SILETZ NEWS

Confederated Tribes of Siletz Indians
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Siletz News Confederated Tribes of Siletz Indians P.O. Box 549 Siletz, OR 97380-0549

Delores Pigsley, Tribal Chairman Gerald L. Smith, General Manager and Editor-in-Chief Presorted First-Class Mail U.S. Postage Paid - Permit No. 178 Salem, OR

Siletz Community Health Clinic adds services provided in several areas of care

(Subject to change without notice due to local COVID-19 outbreak)

Please call the clinic for current available services as things change rapidly and we may offer more or fewer services depending on COVID-19's impact in the community.

Services that will be offered starting Dec. 7 are listed below along with some answers to questions we've been asked.

Available services

Medical/Lab - Visits are available by phone, video and in person. Alternative care services: OMT, massage and acupuncture will be available on a limited basis. Please call your medical team to discuss any concerns.

COVID-19 – If you think you have been exposed to someone with COVID-19, please call the clinic and we will discuss self-isolation guidelines and determine if you meet criteria for testing. The clinic does provide COVID-19 testing.

Optometry - Optometry resumes routine eye care and exams in addition to emergency visits. Visits will be limited due to ongoing safety concerns.

Medication Assistance Therapy (MAT)Visits are available by phone or video.

Behavioral Health (A&D counseling/ mental health counseling) – Visits are available by phone or video and in person when needed.

Pharmacy - Pharmacy continues to provide services. You can get your medi-

cation at the clinic with curbside pickup or your medication can be mailed to you.

Dental - Dental resumes routine dental care with limitations. Some procedures will require a pre-COVID test. For emergency services, you must call the Dental Department to discuss your concerns.

Community Health - Community Health continues to support members in navigating resources during the pandemic. For additional information, follow Community Health @ 'Siletz Health Clinic' on Facebook.

Purchased/Referred Care - PRC continues to provide numbers and process claims. Staff works altered/reduced hours, so please call back if you do not receive a return call as staff may be out.

Questions & Answers

- 1. Can I bring someone to my appointment? Only the patient is allowed in the clinic (any type of visit) unless the patient is a minor child or needs a caregiver.
- 2. Will I be able to speak with the pharmacist when I have a new medication? Yes, the pharmacist will bring your new mediation to you or you can choose to call for counseling.
- 3. Do I have to wear a mask? Yes, you must wear a mask at all times while in the clinic. Teleservices are available if you're unable to wear a mask.

We thank you all for doing your part to overcome the pandemic and doing your best to keep us all healthy and safe. We're all in this together.

See information on the development of a COVID-19 vaccine on page 10.

Indigenous cartographers work to decolonize mapping of traditional Tribal lands

By Molly Rosbach, molly.rosbach@ oregonstate.edu; Source: Natchee Barnd, natchee.barnd@oregonstate.edu

CORVALLIS, Ore. – Amid growing national discourse around social and racial justice, a group of cartographers is diving into decolonial mapping as a means to recenter Indigenous voices and values.

In this fall's special edition of the Cartographica journal, Indigenous and non-Indigenous map scholars have published a series of essays on the history of mapping as a tool of colonization and the current efforts by Indigenous groups to reclaim traditional names and spaces with their own mapping techniques.

"People think of a map as somehow a translation of what is. And it's never that. It's always an interpretation and a representation of some value, some interest, whatever that may be. There's an embedded political nature," said Natchee Barnd, associate professor of ethnic studies in Oregon State University's College of Liberal Arts.

For example, he said, "Anytime you create a map of Oregon, you are reasserting, reclaiming and recreating the fact of that as a state. Oregon doesn't just happen."

Maps are human-made, Barnd said, which means they can be unmade or remade as well.

Barnd co-wrote the introductory essay for the journal, in which he and other researchers explain that maps have long been a means of demonstrating and reinforcing territorial ownership. "Decolonial" mapping is a movement seeking to recenter Indigenous mapping practices, not necessarily to replace mainstream Western navigational tools but to respect and highlight Native culture and history through mapping.

The special edition includes examples from North America, Australia, New Zealand and South America.

In its most basic definition, a map is a form of geographic reference that people use to locate something. But maps vary

based on what the mapmaker values or needs: A topographical map centers different features from a map of oil deposits; a map of state borders looks very different from a map of Tribal lands.

In Indigenous cartography, a map doesn't have to be a physical image laid out

See Mapping, continued on page 9

A message from the Complete Count Committee

First an apology – for all of the countless ways the Complete Count Committee harassed and badgered you to respond to the 2020 Census. We've talked your ears off in community and elders meetings. We sent out flyers and announcements in several mailings and in your food boxes. We've sent emails and text messages.

We've sent thousands of robo-call voicemail messages (especially sorry about that one). We've attempted to call every Tribal member in the country with our phone banking crew. We distributed 3,500 face masks with a Siletz-design Census message. We created a 20-minute video for Facebook and sent Facebook messages twice a week for 40 weeks. We've handed out hundreds of shopping bags and shirts.

Next, we had a very successful campaign. At the last Census in 2010, we had a self-response rate on the Siletz Reservation of 50.6 %. This year it was 61.3%, an increase of more than 21%. We did better than 83% of all other Native Tribes in the country and much better than Lincoln County, which came in at 46.4%.

Of those who didn't self-respond on the reservation, nearly all completed their surveys with the Siletz Tribal member Census takers who came to your homes. You responded in large numbers to our Census drawing contest.

In short, we didn't have an undercount of our members.

Finally, the committee was not responsible for this success. It was your success. You made sure you were counted. It was the willing participation of the entire Tribe that did the work to get the resources we need and deserve. Thank you all.

CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

*Disclaimer: Supplies are limited but we will do our best to meet your needs.

Call us at 541-444-9613. We will be taking calls Monday through Friday between 9am-3pm.



Chairman's Report

Chetco memorial

On Oct. 30, the Chetco Indian Memorial in Brookings, Ore., was dedicated. It was a beautiful day for this event. (photo below, Shirley Walker (left) and Donna Woods).

Many thanks to the board that has worked on this for the past 20 years, specifically Adrienne Crookes for seeing the project through to the end. The late Linda Timeus worked tirelessly to keep the project alive over the years. There was also lots of local support.

When in Brookings, be sure to stop and visit the memorial.

COVID-19

The pandemic is still very much alive in Oregon as well as the nation. The

The late and in Origin as well as the hands. The

governor issued new orders for two weeks beginning Nov. 16; hopefully the new rules will have a big effect on the disease.

Our Tribe has been lucky so far in keeping the numbers down, but we must remain vigilant and follow the protocols.

Salem casino

The Tribe continues to work on the Salem casino project. Our application to have the land used for gaming (environmental approval) is pending with the Bureau of Indian Affairs in Washington, D.C. It's a slow process and with the change in administration coming in January, it may slow down even more.

We continue to meet with Oregon Tribes and other officials to address any questions they may have.

Salem proclamation

The City of Salem recognized Oregon Tribes by passing the Native American Heritage Month Proclamation (below) at a City Council meeting on Oct. 26, 2020. Tribes are very appreciative.

NCAI

The National Congress of American Indians held the annual meeting that was scheduled for Portland, Ore., during the week of Nov. 9 virtually. It was not the same as when we greeted each other and were able to confer over many issues. It was difficult to enroll and contribute, but important business was conducted on behalf of the Tribes.



Delores Pigsley

Elections

The national elections are finally over and hopefully the government and Congress are ready to resume business. We will see many new faces in the administration and look forward to working with those in charge.

Tribal elections will be held as usual. Those declaring to run for council must do it in the timeframe designated in the Election Ordinance (see pages 3 and 19 in this issue of *Siletz News* for information on the election). Please make sure you are registered to vote.

I'm sorry we all cannot gather for Tribal events and funeral services. I hope the new year is much better.

Stay safe and healthy!

Siletz News is free to enrolled Siletz Tribal members. For all others, a \$12 annual subscription fee applies. Please make checks payable to CTSI and mail to Siletz News.

Name:	 	 	
Address:			

Change of address: Tribal members – contact the Enrollment Department at 541-444-8258; 800-922-1399, ext. 1258; or enrollment@ctsi.nsn.us. All others – call the newspaper office.

Send information to:

Phone:

Siletz News P.O. Box 549 Siletz, OR 97380-0549

541-444-8291 or 800-922-1399, ext. 1291

Fax: 541-444-2307
Email: pias@ctsi.nsn.us

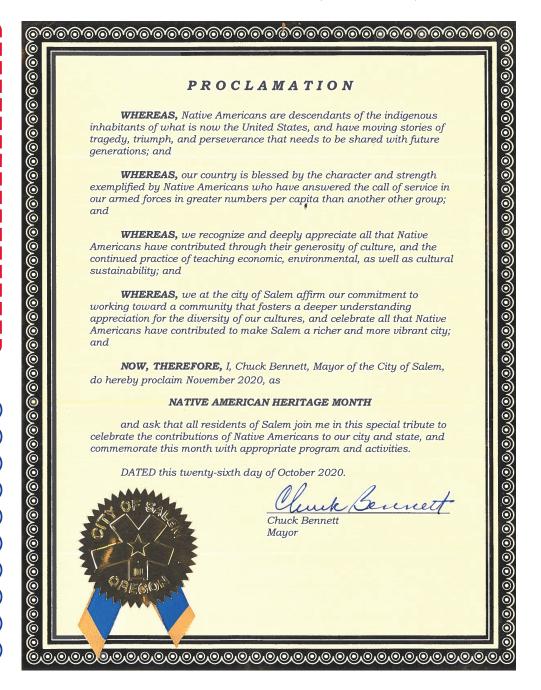
Deadline for the January issue is Dec. 10.

Submission of articles and photos is encouraged.

Please see the Passages Policy on page 20 when submitting items for Passages.



Member of the Native American Journalists Association



2021 Virtual Tribal Council Candidates Fair

The Tribal Election Board will host the 2021 Tribal Council Candidates Fair virtually due to the ongoing COVID-19 pandemic. It's our objective to protect the health and safety of the Tribal membership and candidates while also encouraging participation in the election process.

Date: Jan. 9, 2021
Time: 9 a.m. - Noon
Location: Zoom
Question Deadline: Jan. 6, 2021

The Candidates Fair will be held on the Zoom platform. For access to the meeting link and access code, email Elections@ctsi.nsn.us. Please include your name and roll number in the email. The meeting link and access code will be distributed on Jan. 8, 2021, by 5 p.m.

Election rules approved the Siletz Tribal Council (2020-345) state that the Election Board will not accept live questions from attendees. If you have questions for the candidates to be read by the moderator, please email the Election Board by the end of business on Jan. 6, 2021. Questions received after this date will not be considered or asked of the candidates. A recording of the fair will be available on the CTSI Tribal Member section of the website on Jan. 10 – Feb. 6, 2021.

Voter registration

If you are not registered to vote in Siletz Tribal elections or need to update your signature card, please contact the Election Board as soon as possible by emailing Elections@ctsi.nsn.us or by calling 800-922-1399, ext. 1256, or 541-444-8256.

Election deadlines

4 p.m.	Dec. 4, 2020	Deadline to file for candidacy
4 p.m.	Dec. 4, 2020	Deadline to submit a photo and/or candidate's
		statement for inclusion in the Tribal Voter's
		Pamphlet
4 p.m.	Dec. 9, 2020	Deadline to withdraw in writing from Tribal
		election
4 p.m.	Dec. 9, 2020	Certified Candidate's List posted
Days of:	Dec. 11-12 2020	Voter's Pamphlet mailed out
Days of:	Dec. 14-15 2020	Absentee ballots mailed out
9 a.m. – Noon	Jan. 9, 2021	Candidates Fair – Zoom (email for link and
		access code)
4 p.m.	Jan. 29, 2021	Deadline to request a mail-in ballot
10 a.m. − 4 p.m.	Feb. 6, 2021	In-person voting – Tribal election, Tribal
		Community Center, Siletz
4 p.m.	Feb. 6, 2021	Deadline for returning absentee ballots
-		

Elders Council Meeting

The Elders Council will hold a virtual Zoom meeting on Saturday, Dec. 12, 2020, at 1 p.m. If you are interested in participating in the virtual meeting from your phone, computer or smart phone, please contact Brian Crump in the Elders Program at 541-444-8233 by Dec. 9, 2020.

CTSI Jobs – Tribal employment information available at ctsi.nsn.us.

"Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy applies. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee orgnization.

USDA distribution dates for December

Siletz

Tuesday	Dec. 1	9 a.m. – 3 p.m.
Wednesday	Dec. 2	9 a.m. – 3 p.m.
Thursday	Dec. 3	9 a.m. – 3 p.m.
Friday	Dec. 4	9 a.m. – 3 p.m.
Monday	Dec. 7	9 a.m. - 3 p.m.

Salem

Monday	Dec. 14	1:30 – 6:30 p.m.
Tuesday	Dec. 15	9 a.m. – 6:30 p.m.
Wednesday	Dec. 16	9 a.m. – 6:30 p.m.
Thursday	Dec. 17	By appt only

Pumpkin Roll

Preheat oven to 375 F

1 teaspoon baking soda

1 teaspoon nutmeg

³/₄ cup flour

1 cup sugar

1 teaspoon baking powder

2 teaspoons cinnamon

1 teaspoon ginger

3 eggs

2/3 cup pumpkin

1 teaspoon lemon juice

Mix together all dry ingredients in a small bowl. Set aside.

Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well-blended. Slowly add the dry ingredients. Mix well.

Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly in pan. Bake for 15 minutes. Do not overbake.

Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

Filling

4 tablespoons margarine

1 teaspoon vanilla

8 ounces softened cream cheese

1 teaspoon lemon juice

1 cup powdered sugar

Mix together all ingredients until smooth. Unroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.

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

Joyce Retherford, FDP Director 541-444-8393, joycer@ctsi.nsn.us

Sammy Hall, Warehouseman/Clerk 541-444-8279 sammyh@ctsi.nsn.us

Fax: 541-444-8306 or 503-391-4296



LOGO DESIGN

CONTEST

The CTSI Change Team is hosting a logo design contest! Entries will be judged based on creativity and best representation of the Change Team's values

ALL PARTICIPANTS WILL RECEIVE A SWEATSHIRT WITH THE NEW LOGO DESIGN. ONE CONTEST WINNER WILL BE AWARDED A \$25 AMAZON GIFT CARD!

Submit your responses to hannahg@ctsi.nsn.us by December 31st.

Art must be submitted digitally by picture or scan.

Include your name and address to receive prizes.

Open to all Siletz Tribal Households! All ages may enter. One entry per person.

For reference, the CTSI Change Team's mission is as follows:

The CTSI Change Team promotes the renewal and reclamation of our traditional and cultural ways of thinking that values all members of our Tribe.

We are committed to helping create a safe, open and caring environment to all LGBTQ/Two Spirit individuals, families and allies. We work to ensure that policies, practices and people welcome, value and treat equitably two-spirited individuals in the work place and in our Tribal community.

Our vision is of a Native people helping a Native community reach a goal of equality amongst all members, inclusive of gender identity and sexual orientation. We recognize that as a Tribe and work place, we would be diminished without each and every one of us.

For more information about the Siletz Tribe, visit ctsi.nsn.us.

Ulrich selected to lead Cultural Resources Program, serve as deputy preservation officer for Oregon/Washington BLM

From an email from Aaron Curtis, section chief for social sciences at the Bureau of Land Management, Oregon/ Washington State Office:

I'm incredibly pleased to share the news that Heather Ulrich will be permanently joining the Bureau of Land Management (BLM) Oregon/Washington State Office team as our Cultural Resources Program lead/deputy preservation officer on Monday, Nov. 9. Heather is currently the district archaeologist for the BLM Northwest Oregon District and she has over 14 years of experience implementing federal cultural resource manage-

ment laws in support of land management agencies' multiple-use missions.

In addition to her years of on-the-ground leadership and expertise, Heather has completed multiple special assignments throughout her career, including serving as the lead archaeologist and Tribal liaison for the development of the 2016 Western Oregon Resource Management Plans, a detail at the San Juan Islands National Monument to support their cultural resource management and Tribal engagement efforts, and multiple temporary promotions in this role she will now be taking over permanently.

Oregon-born and -raised, Heather is a member of the Confederated Tribes of

Siletz Indians, and received her MA and BA in anthropology from the University of Oregon. I'm certain that Heather's lifelong engagement with Pacific Northwest communities will also ensure that our Cultural Resource Management Program is up to the task for some of our unprecedented challenges and opportunities, including the agency's support of wildland fire response efforts, implementing the Great American Outdoors Act and continuing to develop positive working relationships with our incredible program partners and stakeholders.

Please join me in congratulating and welcoming Heather to the BLM-Oregon/Washington State Office team!



Courtesy photo from Heather Ulrich

Heather Ulrich at the historic Patos Island Light Station, San Juan Islands National Monument

Be safe. Stay home. Stay well.

Potatoes in the kitchen with your child: 3 hearty meals to fix with young ones

By Nancy Ludwig, MS, RDN, LDN, Head Start Consulting Nutritionist

In these difficult times when many people are eating from food boxes and pantries, it seems like there's often an excess of potatoes and onions, often celery. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. In a continuation of last month's article on making the kitchen a place of learning and empowerment, let's focus on kids helping to make meals with potatoes.

Start with potatoes and make three simple meals with your child – a baked potato bar, a breakfast bake and a layered casserole. The idea is also to focus on these meals as formulas so any idea can easily be adapted to you and your family needs and what food you have available. Likewise, this ideally encourages creativity.

When possible, efficiency is often important for busy families. With this in mind, we can start the three meals by baking the potatoes: Wash potatoes, prick with a fork and bake by placing them in a 350 F oven for approximately one hour.

They are done when they feel tender when pierced with a fork. When letting your child do the test, please consider safety first by removing the potato from the oven before handing them a potholder to secure the potato and then providing the fork for the test. Talk about how that feels and possibly compare it with a raw potato.

First meal: Baked potato bar with toppings when potatoes are fresh out of the oven

This menu idea offers choice and options for your children. Depending on how adventurous your family and children are, you can pre-assemble several options in advance to demonstrate possibilities to stimulate the creative flow. You can even cut the options to offer "sampler plates" before each person makes their own.

- 1. Prepare the spread of toppings* while the potatoes are baking.
- 2. When potatoes are baked and ready to top, cut open your baked potato with an S-shaped cut and then push in

from the opposite ends for a beautiful opening.

*Topping items can include butter, vegetables such as cooked broccoli or spinach, shredded cheese, chives or other herbs, chopped tomatoes or salsa, yogurt or sour cream, sunflower seeds, and sautéed onions and/or mushrooms. Beans and chopped or shredded meats are options as well, including warmed leftover taco mix.

The next two meals can be assembled from cooled potatoes and then stored in the refrigerator to be heated prior to eating. They can also be assembled using some of the leftover items from the potato bar.

Second meal: Breakfast Bake (casserole/quiche/individual ramekin)

- 1. Butter the dish (with clean hands or a paper towel).
- 2. Slice or dice potatoes (with skin still on) and line the dish.
- 3. Layer with vegetables (i.e., sautéed greens and onions could be leftovers).
- 4. Optional layer of cooked meat or sausage cut small, or beans.
- 5. Pour over eggs that are cracked and whipped with a fork (1-2 eggs per serving, depending on the size, or use liquid eggs).
- 6. Top with cheese, salsa or pesto, or a sprinkle of paprika.
- 7. When ready, bake at 350 F for 25 minutes, or longer if baking pan is large, until eggs are no longer runny. To check readiness, insert a toothpick or butter knife to see that the egg is firm.

Third meal: Layered Casserole for lunch or dinner

- 1. Choose a casserole dish to match your family's size. Coat it with oil or butter.
- 2. Slice potatoes and layer on the bottom of the dish (no need to remove skin).
- 3. The next layer can be focused on protein such as ground beef, pork, turkey or wild game. Brown it in a pan and then layer it over the potatoes. (As an alternative if you have leftover meat, such as ham, cut it into small pieces and spread over the potatoes; other

meats that can be shredded also make a nice layer).

- 4. For the next layer, focus on vegetables. Consider what you have available that may be fresh, what your child likes or what you might like to try.
- √ Sautéed chopped onions and sliced mushrooms are often nice with ground meat. If you have celery, add it to the sauté mix as well.
- √ Zucchini or eggplant is a nice slicing vegetable for a layered casserole, if available. Either can be sliced and baked from the raw state for simplicity.
- Fresh herbs like parsley or cilantro or even herb purée or pesto (that you might have in the freezer from blending herbs in olive oil when they were more available in the summer).
- √ Beans are both a vegetable and a protein source. Beans could be used as another layer they could be used instead of meat or to extend the meat. Canned beans are very convenient and another place for children to choose their favorite or something new that they might like to try, such as dark red kidney beans.
- 1. Once you have layered your casserole, it will need some sort of sauce to bring it together. Barbecue sauce is nice (and there might be a bottle in your refrigerator). If it is a strong flavor, you can dilute it or extend it with water. You can also make your own barbecue sauce (see recipe). Of course if barbecue is not your thing, there are other options such as a white sauce, spaghetti sauce or salsa.
- 2. Cheese on top is an option, but not always necessary.
- 3. When ready, bake at 350 F for 45-60 minutes. Depending on the water content of the vegetables or your volume of sauce, you might need to use a cover (to keep it from drying) or leave it uncovered (for evaporation to occur excess moisture seems to take care of itself when served again if any is left over).

One specific version, based on what was in my kitchen (remember though, this

is an idea with measurements to deviate from and make your own):

- 1. Use a casserole dish (9"x14" baking pan).
- 2. Coat pan with oil or butter.
- 3. Slice potatoes and layer on the bottom of the dish (used 7 small potatoes, approx. 4 cups after slicing). Add additional layers below.
- 4. Browned ground pork (1 pound)
- 5. Sautéed diced onion and celery (including some tops; 1 cup each)
- 6. Dark red kidney beans, drained (could use leftover baked beans), 1 can
- 7. Barbecue sauce, recipe* (below).
- 3. Chopped parsley (or cilantro) over the top or mixed into the sauce (½ cup).

*Simple BBQ sauce recipe (with tomato paste or ketchup)

Tomato paste version: 6-ounce can tomato paste, 2 cans water (the paste can), ³/₄ cup applesauce, 2 tablespoons vinegar, 2 tablespoons honey (or brown sugar), 4 teaspoons mustard,1 teaspoon salt and ¹/₄ teaspoon black pepper. Dash Worcestershire or hot sauce if desired.

Ketchup version: 1½ cups ketchup, 1½ cups applesauce, 4 teaspoons mustard, 4 teaspoons vinegar, 2 teaspoons paprika (for color, smoked paprika is nice). Dash Worcestershire or hot sauce if desired. Note: This version is a light color and milder.

I would serve this with sautéed mustard greens or a leafy green salad for more vegetable power. If I'm really low on time or energy, I might even just open canned green beans to serve next to it.

Write your recipe and save it in your new kitchen science cookbook! For extra detail, include your side dish, family comments and what you might change the next time. If you don't have potatoes, try another vegetable like winter squash.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.

Hunting and Fishing Photo Competition

Healthy Traditions is dedicated to promoting traditional foods culture and is inviting tribal families to submit photos that we can use to promote hunting and fishing. Photos can be submitted from any year, including historical photos.

Photo submissions must include:

- · Name
- Mailing Address
- · Phone number
- · Names of people in photo
- · Optional: Description of photo, location of where and when photo was taken

First Place prize will include a \$100 gift card to Cabela's. The Natural Resources Committee will assist with judging photos. By submitting a photo to the competition, you are giving permission for Healthy Traditions to use the photo for promotion purposes. Send submissions to KathyK@ctsi.nsn.us by February 1st, 2021.

Thank you for passing on our food traditions to the next generation!









Harm Reduction

We are still offering services is these troubled times. We know people are struggling and we are here to help. We offer contactless HIV testing and needle exchange services along with NARCAN/NALOXONE. We offer many other services, if you are in need feel free to give us a call.

Francisca "Sissy" Rilatos (541)270-9643 Chris Oleman (541)272-2721 Josh Rilatos (541)272-9083

December 1st is World AIDS Day and we would like people to know your status, we will be offering contactless testing and information regarding HIV and AIDS.







Is smokeless tobacco safer than smoking?

Smoking is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

Types of Chewing Tobacco—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.

Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.

Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

Cancei

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.

Commercial Tobacco Quitline 1-800-QUIT-NOW AI/AN Line now available (option 7) 1-800-7848-663



in partnership with Confederated Tribes of Siletz Indians, Samaritan Health Services and Women's Foundation of Oregon

first annual

HARM REDUCTION CONFERENCE

Harm reduction is a way of preventing disease and promoting health that "meets people where they are" rather than making judgments about where they should be in terms of their personal health and lifestyle. Accepting that not everyone is ready or able to stop risky or illegal behavior, harm reduction focuses on connection to community and access to services without judgement or coersion.

TRACK OPTIONS

HARM REDUCTION SERVICES

LGBTQIA2S+

HEALING FROM TRAUMA

COMMUNICABLE DISEASE

TRAUMA INFORMED HARM REDUCTION

Conference is Virtual & Free!

Register at:

https://www.eventbrite.com/e/cedarr-presents-our-first-annual-harm-reduction-conference-tickets-127733017895

DECEMBER 14-16

You, Activated: A program for bariatric success based on treating your spirit

By Odessa Henriksen

Many people think that bariatric surgery, also known as weight loss surgery, is a magic "cure" for obesity. That afterward your excess weight will just disappear forever.

But if that was the case, why are so many people who have it not successful? Why do long-term studies show that many bariatric patients won't keep even HALF of their excess weight off?

I used to weigh more than 300 pounds. I had bariatric surgery and at first things were great. I lost 165 pounds, I was at a healthy weight and I thought I had won.

Then the weight started coming back and I feared I was going to be another "regain" statistic like other people I knew who had had surgery. I had to put the brakes on.

It took a lot of work, but what I discovered is we are pointing our finger at the wrong thing. Obesity is a disease and weight loss is not the cure. We think our excess weight is the problem and if we could just get rid of it, all would be well.

But the sickness is inside of us, in our spirit. It just happens to be visually represented on the outside. We have to become healthy not just in body, but in our mind, hearts and lives. A doctor can give you medicine for your body, but what about treating your spirit?

When I talk about the spirit, I'm not talking about religion. I'm talking about looking inside yourself and discovering

the reasons why you self-sabotage, why it seems you are unable to stay motivated, why you don't make your health a priority.

Is it shame, fear, feeling unworthy, low confidence, unhealthy boundaries with others, feeling hopeless and stuck or any combination of other limiting thoughts and feelings? People often dismiss it as laziness or a lack of self-control. It's not.

There is a reason you turn to food even though you know it hurts you. If you learn to awaken your spirit, nothing will hold you back. Then the diet changes and exercise changes come easily and will be something you enjoy instead of dreading. It will be empowering and give you inspiration moving forward.

American Indians have higher risks of being overweight and developing devastating illnesses like diabetes and heart disease. We are losing our lives because of it. Those of us who have had bariatric surgery have treated our bodies and now we need to treat our spirit as well.

If we don't learn to drop the weight in our hearts and minds that keeps us anchored down, the weight on our bodies will continue to manifest itself over and over again. No surgery, diet pill, special diet or exercise plan will fix it.

To my bariatric surgery people: It's time for you to become You, Activated – In your Body, Mind and Life. You are worth it. Let's not lose another Tribal member to



Courtesy photo from Odessa Henriksen

Odessa Henriksen in before and after photos

obesity if we can help it.

If you are ready to awaken your spirit, I'm ready to help you activate the power within. Contact me via Facebook on the You, Activated page or send an email to odessa@youactivated.com.

Do you need assistance with 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 American Indians (enrolled in a federally recognized Tribe or descendant) who

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 or email 477SSP@ctsi.nsn.us.

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2021. All Siletz Tribal artists are encouraged to submit a powwow-themed logo.

The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. The winning artist will have their logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the cultural education director's office at the Tribal Community Center or mail it to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than March 1, 2021

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2021-2022 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than March 1, 2021. Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

How to access language materials online

Ch'ee-la xwii-t'i (Greetings everyone)

To assist Tribal members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed. I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes.

Go to www.ctsi.nsn.us. Enter in your roll number and last four digits of your Social security number to log on on "Language."

Lots of written and recorded materials are available in this section. The Nuu-weeya' (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on "Study Materials" and scroll down. Volume 1 contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of the

to the Tribal member access area. Click on word's pronunciation. Volume 2 contains "Our Heritage." On the drop down, click animals, birds, colors, fish, greetings and is an empty white box. Type in the goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

> Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

> To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on www. siletzlanguage.org, go to the Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words "Search for" word you are searching for and click on the "search" button. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the www.siletzlanguage. org website are 14 Language learning videos and many other culture-related videos, materials and curriculum.

Tribal charitable fund distributes more than \$92,000 to help community groups

The Siletz Tribal Charitable Contribution Fund has distributed \$92,157 to 17 organizations as it continues its quarterly donations to nonprofit groups. Due to the coronavirus pandemic and current restrictions on gatherings of people, the reception originally scheduled for Nov. 6 was canceled.

The Siletz Tribe has made contributions through employment, monetary donations and cooperative measures to the Siletz community, Lincoln County and the state of Oregon. The seven-member charitable fund advisory board has distributed nearly \$14.6 million since its inception in 2001.

Overall, the Tribe has honored its tradition of sharing within the community by distributing more than \$18.7 million through the charitable fund and other Tribal resources. Chinook Winds has donated more than \$6.5 million in cash and fund-raising items since it opened in 1995. The casino also provides inkind donations of convention space for various fund-raisers as well as technical support, advertising and manpower for many events.

The next deadline to submit applications is Dec. 1, 2020. Eligibility for money from the charitable fund is limited to two categories:

Entities and activities located in the Siletz Tribe's 11-county service area

(Lincoln, Tillamook, Linn, Lane, Benton, Polk, Yamhill, Marion, Multnomah, Washington and Clackamas counties)

Native American entities and activities located anywhere in the U.S.

Applications and requirements can be obtained at ctsi.nsn.us/charitablecontribution-fund; by calling 800-922-1399, ext. 1227, or 541-444-8227; or by mailing Siletz Tribal Charitable Contribution Fund, P.O. Box 549, Siletz, OR 97380-0549. Applications can be submitted via e-mail at stccf@live.com.

Distribution of \$92,157

Arts - \$2,870

Salem Art Association – expand outreach to educators with virtual resources and art supply kits; Salem, OR; \$2,870

Education - \$2,566

Salem-Keizer Public Schools, Indian Education – supplies for stoles, beaded feathers and DVDs for culturally based virtual graduation celebration for American Indian seniors; Salem, OR; \$2,000

Siletz Valley Friends of the Library liability insurance for board and volunteers; Siletz, OR; \$566

Environment & Natural Resource Preservation - \$10,000

Nez Perce Tribe, Wildlife Division design and distribute educational mobile app to help hunters select non-lead ammo and make a permanent switch to safer practices; Lapwai, ID; \$5,000

The Wetlands Conservancy – develop beaver activity survey; train and equip agency partners and volunteers to survey Lincoln County estuaries; Portland, OR; \$5,000

Health - \$17,400

Alsea Valley Gleaners - food for community food bank; Alsea, OR; \$2,000

Fern Ridge Community Action Network - Produce for Kids tokens, advertising, supplies and signage for Veneta Downtown Farmers Market; Veneta, OR; \$3,400

North Santiam Gleaners – food for gleaners and community food banks; Scio, OR; \$2,000

Waldport Lions Club - help people in need with out-of-pocket costs of exams, glasses and hearing aids; Waldport, OR; \$10,000

Historical Preservation - \$25,000

Siletz Tribal Arts and Heritage Society – Tribal museum capital building fund; Siletz, OR; \$25,000

Housing - \$11,430

Benton Habitat for Humanity – support for zero-profit loans for building supplies to assist vulnerable households with repairs; Corvallis, OR; \$5,000

Family Assistance and Resource Group – crisis and emergency supplies (tents, sleeping bags, tarps, lanterns) for the homeless; Lebanon, OR; \$6,430

Other - \$10,686

North Lincoln Eagles #2576 – groceries and gifts for holiday food baskets for families in need, especially due to the pandemic and wildfires; Lincoln City, OR; \$10,000

Siletz Valley Grange – liability coverage; Siletz, OR; \$686

Prevention - \$7,500

Neighbors for Kids – food, supplies and tuition scholarships for preschool and after-school child care programs; Depoe Bay, OR; \$7,500

Public Safety - \$4,705

Oregon Coast FOOLS - specialized forcible entry fire training prop for hands-on training for fire units in Polk, Yamhill, Tillamook and Lincoln counties; Salem, OR; \$3,025

Pacific Northwest Search and Rescue vacuum spine immobilizer boards and storage cases; Milwaukie, OR; \$1,680

CARTOGRAPHICA

Mapping, continued from page 1

on paper. It can be a story or a song that describes important places, landmarks and people's relationship to the land.

This means Indigenous maps can better account for the ever-changing nature of both the natural and built environment, not just serve as a static snapshot. If a wildfire sweeps through an area and alters its appearance, Indigenous mapmakers can add a new chapter or verse to include that part of the story.

"It's not so much the method that's different; it's the epistemology and methodology. In other words, it's how we know what to put on the map, how we decide what a map is supposed to do and look like, who should be at the table making the map and how that map is supposed to be read and shared," said Annita Lucchesi, a doctoral student at the University of Arizona and co-author on the essay and journal. "The form is only one small part of what makes a map Indigenous – the values and practices underpinning and influencing the form are the big stuff."

Many decolonial maps are created by and for Indigenous groups and anyone outside that group likely lacks the cultural competency to read them. In addition to territorial borders, these maps may pinpoint spiritual sites or burial grounds, which are not meant to be found by non-Tribal members. Historically, Indigenous

maps also differed from Western maps in the degree of inter-Tribal overlap, rather than strict boundaries.

"Colonial map-making contributed to the repressive erasure of Indigenous ways of knowing and being in the world, and this colonial legacy continues to shape geographical imaginations today," said Reuben Rose-Redwood, another co-author and a geography professor at the University of Victoria in Canada.

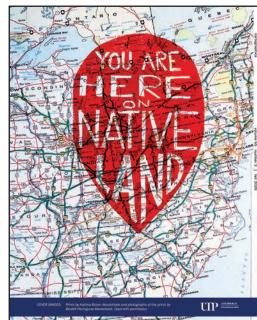
The goals of the decolonial mapping movement vary, from reclaiming Indigenous place names, to reinforcing historical treaties, to mapping the locations of missing and murdered Indigenous women, Rose-Redwood said.

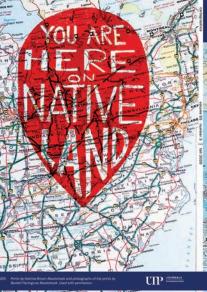
It's a movement that needs everyone on board, Lucchesi said.

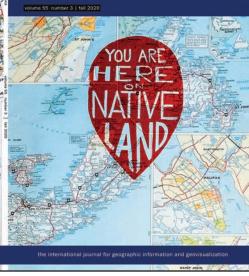
"Collaborative mapping projects centered on Indigenous data sovereignty can be a literal path to decolonization because of the dialogues and relationships they create space for," she said.

At a minimum, Barnd said the movement wants more people to understand and acknowledge the role mapping has played in colonizers exerting force and violence against Indigenous people.

"The maps don't get up and attack someone. But there are a number of symbolic violences in the idea of needing to map something," Barnd said. "It's the idea







Courtesy photo from Oregon State University

The cover of Cartographica magazine

that, 'This is our territory, we're going to use it; once we map it, we know how we can remove and extract the territory from the folks who are there claiming it."

Maps reveal just as much about the map-maker as they do the area depicted, he added.

"The way we think about the world is never what it is. It's always how we understand ourselves."

About the OSU College of Liberal Arts

The College of Liberal Arts includes the fine and performing arts, humanities and social sciences, making it one of the largest and most diverse colleges at OSU. The college's research and instructional faculty members contribute to the education of all university students and provide national and international leadership, creativity and scholarship in their academic disciplines.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians -800-922-1399 Salem Area Office – 503-390-9494 Portland Area Office - 503-238-1512

Eugene Area Office - 541-484-4234

Purchased Referred Care (PRC) -800-628-5720 Siletz Clinic – 800-648-0449 Siletz Behavioral Health – 800-600-5599 Chinook Winds – 888-244-6665

Chemawa Health Clinic -800-452-7823 Bureau of Indian Affairs -800-323-8517

Website – www.ctsi.nsn.us

Coronavirus Information and Resources

COVID-19 vaccine update from Northwest Portland Area Indian Health Board

A vaccine for COVID-19 is in the news now and sometimes it is difficult to figure out what is fact and what is speculation or rumor. The Northwest Portland Area Indian Health Board (NWPAIHB) and the Siletz Tribe want to make sure you have the right information.

Making the vaccine

Right now the U.S. government is supporting the development of eight different COVID-19 vaccines and four of those are in clinical trials. A clinical trial is when a new treatment, like a vaccine, is tested by volunteers to determine if it is safe and effective.

Clinical trials have three main phases:

- In Phase I, a small group of healthy people, around 20-100, will receive the vaccine primarily to test its safety.
- In Phase II, a few hundred people receive the vaccine to primarily test its effectiveness. These people are more representative of the people most susceptible to COVID-19.
- In Phase III, vaccines are tested on thousands of people from the general population to further test safety and effectiveness and to look for reactions.

The four vaccines in clinical trials now are all in Phase III trials. Three of the trials will enroll approximately 30,000 people each and the fourth will enroll up to 60,000 people. Both healthy people and people at higher risk of contracting COVID-19 are included in these trials.

Many of us ask, why are there so many vaccines being tested for one illness? One reason is to increase the opportunity for successful vaccines.

It is also because there are many different types of people in the United States and in Indian Country. The four vaccines in Phase III clinical trials may each be more effective with specific groups of people, for example, elders. The 120,000 people currently taking part in the trials will allow researchers to test the vaccines on people of many different heritages, ages and body types to determine which works best for which group.

Are Tribes being consulted in the process?

Yes, very much. Tribes and the Indian Health Service (IHS) are being consulted in the planning process in many ways and senior HIS members have been loaned to Operation Warp Speed, the federal government program developing the vaccines.

Tribes have also been included in the vaccine trials, if they choose. The Navajo Nation has chosen to participate in one Phase III trial and the Lummi and Nooksack Nations are considering joining another trial set to begin this winter. Tribal participation in vaccine trials may help understand which vaccines being developed are most effective for Tribal populations.

Distribution of the vaccines has also included Tribal input to make sure the people who need the vaccines the most

are being prioritized. Other government agencies, such as the Centers for Disease Control and Prevention (CDC), are also actively consulting with Tribes.

Besides federally recognized Tribes, plans also are under way for the distribution of vaccines to Tribal health facilities, including urban facilities, and non-federally recognized Tribes that are not officially connected to IHS.

When will the vaccine be ready?

Limited doses of the vaccine may be available by the end of 2020. Most people involved with the production do not expect the vaccine sooner than this. Once available, the distribution of the vaccines will likely be in three stages. The distribution may look like this:

- Stage 1, projected for the winter of 2021, because of limited availability, the vaccines will be given to the people who need them the most, such as health care workers, elders and medically vulnerable people.
- Stage 2, in the spring of 2021, with more production, the vaccine will go to the critical populations that were not vaccinated in Stage 1 and then to the general population.
- Stage 3, in the summer of 2021, it is expected there will be enough vaccines for the entire U.S. population. Distribution is also reviewed at this stage to make sure populations or communities with low coverage have access to the vaccines.

NOTE: Plans for distribution may change depending on the development of the vaccine.

How do we know it is safe?

Safety and effectiveness are the primary goals of any clinical trial. At any phase, a vaccine trial may be halted if there are reports of unwanted or harmful reactions and only resumed if it is deemed safe to continue. Besides the normal safety measures in any trial, there are several more things being done now that will help make this vaccine safe. These include:

- The 120,000 people participating in these COVID-19 trials are 3-10 times more than would normally take part in a Phase III trial. This allows researchers to be confident in determining the safety and effectiveness of each vaccine candidate.
- Drug companies making the vaccines have pledged that they will not submit candidates to the Food and Drug Administration (FDA) for review until they have been shown to be safe and effective in the clinical trials.
- Washington, Oregon, Nevada and California are joining together to independently review the safety and effectiveness of COVID-19 vaccines after approval by the FDA, adding another layer of expert review to build confidence in the vaccine.

Participation by Indigenous and people of color along with the elderly and people with underlying conditions is being prioritized in the trials because these people have been the hardest hit by COVID-19. One of the vaccine candidates reports that 37% of the participants in its trial are people of color. The knowledge gained from their participation will help make the vaccine safe and effective for these populations.

Finally, participants are being monitored after they receive the vaccines to make sure that any problems are detected before the vaccines are distributed to the public. Safety efforts will also continue while and after the vaccine is distributed to the American public. The Vaccine Adverse Event Reporting System (VAERS) at the CDC will be notified of any reported problems for follow up to determine if they are because of the vaccine.

Just like a flu vaccine, it is possible you may have minor side effects from the COVID-19 vaccine. Rear Admiral Francis Frazier, IHS Vaccine Task Force Lead, reports that the most common side effects reported by people in the trials are tiredness, muscle aches and headaches.

How do we know the vaccine will be distributed fairly?

Detailed planning is going into the fair and equitable distribution of the vaccines on federal, state, local and Tribal levels. The CDC is working directly with the IHS and other Tribal organizations and its guiding principles in the manufacturing and distribution of the vaccine – safety, inclusion, efficient distribution, and flexibility – are viewed through a lens of equity.

The CDC will oversee the vaccine distribution process. On Oct.1, 2020, the NWPAIHB board and other Tribal organizations made recommendations to federal partners on the distribution

and administration of the vaccine. Tribal nations will choose if they want to receive the vaccine from the IHS or through their local health jurisdictions.

Once they choose how they want to receive the vaccines, Tribal organizations and governments will independently develop their own distribution and administration plans for their communities. Most are developing those plans now based on Tribal priorities.

Will the COVID-19 vaccine be free?

The vaccine will be available to the American people at no cost from the federal government but some health care providers might charge for the cost of administering of the vaccine.

Resources

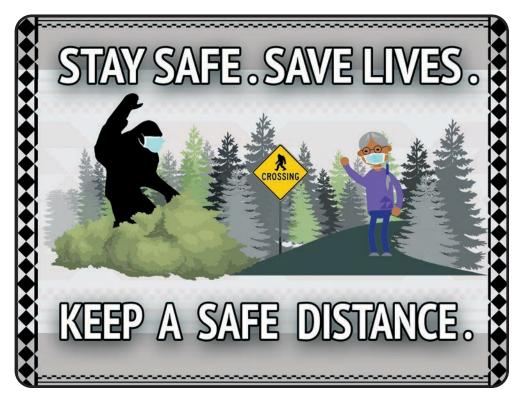
For more information about the vaccines being developed for COVID-19 and how they will be distributed, please see:

- IHS COVID-19 Pandemic Vaccine Draft Plan: ihs.gov/sites/coronavirus/ themes/responsive2017/display_ objects/documents/IHS_COVID-19_Pandemic_Vaccine_Plan.pdf
- Tribal Communities and the CDCcdc. gov/coronavirus/2019-ncov/community/tribal/index.html
- Vaccine Safety: cdc.gov/vaccinesafety/ ensuringsafety/history/index.html
- Washington COVID-19 Vaccination Plan: doh.wa.gov/Portals/1/Documents/1600/coronavirus/WA-COVID-19-Vaccination-Plan.pdf
- Oregon COVID-19 Vaccination Plan: oregon.gov/oha/covid19/Documents/ COVID-19-Vaccination-Plan-Oregon.pdf
- Idaho COVID-19 Vaccination Plan: coronavirus.idaho.gov/wp-content/ uploads/2020/10/Idaho_COVID-19-Interim-Vaccination-Plan-V2-10-19-2020.pdf

Be safe. Stay home if you can.

Wear a mask and social distance out in public.

Exercise a little patience. Remember – we're all in this together.



Coronavirus Info and Resources

Cold weather does not kill COVID-19

Pulling out sweaters and rain jackets is a good marker of the change in seasons. This year, as the weather changes, you might need to switch up your routines a little more. Here are some reminders for leaving the house in colder weather:

- Grab an umbrella or rain jacket with a protective hood on the way out the door.
- Bring an extra mask in case you get caught in the rain. Letting your face covering get wet may decrease its effectiveness and make it difficult to breathe.
- Wear enough warm clothing. You may not be able to find an open café or library to duck into to warm up or dry off.
- Remember that the cold doesn't kill COVID-19 so you still need to take the usual precautions to stay safe.

For more facts about COVID-19, see the World Health Organization's COVID-19 Mythbusters at who.int/emergencies/diseases/novel-coronavirus-2019/advice-forpublic/myth-busters#cold-weather.

Need some emotional support? You have some options

We know there's a lot going on right now. Times of uncertainty can bring about feelings like fear and worry. These are normal feelings, but they can make it hard to remember to take care of yourself. Self-care is important for both mental and physical well-being. Here are some ways to take care of yourself:

- Take breaks from watching, reading or listening to news when you are able.
- Try to do something you enjoy.
- Take care of your body by eating well, exercising and getting plenty of sleep.
- Make time to unwind. Remind yourself that strong feelings will fade.
- Check in with your community (neighbors, family, friends, etc.) if you are able.
- Keep a sense of hope.
- Connect with others.

If you want someone to talk to, the David Romprey Oregon Warmline is available every day from 9 a.m. to 11 p.m. at 800-698-2392.

You can also call the Safe + Strong Helpline at 800-923-4357 (800-923-HELP). The line offers free, 24-7 emotional support and resource referral to anyone who needs it – not only those experiencing a mental health crisis.

More resources are available on the Safe + Strong mental and emotional health page at safestrongoregon.org/mental-emotional-health.

Reduce Your Risk. Wear a Mask.

Everyone should wear a mask during all

distance from others. Any activity where

mouth and nose

is not wearing a mask is high risk for getting COVID-19.

Measuring Your COVID-19 Risk During Daily Activities

Three Major Risk Factors: Location, Time, Distance

Measuring your risk for COVID-19 during an activity starts with thinking about three major factors: location, time, and distance. Do not engage in any activity without wearing a mask

- **Location.** Is the activity outdoors? Outdoor activities are safer than indoor activities. COVID-19 moves through the air and stays in the air longer when indoors, increasing your risk of exposure
- **Time.** How long will you be doing the activity? Try to spend less than 15 minutes with others, especially if indoors. Spending mor time around others increases your risk of exposure to COVID-19.
- 3. Distance. Will you be able to stay 6 feet apart from others? Activities where you can remain at least 6 feet away from others are safer than activities where you are close to other people. Distancing is important because most germs cannot travel more than 6 feet from person to person in the air.

Measuring Your Risk During Daily Activities



Wildfire Info and Resources

Memorandum

To: Gerald Smith, General Manager

CC: Anita Bailor, Programs I Manager

Kurtis Barker, 477-SSP Director

10/22/2020 Date:

477-SSP Wildfire Response Report

The following report will detail the 477-Self Sufficiency Program's response to the wildfires within the 11-county service area between September - October 2020.

Program Policy:

Our existing Emergency Assistance Program was modified for wildfire response. Income limits were 100% of the Federal Poverty Level (FPL) and we increased them to 250% FPL. We accepted applications in-person, over the phone and through email. We exempted the Case Plan, assessment and income verification. We later required income verification for those that were able to return to their residence. This service was prioritized.

We allocated the following resources and determined eligibility based on evacuation levels.

Eligibility:

- Level 2 evacuation: Up to \$1,000
- Level 3 evacuation: Up to \$2,000
- Damaged or complete loss of home: Up to \$3,000

Services may include:

- Food
- Clothing
- Basic household items
- Personal sanitation items
- Transportation assistance
- Deposits / Move in costs

Program staff determined if households were located in evacuation zones using maps that covered the broadest area. Households were eligible if there was a Siletz Tribal member residing in the home.

Clients:

Approved Cases: 55 households (9/11/2020 - 9/23/2020), Families: 26, Single: 29 Siletz: 48

Salem: 3

Portland: 4

Confirmed loss to residence: 6

Pre-screened out: 16

Expenditures as of 10/22/2020: \$40,421.12

Denied Cases: 4 (over-come / not in evacuation zones)

Program staff did authorize some disallowed expenditures. These expenditures did not meet specific "emergent needs" to qualify for this service. Staff were counseled several times regarding allowable expenditures. To prevent disallowed costs, the program required clients to provide a list of items they needed that directly related to the wildfires. The list would be pre-approved and staff would complete the shopping for the clients. Staff were instructed that any disallowed cost would be their responsibility to re-pay.

Grant Resources:

\$107,000 from 477-SSP \$5,000 United Way.

The \$5,000 grant from United Way is unrestricted. We plan to use the grant to supplement the disallowed costs incurred and purchase needed air purification machines for vulnerable households impacted by the wildfires.

Referrals:

477-SSP and EA are last resort services. Clients were referred to the numerous donation sites available in their area. We also doubled the amount of food assistance clients could receive from the COVID Food Assistance Program. (We verified and have applications on file showing COVID impact). Other referrals include:

- **SNAP Emergency Assistance**
- **FEMA**
- Insurance
- Churches
- CTSI COVID Relief Programs
- Red Cross
- Lincoln County Assistance
- Angles Anonymous
- The Seventh Generation Fund



Siletz Tribe Has Good Representation At Chemawa Indian School in Salem

Three Siletz Tribal members recently received awards For their service at Chemawa Indian School in Salem. Jeremy Hill has worked at Chemawa for 15 years. Jeremy started in the dorms, then to The kitchen and now in Facilities. Tim Pigsley has worked at Chemawa for 30 years in the Facilities Department. Rae Reynosa received a 35 year award. Rae had 9 years civil service when she came to Work at Chemawa as the Facilities Clerk. Rae is Now the Business Manager. Jeremy, Tim and Rae Have followed a very long family tradition of Working at Chemawa going all the way back to Their Grampa and Grama, Alfred and Maude Lane and many family members to follow.





Courtesy photo from Tony Molina

Dave Cole (left), Tony Molina and Ron Cornelius stand with the new sign indicating the Vietnam Veterans Memorial Walkway in Newport, Ore. A dedication ceremony took place Nov. 5 at Don and Ann Davis Park near Nye Beach, where the sign is located. Molina is the Tribal veterans rep for the Siletz Tribe and is president of the Vietnam Veterans of America Chapter 411 in Newport. He placed the request to update the sign and the Tribe was a main sponsor. Tribal member Paul Youngman's name is on the memorial.

2021 Standing Committee applications due by Feb. 10, 2021

Any Tribal member interested in consideration for serving on a committee for a two-year term is encouraged to fill out this form and return it to the council office prior to Feb. 10, 2021.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name:	Roll No:						
Address:							
City:	State:ZIP:						
Telephone: Day ()	_Evening()						
If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice) and 3 (third choice).							
Education Committee (3) Natural Resources Committee (3)	Housing Committee (3) Pow-Wow Committee (4)						

Committee appointments will be made at the Regular Tribal Council meeting in February 2021. If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

Budget Committee (1)

__ Enrollment Committee (3)

Tenas Illahee Childcare Center Board of Directors Vacancies

Résumés are being accepted for the Tenas Illahee Childcare Center Board of Directors. Currently, there are two vacant board positions.

If interested, please submit your résumé to Siletz Tribal Council, c/o Executive Secretary, P.O. Box 549, Siletz, OR 97380-0549.

Vacancies are open until filled.

Veterans

Quick Guide



The Office for American Indian, Alaskan Native, and Native **Hawaiian Programs (OAIANNHP)** is pleased to announce our new

Veterans Quick Guide!

olderindians.acl.gov/sites/default/files/uploads/docs/Veterans %20Quick%20Guide.508C.pdf

According to the Department of Defense, American Indians and Alaskan Natives have one of the highest representations in the armed forces, so our office created a guide to help all of those honorable veterans and their family members quickly access the information they need to apply or request assistance for benefits and health care services.

The first page of the Veterans Quick Guide provides important links, phone numbers, and general information about the main services offered by the U.S. Department of Veterans Affairs (VA), while the second page has direct links to tribal governments that might offer additional support.

We sincerely hope that this guide is helpful, and we would like to thank, from the bottom of our hearts, all of the wonderful veterans out there for their selfless service.

—OAIANNHP Staff



Health Committee (3)

Cultural Heritage Committee (3)

OSU researchers team up with Karuk Tribe, others on new fire planning approach

By Steve Lundeberg, 541-737-4039, steve.lundeberg@oregonstate.edu Sources: Skye Greenler, skye.greenler@oregonstate.edu; Chris Dunn, 541-737-1194, Chris.Dunn@oregonstate.edu

CORVALLIS, Ore. – Scientists from Oregon State University are teaming up with the Karuk Tribe and other partners to develop strategies for managing future wildfires in Northern California's Klamath Mountains and restoring the role of beneficial fire in the region.

"Historically, fires were frequent and highly useful for this landscape and the Karuk people," said project leader Skye Greenler, a graduate research fellow in the OSU College of Forestry. "For the last 150 years, we've suppressed fire and now most of the fires on this landscape are ones we can't suppress that are often devastating to communities, ecosystems and cultural resources."

Covering more than 1 million acres along the Klamath and Salmon rivers, the Karuk Tribe's ancestral territory has suffered greatly from the decades of fire suppression and the cessation of indigenous burning practices, researchers say. A 90,000-acre part of its territory near the town of Happy Camp was burned in a single day by the Slater Fire in early September as blazes tore through forests near the California-Oregon border.

"We have created a monster," said Will Harling, director of the Mid-Klamath Watershed Council and a co-leader of the project, which is known as the Western Klamath Restoration Partnership. "Developing models to show fire managers and the public how cultural fire management practices can help tame this monster and restore the use of fire as one of our most



Courtesy photo from Oregon State University

Planning continues in the search for ways to mitigate wildfires and reintroduce beneficial fire in Northern California

powerful management tools is a focus of this project."

Fire is a central part of Karuk culture, removing accumulated fuels while ensuring the quality of traditional foods and cultural materials, Greenler said.

"Wildland systems in the region have evolved alongside Karuk management practices for thousands of years," she said. "Because our project was initiated by our forest collaborator partners and the Karuk Tribe, it provides an opportunity to put scientific models into action via on-the-ground decision-making in a way that is rarely done."

The partnership revolves around what the project team has identified as the four primary wildfire management needs for the mountains of the California-Oregon border country:

- 1. Improve wildfire response through collaborative workshops that integrate analytics, local knowledge and diverse perspectives to maximize safety and ecological benefit.
- Build wildfire models that blend Indigenous and western knowledge, values and practices.
- 3. Improve understanding of how cultural ignitions have and could shape vegetation dynamics, resource abundance and wildfire risk.
- Develop methods for understanding how management decisions will shape socioecological systems, wildfire risk and resources as the climate changes.

The project will include the creation of fire planning units on a map known as

PODs – short for potential operational delineations.

PODs summarize risk to inform wildfire response decisions and POD boundaries line up with "high probability control features" such as roads, rivers, lakes and canyons to help ensure that a pre-identified response would be successful if pursued.

To assess landscape conditions under multiple management scenarios within the PODs, the team will develop a regionally specific, culturally grounded wildfire model.

"Spatial fire planning and PODs, in conjunction with modeling and cultural fire regime information, will work together to make for better wildland management and vegetation conditions," said Chris Dunn, a research associate in the OSU College of Forestry with several years of firefighting experience.

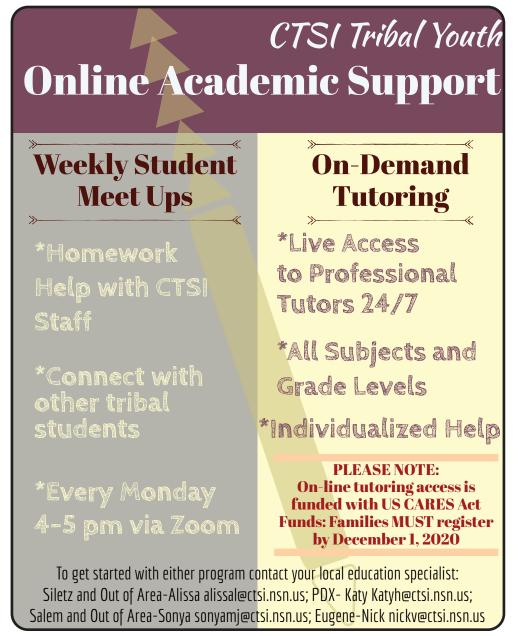
The research group also includes John Bailey of OSU, Susan Prichard of the University of Washington, and Frank Lake and Paul Hessburg of the U.S. Forest Service. Lake is a Karuk Tribal desendant.

"Collaboratively integrating western and Indigenous fire science and knowledge systems in this research will help reinstate fire on this landscape to achieve socioecological resource values with benefits both to Tribes and the public," Lake said.

About the OSU College of Forestry

For a century, the College of Forestry has been a world class center of teaching, learning and research. It offers graduate and undergraduate degree programs in sustaining ecosystems, managing forests and manufacturing wood products; conducts basic and applied research on the nature and use of forests; and operates more than 15,000 acres of college forests.





SERVICES AVAILABLE

Mental Health Services & Life Alert

Mental Health Services

What services are available?

- Counseling Services individual or
- **Psychiatry Services**
- **Psychology Services**
- Up to 8-visits annually (more if medically necessary)

Who's eligible?

Siletz Tribal members eligible for Purchased/Referred Care (PRC), formerly Contract Health Services (CHS)

How do I get benefits?

Call PRC at 800-628-5720 or 541-444-9648 to speak with Rhonda Attridge, PRC Tech I.

Siletz: 800-600-5599 or

541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

- Prior to making an appointment with a provider – confirm the provider will accept PRC as payment.
- Benefits are limited, first-come, firstserved

What you need to know:

- After calling PRC for benefits, the patient will receive a letter with program details. The letter also provides information that the patient can give to their provider for payment processing information.
- You will not be required to use other resources first. This will allow you to go to a provider who does not accept Oregon Health Plan/Medicaid or your private insurance.

Life Alert

Please contact your local community

Narcotics Anonymous Toll-Free

Help Line - 877-233-4287

For information on Alcoholics

Anonymous: aa-oregon.org

health advocate (CHA) if you think you or another Tribal elder could benefit from Life Alert.

- Eligibility Criteria:
 - Enrolled Tribal member eligible for PRC
 - Work with CHA to determine need/apply for local services

Steps to get Life Alert:

- Contact your local CHA -
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)
- The CHA will assist you in applying for Life Alert at no cost through com-

munity options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

You can reach the community health advocates at:

- Siletz Amy Garrett or Hannah Glaser at 541-444-1030
- Salem Cecilia Tolentino at 503-390-9494
- Eugene Adrienne Crooks at 541-484-4234
- Portland Andrew Johanson at 503-238-1512

2020 Out-of-Area Benefits

The Tribal Council has approved Out-of-Area Benefits for 2020. These benefits are for Tribal members who live outside the 11-county service area. To qualify, Tribal members must be registered for health care with the Siletz Community Health Clinic AND reside outside of the Tribe's 11-county service area. These funds are intended for Tribal members who are not eligible for Purchased Referred Care.

All benefits are dependent on available funding.

Annually

\$2.000 Total in Medical + Mental Health + Dental + Hearing Plus \$500 Pharmacy Card Benefit

Biannually

\$450 in total Vision Care for Adults* *Available Annually for Elders, Children, Students or Diabetics

Call PRC - 800-628-5720

Prior authorization by PRC is required and benefits must be used within 90 days. Any funds not used within 90 days, or claims not received, will be returned to the pool for redistribution. An individual can access benefits up to \$2,000 annually by calling on the authorization date. For example, an individual can call Jan. 2 for medical of \$500 and then call again Oct. 7 for dental of \$1,500 for a total of \$2,000. All benefits are subject to funding availability. When calling for pre-authorization, PRC will authorize for household members only. Voice messages do not hold funds, the individual must speak to PRC staff and obtain an out-of-area (OOA) number to secure funds.

Be safe.

Siletz Tribal Yocational Rehabilitation Program (STVRP)

Siletz Tribal Behavioral Health Programs

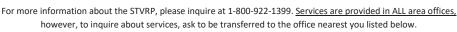
Prevention, Outpatient Treatment, and Women's and Men's

Transitional Living Center

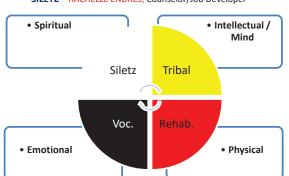
STVRP is here to assist members of $\overline{ extstyle{ANY}}$ federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area

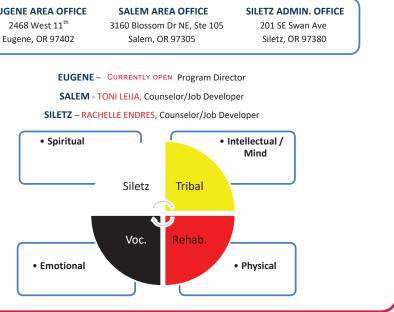
Examples of Services:

- **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**









Stay home. Stay well.

Siletz Tribal Student Incentives Program

If you have completed any of these milestones, please send a copy of your certificate or diploma to your area education specialist. The Siletz Tribal Student Incentive Program rewards student achievements as follows:

Head Start/Preschool	\$10
Kindergarten	\$10
Elementary School	\$20
Middle School	\$50
High School or GED	\$100
Adult Vocational Trai	ning
One-year program	\$100
Two-year program	\$200
Higher Education	
Bachelor's Degree	Pendleton
	blanket plus \$75

\$300 Master's Degree Doctorate Degree Pendleton blanket plus \$300

Tribal Education Specialists

Portland Area Office: Katy Holland, 503-238-1512, 12790 SE Stark St., Suite 102, Portland, OR 97233

Salem Area Office: Sonya Moody-Jurado, 503-390-9494, 3160 Blossom Drive NE, Suite 105, Salem, OR 97305

Eugene Area Office: Nicholas Viles, 541-484-4234, 2468 W 11th Ave., Eugene, OR 97402

Siletz Area Office: Alissa Lane, 541-444-8373, P.O. Box 549, Siletz, OR 97380

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship
 Guide (scholarship search engine)
- OregonStudentAid.gov
- Society for American Archaeology Native American Scholarships Deadline: Dec. 15, 2020
- USDA/1890 National Scholars Program Deadline: Jan. 31, 2021
- USDA 1994 Tribal Scholars Program Deadline: Jan. 31, 2021
- ACS Scholars Program Deadline: March 1, 2021
- ALA Scholarship Program Deadline: March 1, 2021
- AIS Scholarship Deadline: Varies
- Open Education Database Graduate and Ph.D. Scholarships Deadline: Varies
- Tribal College & University Scholarships
- Deadline: Ongoing

- American Indian Service Scholarships Deadline: Ongoing
- American Indian s Science and Engineering Society (AISES) Scholarships Deadline: Ongoing
- American Indian Services Scholarships Deadline: Ongoing
- American Institute of CPAs Deadline: Varies
- American Meteorological Society Minority Scholarships Deadline: Ongoing
- Army Emergency Relief Scholarships Deadline: Ongoing
- Catching the Dream Scholarships Deadline: Ongoing
- College Board Scholarship Deadline: Ongoing
- Jack Kent Cooke Foundation Scholarships
- Deadline: Varies
- National Action Council for Minorities in Engineering Deadline: Varies
- NOAA Scholarships Deadline: Ongoing

For more information about the Siletz Tribal language program, please visit siletzlanguage.org.



THE BSW PROGRAM THROUGH PSU COMBINES SOCIAL JUSTICE THEORY WITH PRACTICAL, HANDS-ON EXPERIENCE. STUDENTS GAIN KNOWLEDGE & SKILLS TO WORK WITH INDIVIDUALS, FAMILIES, AND COMMUNITIES.

WHAT YOU NEED

O Credits

Including 3 pre-reqs: one course each in PSY, SOC, and Human Development.

Access to Technology

Computer, wifi internet, and a camera with audio for your computer.

Submit Application by March 1st

Materials posted January 1st at: pdx.edu/ssw/bsw-admissions.

Completed Application Materials

Find out about how to put together a strong application, our application process and get your questions answered by attending an online information session. Sign up for one at www.pdx.edu/ssw/bsw-online-program-info-sessions



WHAT YOU GET

Courses Fully Online

Two years of study in a supportive cohort model of learning. Classes may require collaborative, synchronous work among students. Senior year one course is completely synchronous.

Field Placement In Your CommunityWorking with populations that you care about.

Skills to Be a Change Agent

Regarding issues, policies, and needs that affect communities, individuals, and their families.

For More Information Contact:

Mollie Janssen, mjanssen@pdx.edu Kate Constable, k.d.constable@pdx.edu Kim Utschig, kutschig@pdx.edu

Or Visit:

https://www.pdx.edu/ssw/bachelors-in-social-work

Fellowships

- American Indian Graduate Center Deadline: Ongoing
- NOAA Fellowships Deadline: Ongoing
- NBC News Summer Fellows Program Deadline: Ongoing
- Master of Forest Resources Fellowships Deadline: Open until filled
- NW Native American Research Centers for Health Research Support Fellowship Deadline: Rolling
- Northwestern University's Center for Native American and Indigenous Research Undergraduate Fellowships Deadline: Rolling
- Fred Hutchinson Cancer Research Center Post-Doctoral Research Fellow Deadline: Multiple
- Claremont Native American Fellowship Deadlines: Multiple

National Park Service Tribal Stewards

Center for Native American Youth at

the Aspen Institute – Generation Indig-

enous Network Youth Ambassador

Deadline: Ongoing

Inclusion Program

Deadline: Ongoing

Internships

- Nike N7 Internship Deadline: Jan. 30, 2021
- NOAA Internships Deadline: Ongoing
- Code Switch Internship Deadline: Various
- HP 3D Printing Engineering Intern Deadline: Open until filled
- Wisdom of the Elders Agricultural Incubator Internship Deadline: Various
- Saturday Academy Internships Deadline: Multiple
- EPA Environmental Research and Business Support Program Deadline: Multiple
- National Science Foundation Research Experiences for Undergraduates Deadline: Multiple
- Indian Land Tenure Foundation Deadline: Multiple

Important information for college-bound Tribal seniors

November

- Take SAT tests.
- Set up scholarship search profiles on websites.
- Check your school counseling office or ASPIRE center for scholarship info.
- Proofread and have someone else proofread all documents completed up to this point (scholarship essays, résumé, etc.).

December

- If you haven't already done so, take this last SAT test for seniors.
- Get FAFSA forms, available for federal and state financial aid.
- Apply for FAFSA pin number student/parents must apply separately.
- Mail or submit all revised, complete college applications before the holiday break.
- Start scholarship essays.
- Start OSAC (Oregon Student Assistance Commission).

Outside Scholarships for NATIVE AMERICAN STUDENTS

Cobell Scholarship http://cobellscholar.org/

various scholarships available *essay required Open to descendants/enrolled members

American Indian Services

https://www.americanindianservices.org/ various scholarships available *essay may be required Open to descendants/enrolled members

American Indian College Fund

http://www.collegefund.org/ various scholarships available *essay required Open to descendants/enrolled members

Bureau of Indian Education

http://www.bie.edu/ParentsStudents/Grants/ various scholarships available *essay may be required Open to descendants/enrolled members

Native American Scholarship Fund

http://catchingthedream.org/ various scholarships available *essay may be required Open to descendants/enrolled members

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

To more information about the Shetz Tribe, please visit ctsinishtus

NAYA Ninth Grade Counts Deadline: Rolling Dept. of Energy Scholars Program National Youth Leadership Forum STEM Program Nomination Form Deadline: Various

Other Opportunities

- The Student Conservation Association
- Northwest Youth Corps
- Saturday Academy FREE Classes for Native American Students
- ON TRACK OHSU!
- The SMART Competition

Visit OregonStudentAid.gov to check out more than 500 grant and scholarship opportunities.

Tribal Council Timesheets for October 2020

Lillie Butler - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
9	9					10/6-8	ATNI, Siletz School wkshp, packets
		2.75	2.5			10/9	Special TC – gaming, lottery, STBC mtg
5.5	5.5					10/13-15	Packets
3.5	3.25					10/16	Regular TC
3.25	3.25					10/19-20	Court, packets
1.75	2					10/21	Clinic wkshp
1.5	1.5					10/23	Packets
2	2					10/26	Enrollment, packets
4.5	4.5					10/27-28	Admin budget, packets
.5	.5				12	10/29-30	Chetco dedication

Loraine Y. Butler - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
1.5	1.5	1	2			10/2-4	Packets
6	6					10/5-8	ATNI, CPT
		2.5	1.5			10/9	Special TC – gaming, STBC mtg
1.5	1.5					10/13-15	Packets
3.25	3.5					10/16	Regular TC
1.5	1.25					10/20-21	Clinic wkshp, packets
3.25	3.25					10/22	NICWA listening, clinic wkshp
4	4					10/23-24	NICWA, packets
.5	.5					10/26	Enrollment wkshp
1.5	1.5					10/27	TC budget wkshp

Reggie Butler Sr. - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
5.25	5.25					10/1-5	Packets
10.75	10.75					10/6-8	ATNI, Siletz School wkshp, packets
		2.5	2.5			10/9	Special TC – gaming, STBC mtg
7.5	7.5					10/12-15	Packets
4	3.75					10/16	Regular TC
3.5	3.5					10/19-20	Court, packets
1.75	2					10/21	Clinic wkshp, packets
2.75	2.75					10/22-23	Packets
2	2					10/26	Enrollment, packets
2.5	2.5	3,5				10/27-28	Admin budget, packets
.5	.5				12	10/29-30	Chetco dedication

Sharon Edenfield - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
.75	.75	2.5				10/5	Special TC – gaming, STCCF
.5	.5					10/6	Siletz School wkshp
1.5	1.5					10/9	Packets, minutes
3.25	3.25					10/16	Regular TC
.75	.75					10/18	Packets
1	.75					10/21	Clinic wkshp
.5	.5					10/26	Enrollment wkshp
.5	.5					10/29	NW Reg/Tribal brief

Alfred Lane III - 10/1/20-10/31/206

TC	Ind	Gmg	STBC	ED	Tvl		
		1				10/8	Packets
		2.5	1.5			10/9	Special TC – gaming, STBC mtg
1	1					10/13	Budget Comm
.5	.5					10/15	Packets
3.25	3.25					10/16	Regular TC
.75	.75					10/19-20	SMLLC, STRCP, packets
1	.75			1		10/21	Meet w/ Umatilla Tribe, clinic wkshp
1	1					10/25-26	Enrollment packet/wkshp
2.75	2.75					10/27	Budget wkshp, NILI taskforce

Delores Pigsley - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
3	3	1.75			2.5	10/1-4	Mail, agenda items, admin
7.5	7.5	.5				10/5-8	ATNI, mail, agenda items, prep for council
.5	.5	2.5	1.5			10/9	Special TC - gaming, STBC mtg, mail
.5	.5					10/10-11	Mail, agenda items
1	1					10/12	Budget Comm, mail, prep for council
1.75	1.75	.5				10/13	Budget Comm, mail, agenda items
2.5	2.5					10/14-15	Governor's call, mail, prep for council
3.25	3.25					10/16	Regular TC, mail
2.75	2.75	.5				10/17-20	Mail, chairman's report
1.75	1.75		1	1		10/21	Meet w/ Umatilla Tribe, clinic wkshp, STBC admin/eval, mail
3.25	3.25					10/22-26	Mail, agenda items
4	4	.25			2.5	10/27-28	Budget wkshp, prep for NCAI video, mail, agenda items
2	2				12.5	10/29-31	UO board (NAAC), Chetco Memorial opening, mail

Angela Ramirez - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
.5	.5	1				10/2-3	Email, packets
.5	.75					10/5	Health Comm
.5	.5					10/6	Siletz School mtg
5	.5	.5				10/7-8	Email, packets
.25	.25	2.5				10/9	Special TC-gaming, email, packets
2	2	1				10/10-13	Email, packets
3.5	3.5					10/16	Regular TC, email, packets
.5	.5					10/18	Email, packets
.25	.25					10/20	Court hearing
1.5	1.5					10/21	Clinic wkshp, email, packets

Selene Rilatos - 10/1/20-10/31/20

TC	Ind	Gmg	STBC	ED	Tvl		
5.5	5.5					10/1-4	Tribal member concerns (TMC), COVID, email, packets
1.5	1.5					10/5	Health Comm, COVID, email
3	3					10/6	Siletz School wkshp, COVID, email
2	2					10/7-8	Email, TMC, packets
3.5	3.5				1	10/9	Special TC – gaming, email
13.25	13.25					10/10-19	TMC, email, packets, COVID
3.75	3.75					10/20	NWPAIHB, court, email
3.25	3.25					10/21-22	Clinic wkshp, email, TMC, packets
5.75	5.75					10/23-25	COVID, TMC, email, packets
3.5	3.5				2	10/26-27	Wkshps, TMC, email
4.25	4.25					10/28-31	COVID, email, TMC, packets

Tribal employment information is available at ctsi.nsn.us.

Tribal Council Email Addresses

•	Tribal Chairman: Delores Pigsley Vice Chairman: Alfred "Bud" Lane III	dpigsley@msn.com budl@ctsi.nsn.us
•	Treasurer: Robert Kentta	rkentta@ctsi.nsn.us
•	Secretary: Sharon Edenfield	sharone@ctsi.nsn.us
•	Lillie Butler	lbutler@ctsi.nsn.us
•	Loraine Butler	loraineb@ctsi.nsn.us
•	Reggie Butler Sr.	rbutler@ctsi.nsn.us
•	Angela Ramirez	angelar@ctsi.nsn.us
•	Selene Rilatos	maritar@ctsi.nsn.us











Last year, if someone told you exactly how 2020 would turn out, you'd have thought they'd spun out of control. Well, who is spinning now?

IT COULD BE YOU SPINNING FOR A SHARE OF \$100,000!

\$2500+Spin Drawings on Thursdays and Sundays at 7pm in December \$25,000+Spin Finale Drawings December 31 & January 1 & 2 at 10pm

COLLECT FREE ENTRIES WEEKLY STARTING NOVEMBER 30!



Member: 1 FREE ENTRY



MVP: 2 FREE ENTRIES



3 FREE ENTRIES



4 FREE ENTRIES

Collect even more with your tracked Casino play! Collect one bonus entry with every 100 points earned on Slots, Tables, Keno, Bingo, and Sports Wagering. Earn double entries Wednesdays!

Complete Rules at Winners Circle. Management reserves the right to alter or withdraw the promotion at any time.



chinookwinds.com • 1-888-CHINOOK • Lincoln City



PUBLIC NOTICE

PUBLICLY Posted from 11/23/2020 to 12/13/2020

Tribal Council Actions Affecting the Tribal Membership Roll POSTING #311

Per the Enrollment Ordinance §2.302 (c)(2), the Enrollment Committee with the assistance of the Enrollment staff shall post notice of final Enrollment actions taken by the Tribal Council under this ordinance in the same manner it posts notices of proposed actions. On 11/20/2020, the Siletz Tribal Council by Tribal resolution made the following 28 actions affecting the Tribal membership roll.

Contact the Enrollment Department for a copy of the Tribal resolution. This notice has been published on the Tribal website under the Enrollment Postings in the Tribal Member Area.

Enrollment Ordinance §2.304 (e)(6)

When the Tribal Council approves an application for enrollment, the applicant shall be notified by certified mail, shall be posted as required by Section 2.302(c), and the Enrollment Committee and Enrollment staff shall enter the name of the applicant on the official Tribal membership roll.

If the Tribal Council decides to reject an application for enrollment, the applicant shall be so notified by certified mail and advised of his or her right to appeal in accordance with §2.315 of this ordinance or to request reconsideration of the decision in accordance with §2.314 of this ordinance. Such Tribal Council decisions shall be enacted in the form of resolution.

If the Tribal Council rejects the recommendation of the Enrollment Committee either as to approval or rejection for enrollment, Enrollment staff shall post the council's action in a manner consistent with §2.302(c) and in the Tribal newspaper, so as to notify the Tribal membership of the council's action, and shall notify the applicant and any interested parties by certified mail of the council's action.

Any appeal period for Tribal members who do not receive notice directly by mail of Tribal Council action approving or rejecting an enrollment application shall commence 10 days after notice of such action pursuant to this section was received.

Chinook Winds Casino Resort

Follow us on Twitter, find us on Facebook or visit our website at chinookwindscasino.com.

For more information about events in North Lincoln County, visit lcchamber.com, oregoncoast.org or lincolncity-culturalcenter.org.

Calling all Tribal member business owners

If you would like to be on the preferred Tribal members business list with Chinook Winds, please fax, mail, email or drop off your business card, brochures, or business information to:

Chinook Winds Casino Resort Attn: Purchasing Dept. 1777 NW 44th St. Lincoln City, OR 97367

Phone: 541-996-5853 Fax: 541-996-3847 erica@cwcresort.com



If you want to be part of a great team and looking for a new career opportunity,
Please call Human Resources at (541) 996-5800 or (541) 996-5806.

www.chinookwindscasino.com/careers

Office Hours: Monday through Friday 8am-4:30pm

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegasstyle gaming, an 18-hole golf course, headline entertainment from some of music's most legendary stars, three full-service restaurants, a secure child care facility and arcade, and a 243-room ocean-view hotel.

For more information, visit chinookwindscasino.com, or call 888-CHINOOK (244-6665) or 541-996-5825.

Siletz Tribal Court Rules and Procedures Ordinance §3.009(a) Time for Filing

Civil actions to review Tribal Council action, or other Tribal action, shall be presented to the court clerk in writing not more than 60 days after an action of the Tribal Council, or Tribal officials as specified in the Tribal code, is alleged to have violated the plaintiff's right or rights or not more than 60 days after the alleged harm first manifested itself if such harm was not apparent on the date of the Tribal Councils, or other official's action.

1. Name Change

Enrollment Committee Recommendation to Tribal Council: Approval Tribal Council Decision: Approval Resolution #: 2020-370

1. Brenda Sue Bennett	3952
2. Cheryl Lynn Gardner	1636
3. Jamie Lynn Isom	3756

2. Blood Quantum Correction

Enrollment Committee Recommendation to Tribal Council: Approval Tribal Council Decision: Approval Resolution #: 2020-371

1. Tasha Roseann Olson 3622

3. Blood Quantum Correction

Enrollment Committee Recommendation to Tribal Council: Approval Tribal Council Decision: Approval Resolution #: 2020-372

1. Tasha Roseann Olson 3622

4. Blood Quantum Correction

Enrollment Committee Recommendation to Tribal Council: Approval Tribal Council Decision: Approval Resolution #: 2020-373

1. Keoni D.J. Somes	5013
2. Sydney Raymond Somes	1906

5. Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Rejection Tribal Council Decision: Reject Resolution #: 2020-374

- 1. Jennifer Lea Crowe
- 2. Avery Riann Murders
- 3. Milo Benjamin Murders

6. Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Rejection-DNA Results Tribal Council Decision: Reject Resolution #: 2020-375

- 1. Ryder Duane Case-Hutchinson
- 2. Zaraya Rose Herrera

7. Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Rejection-DNA Results Tribal Council Decision: Approval Resolution #: 2020-376

1. Aurora Klousa-Lee Bryce	6479
2. Edmund Miller Goodell	6482
3. Bailey Quinn Smith	6487

8. Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Approval Tribal Council Decision: Approval Resolution #: 2020-377

1. Julia Ann Acevedo	6475
2. Brexlyn Everly Arden	6476
3. Collin Keith Bell	6477
4. Travis Daniel Bell	6478
5. Silas Daniel Cisneros	6480
6. Bear Ilijah Gilbert	6481
7. Urijah Jasper Hart	6483
8. Jonathan Allen Leith	6484
9. Kathy Maelene Medina	6485
10. Phoenix Ronald Lee Rife	6486
11. Phenix Michael Wells	6488
12. Emry Arro Williams	6489
13. Peyton Rilee Wyles	6490



2021 Tribal Council Application

Application for names to be placed on the 2021 ballot for candidates in the Siletz Tribal Council election

Name:	Roll#
Mailing Address:	
City:	State:ZIP:
Telephone:	
Email Address:	

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians and 18 years of age or older on Election Day. This application must be filed with the Election Board by **4 p.m. on Dec. 4, 2020.** I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing by **4 p.m. Dec. 9, 2020.** Otherwise, my name will appear in the Voter's Pamphlet and on the ballot.

Signature: ______Date: _____

Mail your application to: CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

Election Deadlines

4 p.m. 4 p.m.	Dec. 4, 2020 Dec. 4, 2020	Deadline to file for candidacy Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m.	Dec. 9, 2020	Deadline to withdraw in writing from the Tribal Election
4 p.m.	Dec. 9, 2020	Certified Candidate's List posted
Days of:	Dec. 11-12, 2020	Voter's Pamphlet mailed out
Days of:	Dec. 14-15, 2020	Absentee ballots mailed out
9 a.mNoon	Jan. 9, 2021	Candidates Fair – Location TBD
4 p.m.	Jan. 29, 2021	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 6, 2021	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 6, 2021	Deadline for returning absentee ballots

Voter's Pamphlet and Statement

If you would like your candidate's statement and photo to appear in the Voter's Pamphlet, please submit your statement and recent 3x5 photograph of yourself along with your application. Deadline for statements and photos is **4 p.m. on Dec. 4, 2020.**

Candidate statements must be no longer than 750 words and must not be derogatory or contain personal attacks on any one individual. Statements and photos will appear in the Voter's Pamphlet. Photos will be included on the ballot.

Mail your statement and photo to CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549. The candidate is responsible for ensuring receipt of application and statement by the deadline.

Letters will be sent to all candidates after review and certification by the Election Board. The Election Board will also send each certified candidate a packet that includes the Siletz Tribal Constitution, Election Ordinance and approved rules.

Candidates can call 800-922-1399, ext. 1256, or 541-444-8256; or e-mail elections@ctsi.nsn.us to confirm receipt of application and candidate's statement.

Siletz News Letters Policy

Siletz News, a publication of the Confederated Tribes of Siletz Indians, is published once a month. Our editorial policy encourages input from readers about stories printed in *Siletz News* and other Tribal issues.

All letters must include the author's signature, address, and phone number in order to be considered for publication. *Siletz News* reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of Siletz News.

Editor: Diane Rodriquez
Assistant: Andy Taylor

To the editor:

Hi, may the Creator of all good things bless you and your family.

My name is Frank Aspria Sr. and I am from the DePoe family. I will be running for 2021 Tribal Council.

As you all know, we have been in very strengthening times I would say, others may say hard times. Our people have been here done that; after all, we have been doing this for well over 500 years. We're all experts at survival and evolving.

I see our Tribe moving in a direction that has not been honored for many years, yet signed by our ancestors in good faith. The Siletz people all have these inherent treaty rights even if the original reservation boundaries have been changed or taken away.

The treaties stand – per United States Supreme Court ruling dated July 9, 2020. The ruling stated that federal law applies within original treaty boundaries and state courts have no jurisdiction unless the Tribe negotiates with the state to acknowledge state jurisdiction.

Our Tribe needs to rescind the 4E compact with the State of Oregon and rescind the policing compact with the Lincoln County sheriff. Employ our own Tribal police and build a Tribal jail.

With this ruling, the Siletz Tribe now has the U.S. Supreme Court to back the Tribal government with treaty rights. This means everything is valid in our treaties.

And as far as Public Law 280, it screams discrimination based on the fact that it violates the rights and governing power of Tribal government and Tribal courts on a sovereign nation where state courts have no jurisdiction or enforcement. U.S. Constitution states – treaties with Indian Tribes are the (supreme law of the land).

I ask for your vote and I will push for all of our treaty rights – school, Tribal police, ICW, jail, and hunting, fishing, gathering and everything listed in our treaties.

Thank you for your time.

Frank Aspria Sr.

Editor's note: Siletz News tries to uphold principles of unbiased, fact-based journalism, thus we feel the letter above requires some clarification. Federal Indian Law around Tribal criminal jurisdiction in Oregon's Indian Country, in the wake of the July 2020 Supreme Court McGirt decision, is unsettled. The impact of that ruling will play out in coming years and the Siletz Tribe will have a significant role in that process.

The McGirt decision did not repeal PL 83-280. The Siletz Tribe's continuing evaluation and response to that statute, combined with the McGirt decision's impact on our jurisdiction and sovereignty, is complex and ongoing. The Tribe is deeply committed to pursuing outcomes favorable to the membership.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.



create an inclusive, welcoming environment for all children and families, regardless of ability, family composition, culture, language, or family

income operate in a wide variety of settings—centers, homes, and schools

 support parents as partners in their child's learning and development

Household Size	Annual Income Limits
2	\$34,480
3	\$43,440
4	\$52,400
5	\$61,360
6	\$70,320
7	\$79,280
8	\$88,240

Families with income up to the annual income limits listed here may be eligible.

To learn more and apply, email the Early Learning Hub of Linn, Benton & Lincoln Counties:









Happy Birthday to Dad and Dooka! We love you guys so much and hope this next year is the best yet! Love you!

Free child ID kits from the Oregon State Police

503-934-0188 or 800-282-7155 child.idkits@state.or.us



Happy 12th Birthday, Tehya! We've enjoyed watching you grow into the amazing young lady you are today. We hope your day is as special as you are. We love you bigger than the sky.

Love, Mom and Dad

Be safe. Stay home. Stay well.





Happy Birthday to the best GG! We love and miss you!

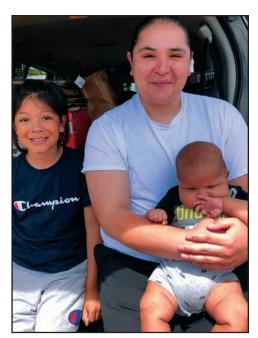
For more information about the Siletz Tribe, visit ctsi.nsn.us.



Happy 13th Birthday to Shylyn on Nov. 20! Hope you have an awesome day. Love, Mom, Teagan and the whole family



Happy 18th Birthday to Aunty Taya!



Happy Birthday, Aunty Kc!



CTSI would like to start a virtual Two Spirit and LGBTQ youth group. We are looking for the following feedback:

- · What format would most benefit you?
- Would you be willing to take on a leadership role?
- What do you want to get out of this group?

Let us know how we can best support you! Please contact Hannah by text/call at 541-270-8472.

Use Amazon Smile to donate to STAHS

Here's how you can donate to the Siletz Tribal Arts and Heritage Society (STAHS) painlessly and effortlessly. It's as easy as 1,2,3,4.

Thank you for supporting STAHS!

- 1. Go to Amazon.com.
- 2. In the Department drop down box, type Amazon Smile.
- See Amazon Smile You shop. Amazon Gives.
- 4. Follow the easy directions.

Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section.

Siletz News reserves the right to edit any submission for clarity and length.

Not all submissions are guaranteed publication upon submission.

Please type or write legibly and submit via e-mail when possible.