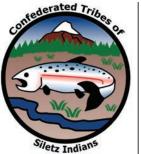
Confederated Tribes of Siletz Indians Vol. 45, No. 2 February 2017



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

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

Patient Centered Medical Home is new focus of providers at Siletz Clinic

Have you noticed we have new staff and changes in our clinic?

We are moving forward with an improved and expanded type of care for our patients called Patient Centered Medical Home. A medical home is a clinic where a "team" of health professionals works together to meet each patient's physical and mental health care needs, including prevention and wellness, acute care and chronic care.

Most importantly, Medical Home is about **you.** The Medical Home model is personal and the team's job is to make sure you get the health care you need and deserve.

Having a medical home feels like having an old-style family doctor, but with a team of professionals using modern knowledge and technology to provide the best possible care for each of our patients.

Who is part of the Medical Home Care Team?

Providing comprehensive medical care requires a team of care providers. This team might include physicians, nurse practitioners, physician assistants, nurses, medical assistants, pharmacists, social workers, educators and counselors.

These team members are like having "health coaches" who help you get healthy, stay healthy and get the care and services that are right for you.



Courtesy image

Your family is also part of the team and **you** are the most important member!

Who is on your team?

Each of our patients will have a primary care provider (PCP). If you have been seeing one of our medical providers on a steady basis, this is the provider with whom you will be empaneled.

Empanelment is the act of assigning individual patients to individual PCPs and care teams with sensitivity to patient and family preference. Your care team is who you will go to with questions about your care.

Your care team will get to know you, your family, your life situation and preferences. They will remember these details and suggest treatments that make sense for you. They will treat you as a full partner in your care.

Your care team will communicate with you, give you time to ask questions and make sure you understand all of your options for care. They will help you decide what care is best for you by utilizing evidenced-based medicine. This optimizes medical decision-making by emphasizing the use of evidence from well-designed and well-conducted research.

When you leave the clinic, you leave with a clear idea of what direction your health care is going and a clear idea of how to care for yourself.

What can you do as part of your medical team?

Know that you are a full partner in your own care. Always bring a list of your medicines, vitamins and remedies you use. Keep us updated when you have a change in phone number, address or insurance.

Always tell your medical home team when you don't understand something they said. Ask them to explain it in a different way. Always talk openly with your care team.

We are all so excited about this new venture into improved care and communication between you, our patients, and your medical care team. You will see the same provider for all your health care needs, including when you are ill. If your PCP is not available, you will see his/her partner care team.

What if I want to change my provider?

The goal of Medical Home is to work together. Continuity of care is a vital part of Patient Centered Medical Home. Evidence shows that jumping back and forth

See Clinic on page 4

New apps focus on indigenous films via NativeFlix

HOLLYWOOD, Calif. – Amerind Media Group, Inc. (AMG) recently announced it that its streaming video service called NativeFlix is now available on iOS, AppleTV, Android and Roku.

Viewers now can watch content about American Indians and other indigenous people from around the world directly on their mobile device or via television using Chromecast or AppleTV.

NativeFlix, first offered in 2015, now offering additional programming genres – drama, comedy, culture, animation and music. Having doubled its content library, AMG also offers new and original programming available exclusively on NativeFlix. Much of its collection is in full HD.

The company operates similar to a cooperative in that it gives a majority of its revenue to the content owners who license content for the NativeFlix service.

Before co-founding AMG, CEO Tim Harjo served as the chief content officer at First Nations Experience, the country's first television station broadcasting indigenous content.

AMG is a Native-owned and -operated media company based in Hollywood that opened on the Internet in April 2015 at nativeflix.com.



Courtesy photo by April Middaugh

Participants in the Candidates Fair on Jan. 14 at Chinook Winds Casino Resort include (from left) Loraine Butler, Gloria Ingle, Robert Kentta, Kent Rilatos and Selene Rilatos. Not pictured: Wayne Johnson and Heather Walker.

All ballots for the 2017 Siletz Tribal Council election must be received by 4 p.m. on Feb. 4. You can vote in person on Feb. 4 at the Tribal Community Center in Siletz, Ore., from 10 a.m. to 4 p.m.

Chairman's Report

Gov. Kate Brown was sworn in on Jan. 9 as Oregon's 38th governor. The ceremony was attended by former governors and many Tribal representatives.

She gave an uplifting address to legislators and guests. She recognized the Tribes that were present and the importance of Tribal sovereignty.

We look forward to continuing our great relationship with her and with the state of Oregon. She has devoted more than 25 years to serving the state.

I attended the Northwest Portland Area Indian Health Board in Grand Mound, Wash., in mid-January. The Portland Area is the most active in the nation, I believe

It is a great concern to many just how the new administration will recognize the important of health care in Indian Country. Tribes are actively lobbying to keep a portion of Obamacare (Affordable Care Act) that affects us all, the Indian Health Care Improvement Act.



At the meeting, our good friend Pearl Capoeman-Baller (above) announced her retirement after serving on the Quinault Tribal Council for 32 years, many of them as president, and working with her Tribe for 42 years. We wish Pearl well in her retirement. She was an exceptional Northwest leader.



Siletz Tribal Prints & Gifts LLC (STPG) is seeking products from Tribal members who wish to sell their products through its retail location at 1520 NE Highway 101 in Lincoln City, Ore., as well as its online store located at store.stpgifts.com.

Please contact Casey Cox, interim manager of STPG, at 541-996-5550 or manager@stpgifts.com for more information. Come by the store or visit our website at stpgifts.com to see the other products and services we offer.

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:	 	 	
Phone:			

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:

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 March issue is Feb. 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 The inauguration of President Donald Trump has Tribes concerned about how he will move forward working with Tribes. His choice for secretary of interior, however, is Congressman Ryan Zink from Montana, who has wide support from many Tribes.

I am including in this report a very good summation (below) from John Echohawk, executive director of the Native American Rights Fund.

The new administration will be confirmed as Congress gets under way and we look forward to working with our Oregon congressional representatives to further Tribal issues.

Tribal elections are well under way. It's important that you vote and if you have the time to commit, to serve on Tribal committees.



Delores Pigsley

NARF commits to stand firm for justice and for Native rights during the Trump administration

The inauguration of President Trump has many people across the nation concerned and the world wondering how the United States will move forward as a world leader from this point forward. As Native people, we have been down this road before.

For over 500 years we have endured the invasion of our homelands; endured the horrific and failed termination, assimilation and boarding school policies of the federal government; and in more recent times we have fought past administrations' attacks on Indian country and the environment and won.

Since the Trump administration has not announced any Native policy positions, we look forward to the opportunity to work in partnership and educate them about Native rights. But make no mistake, we are firmly committed to continue our fight to protect Native rights and Tribal sovereignty – and fight we will.

We stand by our commitment as "Modern Day Warriors." We have fought hard for our people, our lands and our Tribes for over 46 years and we reaffirm here our commitment to continue to do so. We encourage our brothers and sisters and our allies to be brave, take courage, remember our ancestors and continue to stand firm with us for justice.

From the Native American Rights Fund staff and Board of Directors

Elders Council Meeting

Feb. 11 • 1-4 p.m. • Chinook Winds Golf Resort

Siletz Elder potlucks are held monthly at 6 p.m. on the Monday before the regularly scheduled Elders meeting. Please bring a potluck dish you would like to share.

For more information, contact the Elders Program at 800-922-1399, ext. 1261, or 541-444-8261.

Nuu-wee-ya' (our words)

Introduction to the Athabaskan language

Open to Tribal members of all ages

Siletz

Siletz Tribal Community Center Feb. 6 – 6-8 p.m. March 6 – 6-8 p.m.

Eugene

Eugene Area Office Feb. 7 – 6-8 p.m. March 7 – 6-8 p.m. **Portland**

Portland Area Office Feb. 13 – 6-8 p.m. March 13 – 6-8 p.m.

Salem

Salem Area Office Feb. 14 – 6-8 p.m. March 14 – 6-8 p.m.

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

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

For more information, contact Bud Lane at the Siletz Cultural Department at 541-444-8320 or 800-922-1399, ext. 1320; or e-mail budl@ctsi.nsn.us.

Take part in Tribal transportation survey, enter raffle to win prize package from Chinook Winds

Hey – here's something nifty and new! Your Tribal Planning Department is conducting a survey to better understand Tribal members' transportation needs. In addition to the usual paper form, which was available at Planning's Community Meetings in January, we're testing out an easy-to-complete online version of the survey.

The Tribe receives federal and state transit grant awards and this survey helps us meet public participation requirements for continued funding.

If you would like to be entered into a raffle for a chance to win an evening of seafood and comedy at Chinook Winds Casino Resort in Lincoln City, Ore., please be sure to provide contact information on the last page of the survey. The raffle prize includes two tickets to Comedy on the Coast on March 24, 2017, plus two tickets to seafood night at the casino's Siletz Bay Buffet.

If you didn't take the survey at the January (or re-scheduled February)

Community Meetings, you still can provide feedback online at tinyurl.com/transit2017.

The survey will close on Feb. 28. Rest assured, your participation is voluntary and your answers will remain anonymous. Thank you for participating!

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\$10Kindergarten\$10Elementary School\$20Middle School\$50High School or GED\$100

Adult Vocational Training \$100 (one-year program) \$200 (two-year program)

Higher Education

Bachelor's Degree Pendleton blanket plus \$75

Master's Degree \$300

Doctorate Degree Pendleton blanket plus \$300

Tribal Education Specialists

Portland Area Office: Katy Kaady, 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: Education Specialist, 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

STBC has roof, gutters RFP for Lincoln Shores office building

The Siletz Tribal Business Corporation is seeking contractors to respond to a Request for Proposals for roof replacement and gutter evaluation for the Lincoln Shores office building in Lincoln City, Ore.

Please visit stbcorp.net or contact Michael Phillips, STBC senior business development officer, at 541-994-2142, 877-564-7298 or mphillips@stbcorp.net for more information.

Culture Craft Nights

Rope/String Making

Feb. 6 • 5-7 p.m.
Siletz Tribal Community Center
Feb. 7 • 5-7 p.m.
Eugene Area Office

Siletz Tribal members and their families are invited to come and learn how to make string and rope the old way.

All ages are welcome. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, budl@ctsi.nsn. us; 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments



Feb. 13 • 5-7 p.m.

Portland Area Office

Feb. 14 • 5-7 p.m.

Salem Area Office



Calling all Native artists!

The Nutrition Advisory Committee for the Food Distribution Program is having a design contest for artwork that will appear on the back of playing cards. The cards will be distributed and used by the 35 Tribes in our Western Region.

If you would like to make a submission, let us know or just bring it in and we will get it to the right place.

Submissions must be received by Feb. 15, 2017.

USDA distribution dates for February

Siletz

Wednesday	Feb. 1	9 a.m 3 p.m.
Thursday	Feb. 2	9 a.m 3 p.m.
Friday	Feb. 3	9 a.m. − 3 p.m.
Monday	Feb. 6	9 a.m. − 3 p.m.
Tuesday	Feb. 7	9 a.m. − 3 p.m.

Salem

Feb. 20	HOLIDAY
Feb. 21	1:30 – 6:30 p.m.
Feb. 22	9 a.m. – 6:30 p.m.
Feb. 23	9 a.m. – 6:30 p.m.
Feb. 24	9 – 11 a.m.
	Feb. 21 Feb. 22 Feb. 23

Bison Chili

1 bag pinto beans (soaked overnight)*
Red pepper flakes (I put about a tablespoon into the beans as they are
cooking)

2 packages bison burger*
2 cans diced tomatoes*

1 can tomato sauce*

2 small onions, diced*

1 can whole kernel corn, drained*

3 chipotles in adobo, diced

1 can diced green chilies Chili powder to taste Rinse the beans that have been soaking overnight. Place them in a large pot with enough water to cover them. Add some salt and pepper, and boil until soft. You also can add red pepper flakes to the beans, which will cook the flavor into them.

Put a couple tablespoons of oil in a large frying pan and let it get hot. Add the diced onion and sauté until almost transparent. Add the burger and cook until no longer pink. Add the green chilies, tomatoes, tomato sauce, chipotles, corn and chili powder. Let simmer for about 30 minutes.

Add the meat mixture to the cooked beans and simmer together for 30 minutes. I thickened mine with some instant potato flakes* too.

Serve with shredded cheese.

*Indicates food available in the food package

Also, LIKE us on Facebook at Siletz Tribal FDPIR.



Joyce Retherford, FDP Director 541-444-8393

Lisa Paul, FDP Clerk/Warehouseman 541-444-8279

Happy New Year from Behavioral Health, which provides many different services to Tribal members

By Jen Metcalf, Women's TLC Coordinator

Happy New Year! We ended 2016 in a good way at the Behavioral Health (BH) program by taking clients to the NARA Sobriety Pow-Wow in Portland, Ore. Lots of changes took place for BH in 2016.

Welcome back to Ashliegh Ramirez and congratulations on your college graduation!

Some things to look forward to in the next few months are the monthly CEDARR meetings. These meetings are held on the first Wednesday of every month from noon to 1:30 p.m. in the second floor conference room (Shell room)

at the Siletz Community Health Clinic. Lunch is provided.

Our next meeting is on Feb. 1. Topics of discussion will include goals that were completed in 2016 and looking at goals for 2017. Don McDonald from PAADA (Partnership Against Alcohol and Drug Abuse) will speak about drug-free communities and a possible mentoring grant.

Prevention efforts are consistent at Siletz Valley School. Project Alert is an evidence-based curriculum that is used in grades six through eight.

Other upcoming events from Prevention inleude the Eradication March, Daughters of Tradition (White Bison) and many other prevention best practices. Watch the newspaper for additional information.

Substance abuse outpatient counselors are steadily serving our members daily. We have multiple weekly outpatient groups, including Relapse Prevention, Education, Women's Group, Life Skills and White Bison's Wellbriety.

Our Tribal Transitional Living Centers are filling up quickly. A waiting list currently exists for the women's house and there's

ioral Health office. This is facilitated by Angela Ramirez, Wylie Stokes and myself.

Our mental health therapists have been busy serving both youth and adult clients. Rachel serves the Portland and Salem areas and Mary-Beth serves the Siletz areas.

They are busy working on a contract for after-hours mental health assistance for Tribal members when Tribal offices are closed. We will provide additional information as we receive it.

For any Behavioral Health appointments or information, please contact our data coordinator, Jacob Reid, at 541-444-8286 or toll-free at 800-600-5599.

Attention Siletz Contract Health-eligible Tribal members!

If you receive Contract Health Services approval to see providers/facilities outside of a Tribal clinic, please be sure to inform them at your visit that you have Contract Health Services as a form of payment.

We have seen a number of patients billed for services from their medical/ dental/optical providers because the patient did not inform the office that they have Contract Health Services.

If you have primary insurance (through employment, Medicare, Medicaid, etc.), we would be secondary to the primary insurance.

If you fail to provide this information to your providers and they don't bill us in a timely manner, you could be liable for the charges. Please let your providers know that they can submit claims for payment to:

Siletz Contract Health P.O. Box 320 Siletz, OR 97380

Reminder

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

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

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

Siletz Community Health Clinic Providers

Medical

Lisa Taylor, Medical Director

Dr. Stewart Tuft, Physician (Family Medicine)

Dr. Fred Chavez, Physician (Family Medicine)

Dr. Jalien Dorris, Physician (Family Medicine)

Dr. Stephen Burns, Physician (Pediatrics)

Dr. Sean Rash, Physician (Pediatrics) William Fisher, Physician Assistant

Dental

Dr. Jeremy Vistica, Dental Director Dr. Gordon Stanger, Dentist

Teresa Carpenter, Dental Hygienist

Optometry Dr. Lorene Stanger, Optometrist limited availability at the men's house. Positive Indian Parenting started on Jan. 29 and runs from 9-11 a.m. at the Behav-

Clinic, continued from page 1

between providers leads to errors and delays in health care.

If you are truly unsatisfied with your PCP, we ask that you meet with one of our case managers, Cherity Bloom-Miller, RN, or Jesse Hodges. During this meeting,

you can voice your concerns so we can assist you in mediating these concerns in order to assure consistent health care.

If we are unable to resolve this issue to your satisfaction, we will assist you in transitioning your health care to another team.

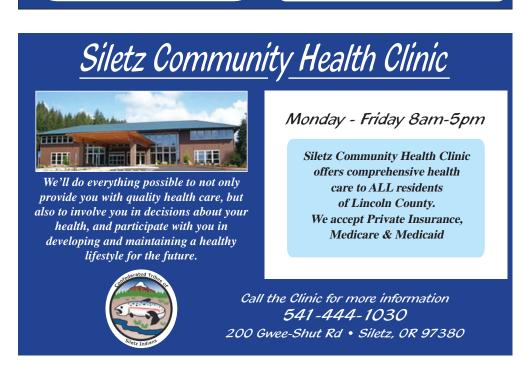


Siletz Community Health Clinic medical staff and team members

In order to provide easy access and continuity of care, we are providing medical staff's direct phone numbers. Please keep in mind we are not always at our desk, so if you need to speak with someone urgently the best thing to do is call the main clinic line at 541-444-1030 and ask reception for help.

- Team Taylor: Lisa Taylor, FNP; Nurse Joyce Dukes, 541-444-9602; and Medical Assistant Laura Bremner-Duarte, 541-444-9665
- Team Chavez: Dr. Fred Chavez; Nurse William Kobialka, 541-444-9661; and Medical Assistant Melissa Strickler, 541-444-9608
- Team Dorris: Dr. Jalien Dorris; Nurse Joy McNamara, 541-444-9628; and Medical Assistant Trudy Rector, 541-444-9634
- **Team Fisher:** William Fisher, PA; Nurse John Kosydar, 541-444-9671; and Medical Assistant Jeff Fuller, 541-444-9612
- Team Peds: Stephen Burns, MD, and Sean Rash, MD; Medical Assistant Dawn Cornejo, 541-444-9684
- Case Manager and Nursing Supervisor: Cherity Bloom-Miller, RN, 541-444-9610
- Medical Social Worker: Jessie Hodges, 541-444-9607
- Referral Specialist and Coordinator: Selina Rilatos, 541-444-9691
- Lab Technician: Katherine Daniel, 541-444-9616
- Diabetic Educator: Chris Sherrod, 541-444-9647
- On-Call Medical and Lab Assistant: Gabriella Weiss-Vickers, 541-444-9688

Welcome to your new Patient Centered Medical Home!







Community Health Department

Wisdom Warriors

The Wisdom Warriors Group will encourage and empower individuals living with chronic conditions to learn new skills for making fun and healthy changes in their lifestyle. This group will meet every Tuesday for 6 weeks at the Tribal Community Center from 4:00pm—6:30pm. The first class will be held on Tuesday, February 7th.

Every Tuesday Starting February 7 Tribal Community Center 4:00-6:30pm

Girls' Group Open House

Community Health and Behavioral Health are inviting girls age 9-19 and their parents to join us and learn more about Girls' Group. Come meet the staff who are involved and learn about the topics we will cover over the next year, including the Daughters of Tradition curriculum.

March 2, 6pm-8pm

Events

February 2

Girls' Group (ages 9-19)

Clinic - Behavioral Health 6pm-8pm

February 7

Wisdom Warriors

Tribal Community Center 4:00-6:30pm

February 16

Girls' Group (ages 9-19) Clinic - Behavioral Health

6pm-8pm



Agnes Pilgrim: Long life creates many adventures

Agnes Baker Pilgrim was the seventh of nine children born to George Wentworth Baker and Eveline Lydia Harney Baker in 1924 in Logsden, Ore., on a Tribal allotment near the headwaters of the Siletz River.

Aggie, 92, has three sons and three daughters – Robert, Keith and Tony (both deceased), Mona, Nadine and Sonja, 18 grandchildren, 27 great-grandchildren and one great-great-granddaughter.

Growing up, Aggie's family lived without electricity. They had chickens, milk cows, sheep, longhorn cattle and horses. They gathered greens, pick blackberries and apples, fished, canned lots of fruit every fall and with plenty of eels in the creek, they never went hungry.

The Takelma language was spoken in her home, but not encouraged outside it. Always independent, as a teenager Aggie insisted on dancing traditionally in her buckskin dress even though this was banned by her Catholic church. She graduated from Taft High School in Lincoln City in 1942.

Over the next years she pursued a wide variety of careers, including gathering cascara bark and other wild plants, singing in a band, being a bouncer at a nightclub and a barber in a jail, driving a log truck and setting chokers, racing stockcars, working as a hospital scrub nurse and managing a restaurant.

Around 1970, she decided to finally take on the spiritual path she had always felt calling her. She took the medicine name of her Takelma great-grandmother, "Taowhywee" or Morningstar.

Aggie described a pivotal moment in her life when the Creator "wanted me to do this spiritual walk. I said I'm not worthy, but he'd come again and he'd come again. So I said I might as well do it and when I said that, it's like a load fell off of me. I went to my kids, told them to forgive me for the mistakes I'd made. There's no such thing as parent school."

From 1974 to 1989, Aggie worked as a manager and counselor at the United Indian Lodge in Crescent City, Calif. A main focus was alcohol prevention, intervention and rehabilitation. During this time, she also received criminal justice training.

In the early 1980s, she joined the tribe's Cultural Heritage and Sacred Lands Committee. She enrolled at Southern Oregon State College and in 1985 graduated with a bachelor's degree in psychology with a minor in Native American studies.

Another pivotal moment in Aggie's life came when the Creator told her he wanted her to be a voice for the voiceless.

"I asked him, what does that mean? I was sitting outside by a table with a glass of water ... then the wind came up and rustled a big tree and I thought, Grandfather, should I be a voice for the wind, the air, is that what you mean?" she said. "I reached for the glass of water and thought, you don't have a voice either. The water doesn't have a voice. He said to teach

wherever you go - water is your first medicine."

Aggie was one of 13 women from indigenous cultures around the world who were invited to the International Council of 13 Indigenous Grandmothers in October 2004. This group "is an alliance of prayer, education and healing for our Mother Earth, all Her inhabitants, all the children and for the next seven generations to come." (grandmotherscouncil.org).

Aggie said that the most significant thing for the Tribe that has happened since 1977 (Restoration) was for the Creator to empower the Tribal Council to fight to benefit all Tribal members.

"One of the greatest things I have is to pray for the Tribal Council," she said. "I commend them for what they do for all of us. They fight hard for our culture and traditions."



Dental Coloring Contest Winner The Siletz Community Dental Clinic would like to congratulate Rainbow Mason on being our coloring contest winner! Because of her efforts to "bling" out a coloring page, she was rewarded with a Sonicare toothbrush. If you are between the ages of 5-14, you too will have a chance to win! Come pick up your coloring page at the Siletz Community Dental Clinic and express your creativity. Submissions for the next contest must be received before March 31 at 5 p.m. One winner selected from ages 5-8 and one winner selected from ages 9-14 will receive a Sonicare toothbrush. One entry per patient per contest, please. In order to maximize the oral health of the community through these prizes, a patient can only win the contest once through the duration of the contest. Good luck and don't forget - brush twice a day and floss daily!

Election Deadlines

Timeline/Schedule

Feb. 4, 2017 10 a.m. – 4 p.m. In-person Voting – Tribal Elections, Tribal Com-

munity Center, Siletz

Feb. 4, 2017 (4 p.m.)

Deadline for returning absentee ballots

Funded Orthodontic Treatment Screening



The 2017 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the Dental Department to be placed on a list. The screening dates are April 26-27 and May 22-23, 2017.

The program and amount of accepted applicants will be dependent on the funding for that year. Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental check-ups and the oral hygiene history of the patient, to name a few.

We want the best results possible for the patient and thus place emphasis on these items in order to achieve this. The unbiased selection process is performed under the guidance of an orthodontic specialist and chosen through a committee.

Open to all ages who are CHS-eligible only. Must have a scheduled screening appointment during one of the four screening days to be considered.

Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program.

All applicants will be notified by mail if they have been chosen.

Please contact the Siletz Dental Clinic, 541-444-9681 or 800-922-1399, ext. 1681, to be put on the list.





Indian Country Conversations with Elizabeth Woody, Oregon Poet Laureate

Elizabeth Woody (Navajo/Warm Springs/Wasco/Yakama) has published poetry, short fiction and essays, and is a visual artist. Her first poetry book, Hand Into Stone, received a 1990 American Book Award.

Her second and third collections, published in 1994, are Luminaries of the Humble by the University of Arizona Press and Seven Hands, Seven Hearts, Prose and Poetry by The Eighth Mountain Press.

Woody is an alumna of the Kellogg Foundation's Fellowship through the AIO Ambassadors program.

She is born for Tódích'íinii (Bitter Water clan) and her birthplace is Ganado, Ariz.

March 9, 2017 • 7 p.m.

Willamette University Campus - Rogers Music Center 900 State St. • Salem, Oregon

ICC is hosted by Native American Programs



Our kids need your help, your heart and your home. Call today to make a difference. You can make a brighter, better world for our future generations. Foster a young tribal child today.

Call. Today.

Marne' Grusing Foster Family Certifier 541-444-8338

Marneg@ctsi.nsn.us

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The 2017 Nesika Illahee Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2017. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$250 and a professional banner with your logo. The winning artist will have his or her 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 Feb. 28, 2017.

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2017-2018 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little

Proposals for a crown must 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 Feb. 28, 2017. Proposals should 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.

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom at Neachesna Village). Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access online from the Tribal website – ctsi.nsn.us – follow links to Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call 800-922-1399, ext. 1322, or 541-444-8322; Fax: 541-444-8313

Ellery Peter Mortenson, Sr

Born

I've finished life's chores assigned to me, So put me on a boat headed out to sea. Please send along my fishing pole For I've been invited to the fishin' hole.

Where every day is a day to fish, To fill your heart with every wish. Don't worry or feel sad for me, I'm fishin' with the Master of the sea.

To all of those that think of me, Be happy as I go out to sea. If others wonder why I'm missin' Please just tell 'em I've gone fishin'

June 27, 1948 Salem, Oregon Gone Fishin' Nov. 21, 2016 Portland, Oregon



Ellery was born in Salem, Ore., to Verdun Mortenson (1919-1995) and Marjorie Menard Mortenson (1923-1993). His extended family included four sons:

Ronald (1967-2012), wife Kanani, son Ryan

Ellery Jr.

Edward

Mortie, wife Edie, daughter Mariah

Ronald, wife Margaret, daughter Ronda Arthur, sons Matthew, Joey and Aaron Arnold, wife Virginia, son Christopher, daughter Michelle (1978-2007) Paul, son Michael

Sisters:

Sharon (1946-2003), husband Jim, son Jimmy (1967-2003). Daughter Lisa, husband Barry, son Nile. Daughter Sherry, husband Dennis, son DJ, granddaughter Ashley and grandson Brett; daughter Faustina and grandson Dayton

Kathy, daughter Margo, sons Bradley and AJ. Son Mark, daughter Alexya, son Markez. Daughter

Companion of 32 years Debra Harmon, her daughter Jennifer, grandfather to her granddaughters Mariah and Megan and great-grandson Axel

Was the 'dad' to children of friend of 40⁺ years, Cora Merritt. Her son Nick (1963-2003), daughter Jacqueline and daughter Kristenlee. The grandfather to Tanya and Ryan, and Papa Ellery to her greatgrandchildren Gage, Roselani (peanut) and Samantha

An avid fisherman and amazing craftsman, Ellery enjoyed years of fishing with the catch-and-release philosophy. He caught his first steelhead in Johnson Creek in the 1980s and was 'hooked' on playing the

The brothers used to walk from where they lived on Southeast Stark to the Willamette River and Johnson Creek to fish. They fished for carp, catfish, crappie and trout.

When his kids were young, they fished the Molalla River and the Clackamas. They started with trout and kids chasing fish and graduated to steelhead.

Some of the places Ellery fished were the Wilson River, Herman's Creek, Farraday Lake, Tanner Creek, Eagle Creek and along stretches of the Columbia River. His favorite place was Herman's Creek. He was definitely a fish whisperer.

Ellery was an integral part of building huge tradeshow exhibits for such commercial giants as Microsoft and Sony, and also crafted some fun stuff for OMSI that is still on display. In addition, he enjoyed building furniture for himself and others.

He started out working in a cannery, graduated to a chemical company then finally into the business of wood and building boats with his dad. After that he worked for L&W Woodworking, Slusher Sales, Chipman Chemical Company and finally back into working with and around wood - Ply-Mart, Built-rite Cabinets, Color & Design and Pinnacle Exhibits.

Eventually he began his own company, Third Dimension Exhibits, where he retired in 2010 and closed his company. After that he enjoyed visiting with his many friends in person and on the phone. He has now Gone Fishin' with those who have gone before him.

Here are a couple more things the family would like you to know about Ellery:

The majority of his photos throughout his life included pictures of him and his sons with their salmon and steelhead they caught on their trips. Fishing in the Mernard/Mortenson family has always been enjoyed, but Ellery Sr. was someone who could catch a fish with such elegance and skill. He was the best and if you listened he would teach you. There's a rock called the Casedero Rock that was gifted to him by fellow fisherman because he was the only person who could fish from this rock without slipping or falling.

Ellery started his own company "Third Dimension Exhibits" in 2005 and later retired in 2010.

During those years he employed friends and family who needed work during the recession and or wanted to learn the trade he loved. If there were ever a rock in a family, it was him. He adored children and it didn't matter whether they were family or not, he made sure they had food on the table. He was grumpy but sweet and his heart always prevailed.

Although his passing may be sad, he brought his extended and immediate family back together during his last months and we were all grateful to show him the same love and compassion as he did throughout his life. Know he is in a better place, don't cry but smile and know he knew it was his time and his heart was content with his life's accomplishments.

He was known as Dad, Grandpa, Papa, friend and my personal favorite uncle.

Digestion under attack? Escape state of chronic crisis by slowing down

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Last month I reminded readers that ideal nutrition is a powerful ally to stress. This month, however, I state that stress can significantly interfere with digestion, even when nutritious vital food is consumed.

I eat a very healthy diet and have for many years. I have struggled with my stress response and I've come to realize that I spend most of my time in the hyperalert state of fight, flight or freeze.

After many years of this, while believing that I was handling stress fine, I learned that this chronic state of fight, flight or freeze may be harming my health by interfering with proper digestion despite my attention on high quality food.

Fight or flight really works well in a state of short-term crisis (freeze is less adaptive). When this heightened state becomes chronic, however, it does not work so well.

Adults and children who have experienced trauma tend to spend more time in this hyper-vigilant (or hyper-alert) state. Trauma isn't always a direct experience with a memory. Trauma can be a collective experience passed down through families, and groups. Collective trauma is at work in the Native population and adds a burden to health.

When individuals live in a chronic state of fight, flight or freeze as though they were in crisis, they miss out on the state of rest and digest and this actually interferes with digestion. Digestion is at the root of health because it extracts the materials we need from our food to function, to grow and to repair.

Did you know that our bodies actually have the ability to turn our digestion on or off? Our central nervous system controls our body's ability to digest and use food. How we respond to our environment, our thoughts or our meal will determine whether our central nervous system turns our digestion on or off.

Our nervous system has two primary aspects:

- 1. The sympathetic nervous system, also known as fight or flight response
- The parasympathetic nervous system, also known as rest and digest response

They each have a powerful and essential function.

Our sympathetic nervous system kicks in whenever we experience any kind of real or perceived threat. If fear, real or imagined shows up in your thoughts or environment - being chased by a bear, running late for a plane or the never ending to-do list full of urgent deadlines – or even judging ourselves for eating all that cake – we activate our fight/flight response and shift into a stress response.

As this occurs, our sympathetic nervous system moves our energy and blood flow out to our extremities so that we can fight or flee, escape the situation or freeze in the presence of our stressor.

When our body shuttles our energy and blood to our arms and legs, it also moves them away from our internal organs - including our digestive tract. Digestion is hardly essential when we are fighting for our lives, so if we find ourselves in a fulltilt stress response – like a bear chasing us – our digestion completely shuts down.

Yet even in a moderate or chronic stress response – like our to-do list for the day at work or our constant self-criticism – our digestive system still experiences a negative impact. When we live in a state of worry or anxiety, our ability to digest, assimilate and metabolize our food is hugely reduced.

Our stress response holds great influence over our digestion and metabolism. This is one of the key principles in the field of eating psychology.

There is simply no way that our body can fully assimilate the nutrition that we're ingesting when our sympathetic nervous system is activated. If we can shift out of the physiologic stress response and back into parasympathetic, we can improve our digestive wellness.

The activation of our parasympathetic nervous system is also called the rest and digest system. It's our relaxation response.

The parasympathetic system conserves energy while it slows the heart rate down, increases intestinal activity, opens blood vessels and allows us to take those deep, calming breaths. When it comes to improving our digestion wellness, the parasympathetic nervous system is critical.

The Institute of Eating Psychology suggests three strategies that will promote digestive wellness by shifting into the physiologic relaxation response. Check out this link for more information psychologyofeating.com/secret-digestivewellness/.

The strategies include 1. Breathe, 2. Slow down and 3. Enjoy your food.

Breathe: Unless you're choking or sick, few of us really pay attention to our breath and its connection to our mood and emotions. So before you begin eating, take one minute to breathe fully, gently and slowly. Bring yourself to your body, sitting there at the table. Be committed to be being nowhere else and begin breathing with the intention of relaxing and becoming fully present.

This is the fastest way to shift our bodies into a more relaxed state. Isn't it about time we paid more heed to the power of our breath?

Slow Down: Imagine shifting your body from 100 miles an hour to 25 miles an hour. In other words, bring it down to an easy coast. So many of us are racing through life. If we can slow down more by sitting down to eat, by being realistic about how many things we can actually get done in a day, by focusing on one task instead of five at once, we can shift our body out of fight or flight mode and into rest and digest mode.

Life happens so fast. It deserves our full attention and it deserves its full due. Relax. Enjoy the process. There's no good reason to move so fast that we can't metabolize our meal. Health is not about speed; it's all about slow.

Enjoy your food: When we focus on enjoying our food, we activate our pleasure receptors, we tune into our senses - our sense of taste, touch, smell is initiated. Enjoyment has the positive impact of activating our parasympathetic nervous system.

You may have noticed that none of the above suggestions is purely focused on food. What we eat certainly has an impact on our digestive wellness, but it's not the whole story. Digestive wellness and nutritional healing are much more than just the food and supplements we choose to ingest. I invite you to see what happens when you add pleasure into the equation.

In order for our food to impact our body in the most positive and nourishing way, we have to focus on the deep systemic level of our nervous system. Everything is connected – nothing in our body stands apart.

Nutrition is at the core of health, yet it is influenced by more than nutritious food. For starters, breathe, slow down and enjoy your food. For trauma, additional help may be needed (at any age, regardless of cause).

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact your Head Start teacher for a referral if you have nutrition concerns about your Head Start child.

Have you ever wondered how artwork, jumps off a page onto a T-Shirt??



477-SSP Clients Encouraged to Attend!
Direct to Garment Demo*Training Workshop

Please R.S.V.P. By February 6th, 2017

WHEN: Wednesday, February 8th, 2017 WHERE: Siletz Tribal Prints & Gifts,

1520 NE Hwy 101, Lincoln City, Or 97367

TIME: 12:30pm to 4:00pm PHONE: 541-996-5550

Siletz Tribal Prints & Gifts

Space is limited!

10 Spots available R.S.V.P. TODAY!

Pizza & Refreshments
Will be provided!!

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinance.

Feb. 8 • Noon

Siletz Community Health Clinic 200 Gwee-Shut Road, Siletz



Siletz Tribal Behavioral Health Programs

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

Siletz: 800-600-5599 or 541-444-8286 Eugene: 541-484-4234

Salem: 503-390-9494 Portland: 503-238-1512 **Narcotics Anonymous Toll-Free** Help Line - 877-233-4287

For information on Alcoholics Anonymous: aa-oregon.org

101 tips for landing American Indian scholarships and grants for college

In the 21st century, a college degree is almost essential to achieving financial independence. But college remains a hideously expensive, unattainable dream for many American Indians.

Contrary to conventional wisdom, however, college can be affordable – if you know the secrets to earning the financial assistance you need.

And those secrets are outlined in a free report, 101 Tips for Landing Native American Scholarships and Grants for College. Download it now at indiancountrymedianetwork.com/freereports/101-tips-landing-native-americanscholarships-grants-college/ and chart your path forward to college and beyond.

If you - or someone you love sincerely wants to get that college degree, read on to find out what you must know to make that dream come true.

First, forget the common myths about American Indian scholarships. The deluge of information that comes from the Internet, colleges themselves and even other students makes it far too easy to become diverted from what a student must do to earn these American Indian scholarships.

To cut through all that, this guide written by Dr. Dean Chavers, co-founder of Catching the Dream, a national scholarship program for American Indian college applicants, looks at the common misconceptions that surround them, to rules and best practices every student should know when applying for grants, financial aid and scholarships, to the grammar mistakes many students make in filling out those critical scholarship applications.

And it's all here in one helpful guide - absolutely FREE.

Native scholarships represent less than one-tenth of 1 percent of all scholarships. So unless you want to limit yourself to just a few Indian grants, you should read this guide to learn more about scholarships for American Indians.

In fact, this FREE report is designed so you can:

- Discover the truth about earning a college degree, despite misconceptions you may have
- Learn what goes into a powerful, award-winning scholarship essay
- Find the scholarships you need to make your college dream a reality
- Understand what scholarship committees are looking for in a candidate
- Improve your writing skills and deliver an essay that gets scholarship dollars flowing

Achieve your college dream, earn that important degree and launch a career of which you can be proud

Of course, before you can earn the scholarships that make college affordable, you must know the what, how, when, why and where of applying for them – all of which are described in this guide.

American Indian scholarships – more than just Indian grants

One of those alarming myths debunked in this guide is that Indians should only apply for Indian scholarships and grants. The truth is, those scholarships are drastically over-subscribed. Earning one of those is like winning the lottery - yet there are hundreds of other scholarships that Native students can apply for – but you have to know where to look.

Think outside the box and check out our ideas for many other scholarships and grants available to American Indians.

For example, many opportunities for scholarships are available at places such as Fastweb, Scholarships.com and Sallie Mae Scholarships. The guide explains that if you're not finding plenty of scholarships to apply for, it could be because of a small error in your search or because you haven't checked off careers that are related to the ones you're considering.

Of course the guide also explains your options for scholarships that are exclusively for Native students, such as Catching the Dream, the American Indian College Fund and more.

Interested in the STEM fields? Check out the American Indian Science and Engineering Society. Are you willing to give a two-year commitment to an Indian health program? You're a candidate for an Indian Health Service scholarship.

In short, this guide is the gateway to hundreds of scholarships for which you are eligible, both inside and outside the Native community. Don't miss a single opportunity – download this FREE report today.

Other Opportunities

- College Horizons (Princeton University and Whitman College) Deadline: February 2017
- Native American Political Leadership Program (Washington D.C.) Deadline: March 1, 2017 (Summer 2017)
- NCAI: Wilma Mankiller Fellowship Deadline: March 15, 2017
- University of Washington Bothell: RAIN Reaching American Indian Nations April 21, 2017
- Youth Ecology Corps (Portland, Ore.) Spring Crew – Deadline: March 21, 2017; Summer Crew – Deadline: June 1, 2017
- National Science Foundation Research Experiences for Undergraduates Deadline: Multiple
- EPA Environmental Research and Business Support (ERBS) Program Deadline: Multiple
- National Youth Leadership Forum: STEM Program Nomination Form **Deadlines Vary**
- Saturday Academy FREE Classes for Native American Students
- ON TRACK OHSU!
- Caldera Youth Program
- The Student Conservation Association
- The SMART Competition

Internships

WSU Undergraduate Research Opportunity: Data-intensive research in the environmental sciences

Deadline: Feb. 24, 2017

Institute for Tribal Environmental Professionals (ITEP) Environmental Education Outreach Program Internship

Deadline: Feb. 28, 2017

- AISES Internship Bonneville Power Administration: Transmission Services Deadline: Feb. 28, 2017
- AISES Internship Bonneville Power Administration: Fish & Wildlife Program Deadline: Feb. 28, 2017
- Native American Public Media Internship

Deadline: March 1, 2017

- US Department of the Interior Office of Environmental Policy & Compliance Portland, OR Open until filled
- National Congress of American Indians (NCAI) Rolling
- Friends of Tryon Creek Outreach & Membership Intern (Unpaid) Rolling
- National Science Foundation Research Experiences for Undergraduates Deadline: Multiple
- Oregon Museum of Science & Industry (OMSI)

Deadline: Multiple Fish & Wildlife Service

Deadline: Multiple

Indian Land Tenure Foundation Deadline: Multiple

Mosaics in Science (MIS) Diversity

Deadline: Multiple

Environmental Protection Agency

Deadline: Multiple

- US Department of the Interior Office of Environmental Policy & Compliance Open until filled
- US Department of the Interior Office of Environmental Policy & Compliance Portland, OR Open until filled
- City of Vancouver, Wash Water Center Educator Intern Open until filled

UO offers in-state tuition to Siletz Tribal students regardless of state of residency

The University of Oregon continues to offer in-state tuition benefits to enrolled Siletz Tribal members regardless of their current state of residency.

The Residency by Aboriginal Right Program was first offered in 2001 to 44 Tribes that have aboriginal territories within the state of Oregon that pre-date 1850. Out-of-state students will pay in-state tuition, a \$20,000 savings each academic year.

"All high school graduates should go to college. It's not a choice. It's a requirement. Our ancestors sacrificed and survived so that we would have the choices we have today," said Jason Younker, UO assistant vice president, advisor to the president for government-to-government relations and a member of the Coquille Indian Tribe. "We should honor their sacrifices."

UO offers bachelor's and graduate degrees through 272 academic programs. As a member of the Association of American Universities, it is one of only 36 public universities committed to scientific exploration and interdisciplinary research.

One hundred sixty-two American Indians from across the nation are enrolled at UO, including 27 from Oregon Tribes.

The Many Nations Longhouse opened in 2005 and is home for the Native American Student Association, the Native American Law Students Association and the American Indian Science and Engineering Society. The UO Mother's Day Pow-Wow is one of the largest Tribal celebrations in Oregon.

Scholarships

• Fastweb (scholarship search engine)

• Big Future (scholarship search engine)

• Pacific Northwest Scholarship Guide (scholarship search engine)

• BlueBird Certified Public Accountants Scholarship Deadline: Feb. 15, 2017

 Oregon Student Access & Completion - Early Bird Scholarship Deadline: Feb. 15, 2017

DAR American Indian Scholarship

Deadline: Feb. 15, 2017

• Frances Crawford Marvin American Indian Scholarship Deadline: Feb. 15, 2017

 Washington Student Achievement Council – American Indian Endowed Scholarship Deadline: March 1, 2017

• American Chemistry Society Scholars Program

Deadline: March 1, 2017

• Howard Vollum American Indian Scholarship Deadline: March 1, 2017

 Verl & Dorothy Miller Native American Vocational Scholarship Deadline: March 1, 2017

• Idaho Opportunity Scholarship Deadline: March 1, 2017

Oregon Student Access & Completion Scholarships

Deadline: March 1, 2017

 International Order of the King's Daughters and Sons - North American Indian Scholarship Program

Request Application by March 1, 2017

• Generation Google Scholarship

Deadline: March 2, 2017

 NJOMA Student Chief Earl Old Person Scholarship Opportunity Deadline: March 10, 2017

Udall Undergraduate Scholarship

Deadline: March 15, 2017

Cobell Scholarship

Deadline: March 31, 2017

• American Indian Education Foundation: Undergraduate Scholarship

Deadline: April 4, 2017

• Catching the Dream Scholarship (Fall 2017)

Deadline: April 30, 2017

• Oregon Student Child Care Grant

Deadline: May 31, 2017

• American Indian College Fund: Full Circle Scholarships

Deadline: May 31, 2017

 American Indian College Fund: TCU Scholarship Contact TCU Financial Aid Office for deadline

American Indian Services Scholarships

Deadline: Ongoing

 NOAA Fisheries Scholarship Opportunities Multiple

• National Johnson O'Malley Association Scholarship Multiple

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

STRCP amends policy on number of loans

The Siletz Tribe Revolving Credit Program (STRCP) is pleased to announce the Tribal Council has amended its Program Declaration of Policies with the goal to further enhance Tribal member access to consumer, home improvement and small business loans.

STRCP, in addition to reporting loans to TransUnion Credit Bureau on a monthly basis with the goal of improving the loan recipient's credit score, will now allow applicants who met all the conditions of their previous loans per policy to get additional loans.

If you are interested in applying for a loan or would like more information, please don't hesitate to contact Shani Gilila, STRCP credit administrator, at 541-994-2142 or 877-564-7298; or visit the STBC website at stbcorp.net.

Important information for collegebound Tribal seniors

February

- First semester grades and mid-year reports are sent to some colleges.
- Check your school counseling office or ASPIRE center for scholarship information.
- Complete scholarships.
- Check with colleges applied to for verification they have received all necessary documents. Continue to monitor status of submitted applications.
- Check to see if your mid-year transcripts have been sent to the schools to which you have applied.
- Wrap up any scholarship application, essays and activities chart (for OSAC) as early bird deadline is in February.

March

- Check for three Tribal scholarships at ctsi.nsn.us.
- Complete scholarships.
- Start working on Tribal higher education or adult vocational training grant application. This can be found on the Tribe's website and is due June 30.
- Review the Student Aid Report (SAR).
- You should start receiving admission responses.

April

- Send thank you notes to people who have helped you.
- Make final decision about which college or university you will attend.
- If you decide to decline enrollment to a college or university to which you have been accepted, send notice indicating this to the college's admissions office.

May

- This is the deadline for final decisions for universities.
- Send letter of intent to registrar.
- Line up a summer job.
- Attend your Senior Awards Night.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399

Salem Area Office – 503-390-9494

Salem Finance Office – 888-870-9051

Portland Area Office –

503-238-1512

Eugene Area Office – 541-484-4234 Contract Health Services (CHS) – 800-628-5720

Siletz Community Health Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds Casino Resort – 888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – ctsi.nsn.us

- Review any award letters and be sure you understand the terms and conditions that accompany each type of aid.
- If necessary, arrange for housing and a meal plan (at school).
- Send thank you notes to any person/ committee from which you received a scholarship.

June

- Tribal higher education and AVT applications are due June 30!
- Attend graduation congratulations!
- Arrange for your final grades to be sent to colleges and universities.
- Good luck!

Higher ed website is onestop shop for college grants

From Education Update, Oregon Department of Education, December 2016

The Higher Education Coordinating Commission (HECC) encourages students and families preparing for college to go to OregonStudentAid.gov to check out the more than 500 grant and scholarship opportunities.

It's a one-stop shop for information, including the Free Application for Federal Student Aid (FAFSA), Oregon Promise and the Oregon Opportunity Grant.

The HECC Office of Student Access and Completion (OSAC) awards more than \$80 million each year in state-funded grants and privately funded scholarships to help students meet their college expenses.

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

Tribal Council Timesheets for December 2016

Lillie Butler - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
3.25	3.25			4	12/1	Education
.25	.25				12/2	Clinic
2.5	2.5	5			12/5-6	Packets
3	3			2	12/7	Gov't-to-Gov't Summit
		5.5	3	2	12/8	Special TC – gaming, STBC mtg
						packet
2.5	2.5			2	12/9	All-staff mtg
		5			12/12	Packets
2.5	2.5				12/13	SVS School Board, packets
14.5	14.5				12/14-22	Packets
3.5	3.5				12/23	Regular TC
4	4				12/26-27	Packets
			3	2	12/28	Wkshp, packet
5	5				12/29-30	Packets

Loraine Y. Butler - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
4.25	4.25				12/3	STAHS, ICW, school board
		1			12/4	Packets
3.75	3.75			1	12/6-7	Gov't-to-Gov't Summit
		5.5	2		12/8	Special TC – gaming, STBC mtg
2.5	2.5			1	12/9	All-staff mtg
2.5	2.5				12/12-22	Sign checks, packets
4	4				12/23	Regular TC
			2	2	12/28	Wkshp
		3		2	12/31	Casino event

Reggie Butler Sr. - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
3.25	3.25			4	12/1	Education
.25	.25				12/2	Clinic
4	4				12/5-6	Packets
3	3			2	12/7	Gov't-to-Gov't Summit
		5.5	3	2	12/8	Special TC – gaming, STBC mtg/packet
2.5	2.5			2	12/9	All-staff mtg
		4			12/12	Packets
3	3				12/13	SVS School Board, packets
2	2				12/14	Packets
2.5	2.5				12/15	Interviews, packets
10	10				12/16-22	Packets
4	4				12/23	Regular TC
4.25	4.25				12/26-27	Sign checks, packets
			3	2	12/28	Wkshp, packet
3.75	3.75				12/29-30	Packets

Sharon Edenfield - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
			2		12/8	STBC mtg

Gloria Ingle - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
4.75	4.75			1	12/6-7	Gov't-to-Gov't Summit
		5			12/8	Special TC – gaming
2.5	2.5				12/9	All-staff mtg
1.75	1.75			.75	12/14	SVS School Board
.5	.5			.75	12/15	Health Comm

CTSI Jobs -

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

Alfred Lane III - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
4	4			4	12/6-7	Gov't-to-Gov't Summit
1	1	3		12	12/21-22	Warm Springs ceremony, OPB interview
4	4	2		2	12/23	Regular TC, sign CW docs

Joseph Lane Jr. – 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
.5	.5	1			12/2-5	Packets, email
2.5	2.5			1	12/7	Gov't-to-Gov't Summit
		4	2	1	12/8-9	Special TC – gaming, STBC mtg
1.75	1.75				12/12-21	Packets, email
3.5	3.5			3	12/23	Regular TC
.5	.5				12/27	Email

Delores Pigsley - 12/1/16-12/31/16

TC	Ind	Gmg	STBC	Tvl		
1.25	1.25	1			12/1-2	Mail, agenda items
2	2	1.25		2.5	12/3-5	Casino event, mail, prep for mtgs
5	5	.5		1.5	12/6-7	Gov't-to-Gov't Summit, mail, prep for council
		5	1.25		12/8	Special TC – gaming, STBC mtg
4	4	.25		1.25	12/9-12	All-staff mtg, mail, agenda items
1	1				12/13	Meet w/ OPB, mail
3	3				12/14-20	Mail, prep for council, news article
2	2			7	12/21-22	Warm Springs ceremony, mail
4.25	4.25	.5		3	12/23	Regular TC, mail
.5	.5				12/24-27	Mail
1	1	.25	2	2.5	12/28-29	STBC wkshp, mail, agenda items
.25	.25	1		1.25	12/31	Casino event, mail

Tribal Council Email Addresses

	Ilibai oddiidii Eiliali At	adi 03303
•	Tribal Chairman: Delores Pigsley	dpigsley@msn.com
•	Vice Chairman: Alfred "Bud" Lane III	budl@ctsi.nsn.us
•	Treasurer: Robert Kentta	rkentta@ctsi.nsn.us
•	Secretary: Sharon Edenfield	sharone@ctsi.nsn.us
•	Lillie and Reggie Butler Sr.	lbutler@ctsi.nsn.us
•	Loraine Butler	loraineb@ctsi.nsn.us
•	Gloria Ingle	gloriai@ctsi.nsn.us
•	Joseph Lane Jr.	josephl@ctsi.nsn.us



Photo by Diane Rodriquez

Tribal Chairman Delores Pigsley presents a check for \$30,000 to Chief RC Mock of the Siletz Valley Fire District to help with the district's 2017 expenses.

Chinook Winds CASINO RESORT



beginning at 6:30am for 100 player points receive DOUBLE POINTS from 8am-2pm, and the top finishers share 3500 \$AND DOLLARS! ouble points will be applied by 8am the next day.

MVP. Premier and Elite tier players require no point redemption.



February 18 · 10pm

Only \$5 to play every game in the session!

Dance club music, no-host bar, prize giveaways and lots of fun. Don't miss out on this late-night session paying out \$1,400!

> Must be 21 or older to play this session. \$20 Minimum purchase for machines.

> > MAVIV



If you're lucky spinning wheels, you might drive off in a new set of them!

Collect free virtual entries at our promotional kiosks January 29 - February 26, and when you play in the casino with your Winners Circle card.

You could win a new 2017 Chevrolet Colorado!

Preliminary slot tournaments on •••• February 3, 10, 17 & 24 at 10PM. Top weekly finishers compete in the FINALE DRAWING & TOURNAMENT

on February 26 at 5pm! The top scorer wins the NEW TRUCK! The rest share in \$8500 in CASH and \$and Dollars!

Complete Rules are available at Winners Circle. Prize vehicle similar to illustration.











SLOT TOURNAMENT

Win a share of 3500 Sand Dollars!

February 16, 2017

Sign-ups begin at 6pm at any promotional kiosk. Three-minute tournament rounds from 8pm to 11pm. Double points until midnight. Double points earned will be applied by 8AM the next day. First sign-up, first play. 270 player maximum.

Member tier players must redeem 100 points to participate.



PREMIER S ELITES





at 4pm. Sessions start at 6pm

Let the good times roll at our free Fat Tuesday Slot Tournament! Be one of the first 150 to register with your Winners Circle card at one of our promotional kiosks, and you could win your share of \$3500 in cash and \$and dollars!

Complete rules available at Winners Circle.







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



Chinook Winds Casino Resort

Entertainment

Feb. 4: King of the Cage 6 p.m.; \$40-\$100 Feb. 10-11: Cole Swindell 8 p.m., \$50-\$65

Feb. 17-18: Comedy on the Coast

8 p.m., \$15

March 3-4: Joan Jett & The Blackhearts

8 p.m., \$35-\$50

April 21-22: Three Dog Night

8 p.m., \$23-\$38 June 22-23: Clint Black 8 p.m., \$30-\$45

Rogue River Lounge

Fri & Sat: Ultrasonic DJ, cover 10:30 p.m. to 1:30 a.m.

Chinook's Seafood Grill

Weds: Kit Taylor (pianist) -5 - 9 p.m.

Feb. 3-4: JaSkaMon (reggae) Feb. 10-11: Flexor-T (country rock)

8 p.m. to midnight

Tickets go on sale 90 days in advance.

Concerts in the showroom are for ages 16 and older. Comedy on the Coast in the convention center is for ages 21 and older. For more information or to obtain tickets for all concerts, call the Chinook Winds box office at 888-CHINOOK (888-244-6665) or 541-996-5825; or call 888-MAIN-ACT (624-6228).

All events, concerts and promotions are subject to change at the discretion of 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.



Would you like to be a part of the Chinook Winds team?

Find out why "Employment is Better at the Beach" at:

www.chinookwindscasino.com

Job Line: 541-994-8097 Toll Free: 1-888-CHINOOK ext 8097

Human Resources Office: 541-996-5800 Monday-Friday 8am-4:30pm

Be Passionate Embrace Change Accountability Customer Service Happiness

Calling all Tribal member business owners

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

Attn: Purchasing Dept. 1777 NW 44th St. Lincoln City, OR 97367 Phone: 541-996-5853 Fax: 541-996-3847 erica@cwcresort.com

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.

Special Events

Sun: 100% Payout Blackjack Tourney

Sparkling Sunday Brunch at Siletz Bay Buffet

Sunday Shrimp Gumbo at Chinooks Seafood Grill (CSG)

Mon: Margarita Mondays at CSG Lounge

Tue: Boomers Club

\$2 Taco Tuesdays at Aces

Wed: Wine Wednesdays at CSG Fri: Free Weekly Keno Tournament

First Tuesday: Boomer Slots Third Thursday: Twilight Slots

Feb. 5: Super Party 51

Feb. 18-26: Pacwest Poker Classic



Courtesy photo by Chinook Winds Casino Resort staff

Chinook Winds Casino Resort presented the Siletz Boosters with a check for \$2,454 from the raffle proceeds of the Chinook Winds Holiday Employee Party on Dec. 14. Pictured above is Siletz Booster board member Willie Metcalf (left), accepting the check on behalf of the group, and Mike Fisher, Chinook Winds general manager. Members of the Siletz Boosters helped at the party by handing out children's gifts, working the photo area and jumping in where needed throughout the night.



Human Resources is looking for Tribal member EVENT TEMPS

who are eager to start as soon as possible!

If you are looking for a position that outlines, helping departments when needed, ushering guests in our showroom or even

door greeting at MMA fights, **Event Temp** is your position.

To apply, stop by our HR office anytime Monday-Friday from 8 a.m.-4:30 p.m.

Visit our website at chinookwindscasino.com/careers to download our employment application. Or you can stop by the HR office at the Siletz admin building to complete and fax your application to us.

> If you have any questions regarding this flier, please contact Mariah Garza at 541-996-5800.



Siletz Tribal members enjoy the golf resort!

In addition to green fees, Siletz Tribal members can use the golf resort's fitness center at no charge. This provides full access to daily use of all fitness equipment, weight room, sauna and steam room. Charges will apply for all other amenities, such as personal trainer classes, golf cart fees, etc. Please show your Siletz Tribal ID.

Harjo, Johnson named to Native Arts and Cultures Foundation board

with and for Native communities to serve

this outstanding organization. I whole-

heartedly support NACF's powerful mis-

sion to promote and support Native artists

and Native cultures, and look forward to

participating in furthering the organiza-

John C. Hodges Chair of Excellence at

the University of Tennessee in Knoxville

and is a co-founder of the Myskoke Arts

and received the prestigious Academy of

American Poets Wallace Stevens Award in

2015 and the Guggenheim Fellowship for

Creative Arts in 2014 for her achievements.

ary Award in Creative Non-Fiction for a

memoir, Crazy Brave, and is the author

of two award-winning children's books,

several screenplays, two plays and an

anthology of North American Native

women's writing. She also has produced

and performed on several award-winning

to the NACF Board," Harjo stated. "It is

almost 10 years since we incorporated to

fulfill a dream brought forth from many

generations of Native artists and sup-

porters from all over the country. What

a gift to have been part of that dynamic

team to get it started and to see how far

NACF has come from those early years,"

said Harjo. "Many communities and art-

ists have been renewed by the support of

NACF I am honored to return to continue

serving this fine legacy of Native arts and

cultures support and look forward to the

"I am pleased to announce my return

CDs of original music.

next chapter."

Harjo received the PEN USA Liter-

Harjo (Myskoke Nation) holds the

She has written eight books of poetry

tion's reach and efforts."

Association.

VANCOUVER, Wash. – The Native Arts and Cultures Foundation (NACF) announced in January that it has added Valorie Johnson, a consultant, lifelong human rights activist and former program officer at the W.K. Kellogg Foundation, and Joy Harjo, an award-winning poet, author and musician and one of NACF's founding board members, to the national non-profit's Board of Directors.

Johnson (Seneca-Cayuga-Eastern Cherokee) began her career as a human rights executive with the National Education Association in Washington, D.C. After earning her doctorate in educational administration, her career encompassed leading roles in public service, including as director of Native American Affairs for the state of Michigan's Department of Social Services, counseling at the Institute of American Indians Arts in Santa Fe, N.M., and the Kamehameha Schools in Hawaii.

Over nearly 24 years, her program portfolio at W.K. Kellogg focused mainly on grassroots community organizations and educational institutions across the nation and leadership in the Native American Higher Education Initiative as well as the Minority-Serving Institutions' Leadership Development.

Johnson also has served on several boards, including the Americans for Indian Opportunity, the Smithsonian National Museum of the American Indian and the Nokomis Learning Center.

"It gives me great joy to have been selected to join NACF's Board of Directors," said Johnson. "I am honored and excited to lend my experience in philanthropy and my lifetime work and advocacy

Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m.

Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

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-in-Chief: Brenda Bremner Editor: Diane Rodriquez



Be among the first to receive an official Oregon Gray Whale license plate!

The Marine Mammal Institute (MMI) at Oregon State University is moving forward with plans to qualify a new Oregon Gray Whale license plate. To do so, the Oregon Department of Transportation requires that we receive a commitment from at least 3,000 Oregon vehicle owners who will purchase this special plate.

The special plate will cost \$40 more than regular plates initially and at renewal. MMI will receive \$35 of every \$40 for each plate issued. These funds will support whale research, student training and public education. Plus, the new plate will help celebrate gray whales and coastal tourism by both whales and humans!

Once endangered from whaling, the gray whale population is now fully recovered. Each year the gray population migrates south to Baja, Mexico, to breed and then back north to feeding grounds in Alaska. A few hundred gray whales spend summers feeding here in the Pacific Northwest. We have gray whales off Oregon every month of the year.

If you would like to see this new plate issued and be among the first to get one, please register your interest online at http://mmi.oregonstate.edu/whaleplate. No money is required at this time. When 3,000 commitments are received, we will forward to you an ODOT payment request for a plate voucher.

Thank you so much for helping us celebrate the coast and whales!

Bruce Mate Marine Mammal Institute Hatfield Marine Science Center David Gomberg State Representative Central Oregon Coast

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



How has the Siletz Tribal Home Visiting Program helped you and your family since participating?

- "The home visiting program has helped prepare us for our new addition by letting us know what is to be
 expected before and after the baby comes and how to best deal with certain situations that come up."

 Andrea & Robert, 4 months in the program
- "I've learned all the things I thought I should know that I did not know already with the help and support of the program. Siletz Tribal Home Visiting Program helped me become a better mom."
 – Shyann, 1 year in the program
- "I feel like Siletz Tribal home visits have helped me be more on track when it comes to my child's development. Home visits have also helped me keep a better schedule, helping my whole family."
 — Jennifer, I year and 9 months in the program
- "Getting the help when you're a new parent is life-saving, to know you are doing it right and if not, finding out the right way."
 -Samantha, I year in the program
- "The program has helped me to realize there are a lot of different ways to parent and there is always help if you are willing to look for it. The Siletz Home Visiting Program has helped make my life a little simpler just knowing I have resources to help me be the best mom I can be."
 Chandra, I year and 10 months in the program
- "The Siletz Home Visiting Program has helped me with my child's growth, my motivation with being a parent
 and I've also established a friendship."

 Britnee, 1 year and 8 months in the program
- * "Home Visiting Program helped us better understand the developmental milestones that our child is at and also the reassurance that each child is unique and not to be worried. The program has been helpful, especially with different resources also."
 Ale & Seth, 1 year and 1 month in the program
- * "As a first-time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."

 -Janet, I year and I month in the program

If you are interested in or have any questions about our Siletz Tribal Home Visiting Program, please call Jessica Phillips, Program Coordinator, at 541-484- 4234.



Happy Birthday to Sara Bell-Tellez! Now you're officially my age. One step closer to 40 ...

Love, Darcy

Happy Birthday to Stormie Skys, Kelsey, Sara and Jackie. Love you. Aunt Rose

Tribal RV parks have space available for you

Logan Road RV Park Lincoln City, Oregon loganroadrvpark.com 877-LOGANRV

Hee Hee Illahee RV Resort Salem, Oregon heeheeillahee.com 877-564-7295



Happy Birthday to Grandma Alice (Mom) on Feb. 14! We love you with all our hearts.

Love, Trish, Robert and kids



Happy 6th birthday to Chvn-ne Holmes on Feb. 12. Your personality is bigger than the sky, kiddo!

We love you a lot – Mom, Dad and all your brothers and sisters



Happy Birthday, Sage! (shown here at a trailhead somewhere in the Cascades)

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.



Siletz Tribal Youth Council Meeting

Date: Saturday, Feb. 11, 2017 Time: 11 a.m. – 2 p.m. Location: TBA, Corvallis or Salem

Lunch will be provided Parents/Guardians are welcome to attend with youth

Transportation

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers

Portland: Katy Holland, 503-238-1512 Salem: Sonya Moody-Jurado, 503-390-9494 Eugene: Nora Williams-Wood, 541-484-4234

Siletz: Dee Butler, 541-444-9618

16

Youth Council Objective

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects; and provide opportunities for the youth to interact for fun and fellowship.



Courtesy photo above by Tony Molina Courtesy photo below by Max Hoover

The Tribal Veterans Memorial at the Paul Washington Cemetery in Siletz, Ore., received new lighting in December, thanks largely in part to the Tribal Public Works Department. According to Tony Molina, Tribal veterans representative, the lighting helps "pay honor, respect and tribute to our veterans, family and friends." Brandon Hammett and Poppa Williams (above) work to prepare the area for the lights (below).

