



DRUMBEAT

SALEM AREA OFFICE
3160 Blossom Dr N. Ste 105, Salem
503-390-9494

Salem Area Office Staff

Beverly A. Owen
Andulia White Elk
Andrew Eddings
Angelica Espino
Antonia Leija
Cecilia Tolentino
Dana Rodriguez
Lori Christy
Lydia Kentta
Sonya Moody Jurado

Salem Area Office Supervisor
Addictions Counselor
Peer Recovery Mentor
Tribal Services Specialist
Voc. Rehab. Job Developer
Community Health Advocate
Voc. Rehab. Clerk
Tribal Services Home Visiting program
Transporter
Education Specialist

Announcements & News



Wood Cut Change! The Wood cut clearing project on the Chemawa property continues! The gate is open with an attendant from 8:30 am to 4:30 pm Saturday and Sunday. The Change is that it is now open to any tribe tribal member. You need to bring your tribal Id with you to harvest the wood for personal use only and "2 cords per permit" still applies. This wood cannot be sold.

Wax Flowers! If you are interested in learning how to make traditional wax flowers, or would like to participate in assisting with a wreath to present on Memorial Day Please contact us to let us know. We will hold a group beginning Tuesday, May 7th. Contact Sonya or Beverly at 503-390-9494 for additional information.

Beaded Hanging Plant Holders! We have had some interest expressed in making Beaded Plant Holders. The CHA program is going to co sponsor a group to make these and plant a "May Day" plant to start off the planting season. Please contact Beverly or Cecilia to sign up! This class requires a time commitment of 2 evenings tentatively planned for April 17th and 18th Come join the fun!

Volunteers Are Still Needed!

The Natural Resources Department is still in need of Volunteers willing to cut tribal firewood for Elders in our community. Natural Resources will be keeping a list of volunteers willing to cut wood as well as a list of our tribal members who are in need of assistance. This is a great opportunity to do something really rewarding by volunteering your time and energy. Please contact Denise Garrett or Mike Kennedy at 1-800-922-1399 Staff can then pair up volunteer cutters with Elders in need. This is a Volunteer activity, no one will be paid to perform this service and Elders cannot be charged to receive the firewood. A tribal firewood permit for the Elder in need is required and would be issued by the Natural Resources

More Announcements & News

April 9th

Culture Class 5pm to 7pm

Instruction in making Tulle Mats



2 Spirit Gathering

April 10th

5pm to 7pm

RV Resort meeting room For more information contact Sonya or Norma at 503-390-9494

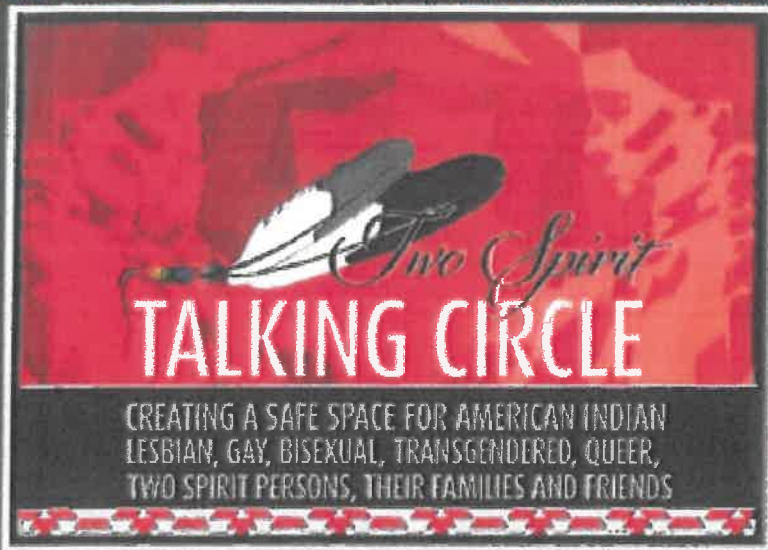
April USDA Distribution Dates

Salem

April 22nd to April 25th

Monday	1:30pm to 6:30pm
Tuesday	9:00am to 6:30pm
Wednesday	9:00am to 6:30pm
Thursday	By Appointment Only

During April staff will be attending their regional conference. Because of this, the Siletz and Salem site distributions will be one week later than normal so that we can receive food shipments during the third week of the month. Like us on Facebook at Siletz Tribal FDP. Joyce Retherford, FDP Director 1-800-922-1399



Held at Hee Hee Illahee RV Resort:
4751 Astoria St. NE Salem Or 97305

A light meal will be provided.

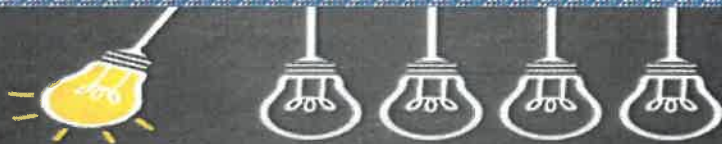
April 10th, 2019 from 5 pm to 7pm

Please contact Norma Trefren if you need further information at 541 484-4234

norma@ctsi.nsn.us

Crochet Learning Group

Crochet is used to make sashes and other items for give aways as well as to tie around the waist for ribbon dresses and some men's regalia as well. We have had some tribal members express an interest in learning this art. If you already know how and would like to join in and get that crochet project completed, please call Beverly at 503-390-9494



Siletz News would like your feedback

We are excited to announce, in our efforts to reach more readers and reduce paper, Siletz News is considering a move online!

This earth friendly shift will allow readers access to important information whenever you chose.

Please give us your feedback by following the online link below or scanning this QR Code. This anonymous survey takes two (2) minutes to complete.



Survey for Siletz News

If you haven't taken the survey yet please follow the link and take it. We are collecting date to serve you better.

<https://www.surveymonkey.com/r/Q7YWZ6N>



PEER RECOVERY MENTOR

Andrew Eddings

541-270-9717 (cell)

The Peer Recovery Mentor assists A/D and Mental Health clients getting service through the Siletz Tribe. Assistance includes, but is not limited to: Meeting individuals where they are about to discover opportunities which may change their lives; working with individuals to identify any barriers to recovery they may have and develop a working plan to overcome these barriers; outreach services obtaining A&D assessment and referrals for medically assisted substance treatment, residential substance treatment, outpatient substance treatment services; act as liaison to other CTSI programs – SSP, Vocational-Rehab, Education, medical and cultural programs; walk with individuals through Legal and DHS providing moral support; assist in locating recovery based housing; attending self-help meetings with individuals and groups; assist in getting a sponsor; and integrating individuals into a positive peer recovery community.

I am available to meet with individuals who are incarcerated and will soon be released.



Siletz Care Program

Advocate: Kim Lane kiml@ctsi.nsn.us

Outreach: Kira Woosley kira@ctsi.nsn.us

TOLL FREE NUMBER: 1-800-648-0449



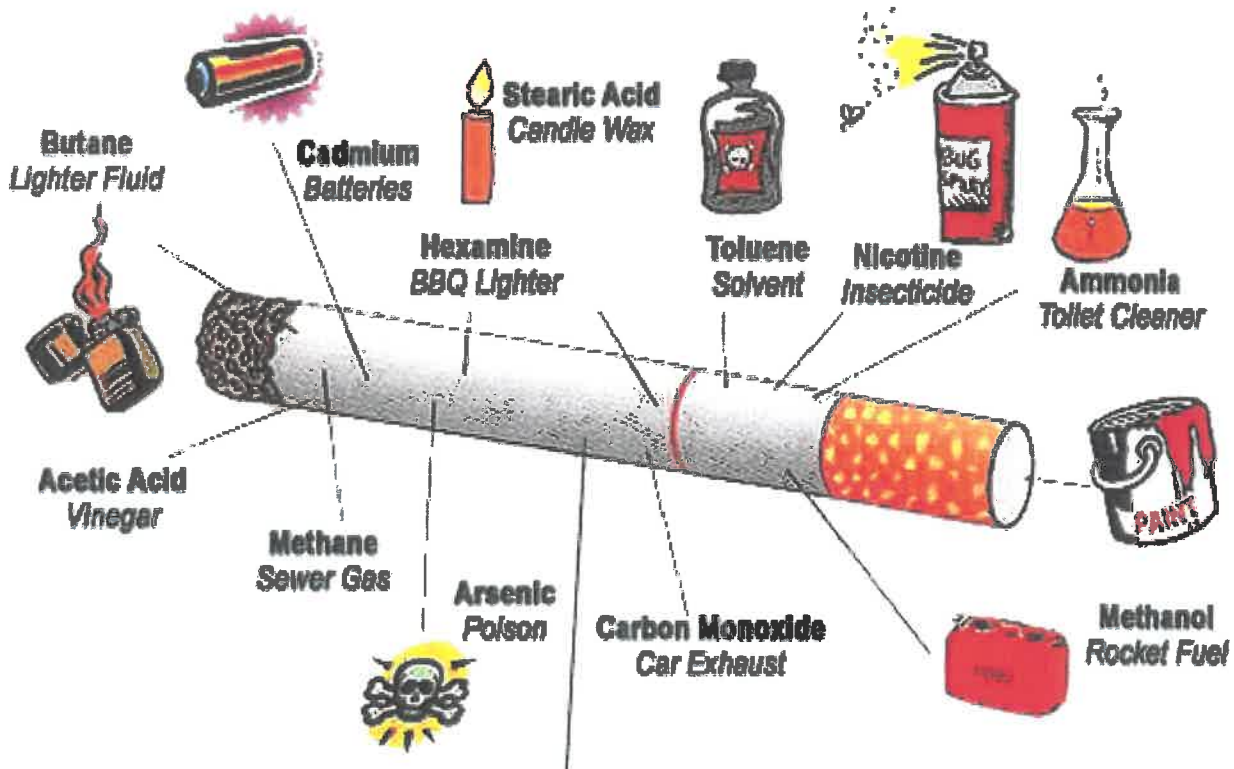
The CARE Program offers Confidential safe and culturally appropriate education and advocacy services to Native American victim's of domestic violence, sexual assault, dating violence and stalking , as well as victims with Native families such as a non-native spouse.

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 Siletz Care Program mission to educate and empower our community to live a healthy non-violent lifestyle that strengthen spirit for future generations.



Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Tobacco Related Cancers for the Month of April



Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus—the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Quit line: 1-800-QUIT-NOW





What Are Inhalants?

Inhalants cover a phenomenal range of chemicals—anything that can be inhaled without burning or heating. Inhalant abuse can mean **sniffing** the fumes of:

- Glue to get a mellow high.
- Amyl nitrite to get an intense high.
- Nitrous oxide to be sedated.
- The sources and users of these vary significantly.

Signs and Symptoms

- Slurred speech.
- Jerky reactions.
- Mild highs.
- A general loss of motor control.
- Users will look like they're drunk.
- Nausea and vomiting.
- Sedation.
- Hallucinations.
- Dilated pupils.
- Loss of appetite.
- Facial rash where the inhalant blistered the skin.
- You'll often notice a strange smell—a distinctive chemical-like smell that reminds you of fresh paint.
- Users might also have marks around their mouth and noses, particularly if they're sniffing paint.

- **Effects of Inhalant Abuse**

- **RISK OF FROZEN TRACHEA**

- Someone who abuses inhalants by spraying them into their mouths could suffer from a frozen trachea.
- What happens here is that the aerosol has to change from being a liquid to a gas, and it needs heat to do so. It takes heat from the surrounding area - normally the mouth - and this can lead to freezing, an agonizing way to die.

- The long-term **effects** of inhalant use tend to be extremely nasty. **Brain damage** is the top one. Because these drugs quickly penetrate the blood-brain barrier (a protective 'shield' around the brain), you'll notice that the effects kick in quickly. However, adding a load of butane gas to your brain isn't healthy. Associated with brain damage are **muscle weakness** and **depression**. You might also notice a loss of sensation and **severe nosebleeds**.
- As with many drugs, the long-term effects can include death. The body simply is not designed to handle inhalants, and the most common way to die is known as **sudden sniffing death - the heart simply stops after inhaling solvents**. This can happen the first time you inhale solvents or the thousandth time.
- Please reach out for help if you or someone you love suspect inhalant abuse. The effects can be deadly.

Siletz Tribal Natural Resources Department



Monday, April 1, 2019; 4:45 PM
Tribal Administration Building; 201 SE Swan
Natural Resources Department Map Room

-- AGENDA --

1. Call to Order
2. Roll Call
3. Approval of Agenda
4. Approval of March 4, 2019 Meeting Minutes
5. Hunting Incentives Drawing
6. LOP Tag Drawing
7. 2019 Hunting/Fishing Tag Distribution Schedule
8. South Fork #4 Revised Stumpage Rates
9. Natural Resources Manager's Report (program updates)
 - a) Aquatics
 - b) Wildlife
 - c) Hunting and Fishing
 - d) Environmental Protection
 - e) Forestry
 - f) Realty
10. Committee and Tribal Member Concerns
11. Next Meetings: May 6, June 3, July 1, August 5, September 9, October 7
 Elders Woodcuts: May 18, July 20, September 21
12. Adjournment





EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

April 2019

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)

JOM

TUTORING

Tutoring is every Tuesday from 4:30-6:30p.m.

HIGHER EDUCATION/ ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding will be Fall Term 2019. The deadline for Fall Term is June 30, 2019. To be eligible to receive Tribal education funding you had to have completed your FAFSA by January 2019. For an application, please call me at (503) 390-9494.

ADULT EDUCATION

TURBO TAX

We have the TURBO TAX program available to prepare your taxes. We cannot provide tax advice, we can only offer the program for use.

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, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me 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 once a year.

Student Incentive

The Tribe places a high priority on Education and has funded a Student Incentive program. This program recognizes students as they complete different milestones in their education from pre-school/head start through completion their doctoral programs.

If you or child has reached an educational milestone from Head Start, Kindergarten, elementary school, middle school, high school, bachelor degree, masters degree or doctoral program, please send in a copy of the certificate/diploma and we can process your incentive.

Siletz Tribe Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.



Siletz Tribal Head Start Parent Committee
Fundraiser at Carl's Jr.

Thursday, April 18th from 5pm to 8pm
5130 River Rd N.
Keizer, OR 97303

Please join us for dinner!
40% of all sales will be donated to the
Siletz Tribal Head Start Parent Committee Fund!

Home Visiting

Lori Christy, Home Visitor Program



Home Visiting families gathered together in March for a meal, decorating terra cotta pots and planting seeds. Everyone had a good time.



Are you expecting a baby?

Do you know someone who is expecting a baby?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

Are you interested in Home Visiting? – If you are expecting a baby or are the parent of a baby under one year old, check out our Home Visiting program. Our program provides parenting and life skills for successful and positive parenting. For more information or to find out if this program is right for you contact Lori Christy, Home Visitor at 503-390-9494.

477 / SSP

Angelica Espino, TSS
angelicae@ctsi.nsn.us

APRIL

OFFICE HOURS:
MONDAY - FRIDAY
8:00AM - 4:30PM

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 SSP POLICIES FOR CLIENTS TO REMEMBER

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN 2 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.

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

IMPORTANT DATES

April 1st - 5th

Monthly Contact Appointment
(MANDATORY)

April 5th

Job Search/Monthly Report
forms due for Cash Assistance

April 11th

Training
(MANDATORY)

April 9th

Culture Class 5-7pm Tule Mats
Language Class 6-8pm

MONTHLY TRAINING

Mandatory for SSP Clients

April 11th 10:00-11:00am



FREQUENTLY REQUESTED PHONE NUMBERS AND WEB ADDRESSES

☎ UNEMPLOYMENT OFFICE 1-877-345-3484

💻 www.emp.state.or.us

☎ SOCIAL SECURITY 1-800-772-1213

💻 SSA.gov

WORKSOURCE OREGON EMPLOYMENT LISTINGS

💻 www.emp.state.or.us/jobs

MARION COUNTY EMPLOYMENT LISTINGS

💻 www.governmentjobs.com/careers/marion

STATE OF OREGON EMPLOYMENT LISTINGS

💻 www.governmentjobs.com/careers/oregon



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 listed below.

EUGENE AREA OFFICE
2468 West 11th
Eugene, OR 97402

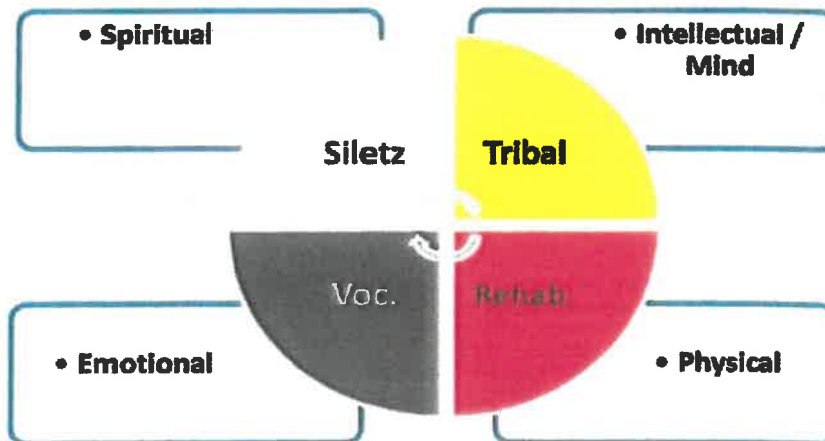
SALEM AREA OFFICE
3160 Blossom Dr NE, Ste 105
Salem, OR 97305

SILETZ ADMIN. OFFICE
201 SE Swan Ave
Siletz, OR 97380

EUGENE OFFICE – JERAMIE MARTIN, Program Director



SALEM OFFICE – DANA RODRIGUEZ, Program Aide; ANTONIA LEIJA, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer





April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Wood Cut 8:30 to 4:30
7	8	9 Wax Flowers Culture & Language Class Tutoring 4:30	10 2 Spirit Talking Circle 5:00 to 7:00	11	12	13 Wood Cut 8:30 to 4:30
14	15	16	17 Hanging plants Call to sign up!	18 Hanging plants Call to sign up!	19	20 Wood Cut 8:30 to 4:30
21	22 USDA 1:30 to 6:30	23 USDA 9:00 to 6:30 Tutoring 4:30	24 USDA 9:00 to 6:30	25 USDA By Appointment	26	27 Wood Cut 8:30 to 4:30
28 	29	30 Tutoring 4:30				



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

Siletz Headstart Parent Committee Is Having A Fundraiser. Can You Guess Where?

