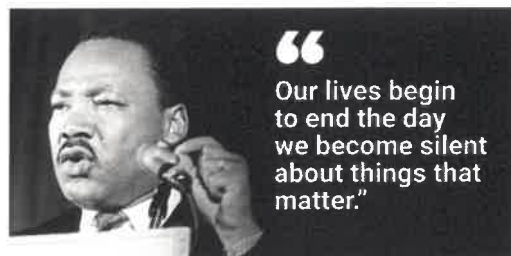
Stuff Going On This Month

| | |
|-------------------------------------|--|
| Tutoring: | Tuesdays 4:30-6:30pm (Salem Office) |
| Indian Ed | Thursdays 5:30pm (eat) 6:00pm class (Bush) |
| 16 th - 19 th | USDA Distribution - Salem |
| 20 th | PSU Powwow |
| 31 st | FAFSA Deadline |

IMPORTANT REMINDERS FOR 477/SSP

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- You **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- OFFICE STAFF DO **NOT** TAKE MESSAGES. You **MUST** LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.



“
Our lives begin
to end the day
we become silent
about things that
matter.”

Dr. Martin Luther King, Jr



COMMUNITY HEALTH

CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
M-F 8:00am – 4:30pm

JANUARY

Community Health News

Monthly Diabetes Support and Prevention Group

This month we will be providing a diabetic friendly refreshment at the annual Salem Area Office Open House Event. Our next regular Diabetes Support Group will be

When: Wednesday, January 18th

Where: Salem Area Office

Time: 5pm-6pm

For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494



Funded orthodontic treatment screenings set for 2018

The 2018 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to be placed on a list.

The screening dates are April 16-17 and May 16-17, 2018. The program and amount of accepted applicants will be dependent on the funding for that year.

Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few. We want the best results possible for the patient and



thus place emphasis on these items in order to achieve it.

The unbiased selection process is performed under the guidance of an orthodontic specialist and participants are chosen through a committee.

This is open to all ages who are CHS-eligible only. You must have a scheduled screening appointment during one of the four screening days to be considered.

Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program. All applicants will be notified by mail if they have been chosen.

Please contact the Siletz Dental Clinic at 541-444-9681 or 800-648-0449, ext. 1681, to be put on the list.

Glaucoma Awareness Month



Glaucoma is a leading cause of vision loss and blindness in the United States. People are often unaware that glaucoma has no symptoms in its early stages.

If detected early, before noticeable vision loss occurs, glaucoma can usually be controlled and severe vision loss can often be prevented. Vision that is lost from glaucoma cannot be restored.

Anyone can get glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60, especially Hispanics/Latinos
- People with a family history of the disease

Healthy Eyes
for Life

Glaucoma information is continued on the back-side of this page





What is glaucoma?



Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. The most common form is primary open-angle glaucoma, which is one of the main causes of blindness in the United States.

How does glaucoma cause vision loss?

With glaucoma, the fluid within the eye drains too slowly, and, as the fluid builds up, the pressure inside the eye rises to a level that may damage the optic nerve. When the optic nerve is damaged, peripheral (or side) vision is affected, narrowing the field of vision. Left untreated, total vision loss can occur.

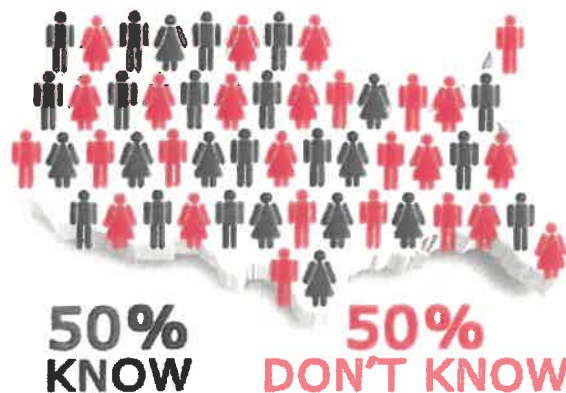
What are the symptoms?

In the early stages of primary open-angle glaucoma, there are no symptoms. However, only 8 percent of people in the United States are aware of this fact. It's important for people to know that glaucoma can be detected early before noticeable vision loss occurs, and that vision that is lost cannot be restored. Although glaucoma cannot be cured, it can usually be controlled.

Vision loss can be prevented or minimized with early detection, treatment, and appropriate follow-up.

What are the numbers?

Almost 3 million people ages 40 and older have glaucoma, yet only half know they have it. Even more alarming is that the number of people with glaucoma is projected to increase in the next few decades to more than 4 million by 2030 and more than 6 million by 2050.





EDUCATION

SONYA MOODY-JURADO, Education Specialist
503-390-9494 x1856
sonyamj@ctsi.nsn.us
M-Th 8:00am – 4:30pm

JANUARY



EDUCATION PROGRAM COMPONENTS: HIGHER ED ♦ ADULT VOCATIONAL TRAINING (AVT) ♦ ADULT EDUCATION ♦ SUPPLEMENTAL EDUCATION ♦ (JOM) ♦ TRIBAL YOUTH EMPLOYMENT & EDUCATION (TYEE)

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

JOM

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

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply for 2017/2018 year was June 30, 2017. The next deadline to apply is June 31, 2018. It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.

The applications for FAFSA (Free Application for Federal Student Aid) opened on October 1, 2017. The Tribal deadline to complete your FAFSA will remain January 31st, but please turn in your application early. Federal money is on a first come first serve basis and given out until gone. Without completing your FAFSA by the January 31 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.

College Night

Monday January 22, 2018- 6:00pm Salem Area Office

We will have information regarding Tribal Education Programs, application process, general question and answers regarding funding, program requirement and have staff from various Chemeketa Community college departments to discuss campus programming.

High School Seniors

Students that are planning to attend college in the fall of 2018, should be actively preparing by:

- Collecting letters of recommendations-(you will need these when applying for scholarships);
- Taking SAT/ACT test;
- Have parents do their taxes as soon as possible after the end of the year-you will need their tax information to fill out the FAFSA (financial aid application) you can use prior year income information to complete the FAFSA,
- Talking to your high school counselors about college choices.

Students that plan for college throughout their senior year are better prepared for when they graduate and transition on to college.

Oregon Promise Helps Pay for Community College

The Oregon Promise program—offers new high school graduates and GED recipients an opportunity to have some or all of their community college tuition covered. Grants are for students entering a community college in Oregon in Fall 2018.

You may qualify if you:

- Graduate from an Oregon high school or complete the GED in Spring/Summer 2018
- Have a 2.5 cumulative GPA or higher
- Have been an Oregon resident for at least 12 months prior to enrolling in community college

Steps to take:

- Apply for the Oregon Promise between November 1, 2017 and March 1, 2018, including:
- Complete the Oregon Promise application (online or written)
- Submit your high school transcript or GED scores
- Complete the FAFSA or its approved alternative

Once approved, enroll in an Oregon community college within six months of graduating high school or completing the GED (Fall 2018)— and accept all state and federal grants

For more information, visit www.OregonPromise.org

FOR ALL STUDENTS CONTEMPLATING ATTENDING SCHOOL FALL TERM (including High School Seniors, returning students and anyone that may be interested in attending school Fall Term 2018):

FAFSA- Free Application for Federal Student Aid

It is a tribal program requirement that you fill out the application for federal student aid (FAFSA) by January 31, 2018, to receive tribal funding for Fall 2018. ***There is no exception to this requirement.***

FAQ's

Is there a cost to fill out the FAFSA application? No, there is never a fee, as the name states it is a Free application. If you are on a site that says there is a fee, it is the wrong site. The site is www.fafsa.ed.gov

I don't have my taxes complete yet, what do I do? You do not have to wait until you complete your 2017 taxes, you can use the tax information from 2016 and list on the application that it is last year's income and you will update your FAFSA once you complete your taxes.

What do I do if I miss the January 31, FAFSA deadline? Unfortunately it is a Tribal requirement, so you would have to wait until the next school year to apply.

I do not plan on attending school Fall term but want to go Winter Term, when would I apply?

There are two deadlines that you must meet, the January 31, FAFSA deadline and the June 30, Tribal Education application deadline. On the application you would indicate Winter and Spring Terms only.

The applications became available on October 31, 2017. Applications are available on-line at www.fafsa.ed.gov.

Scholarship Application Season is Upon Us!

- ❖ Oregon Student Assist Commission-Complete one application for over 400 scholarships
- ❖ Get all your questions answered-FAQ
- ❖ Am I eligible to apply for OSAC scholarships?
- ❖ View Oregon residency definition
- ❖ View Checklist for Scholarship Success
- ❖ View Instructions
- ❖ Read about the Early Bird Scholarship
- ❖ Most common reasons for rejected OSAC scholarship applications

For more information, call 800-452-8807 ext 7395 or visit www.getcollegefunds.org/
The website will cover the following questions and areas.

What are the deadlines?

| | |
|------------------------------------|-------------------|
| OSAC Early Bird Priority Deadline: | February 15, 2018 |
| OSAC Non Priority Deadline: | March 1, 2018 |

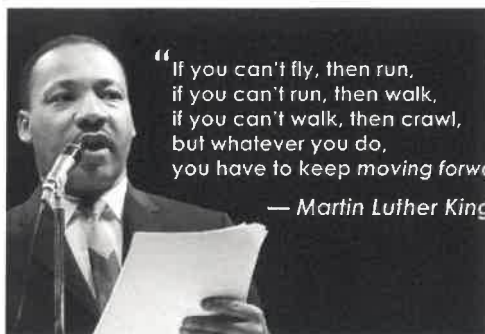
Below is a list of some other websites that offer scholarship searches. You can also go through the search engine on the www.fafsa.ed.gov website
American Indian Science and Engineering Society (AISESnet) www.aises.org
College Board www.collegeboard.com
FastWEB www.fastweb.com

ADULT EDUCATION

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

Siletz Tribal Youth Activity Fund

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





A & D

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

JANUARY



M, T Salem Office

W (Groups) (am) Salem, (pm) Portland

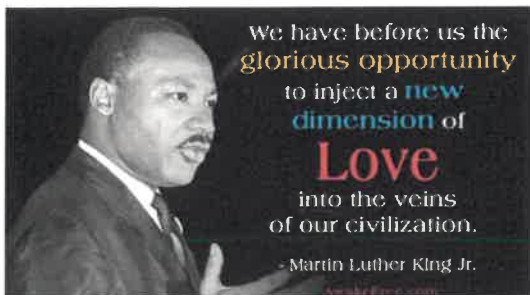
Th, F Portland

Adult Children of Alcoholics Behaviors and Characteristic

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

1. I need to be in control of people and situation or I just don't feel comfortable.
2. I have trouble fitting in. I feel like a outsider, whether I am in my community or not.
3. I don't know how to have fun. I'm very serious all the time and life isn't enjoyable.
4. I'm overly responsible about everything except when I'm irresponsible. There's no happy medium for me.
5. I have trouble with intimacy and relationships because I'm afraid of rejection or abandonment.
6. Life is a ongoing crisis. When its not in crisis I wonder what will go on next.
7. I have difficult following through projects from beginning to end.
8. I constantly seek approval and affirmation from others.
9. I lie when it would be easier to tell the truth.
10. 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 <https://acaoregon.com/tag/acoa/>. We all deserve to heal.



Siletz Tribal Head Start - Salem

Teacher Jen
Teacher Jennifer
503-393-6942



December was a fun filled month for us here at Head Start! Some of our events throughout the month were our students caroling at our Tribal Area Office and a Family Craft Literacy Storytelling Night.

We are looking forward to an exciting *January*! This month we are learning about cold weather, cold weather animals the far North and tubes and tunnels.

Thank you for our in-kind classroom supplies that have been donated. We really appreciate all of the help to keep our school running smoothly.

We ♥ love our volunteers!

If you are interested in volunteering at our school, please let us know!





Find us on
<https://www.facebook.com/groups/383072355357428/>

LIBRARY

SALEM AREA OFFICE
 503-390-9494
 MONDAY-FRIDAY
 8:00AM – 4:30PM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------------|---|--|---|--------|--|
| | 1 TRIBAL OFFICE CLOSED | 2 SSP Clients' Monthly Contact appointments and paperwork due by 5 th | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 Tutoring 4:30-6:30pm | 10 | 11 Indian Ed Eat 5:30pm/Class | 12 | 13 |
| 14 | 15 TRIBAL OFFICE CLOSED | 16 Tutoring 4:30-6:30pm Language Class 6-8pm | 17 MANDATORY SSP Training 9-11am | 18 Indian Ed Eat 5:30pm/Class | 19 | 20 Wacipi Traditional Powwow - PSU |
| 21 | 22 College Night 6:00pm | 23 | 24 | 25 Salem Community Meeting 5:30PM Indian Ed Eat 5:30pm/Class 6:00pm | 26 | 27 |
| 28 | 29 | 30 Tutoring 4:30-6:30pm | 31 FAFSA Deadline | | | |



Salem Area Office Staff

503-390-9494

Beverly Owen
Cindy Jackson
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Andrew Eddings
Rachel Adams
Sonya Moody-Jurado
Dana Rodriguez
Toni Leija
Jeramie Martin
Lori Christy

Salem Area Office Supervisor
Area Office Secretary
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Peer Recovery Mentor
Mental Health Counselor
Education Specialist
VocRehab Aide
VocRehab Job Developer
VocRehab Director
Home Visitor

Area Office Fax: 503-390-9494

**Confederated Tribes of Siletz
Salem Area Office
3160 Blossom Dr N Suite 105
Salem, Oregon 97305**

Happy New Year 2018