

## Salem Area Office Staff

Beverly A. Owen  
 Andulia White Elk  
 Andrew Eddings  
 Angelica Espino  
 Antonia Leija  
 Cecilia Tolentino

Lori Christy  
 Lydia Kentta  
 Rachel Adams  
 Sonya Moody Jurado

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

## Announcements & News

- Elder Information** Elder concert tickets will now be available for pick up 1 week prior to concert date. For more information contact Donna or Lydia.
- Hotel Rates** Siletz Tribe hotel rates all year round! No longer do you have to guess what your rate is and worry about higher rates in the summer. Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite. You must show tribal Id on arrival.
- Salmon Tags** Reminder, Salmon tags, for cultural fishing at Tribal cultural fishing sites only are available starting September 3, 2019 at the Natural Resources Office. First come first served. Contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 if you have questions.
- Elk Tags** Reminder, Elk tag applications are due September 27th, 2019 The applications are available starting September 3, 2019 at the Natural Resources Office and on the Tribal website under "Natural Resources". Contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 if you have questions.
- Deer Tags** Deer general rifle tags were available August 19th, 2019 and are first come first served. Contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 if you have questions.

**REMINDER**

**Early Season Archery Tags  
Deer and Elk  
Available Starting  
August 5, 2019 8:00 AM**

Natural Resources Office  
First Come First Served

Available via mail starting August 6th  
Call Natural Resources Manager Mike  
Kennedy at 541-444-8232  
if you have questions.

**REMINDER**

**Elder Antlerless  
Deer Hunt  
Applications Due  
September 6, 2019**

Applications available at  
the Natural Resources  
office and on the Tribal  
website under Natural  
Resources

Open to Tribal Elders  
age 55 and older.

**REMINDER**

**Deer General  
Rifle Tags  
Available Starting  
August 19, 2019**

Natural Resources Office  
First Come First Served

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

**REMINDER**

**Youth Antlerless  
Deer Hunt  
Applications Due  
September 6, 2019**

Applications available at  
the Natural Resources  
office and on the Tribal  
website under Natural Re-  
sources. Open to Tribal  
youth ages 12-17 who have  
a valid Hunter Safety Card.



## 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

## Home Visiting News

Congratulations to Denaée Towner recent Home Visiting graduate!

Denaée Towner with her family, Nicholas Rentsch holding Stella Rentsch and Macie Ayala (behind)



For more information on Home Visiting please contact Lori Christy, Home visitor, at 503-390-9494

Denaée entered the Home Visiting program in July of 2017 a few months after her daughter Stella was born and participated until graduating this July. While in Home Visiting Denaée maintained her busy schedule of working full time, taking college classes, caring for her family and attending her daughter's sporting events. Denaée actively participated in the lessons and attended Home Visiting events with her family. She recommends the program to other families, saying "The books and wipes are great. Home Visiting has provided my family with the resources to be successful in education and in life." Congratulations Denaée!

Home Visiting is a program for Siletz families designed to support parents providing parenting and life skills for successful and positive parenting.





## EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

September 2019

### EDUCATION PROGRAM COMPONENTS

-Higher Education    -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. When calling, please leave your name, number and a message and I will return your call.

### **RUN to ROGUE-**

September 6, 7 & 8<sup>th</sup>, 2019.

### **Siletz Tribal Youth Conference**

TENTATIVE DATES-November 9-11, 2019

Join your fellow Siletz Tribal Youth (7<sup>th</sup>-12<sup>th</sup> Grades) for 2 days of getting to know each other, learn more about Siletz Tribal culture and history, hear about important topics for teens and have a great time with Siletz Tribal youth from all areas.

**Who is Going:**            Enrolled Siletz Tribal Youth grades 7-12<sup>th</sup>  
**Location:**                B'nai B'rith camp in Lincoln City, OR.  
**Applications:**            Will be mailed directly to the youth in this age range.

### **TYEE PROGRAM**

We had a very successful summer with our TYEE workers. This summer we had 16 youth participating in the Tribal Youth Education Employment program in various locations in the Salem Area. Some job site locations include; AC Gilbert House, Salem Library, Oregon Driver's Education Center, Boys and Girls Club, Siletz Tribal Office, Northwest BikeHUB, and Grand Ronde. I would like to thank all our youth and work sites for all your hard work.

### **HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM**

The deadline for Fall Term 2019 was June 30, 2019. This deadline was for the academic school year 2019-2020. The deadline for the next funding year will be June 30, 2020.

The Tribe has established a deadline for Tribal members interested in attending college in the fall. Every year the deadline is January 31st to complete your Free

Application for Federal Student Aid (FAFSA), applications open October 1, 2019. Without completing your FAFSA in January, you will be ineligible to apply for Tribal Higher Education funding for fall.

## **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, 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.

## **STUDENT INCENTIVE**

**SILETZ TRIBAL MEMBERS**-If you have completed any of these educational milestones-Headstart (Only available 1 year of Headstart), Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate, we have a program to recognize your educational achievement. Please call Sonya for an application for the Student Incentive Program.

## **2019 Elk Tag Drawing Information**

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 7th at 5:00 pm in the Tribal Council chambers. Application will be available starting on September 3rd and are **due September 27th** 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 8 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-933-1399 ext. 1232



# September is National Traumatic Brain Injury Month

September is recognized as National Traumatic Brain Injury Awareness Month. The main purpose of this observance is to raise awareness about traumatic brain injuries and how to recognize, prevent, and treat it one if it occurs.

The most common type of head injury is called a concussion, which is known as a mild traumatic brain injury. These can happen to anyone, at any age that has experienced a blow to the head.

### Signs and symptoms of a concussion can include:

- Headache
- Blurry vision
- Nausea
- Feeling tired
- Anxiety
- Sadness
- Difficulty thinking clearly
- Sensitivity to light
- Loss of consciousness

In most cases, people will recover from a concussion in a week to ten days, with adults usually recovering faster than children. While many times traumatic brain injuries can't be prevented because they are due to an accident, there are a few things a person can do to protect themselves:

- Anyone who participates in a sport that has physical contact should wear proper head gear
- When riding in a car everyone should wear a seat belt
- Helmets should always be worn when riding a bicycle
- People who are prone to falling should walk with the assistance of a cane, a walker or have someone with them for assistance.

If you or someone you know experiences a head trauma, **PROMPTLY CONSULT YOUR PHYSICIAN OR CALL 911 IF YOU BELIEVE YOU HAVE A MEDICAL EMERGENCY.**

it is advised that they to be seen immediately by a physician or be taken to the nearest emergency room.

*All content of this newsletter is intended for general information purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Please consult a medical professional before adopting any of the suggestions on this page. You must never disregard professional medical advice or delay seeking medical treatment based upon any content of this newsletter.*

USDA distribution dates for  
**SEPTEMBER 2019**

**Siletz**

MONDAY	SEPT 2	HOLIDAY
TUESDAY	SEPT 3	9:00 AM-3:00 PM
WEDNESDAY	SEPT 4	9:00 AM-3:00 PM
THURSDAY	SEPT 5	9:00 AM-3:00 PM
FRIDAY	SEPT 6	9:00 AM-3:00 PM
MONDAY	SEPT 9	9:00 AM-3:00 PM

**Salem**

MONDAY	SEPT 16	1:30 PM – 6:30 PM
TUESDAY	SEPT 17	9:00 AM – 6:30 PM
WEDNESDAY	SEPT 18	9:00 AM – 6:30 PM
THURSDAY	SEPT 19	<b>BY APPOINTMENT ONLY</b>

**BEEF AND BEAN BURRITOS**

**Ingredients:**

- 24 oz. canned beef (drained & rinsed)\*
- 10 tortillas\*
- 1 chopped onion \*
- 1 clove garlic, minced
- 2 (15oz.) cans black beans (drained) \*
- 1 tbsp. Cajun seasoning
- ½ tsp. salt & pepper to taste
- 1 c. shredded cheese \*
- 1 can tomato sauce\*
- 1 sliced green bell pepper\*
- Instant mashed potatoes (to thicken)\*

**Preparation:**

Wrap tortillas in foil and warm in oven at 350 degrees for 15 minutes. Meanwhile, cook beef, onion and garlic and green pepper and black beans in a skillet until browned. Stir in tomato sauce, Cajun seasoning and salt. Cook 3 minutes over medium heat. Remove from heat and thicken the mixture with instant potato flakes, adding just a little at a time until it is the desired consistency. Spoon 1/2 cup beef mixture into center of each tortilla. Top with cheddar cheese. Tuck two sides over filling and then roll up. Heat a skillet over medium high heat with a little vegetable oil. Fry the burritos until crispy. Recipe makes up to 10 burritos.

**\* Indicates commodity foods used**

**LIKE us on Facebook at Siletz Tribal FDPIR.** We would like to see more people sharing their recipes on our FB page.  
Like us at SILETZ TRIBAL FDPIR

Joyce Retherford, FDP Director  
541-444-8393

Sammy Hall, Warehouseman/Clerk  
541-444-8279

# 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 11<sup>th</sup>  
Eugene, OR 97402

### SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105  
Salem, OR 97305

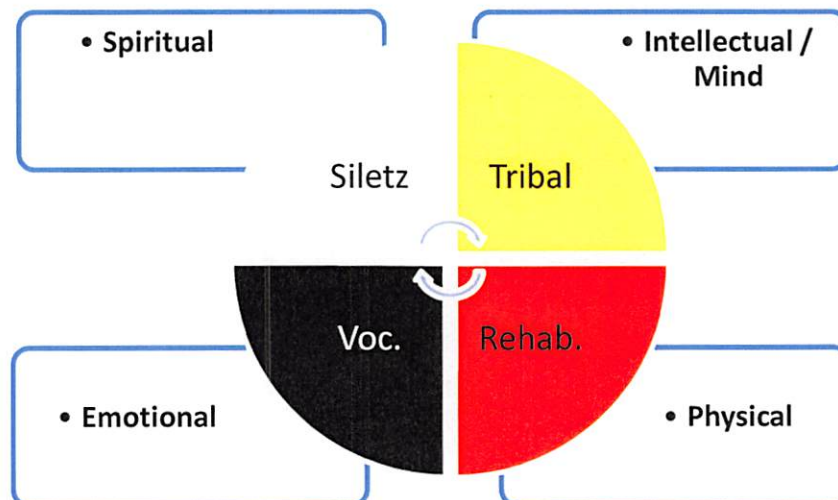
### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

EUGENE – **JERAMIE MARTIN**, Program Director

SALEM - **DANA RODRIGUEZ**, Program Aide; **Toni Leija**, Counselor/Job Developer

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





# 477-Self Sufficiency Program

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

## Important 477-SSP Dates to Remember

**September 1<sup>st</sup>-5<sup>th</sup>**

Monthly Contact Appointments

**September 5<sup>th</sup>**

Monthly Report Forms, Self Sufficiency Activities Time

Sheets, and Job Search Forms are due

**September 5<sup>th</sup>**

Angelica is at WorkSource Salem from 9:00am-12:30pm

**September 19<sup>th</sup>**

Angelica is at WorkSource Salem from 9:00am-12:30pm

**September 25<sup>st</sup>**

Monthly Training, Wisdom Warriors

Time: 11:00 am – 1:00 pm

Location: Hee Hee Illahee RV Resort

## Wisdom Warriors

Ongoing monthly support meetings for **ANYONE** with a chronic illness or those caring for someone with a chronic illness.

Topics include: Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider.

**Wisdom Warriors Meeting, 9/25/19**

Time: 11:00 am – 1:00 pm

Location: Hee Hee Illahee RV Resort

## WorkSource Oregon

The 477-Self Sufficiency Program and Siletz Tribal Vocational Rehabilitation Program have partnered with the WorkSource Oregon offices in Albany and Salem.

On Thursdays from 9:00am-12:30pm there will be a staff from either the Salem or Eugene's 477-S.S.P. or S.T.V.R.P. present.

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy.

## Do you need assistance working in Oregon's legal marijuana industry?

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.

## September Component Spotlight, Classroom Training

Classroom Training may provide assistance with GED, higher education, vocational training or certification. Classroom training is for Federally Recognized Tribal Members and descendants that meet program eligibility.

For More Information Contact,

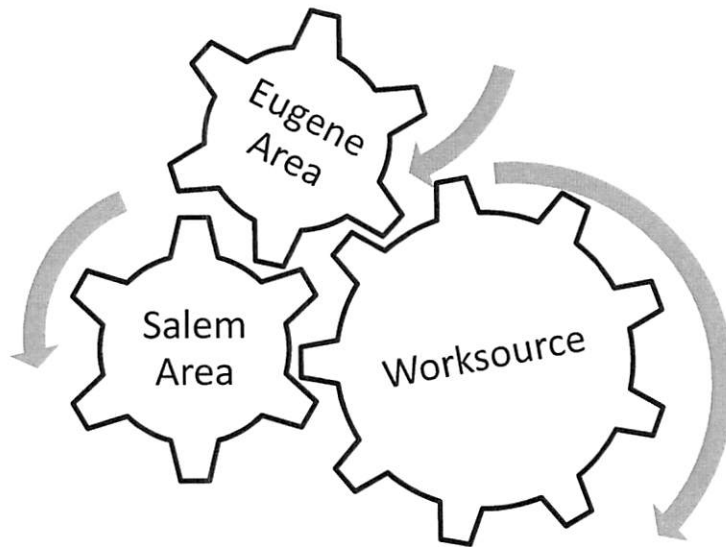
**Tribal Service Specialist**

**Angelica Espino**

**Phone: 503-390-9494 ext.1853**

**Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)**

# Connectivity through Accessibility



Worksource Oregon in Albany and Salem have Partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at one of these office locations on:

Thursdays from 9-12:30pm at these locations:

Albany Worksource  
139 4<sup>th</sup> Ave SE  
Albany, OR 97321

Salem Worksource  
605 Cottage Street NE  
Salem, OR 97470

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit one of the two centers.



**2019-2020 Hunting and Fishing Tags  
Distribution Schedule**

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery	50	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/28-11/1**	8/19	First Come First Served
	Antlerless or Spike – Adult	8	10/19-11/1	Lottery applications available 8/5; due 9/6; drawing 9/9; tags issued 9/11	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/28-11/3	Lottery applications available 8/5; due 9/6; drawing 9/9; tags issued 9/11	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/16-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/3; due 7/3; drawing 7/8; tags issued 7/9	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/24-9/22	8/5 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/9-11/12	Lottery applications available 9/3; due 9/27; drawing 10/7; tags issued 10/8	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/16-11/22		
	Antlerless	8	Various seasons beginning 1/1/20	Lottery applications available 9/3; due 9/27; drawing 10/7; tags issued 12/2	Lottery
	Late Archery Antlerless	56	11/23-12/8	<i>First Distribution:</i> 10/14 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/28 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	9/3	First Come First Served

\* No early calls to “save” an early 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 9/28 - 11/3 (2 additional days at end of general season)

\*\*\* Minus number of tags filled in Deer Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2019-2020 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.