



## Siletz receives \$32,000 grant for Census assistance centers in Siletz, Eugene

The Census Equity Funders Committee of Oregon awarded a grant of \$32,000 to the Confederated Tribes of the Siletz Indians to operate as a Census Assistance Center (CAC) in Eugene and Siletz for the 2020 census.

United Way of the Columbia-Willamette will administer the funds. Forty-four similar grants were given to other communities.

The National Congress of American Indians (NCAI) had previously contributed \$2,500 to the Tribe for the census response effort.

The money is dedicated to providing increased hours of operation in order to help Tribal members and the general public complete the 2020 census questionnaire. The offices will be open several hours later and on Saturdays from mid-March through mid-June. For those who can't come into the offices, help will be available by phone.

Beginning March 12, the U.S. Census Bureau will send mailers inviting everyone to go online and complete the survey. Unfortunately, people with P.O. boxes will not receive the mailers, but still need to reply.

In many cases, invitations to respond online will be hand delivered. In a very few cases, census takers will come to your door to deliver paper questionnaires.

One way to avoid having them come to your door is to use any of the area offices, not just in Eugene or Siletz, to get help filling out your form. The offices will not have paper forms, but will have computers that can be used. Many libraries will also have facilities to help.

There are good reasons for NCAI and United Way to fund these efforts. Children and minority populations receive program

funding from the federal government based on population counts from the census. These groups, however, have been significantly undercounted in past censuses.

Oregon can gain another representative in the U.S. House if everyone gets counted. Local redistricting is based on census results.

There's just a short time left to get applications in for well-paying work as census enumerators. Apply online at [2020Census.gov/jobs](http://2020Census.gov/jobs) or call 855-JOB-2020.

## 2020 Census starts in Toksook Bay, Alaska, for once-a-decade count of people

### Census takers begin counting remainder of 220 remote Alaska villages as part of national headcount

TOKSOOK BAY, Alaska – U.S. Census Bureau Director Steven Dillingham kicked off the 2020 Census on Jan. 21 in the remote Alaska Native village of Toksook Bay — counting the first person and household in the nation's once-a-decade count.

"The 2020 Census is critically important. No matter where you live, you need to be counted," said Dillingham. "From the most remote parts of our country to the most urban, there is too much at stake — we are working to make sure everyone can respond and have the opportunity to shape their communities' future."

The U.S. Constitution mandates that a census of the population be conducted every 10 years. Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and inform how billions of dollars in federal funds will be allocated by state, local and federal lawmakers every year for the next 10 years.

Following a four-day trip in Anchorage and Bethel, Alaska, Dillingham traveled to Toksook Bay where he was met by village leaders, residents and local census takers. He delivered the first 2020 Census questionnaire to a household selected by village leaders and enumerated the residents of that household.

"I want to thank the people of Toksook Bay for their hospitality," said Dillingham. "The 2020 Census will shape our future and I am proud we started this journey here."

Toksook Bay is a village located on Nelson Island along the Bering Sea in southwestern Alaska. Census takers must get a head start in rural, remote areas

like Toksook Bay when the ground is frozen and prior to the spring thaw, when residents leave to fish, hunt and seek out warm-weather jobs.

"We have been working to prepare for this count since before 2018 and are happy to see the first count of the 2020 Census begin in our village. Through this historic occasion we have shared with the Census Bureau our traditions and our culture," said Robert Pitka, Nunakuyak Tribal administrator. "The 2020 Census ensures our traditions and our people are marked in history. The census is so important because it helps remote villages like ours receive important community resources now and into the future."

More than half of households on Tribal lands across the country have nontraditional addresses where the Census Bureau can't mail a census form. With no at-home mail delivery and a short window to respond before seasons change, receiving an invitation this way would be nearly impossible for remote Alaska residents.

This is why the Census Bureau worked with Alaska Native leaders to determine the best way to count people living on their lands. In Toksook Bay and other remote areas of Alaska, census takers will visit people at home and will fill out their questionnaire in person.

The first enumeration comes days after the launch of a \$500 million public education and outreach campaign featuring more than 1,000 advertisements designed to inform the public about the importance of responding to the 2020 Census. Ads reaching multicultural and historically undercounted audiences are already airing nationwide while ads for general audiences will begin running on Feb. 10, 2020.

This past December marked the first time the Census Bureau aired ads reaching audiences in remote Alaska for a decennial census. Aimed primarily at reaching Alaska Native people, these promotional

materials included full-page print ads, commercial signage, posters, radio ads and digital messages.

The massive public education effort includes a heavy focus on encouraging

See Census on page 13

## 2020 CTSI Planning Department Community Meetings

### Dates and Locations

Thursday, Feb. 6 – Siletz Tribal Community Center

Thursday, Feb. 20 – Portland Area Office

### General Schedule for Evening

5 p.m. – Mingle

5:15 p.m. – Welcome & Prayer

5:30 p.m. – Light Dinner

5:40 p.m. – Agenda

FEMA and Hazard Planning Update

2020 Census and the Tribal Complete Count

And more!

7 p.m. – Drawing, Open Discussion and Mingling!

For more information, contact the Planning Department at 541-444-8361 or 800-922-1399, ext. 1361; or 541-444-8127 or 800-922-1399, ext. 1127, for the Planning clerk.





### New Year

Happy New Year to everyone! I look forward to this year as prosperous for our Tribe.

### Oregon Tribes

Coquille hosted the Oregon Tribes at the Mill Casino in North Bend in January. Important agenda items were discussed as a follow-up from the governor's summit that was held in Pendleton in December.

Oregon's 100-year water plan needs Tribal input and Tribal action. Chemawa Indian School was also a topic of discussion as the superintendent position has not yet been filled. Oregon Tribes were to be a part of that process.

It was also noted that the school property on the old campus still needs to be cleaned up. We are hopeful that the Bureau of Indian Affairs would come up with some funds to keep the facility cleared.

Discussion also included expanding health care for all Oregon Tribes in the state of Oregon; more information will be forthcoming on this subject. Many other important issues were brought forward and we agreed to meet again when we attended the Affiliated Tribes of Northwest Indians meeting in Portland later in January.

### Chemawa Indian School

Chemawa will celebrate its annual birthday pow-wow on Feb. 22 beginning at 1 p.m. Lummi Tribal elder Jewel James carved two beautiful story poles to be placed at the Chemawa cemetery as a memorial to the students and staff who are buried at that site.

On the morning of Feb. 22 at 10 a.m., the poles will be permanently placed in the ground. All Oregon Tribes have been invited to this small ceremony to mark the event. Tribal members are invited to attend as well as Chemawa students and staff.

### Siletz Tribal Business Corporation

There have been some recent changes at STBC. Gregg Gubuan, who provided oversight temporarily, is no longer there. New job descriptions were developed for the positions to better determine staff functions. No new executive director has been hired at this time.

### Affiliated Tribes of Northwest Indians

Portland hosted the ATNI meeting in January. Tribal Council attended along with all other Northwest Tribes. Here is some information on ATNI, from its website:

In 1953 farsighted Tribal leaders in the Northwest formed the Affiliated Tribes of Northwest Indians and dedicated it to Tribal sovereignty and self-determination.

Today, ATNI is a nonprofit organization representing 57 Northwest Tribal governments from Oregon, Idaho, Washington, southeast Alaska, Northern California and Western Montana. ATNI is an organization whose foundation is composed of the people it is meant to serve – the Indian peoples.

In acting upon these principles ATNI has taken as its purpose to: Provide a forum for sharing information on matters of interest to its member Tribes,

develop consensus on matters of mutual importance, assist member Tribes in their governmental and programmatic development consistent with their goals for self-determination and self-sufficiency, and provide for effective public relations and education program with the non-Indian communities.

Through its conferences, forums, networks and alliances, it is the intent of ATNI to represent and advocate for the interests of its member Tribes to national Indian and non-Indian organizations and governments.

Where it is appropriate, ATNI will develop and pursue regional strategies for the development, protection and advancement of the interests of member Tribes and their people in the areas represented by ATNI committees, which include: Cultural affairs, economic development, human and social services, natural resources and environment, Tribal governance and ad hoc task forces.

Each committee and task force shall determine its own mission and course consistent with the operating policies and principles of the Affiliated Tribes. ATNI Executive Board and all standing committees and task forces pursue their goals generally in the following activity areas:

- Provide forums for the exchange of information of matters of mutual concerns among member Tribes and their constituencies
- Provide processes for the development of consensus on policy and positions on issues



Delores Pigsley

- Provide recommendations for legislation and government policy on behalf of ATNI and member Tribes
- Monitor, collect information, analyze data, disseminate findings and develop policy positions on matters of interest to ATNI and its member Tribes
- Provide technical assistance, benchmarking (standard setting), education, and training to ATNI and its member Tribes
- Establish and maintain mutual assistance networks and foster strategic alliances between ATNI, its member Tribes and beneficial organizations
- Provide for an effective public relations and education program to non-Indian communities on behalf of ATNI and its member Tribes

*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.

### Elders Council Meeting

**Feb. 8 • 1-4 p.m. • Chinook Winds Casino Resort**

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. 3 – 6-8 p.m.  
March 2 – 6-8 p.m.

**Portland**  
Portland Area Office  
Feb. 10 – 6-8 p.m.  
March 9 – 6-8 p.m.

**Eugene**  
Eugene Area Office  
Feb. 4 – 6-8 p.m.  
March 3 – 6-8 p.m.

**Salem**  
Salem Area Office  
Feb. 11 – 6-8 p.m.  
March 10 – 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.

#### 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**



## 2020 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2020 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Tina Retasket or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with locating internship placements to gain work experience in their field of study. Up to 10 slots are available for 2020.

Students can work up to 300 hours at Tribal minimum wage (currently \$12.75/hour) and can be placed within or outside of the Tribe.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2020.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail

CTSI  
Attn: College Internship Program  
P.O. Box 549  
Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

collegeinterns@ctsi.nsn.us

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 13, 2020.**

## Siletz Community Health Clinic

### Important Schedule Changes Coming Feb. 3, 2020

In an effort to improve care and access, the clinic is restructuring same-day visits. The goal is to:

- Increase access to your primary care provider for acute services such as: sore throat, flu symptoms, UTI, migraines, hives, rash, etc.
- Reduce your wait time at the clinic

### Questions and Answers

- 1. Will the walk-in clinic be available?**  
No, you will call and schedule a same-day appointment instead of showing up for the walk-in clinic.
- 2. Why is the clinic no longer offering the walk-in clinic?**  
• To reduce patient wait times

- To improve your comprehensive care
- 3. If I wake up sick and there is no walk-in clinic, will I be able to see a provider quickly?**  
Yes, each provider will have same-day access appointments available. You will call the clinic and be given an appointment time for that day or the next day.

- 4. Am I able to schedule a same-day appointment for routine care?**  
No, same-day access appointments are shorter appointments. For routine care, you will schedule a longer appointment time with your provider.
- 5. When will the walk-in clinic change to same-day access visits?**  
Feb. 3, 2020

## 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

Contract Health Services (CHS) – 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

## Culture Craft Nights

### Lhuk yvthl-tes (Salmon cooking on sticks)

Come and learn to carve salmon sticks



**Siletz**

Tribal Community Center  
Feb. 3 • 5-7 p.m.

**Eugene**

Eugene Area Office  
Feb. 4 • 5-7 p.m.

**Portland**

Portland Area Office  
Feb. 10 • 5-7 p.m.

**Salem**

Salem Area Office  
Feb. 11 • 5-7 p.m.

Siletz Tribal members welcome. Young people under age 10 need an adult to accompany and assist them.

Come and learn how to carve sticks for cooking salmon the old way. The Siletz Culture Department will provide materials 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**

## Culture Craft Nights Dentalium Stringing Class

**Siletz**

Siletz Community Center  
March 2 • 5-7 p.m.

**Eugene**

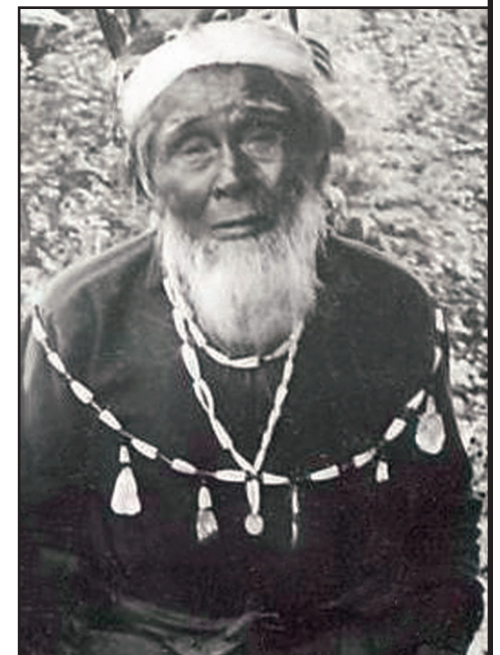
Eugene Area Office  
March 3 • 5-7 p.m.

**Portland**

Portland Area Office  
March 9 • 5-7 p.m.

**Salem**

Salem Area Office  
March 10 • 5-7 p.m.



Siletz Tribal members are invited to come and learn how to string dentalium. 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**



# A diet of social media: Are you using technology or is it using you?

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

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. I recently had the joy and privilege of reader feedback with a request to address the topic of social media. Contained in this Head Start parent's email were many useful links for information (provided below). This topic is huge and warrants multiple articles. In this issue, I compare social media to food choices, while exposing concern(s). Of course, as a nutritionist, this feels more like I am keeping within my scope of practice. It also serves to remind us, however, that we make thousands of choices every day. When we are conscious of our choices, our outcomes are much more likely to help, rather than harm.

The most compelling question around social media is: Am I using technology or is it using me? This is similar to how we might make food selections. Do these foods benefit me (and my health) or am I responding to cravings or suggestions that benefit someone else (such as an influential company that profits by my purchase)?

As an evaluation tool, it is also useful to ask, "How do I feel after using technology? Is this something I want to be doing?" These questions are especially appropriate when looking at gaming or activities that frequently hold our attention in ways where we (or our children) lose time.

Similarly, there are foods that are difficult to stop eating until gone or the bag is empty. How do we feel when we eat a bag of chips or a bag of cookies or candy? These behaviors resemble addiction.

When you or your children can identify that, after using social media, you "feel less happy," perhaps you are serving technology vs. technology serving you. In asking whether our addictive foods bring us happiness (or not), we need to look beyond the "high" to include how we feel later.

In social media, there is a misalignment of goals. The designers of social media know that people spend less time on social media when it brings "happiness" (or satisfaction) and people spend more time on activities that result in feeling "unhappy" (looking for satisfaction).

Algorithms are created with data gathered from your social media behavior to hold your attention. According to the *Oxford Dictionary*, an algorithm is a process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer.

They are designed with goals that are not aligned with your well-being. Not all users see the same messages because our "clicks" feed into the algorithms to create what we are shown.

In reverse, we can train social media (to a degree) by how we feed it (how we respond based on our responses (clicks). Who do you want to be in charge of your life (and your children's lives) – you or the algorithm?

Communication is a lifelong endeavor. It's more than making an announcement and getting "likes." Further, it's very easy to miscommunicate over text without the benefit of feeling or seeing body language. Additionally, "voice-to-text" apps are notorious for changing what was actually said and increasing the likelihood of misunderstanding.

It's important to know what types of communication to text or to reserve for conversation in person or on the phone. Perhaps we can think of this as "communication quality" in the same way we look at fast food vs. a meal cooked with intention and love as "food quality."

As with eating in a rush vs. in the company of family, the benefits of nourishment are magnified when shared with love and fellowship. For our well-being, we need balance. Breaks from our devices allow us to be present with others, or to play or to restore ourselves in nature.

The links below outline issues with social media in much greater detail. They also offer suggestions, as well as a pledge to "Wait until 8<sup>th</sup>," meaning let children wait until the eighth grade for social media (like the social media executives seem to be choosing for their own children).

Please take the time to peruse the links – especially the 45-minute video for students by Max Stossel of Center for Humane Technology. He is a former designer who incidentally grew up as a gamer. He explains design logic to inform and to empower students to make their own decisions (vs. responding to the choices made for them).

What do we want for our steady diet? We need the guidance provided by Tribal elders who are steeped in wisdom from observing tradition and history. With the social media phenomena there is little history to guide us. The links provided expose the model as "taking away our choice(s)."

My personal bias is that the time is now, in 2020, to take back our personal choice. Let's be brave and not cowardly. As shared by a concerned Head Start parent, "There is value in organizations that get parents talking to each other about these topics. It's time that we have more information and more conversations with other parents."

In summary, the current programming and design of social media intentionally

overwhelm who we are and downgrade us to take away our freewill. We become a "voodoo doll" via a recommendation system that is driven by our clicks.

The algorithms study our behavior with data mining, which is fed back to us via suggested words to further shape how we spend our time, our views and ultimately our choices (which may not match what we would otherwise choose).

Perhaps our greatest mission is to "know ourselves" and to empower our children to do the same. Social media bids us to ask: How well do we know ourselves? How is it that artificial intelligence can hold our attention by knowing our impulses better than we do? Who is in charge?

The risks associated with electronic communications are far greater than just social media algorithms. There are clearly many additional health impacts and issues with electromagnetic exposure from devices and from Wi-Fi, proximity to routers, smart meters, cell towers, 5-G and more.

*Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. Nutritional support is a family issue and includes lifestyle behaviors (i.e., social media). Support, or consultation, usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.*

## Resources

- Take the pledge Wait until 8<sup>th</sup> – wait-until8th.org
- Center for Humane Technology – humanetech.com/parents-students/
- Portland-area psychologist Dr. Doreen Dodgen-Magee, wrote the book *Devised* – doreendm.com/
- START parent blog on the issue and a curriculum program – westartnow.org
- Campaign for a Commercial-Free Childhood – commercialfreechildhood.org/resources/
- The documentaries *Screenagers* and *the Like Movie* – screenagersmovie.com/tech-talk-tuesdays and thelike-movie.com/resources-directory/

## Please come and join us!

Siletz Valley Charter School; In the Big Gym

**March 21, 2020**

Round Dance 7 p.m.



Youth Prevention Summit; please contact Felisha Howell for more info

[felisha.howell@lincoln.k12.or.us](mailto:felisha.howell@lincoln.k12.or.us) | 541-444-1100

SPORTS SUMMIT AND NATIVE AMERICAN APPRECIATION BASKETBALL GAME

**FEB. 23RD**

WSU - PULLMAN CAMPUS - BEASLEY

WSU VS USC WOMEN'S GAME 11:30AM  
LUNCH 1:30-2:15PM  
SPORTS SUMMIT 2:30 - 4:00PM  
KEYNOTE BY MACK STRONG, SEAHAWK

REGISTER AT: NATIVE.WSU.EDU/SPORTS-SUMMIT



# Healthy Traditions

Join Healthy Traditions seasonal activities  
to gather traditional foods

Our gathering activities are open to Tribal members  
and their families.

For questions, please call  
Healthy Traditions  
541) 444-9627



## FREE Cooking Matters Teen Class!



Improving the  
health of local  
children and  
families with CHEF

Prepare tasty recipes and practice cooking skills in this FREE  
Teen Cooking Matters class. Eat and bring home food each class!

### Details

**Who:** Students ages 12-17 years old

**What:** Free Cooking Matters Teen Cooking Class

**Where:** Siletz Valley School

**When:** Tuesdays, Wednesdays, & Thursdays, 5-7pm  
March 10, 11, 12 and March 17, 18, 19

### To Register:

Contact Alise Stempien Siletz Valley School registrar

Email: [astempien@siletzvalleyschools.org](mailto:astempien@siletzvalleyschools.org)

**Instructor:** Kathy Kentta, CTSI Healthy Traditions

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

### For more information:

Contact Shelagh Baird, C.H.E.F Lincoln Co. Coordinator

Email: [sbaird@samhealth.org](mailto:sbaird@samhealth.org)

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### Brought to you by



Learn to fish alongside  
the whole family!



March 13-15, 2020  
Camp Angelos | Corbett, OR  
Scholarships Available | All Ages Welcome

Family Fish Camp is for all families who want to learn fishing skills while  
staying overnight at cozy Camp Angelos on the Sandy River.

Passionate anglers with years of experience will teach you the basics, and  
your family will have the opportunity to spend time together outdoors  
alongside new friends.

### SPONSORED BY:



To learn more and to register, visit:

[https://nwsteelheaders.salsalabs.org/  
familyfishcamp2020/](https://nwsteelheaders.salsalabs.org/familyfishcamp2020/)

Questions: [orhabitat@nwf.org](mailto:orhabitat@nwf.org) or (503) 616 - 4280

## Partnerships Provide Cooking Classes for Siletz Valley School Students






# Siletz Community

**UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

An education program presented by the Alzheimer's Association®



**ALZHEIMER'S IS NOT NORMAL AGING.**  
It's a disease of the brain that causes problems with memory, thinking and behavior.

**Join us to learn about:**

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

**Time: 5:00 PM - 6:30 PM**  
**Date: Tuesday, February 25th, 2020**  
**Location: Siletz Community Health Clinic - Shell Room**  
**For more information, call Amy at 541-444-9652 or Hannah at 541-444-9613.**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

alzheimer's association®

**Events**

**Every Tuesday**  
Siletz Swims  
Greater Toledo Pool  
12:00 - 1:00pm

**Every Wednesday**  
Youth Game Night  
Siletz Valley Library  
4:00 - 6:00pm

**Every Wednesday**  
Women's Trauma Support Group  
Behavioral Health Group Room  
5:30 - 7:00pm

**Every Thursday**  
LGBTQ Youth Group  
Siletz Clinic Yurt  
3:30 - 5:00pm

**February 27th**  
Wellness Luncheon  
Tribal Community Center  
12:00 - 1:00pm

## February is American Heart Month

**So how does smoking affect the Heart?** Lets start this conversation off with one (1) of the 7,000 chemicals found in cigarette smoke, "carbon monoxide".

### What is carbon monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless, poisonous gas. CO, tar and nicotine are the main constituents of tobacco smoke. All represent some risk to your health. Carbon monoxide mainly affects the lungs, heart, and blood vessels.

### If I cut down on smoking, will this reduce my breath CO by an equivalent amount?

Probably not. A smoker may smoke fewer cigarettes, but will require the same amount of nicotine. Thus, you may smoke a smaller number of cigarettes more aggressively. As a result, you may continue to receive a similar amount of CO.

### How does carbon monoxide (CO) harm my body?

When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen. So, any CO in the blood pushes out oxygen, forming Carboxyhemoglobin (%COHb), thus putting extra strain on the heart.

### Heart problems caused by carbon monoxide

**Heart:** To compensate for the shortage of oxygen, the heart has to work harder to get enough oxygen to all parts of the body. The heart itself gets less oxygen, increasing the risk of heart damage.

**Circulation:** COHb causes the blood to thicken and the arteries to get coated with a thick, fatty substance. This causes high blood pressure and circulation problems, with increased risk of stroke and heart attack.

### If you smoke, would you like to know what your CO level is?

If so, stop by Community Health at the Siletz Community Health Clinic and have your CO level measured. Using a CO monitor is super quick and easy, you will have your results before you know it.

**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
**AI/AN Line now available 1-800-784-8663 (option 7)**



# Health Department



Teen dating violence is a pattern of abusive behaviors that may include physical, sexual, psychological or emotional violence within a dating relationship of teenagers. Teen dating violence can also occur between former dating partners.



Teens who experience dating violence may suffer from depression and anxiety. These teens may begin to engage in unhealthy behaviors such as tobacco, drug, or alcohol use.

Survivors of this type of abuse may become involved in anti-social behaviors such as isolating themselves from friends and family. They may also have thoughts of suicide or engage in self-harm practices.

Teenage males or females from any family, culture, race, religion, sexual orientation or economic background can encounter dating violence. No group is exempt.

Those who are involved in abusive relationships as teens are more likely to experience intimate partner violence as adults.

If you or someone you know has been a victim of teen dating violence there are resources available. Contact the Siletz CARE Program for more information:

**Siletz CARE Program: (541) 444-9680**  
**24 hour Hope Line: (541) 994-5959**

## Great Exercise for those with Arthritis

Those of you with joint pain and arthritis should try swimming as a great zero-impact activity. It allows you to use all of your muscle groups, increase your range of motion, and improve your cardiovascular health. The water helps to support your body and reduce the effect of gravity, so it takes the strain off your joints. It is a great alternative for those who cannot tolerate high-impact activities.

You don't have to do laps for hours to get the benefits of the water. Just soaking your body in warm water helps to increase your blood flow. It also helps to relax the tension in your muscles and reduces inflammation to the joint area. Doing simple movements, like stretching while dipping in warm water is good enough to promote healing. Those who struggle to walk regularly because of their joint pain would benefit from walking in a pool. The water reduces the effect of gravity and therefore, reduces the impact on your joints.

The **Siletz Community Health Department** invites you to join us at the **Greater Toledo Pool every Tuesday from Noon to 1:00pm. Those who have joined us find the Greater Toledo Pool to be pleasantly warm.** There is no charge to swim and you don't need to preregister. Just let Pool Staff know you are a Siletz Tribal Member. You must be 18 years of age or older. Lifeguards are on duty and transportation is being provided to Tribal Elders.

For more information please contact: Amy at 541.444.9652 or Hannah at 541.444.9613.





## Georgene "George" McAlhany – 1960-2019

The Lord has called a wonderful woman to live in eternity with Him in Heaven. On Dec. 12, 2019, Georgene "George" McAlhany 59, of Albany, Ore., passed away peacefully at her home surrounded by her loving family.

Georgene was born in Portland, Ore., to Edward and Arless (West) Collins. She attended Waverly Elementary, Calapooia Middle School and spent her ninth-grade year at South Albany High School. She then moved to Beaufort, S.C., where she graduated from Beaufort High School in 1979.

It was in Beaufort that Georgene met the love of her life, Joseph "Joe" McAlhany. After graduation Georgene returned to Oregon. Shortly after Georgene's return to Albany, Joe purchased a one-way ticket to visit her and they have been inseparable since then, a true love story. They were married Oct. 10, 1980, where they began making Albany their home and where they lovingly raised their two children, Joe Jr. and Ashley.

No one has loved life or lived life as fully as Georgene. She was always up for an adventure or fun, and Georgene could light up any room or event with her genuine smile. She would enthusiastically either join in or lead whatever was happening.

Trips to Beaufort were often and highlighted by visits with family and old friends. She enjoyed the Lowcountry and all that Beaufort had to offer, Maryland Fried Chicken and The Shrimp Shack being two of her favorites.

Georgene had a love for traveling with friends and family and was blessed to have traveled to many places throughout the world. The highlight of her travels was a spontaneous trip in 2014 when Georgene and Joe traveled to Italy to celebrate Christmas and New Year's Eve.

While in Rome, Georgene visited Vatican City and it was in St. Peter's Basilica where she was forever touched by a personal blessing given to her by a cardinal of the church. The cardinal didn't speak English but he clearly understood the word "cancer."

On Christmas morning Georgene stood among thousands in St. Peter's Square, where she listened to Pope Francis deliver his annual Christmas Day address. She celebrated New Year's Eve in Spello, dancing and singing, undeterred by the fact that all of the songs were being sung in Italian.

To her true Beaufort roots and tradition, Georgene made sure that all who were around her had money in their pockets when the New Year arrived and that black-eyed peas were on the stove ready to be served.

Georgene's love for Albany was endless. She was dedicated to ensuring that Albany was a special place for others to live and work. She worked for Central Willamette Credit Union for 30 years prior to retiring in 2012. Her time there was influential in her life as it brought her lifelong friends and allowed her to be involved in the community she loved.

It is impossible to list all the ways she contributed to Albany, but a list would include serving on the boards of CASA and Albany General Hospital. She also served on the board of the Albany Chamber of Commerce, which included a term as board chair.

Georgene also spent time with the Albany Chamber Greeters and was an active member of Soroptimist International of Albany, where she served as president in 2004/2005. Georgene was always involved with the Soroptimist's breast cancer Walk for the Cause.

She was a tireless advocate for the North Albany Samaritan Cancer Center and was the featured speaker at its ground-breaking ceremony. She was a board member of the Samaritan Cancer Resource Center as well as volunteering at the In-Reach Center.

In 2008, Georgene was recognized for her community service with the Jim Linhart First Citizen Award.

Most important was Georgene's faith in God. She had an unwavering belief in the Lord. She attended Willamette Community Church with her family. She approached everyone she met with open arms, kindness and the love that Jesus taught.

Georgene's love and faith in God was evident in her never questioning Him on why she was given the challenges that cancer brought her. She simply would not let cancer change her outlook on life while all the time believing God had blessed her.

Georgene is survived by her loving husband, Joe; son, Joe Jr. and daughter Ashley Barker, both of Albany; her sisters, Theresa Collins and Divonna Christiansen; as well as six grandchildren, Jazmyn, Lily, Noah, Jaxon, Ella and Ross.

A Celebration of Life was held Jan. 11 at Willamette Community Church in Albany.

In lieu of flowers, the family suggests contributions be made in her name to Soroptimist International of Albany, P.O. Box 1475, Albany, OR 97321 or in care of Fisher Funeral Home, 306 Washington St. SW, Albany, OR 97321.

For those who knew and loved Georgene, rest assured that she is "living her best day" with our Lord and Savior.



## USDA distribution dates for February

	Siletz		Chicken Adobo	
Monday	Feb. 3	9 a.m. – 3 p.m.	1 chicken (thighs or whatever you want)	
Tuesday	Feb. 4	9 a.m. – 3 p.m.	Pack of pork ribs (bone-in)	
Wednesday	Feb. 5	9 a.m. – 3 p.m.	Soy sauce and white vinegar (3:1)	
Thursday	Feb. 6	9 a.m. – 3 p.m.	Cayenne pepper (2 teaspoons or to taste)	
Friday	Feb. 7	9 a.m. – 3 p.m.	Garlic (5-10 cloves)	
			Peppercorns (small palm full)	
			Brown sugar (1/4 cup)	
	Salem		Put everything in a big pot and bring to a boil. Reduce heat to medium and simmer for 30-45 minutes, turning over every 5 minutes. After meat is cooked through, add a little flour to thicken juice a little. Serve over rice.	
Tuesday	Feb. 18	1:30 – 6:30 p.m.		
Wednesday	Feb. 19	9 a.m. – 6:30 p.m.		
Thursday	Feb. 20	9 a.m. – 6:30 p.m.		
Friday	Feb. 21	By appt only		



Joyce Retherford, FDP Director  
541-444-8393

Sammy Hall, Warehouseman/Clerk  
541-444-8279

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



### Did your Medicare deduction increase?

If your Medicare deductions increased for 2020, please send the clinic your Medicare statement so your reimbursement will reflect the new amount. Send to:

SCHC  
Attn. Sara Bell-Tellez  
P.O. Box 320  
Siletz, OR 97380

### 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.

### Emergency Preparedness Presentations

Presenter: Eli Grove, Tribal Emergency Preparedness Coordinator

**Eugene – 2/6/20, 10 a.m.-Noon**  
**Portland – 2/13/20, 10 a.m.-Noon**  
**Salem – 2/20/20, 10 a.m.-Noon**  
**Siletz – 2/27/20, 10 a.m.-Noon**

#### Agenda

1. Presentation on Emergency Preparedness (overview and general information)
2. Talk about individual preparedness (what's in your go-bag?)
3. How should you prepare your family?
4. Questionnaire & open discussion. How can we best prepare our Tribe for emergencies?
5. Sharing local emergency plans. Where do you fit in and how to become involved
6. Questions for me...
7. Questions for you... prizes available!

Anyone is welcome and encouraged to attend.

This is good information for everyone, regardless of your role at work or home. Please stop by and ask questions, share concerns or just listen and take home some prizes!



## HEALTHY LIVING FOR YOUR BRAIN AND BODY

FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



alzheimer's association®

Tuesday, Feb. 11 | 2-4 p.m.  
Hee Hee Illahee RV Resort  
4751 Astoria St. NE, Salem 97305  
in the Meeting Room.  
RSVP Salem Area Office Contact:  
Tonia Leija, 503-390-9494  
ext. 1861 or 800-922-1399



Courtesy photo

Brittany Mooney and Presley

### Mooney graduates from Tribal Home Visiting Program

Congratulations to Brittany Mooney for graduating from the Home Visiting Program! Brittany started the program when Presley was a little over a week old and participated until January of this year. Presley turned 3 in December.

While in the program, Brittany successfully completed her outpatient A&D, her case with DHS closed and she moved into their own place.

When asked what she valued most about the program, she said the education that she was taught during the visits, the community events and craft nights, and of course Presley loved getting her books.

### Siletz Community Dental Clinic

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 8:15-8:45 a.m. and Friday from 9-9:30 a.m.

Afternoon check-in time is Monday-Friday from 1:30-2 p.m.

### Tribal members get discounts at RV parks

Tribal members receive a 15% discount on spaces at Logan Road RV Park located in Lincoln City, Ore. Call 877-LOGANRV or visit [loganroad-rvpark.com](http://loganroad-rvpark.com) for more information.\*

Tribal members receive a 15% discount on spaces at Hee Hee Illahee RV Resort located in Salem, Ore. Call 877-564-7295 or visit [heeheillahee.com](http://heeheillahee.com) for more information.\*

\*Subject to availability

## SUBOXONE THERAPY

### Available at the Siletz Community Health Clinic

Our providers Lisa Taylor, FNP, and Jalien Dorris, DO, are now licensed to prescribe suboxone for Siletz Tribal members and/or community members who are struggling with heroin, prescription drugs or substance abuse.

We are contracting with Eric Davis, MAC, CADCIH, with his expertise in medication assisted therapy (MAT), he will assist with the implementation of our new suboxone program.

Wondering what suboxone is? Suboxone is a medication that helps your family members who are struggling with heroin and opioid addiction by taking away the symptoms of opiate withdrawal and drug cravings that are normally associated with quitting heroin and opioids.

We encourage you to contact the clinic and ask questions about our program. We want to assure you that

we will provide compassionate and non-judgmental care from staff members who understand the challenges associated with addiction. We would love to help you with taking the first step toward recovery.

If you have questions regarding the suboxone program or would like to make an appointment, please call the numbers listed below.

Team Taylor – 541-444-9665

Team Dorris – 541-444-9634

### CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. 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 organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

## Tribe seeks to update its record of Tribal veterans

It is important for the Tribe to keep a current updated record of our Siletz Tribal veterans. So often we are totally unaware of Siletz veterans who have served our nation, especially our younger veterans.

We are also trying to track how many Vietnam-era veterans have served and also how many were "boots on the ground." I would appreciate it if you could help supply us with this much-needed information. Thank you!

Tony Molina, Tribal Vet Rep.  
Low voltage license #2025LEA  
Confederated Tribes of Siletz Indians  
P.O. Box 549  
Siletz, OR 97380-0549  
800-922-1399, ext. 1330  
Direct: 541-444-8330  
Cell: 541-270-0569

### Information for Veterans

- A veteran or a family member whose veteran is enrolled in the VA only has 72 hours to report a non-emergency room hospital visit so as not to get billed.
- There is a new program for veterans called Veterans Appeal Improvement Modernization Act – for those veterans who have been waiting too long for their appeal to be addressed. Again, this is a new program.
- For veterans who are enrolled into the VA system – you can also apply to join My Healthy Vet to have access to your local VA doctor, prescriptions, etc. This is a very useful tool.
- Also, some veterans have joined the EBenefits logon application to try and do their VA needs online, but first you must be eligible to apply for VA ben-

- efits. I'm here to help you in that VA enrollment process. It's your choice to try EBenefits or let me assist you.
- The VA can be a very complex program and very trying to one's patience – and I have experienced certain road blocks. So please give me a call and I will do everything within my means to make sure you can enroll in the VA system.
- Our VA presumes that spinal bifida in biological children of certain Vietnam-era veterans who were exposed to Agent Orange was caused by the veteran's military service. Eligible children may receive VA benefits.

Contact Molina if you have questions on any of these items.



# Youth Digital Storytelling Workshop

March 24-26  
Siletz Administration Building

Siletz Community Health is looking for youth who are interested in social justice issues and want learn the art of digital storytelling. You will learn how to create, narrate and share a video of your own story.

Age 14-18

Space is limited so sign up today!

Call Kira Woosley at the CARE Program: 541-444-9680

## Natural Resources Department Contractors List

The Tribal Natural Resources Department periodically solicits bids from contractors for a variety of work.

If your company would like to be included on our lists to receive requests for bids/proposals for any of the services listed below, please contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232, to be put on the appropriate list.

- Tree Planting
- Precommercial Thinning
- Hazard Tree Removal/Tree Trimming
- Mechanical Brush Cutting
- Logging Road Construction/ Maintenance
- Logging • Log Hauling
- Timber Falling
- Herbicide Spraying
- Concrete Construction
- Statistical Analysis
- Macroinvertebrate Identification
- Water Quality Monitoring/Analysis

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

## THE ONE THING THAT CAN'T BE TAKEN IS YOUR EDUCATION.

JOIN US FOR AN INFORMATIVE EVENT FOR THE WHOLE FAMILY. WILL INCLUDE A PANEL DISCUSSION, FOOD, VENDORS & KIDS ACTIVITIES

NATIVE NATIONS CLUB IS HOSTING A FAMILY COLLEGE INFO NIGHT  
FEBRUARY 18TH FROM 5-8PM  
CASCADE STUDENT UNION

LIMITED SPACES FOR VENDORS  
QUESTIONS

Please contact [jennifer.pirtle@pcc.edu](mailto:jennifer.pirtle@pcc.edu) or at 503-496-2558



Courtesy photo

Siletz feather dancers visit the Tribal Head Start classroom in Lincoln City on Jan. 8. Those participating included Sage Butler Sr. (left), Ron Butler Jr., Sofia Andaverde-Butler, Tommy Metcalf and Sage Butler Jr.

### 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.
3. See Amazon Smile – You shop. Amazon Gives.
4. Follow the easy directions.



# STAHS spreads the word through fund-raising efforts for A Place for the People

The Siletz Tribal Arts and Heritage Society closed out 2019 with an exceptionally busy December. STAHS directors spent much of their holiday time attending functions, raising funds and spreading the word about “A Place for the People,” the cultural center with a museum component that will be built on Government Hill in Siletz next to the Tribal Community Center.

For the past several years, members have participated in the Festival of Trees and Angels Ball, the single largest fundraiser for Angels Anonymous, a nonprofit charitable organization that assists people in need in north Lincoln County.

One of the largest holiday events in the county, it provides a wonderful opportunity for networking. STAHS board members decorated and donated a tree for the auction and on Dec. 7, members attended the dinner that closes the four-day event.

Sales of sweatshirts and other items at the Tribal employee gathering on Dec. 13 raised approximately \$2,400. Some members of the Tribal staff took the opportunity to sign up for payroll deductions as a tax deductible donation to STAHS. Funds from both the sales and payroll deductions are dedicated toward the building of the facility.

A STAHS sweatshirt and other items were donated as raffle items for the Lincoln

City Chamber of Commerce holiday luncheon on Dec. 13 attended by Teresa Simmons. It was gratifying that several people showed interest and asked questions about the planned facility following the meeting.

STAHS will be the sponsor of the March 24 luncheon that will provide the opportunity to speak about the planned Cultural Center.

STAHS was selected by Chinook Winds Casino Resort as the recipient of raffle sales at its staff Christmas gathering on Dec. 18. Shawna Gray made a beautiful basket that was raffled off with the many other donated items that employees had the chance to win.

Members of the board had the opportunity to meet and mingle with employees while selling raffle tickets. It was a lot of fun and approximately \$1,500 was raised as a result of our small effort. Many thanks to Chinook Winds Casino Resort!

In the middle of the holiday rush, Gloria Ingle and Celeste Lee took time out of their busy daily schedules to attend a grant writing workshop at the Lincoln City Cultural Center.

The STAHS board is dedicated and committed to achieving this goal – to build a beautiful and lasting facility celebrating the culture and history of the Confederated Tribes of Siletz Indians.



Courtesy photos

Above: Nancy Oksenholt wins a STAHS sweatshirt at the Lincoln City Chamber of Commerce luncheon.

Below: STAHS board members Gloria Ingle (left), Angela Ramirez, Celesta Lee and Teresa Simmons sell raffle tickets at the Chinook Winds Casino Resort staff Christmas gathering.



Courtesy photos

Top: STAHS board members Gloria Ingle (left), Shawna Gray and Angela Ramirez accept a check from Chinook Winds General Manager Mike Fisher.

Middle: A gift basket for the STAHS raffle at the Chinook Winds staff Christmas gathering

Right: Gloria Ingle and Celesta Lee attend a grant writing workshop at the Lincoln City Cultural Center.





# Protect ICWA Campaign partners attend court's Brackeen v. Bernhardt rehearing

NEW ORLEANS – On Jan. 22, the full U.S. Fifth Circuit Court of Appeals (Fifth Circuit) reheard Brackeen v. Bernhardt, a case challenging the constitutionality of the Indian Child Welfare Act (ICWA), and the Protect ICWA Campaign and its coalition partners were there on behalf of Indian Country to show support for the 41-year-old law that protects the best interests of Indian children and families.

In 2018, a federal district court in Texas, in a widely criticized decision, held that ICWA violates the U.S. Constitution. Last year, in response to appeals brought by the federal government and the intervening Tribal nations at that time (Cherokee Nation, Morongo Band of Mission Indians, Oneida Nation, Quinault Indian Nation, Navajo Nation), a three-judge panel from the Fifth Circuit reversed that decision, reaffirming the constitutionality of ICWA.

In an en banc review, complex cases of broad legal significance are reconsidered by the entire court, not just a three-judge panel. For the Brackeen v. Bernhardt case, the decision reached by the en banc review panel will replace the three-judge panel decision from August 2019.

“We are proud to be part of a broad bipartisan coalition supporting the Indian Child Welfare Act,” said the Protect ICWA Campaign, noting that the pro-ICWA coalition has helped garner support from 495 federally recognized Tribes, 26 states and the District of Columbia; 77 members of Congress; more than 60 Native organizations; and the nation’s leading experts in child welfare, constitutional law, administrative law and Indian law. “We are confident that the hearing before the full panel of judges signifies the court’s recognition of how careful Congress was to craft ICWA as a model of cooperative federalism and how important ICWA

is every day in helping achieve the best interests of Indian children and families.”

Principals from the Protect ICWA Campaign include Sarah Kastelic, executive director, National Indian Child Welfare Association; Kevin Allis, chief executive officer, National Congress of American Indians; Derrick Beetso, general counsel, NCAI; Shannon Keller O’Loughlin, executive director and attorney, Association on American Indian Affairs; Erin C. Dougherty Lynch, senior staff attorney, Native American Rights Fund; and Dan Lewerenz, staff attorney, NARE

## Protect ICWA Campaign

The Protect ICWA Campaign (the campaign) was established by four national Native organizations – the National Indian Child Welfare Association, National Congress of American Indians, Association on American Indian Affairs and the Native American Rights Fund.

Together, the campaign works to serve and support Native children, youth and families through upholding the Indian Child Welfare Act. The campaign works to inform policy, legal and communications strategies with the mission to uphold and protect ICWA.


## Indian Child Welfare Act

The Indian Child Welfare Act (ICWA) is a 41-year-old federal law protecting the well-being and best interests of Indian children and families by upholding family integrity and stability and keeping Indian children connected to their community and culture. ICWA also reaffirms the inherent rights of Tribal nations to be involved in child welfare matters involving their citizens.


The law protects the best interests of American Indian and Alaska Native children by requiring agencies and courts take into account not just the immediate needs of Indian children, but also their long-term interests as they grow and move into adulthood.

A nationwide coalition of 495 Tribal nations, more than 60 Native organizations, 26 states and the District of Columbia, 77 members of Congress, 31 leading child welfare organizations, and Indian and constitutional law professors agree ICWA is vital to the well-being of Indian children and the stability and integrity of Indian families today.

To learn more about ICWA visit [nicwa.org/about-icwa/](http://nicwa.org/about-icwa/).



### Funded Orthodontic Treatment Screening



The 2020 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to schedule a screening. **The screening dates for this year are April 15 and May 20, 2020.**

The program and amount of accepted applicants will be dependent on the funding for the year. An additional screening date may be added if the need is great.

Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental check-ups and the oral hygiene history, to name a few. We want the best results possible for the patient and thus place emphasis on these items. The unbiased selection process is performed under the guidance of an orthodontic specialist and chosen through a committee.

This program is open to all ages who are PRC-eligible only. To be eligible for the 2020 program year, you must complete a screening appointment during one of the screening days. 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, to schedule an appointment. Individuals who have been placed on the waiting list will receive a postcard notifying them to call and schedule an appointment.

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1-4 bedrooms) and Lincoln City (2-3 bedrooms – Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or online from the Tribal website – [ctsi.nsn.us](http://ctsi.nsn.us); follow links – Tribal Services-Housing-Low Rent Apartments & Home Ownership.

Questions? Call 800-922-1399, ext. 1322, or 541-444-8322; fax: 541-444- 8313

### 2020 Standing Committees

**Applications Due by Feb. 5, 2020**

Any Tribal member interested in consideration for serving on a Tribal Standing Committee is encouraged to fill out this form and return it to the council office prior to Feb. 5, 2020.

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 ( ) \_\_\_\_\_

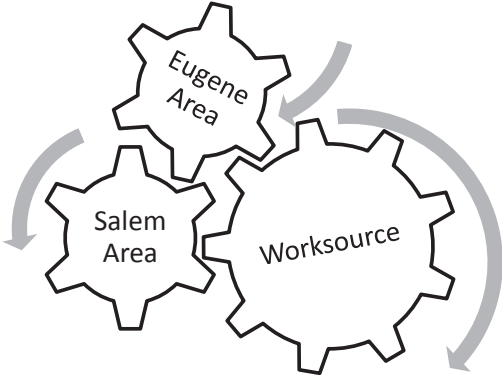
**If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest.** If you have interest in more than one committee, please indicate by numbering your preference 1 (first choice), 2 (second choice) and 3 (third choice).

___ Education Committee (3)	___ Housing Committee (3)
___ Natural Resources Committee (3)	___ Pow-Wow Committee (2)
___ Health Committee (3)	___ Budget Committee (1)
___ Cultural Heritage Committee (3)	___ Enrollment Committee (3)

Committee appointments will be made at the Regular Tribal Council meeting in February 2020.

If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

## Connectivity through Accessibility



Worksource Oregon in Albany and Salem have partnered with 477 Self-Sufficiency and Siletz Tribal Vocational Rehabilitation. The program will provide direct service access to federally enrolled Tribal members. A Siletz employee from the two programs will be at one of these office locations on:

Thursdays from 9 a.m. to 12:30 p.m. at these locations:

<b>Albany Worksource</b> 139 Fourth Ave. SE Albany, OR 97321	<b>Salem Worksource</b> 605 Cottage St. NE Salem, OR 97301
--	--

This service is to provide connectivity to Tribal members through accessibility, ease of access and advocacy. Please visit during the above times to obtain information, seek services and/or visit with us.

If you have further questions, contact Jeramie Martin at 541-444-8385 or simply visit one of the two centers.



## 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 Training	\$100 (one-year program)		
	\$200 (two-year program)		
<b>Higher Education</b>			
Bachelor's Degree	Pendleton blanket plus \$75		
Master's Degree	\$300		
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 11<sup>th</sup> Ave., Eugene, OR 97402

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

### Census, continued from page 1

participation among historically undercounted groups, including rural populations and Alaska Natives.

Today's enumeration is just the beginning of the Census Bureau's comprehensive plan to count everyone living in the United States. In order to count every person, the Census Bureau is building a team by hiring hundreds of thousands of local census takers to knock on doors of households that don't self-respond to the census. It is actively recruiting people from across the country to apply for the temporary positions.

While the 2020 Census count officially starts with a special operation in Toksook Bay and other remote areas of Alaska, residents of Anchorage, Fairbanks and other large Alaska cities, along with the rest of the nation, will be invited to respond for the first time to the 2020 Census online, by phone or by mail. Invitations to respond will reach most of the estimated 145 million households across the country between March 12 and March 20, 2020.

For more information about the 2020 Census, visit [2020census.gov](http://2020census.gov).



Siletz Reservation Robe Blanket, Size 64" x 80"  
Price: Tribal member – \$153; Employee – \$188; Public – \$202

Contact April Middaugh at 541-444-8201 or 800-922-1399, ext. 1201, for more information and to purchase.

Siletz Reservation Saddle Blanket, Size 68" x 39"  
Price: Tribal member – \$105; Employee – \$129; Public – \$138



Photo by Andy Taylor

Tribal Chairman Delores Pigsley presents a \$50,000 check to Siletz Valley Fire Chief Glenn Fluhr at the Tribal Council meeting on Jan. 17. This annual donation to the Siletz Valley Fire District helps the nearly all-volunteer district with general operating costs. If you are interested in volunteering, pick up an application at Station 1, 149 W. Buford Ave. in Siletz. You can reach the station at 541-444-2043.



## According to us, we are irreplaceable...

... and when we participate in the 2020 Census, we show others how our communities have grown. We may think that our tribes will count us in the census, but we need to respond ourselves. Our tribes do not provide enrollment numbers to the U.S. Census Bureau.

The 2020 Census is the count for all American Indians and Alaska Natives, no matter our age or where we live. We use data from an accurate count to plan for programs and services in our communities.

For more information, visit:  
**2020CENSUS.GOV**

Shape  
our future  
START HERE >





## Siletz Clinic: No-show optometry patients must use walk-in clinic

In the Siletz Clinic's Optometry Department, after one no-show patients will not be able to schedule appointments for six months.

Patients will have access to our walk-in clinic on the last Thursday of the month from 8:15 – 11:15 a.m.

### Thursdays

Feb. 27

March 26

Patients will be seen on a first-come, first-served basis.

## Siletz Tribal Behavioral Health Programs

### Prevention, Outpatient Treatment, and Women's and Men's Transitional Living Center

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**

## 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 abstinence.*



Feb. 5 • 5 p.m.

**Siletz Tribal Community Center  
402 NE Government Hill Drive**

## Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

### Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



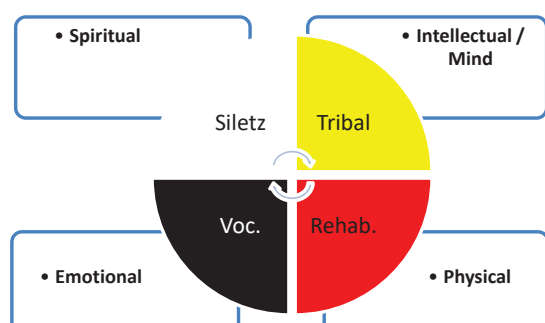
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you listed below.

EUGENE AREA OFFICE	SALEM AREA OFFICE	SILETZ ADMIN. OFFICE
2468 West 11 <sup>th</sup> Eugene, OR 97402	3160 Blossom Dr NE, Ste 105 Salem, OR 97305	201 SE Swan Ave Siletz, OR 97380

**EUGENE – JERAMIE MARTIN**, Program Director

**SALEM – TONI LEIJA**, Counselor/Job Developer

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



## 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 2020. All Siletz Tribal artists are encouraged to submit a pow-wow 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 his/her logo highlighted on the 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 2, 2020.

### Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2020-2021 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 2, 2019.

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.

## Dental Walk-In Clinic

### 1. Dental and Optometry a. First No-Show

Patient will receive a letter providing notice about the no-show appointment and their requirement to utilize the department's Walk-In Clinic for appointments. Walk-in availability is first-come, first-served. Patient will be required to utilize the Walk-In Clinic for six months, after which patient will be able to return to scheduling appointments.

The Dental Clinic will see walk-in patients every other Tuesday from 8:30 a.m. to 12:30 p.m. and 1:30 – 4:30 p.m. with check-in by 3:30 p.m. Patients will be seen on a first-come, first-served basis.

Services offered at the walk-in clinic include denture/partial adjustments and chairside relines, fillings, first step root canal, extractions and exams.

### Walk-in dates

Feb. 4 and Feb. 18  
March 3, March 17 and March 31

**Excluded visit types:** Partials, dentures, crowns, implants and hygiene appointments will need to be addressed during a regularly scheduled appointment with your primary dentist.



## After-hours crisis line now available at 541-444-8286 or 800-600-5599

Because mental health and relapse crises do not always happen during business hours, Siletz Behavioral Health has arranged a collaboration with an after-hours crisis line called Lines for Life.

On weekends and during the weekday hours of 5 p.m. to 8 a.m., the number to the Behavioral Health front desk is forwarded to Lines for Life, where you will be connected with a live mental health counselor.

The counselor will do everything he/she can to help de-escalate, advise and support.

Afterwards, this information can be shared with our mental health counselor so follow-up care can be provided.

Of course, if there is an emergency and you fear that you or someone else is in imminent danger, please call 911. That's always the fastest way to get help.



## Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov.
- Daughters of the American Revolution American Indian Scholarship  
Deadline: Feb. 15, 2020
- University of Idaho College of Natural Resources McCall Outdoor Science School Scholarships  
Deadline: Rolling

## Fellowships

- NAJA-NBC News Summer Fellowship  
Deadline: Feb. 28, 2020
- Vision Maker Media Short Film Production Fellowship  
Deadline: March 1, 2020
- Arthur F Burns Fellowship  
Deadline: March 1, 2020
- Tribal Researchers' Cancer Control Fellowship Program  
Deadline: March 22, 2020
- NBC News Summer Fellows Program  
Deadline: Ongoing
- Master of Forest Resources Fellowships  
Deadline: Open until filled

## Internships

- Vision Maker Media Summer Internship  
Deadline: March 1, 2020
- Code Switch Internship  
Deadline: Various
- HP 3D Printing Engineering Intern  
Deadline: Open until filled
- Pearson Packaging Systems Engineering Internship  
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
- Environmental Protection Agency  
Deadline: Multiple
- American Fisheries Society  
Deadlines: Multiple

## Important information for college-bound 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 info.
- 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). OSAC early bird deadline is in February.

### March

- Check for three Tribal scholarships at [ctsi.nsn.us](http://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.

## Other Opportunities

- Univ. of Oregon Future Stewards Program  
Deadline: July 1, 2020
- National Park Service Tribal Stewards Inclusion Program  
Deadline: Ongoing
- Center for Native American Youth at the Aspen Institute – Generation Indigenous Network Youth Ambassador
- National Youth Leadership Forum STEM Program Nomination Form  
Deadline: Various
- The Student Conservation Association
- Northwest Youth Corps
- Saturday Academy - FREE Classes for Native American Students
- ON TRACK OHSU!

## Higher ed website is one-stop shop for college grants

From Education Update, Oregon Dept. of Education

The Higher Education Coordinating Commission encourages students and families preparing for college to go to [OregonStudentAid.gov](http://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.

## General Council Meeting

Saturday, Feb. 1, 2020 • 1 p.m.

Siletz Tribal Community Center  
Siletz, Oregon

Call to Order  
Invocation  
Flag Salute  
Roll Call

Approval of Agenda  
Approval of Minutes

Programs  
Planning – Census 2020

Tribal Members' Concerns

Chairman's Report

Announcements

4 p.m. – Adjourn

## 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



School of Social Work  
PORTLAND STATE UNIVERSITY

## BACHELOR OF SOCIAL WORK HYBRID PROGRAM

### WHAT YOU NEED

#### 90 Credits

Including one course each college level PSY, SOC, and Human Development.

#### Submit Application by March 1st

Materials available January 1st at: [pdx.edu/ssw/bsw-admissions](http://pdx.edu/ssw/bsw-admissions)

#### Access to Technology

Computer with video camera and audio capabilities and reliable Wifi access.

### WHAT YOU GET

#### First Year of Courses Fully Online

Two years of study in total, in a supportive cohort model of learning. Second year online and in Eugene 5 times a term.

#### Field Placement In Your Community

Working with populations that you care about.

#### Skills to Be a Change Agent

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

## BSW HYBRID FAQs

### Q: IS THE BSW HYBRID PROGRAM FULLY ONLINE?

A: NO. THE BSW HYBRID PROGRAM IS 80% ONLINE. 20% IS IN PERSON COURSES AT OUR EUGENE SITE DURING SENIOR YEAR.

### Q: CAN I APPLY TO BOTH THE BSW PORTLAND CAMPUS PROGRAM AND THE BSW HYBRID PROGRAM?

A: NO. YOU WILL NEED TO CHOOSE ONE OPTION APPLY TO.

### Q: WHAT DO I NEED TO TAKE BEFORE STARTING THE PROGRAM?

A: PSU DOES NOT OFFERMATH COURSES ONLINE AND LIMITED LANGUAGE COURSES ONLINE SO YOU SHOULD COMPLETE YOUR B.A. OR B.S. REQUIREMENT BEFORE STARTING THE PROGRAM.

### Q: HOW CAN I FIND OUT MORE

A: GO TO OUR WEBSITE TO LEARN ABOUT THE PROGRAM, ACCESS INFORMATIONAL VIDEOS OR SIGN UP FOR AN ONLINE INFORMATIONAL SESSION.



For more information, please visit: [pdx.edu/ssw/hybridbswprogram](http://pdx.edu/ssw/hybridbswprogram)

or contact a program advisor:

- Mollie Janssen, [mjanssen@pdx.edu](mailto:mjanssen@pdx.edu)
- Kate Constable, [k.d.constable@pdx.edu](mailto:k.d.constable@pdx.edu)
- Kim Utschig, [kutschig@pdx.edu](mailto:kutschig@pdx.edu)



# Tribal Council Timesheets for December 2019

## Lillie Butler – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
5	5				15	12/2-4 Tribal-state summit, CEDARR
2.75	2.75				2	12/5 Education cluster
2.5	2.5					12/6 Willamette, packets
1.5	1.5				4	12/9 Chemawa LLC ground-breaking
2	2	2				12/10-11 Education, packets
		6.5	4		2	12/12 Special TC – gaming, STBC mtg/packets
2.75	2.75				2	12/13 All-Staff mtg
2	2					12/16 Packets
1.5	1.5					12/17 School board mtg, packets
3.5	3.5					12/18-19 Packets
3.5	3.5					12/20 Regular TC
4	4	3				12/23-27 Packets
2.5	2.5		2.5			12/30-31 Budget, BLM, STBC mtg, packets

## Lorraine Y. Butler – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
4.5	4.5				16	12/2-4 Tribal-state summit
1.5	1.5					12/6 Willamette Falls
2.5	2.5				4	12/9 Chemawa LLC ground-breaking
1.75	1.75		1.5			12/10-11 CPT, packets
		6	2.5		2	12/12 Special TC – gaming, STBC mtg
1.5	1.5				2	12/13 All-Staff mtg
.75	.75					12/16 Packets
1.75	1.75					12/17 School board, sign checks
1.25	1.25					12/18-19 Packets
1.5	1.5		2			12/26-29 Packets
2	2		2.5			12/30 Indirect wkshp, BLM, STBC mtg

## Reggie Butler Sr. – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
4.5	4.5				15	12/2-4 Tribal-state summit, CEDARR
2.75	2.75				2	12/5 Education cluster
1.5	1.5					12/6 Willamette
1.5	1.5				4	12/9 Chemawa LLC ground-breaking
1.75	1.75	4				12/10-11 Packets
		6.5	4		2	12/12 Special TC – gaming, STBC mtg/packets
2.75	2.75				2	12/13 All-staff mtg
1.75	1.75					12/16 Packets
6.5	6.5					12/17-19 School board, packets
3.5	3.5					12/20 Regular TC
6.75	6.75					12/23-27 Sign checks, packets
1	1		2.5			12/30 Budget, BLM, STBC mtg
1.75	1.75					12/31 Packets

## Sharon Edenfield – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
1	1				4	12/9 Chemawa Station blessing
1.25	1.25	1.5			2	12/17 Hotel design, school board

## Gloria Ingle – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
4.5	4.5				7	12/2-3 Tribal-state summit
1.5	1.5				7	12/4 PAO Christmas party
1.25	1.25				.75	12/6 Willamette Falls
1	.75				.75	12/9 Health Comm
		6	2.5		1.5	12/12 Special TC – gaming, STBC mtg
2.5	2.5				1.5	12/13 All-Staff mtg
1.25	1.25				.75	12/17 School board
1.5	1.75				.75	12/19 Interviews

## Alfred Lane III – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5				4	12/9 Chemawa Station ground-breaking
.5	.5		1			12/11 Packets
		6	2.5		2	12/12 Special TC – gaming, STBC mtg
.5	.5					12/18 Packets
4	4					12/20 Regular TC
.5	.5		2			12/30 Indirect wkshp, TC mtg, BLM, STBC budget wkshp

## Delores Pigsley – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
1	1					12/1 Mail, agenda items
6	6				4	12/2-3 Tribal-state summit
1.5	1.5				4.5	12/4 Umatilla Inaugural, mail
1.5	1.5					12/5-6 Mail
2.25	2.25	2			2.5	12/7-8 Casino event, mail, agenda items, prep for mtgs
1.75	1.75					12/9 Chemawa Station ground-breaking, mail
3.5	3.5	.5			11	12/10-11 Law seminar presentation, mail
		6	2.5		1.25	12/12 Special TC – gaming, STBC mtg, mail
3.25	3.25				1.5	12/13 All-Staff mtg, mail
1.5	1.5	.25				12/14-17 Mail, agenda items, prep for council
1.5	1.5	1			2.5	12/18-22 Casino event, mail
1.25	1.25					12/23 Chemawa Station admin, mail
1.75	1.75	.5				12/24-29 Mail, agenda items
1.5	1.5		2		4	12/30 Indirect & STBC wkshp, Special TC & STBC mtg, BLM, mail
.5	.5	1			1.25	12/31 Casino event, mail

## Angela Ramirez – 12/1/19-12/31/19

TC	Ind	Gmg	STBC	ED	Tvl	
6	6.25					12/2-4 Tribal-state summit
		6			2.5	12/6-8 Angels Ball
1.5	1.5				4	12/9 Chemawa Station mtg/land blessing
.75	.75	1.5				12/10-11 Email, packets
		6	3.5		2.5	12/12 Special TC – gaming, STBC mtg
1.5	1.75					12/13-16 Email, packets
1.25	1.25	1.5			2.25	12/17 Expansion mtg, school board
.5	.5				2.5	12/18-19 CWCR staff holiday party, email, packets
3.5	3.5					12/20 Regular TC
1.75	1.75					12/21-29 Email, packets
2.5	2.5		2.25			12/30 TC wkshp, Special TC mtg, STBC wkshp, sign checks, email, packets
.5	.75				1.25	12/31 Meet w/ IAD staff, casino event

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

### Tribal Council Email Addresses

- Tribal Chairman: Delores Pigsley [dpigsley@msn.com](mailto:dpigsley@msn.com)
- Vice Chairman: Alfred "Bud" Lane III [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us)
- Treasurer: Robert Kentta [rkentta@ctsi.nsn.us](mailto:rkentta@ctsi.nsn.us)
- Secretary: Sharon Edenfield [sharone@ctsi.nsn.us](mailto:sharone@ctsi.nsn.us)
- Lillie Butler [lbutler@ctsi.nsn.us](mailto:lbutler@ctsi.nsn.us)
- Lorraine Butler [loraineb@ctsi.nsn.us](mailto:loraineb@ctsi.nsn.us)
- Reggie Butler Sr. [rbutler@ctsi.nsn.us](mailto:rbutler@ctsi.nsn.us)
- Gloria Ingle [gloriai@ctsi.nsn.us](mailto:gloriai@ctsi.nsn.us)
- Angela Ramirez [angelar@ctsi.nsn.us](mailto:angelar@ctsi.nsn.us)



# Chinook Winds

## CASINO RESORT

# SUPER PARTY



Sunday, February 2, 2020 • Kickoff at 3:30pm

### CONVENTION CENTER FREE VIEWING PARTY

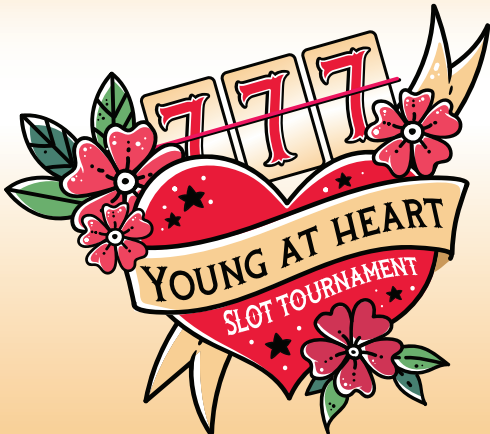
Watch the game on GIANT SCREENS! Drawings for NFL merchandise, team jerseys and a total of \$1500 CASH. Doors open at 2:30pm. Must be 21 or over. Must be a Winners Circle member to participate in drawings.

### ACES SPORTS BAR & GRILL FREE VIEWING PARTY

Watch the game on the big screens! Stadium-style food & drink specials! Drawings for team merchandise. Family seating available. Must be 21 or over to participate in drawings.

Complete rules at Winners Circle and Aces Sports Bar & Grill.

If you've had at least 55 birthdays, the first Tuesday of the month is just for YOU!



**FREE SLOT TOURNAMENT**  
**FEBRUARY 4**  
**8:30AM.**

**DOUBLE POINTS 7:30am-1:30pm!**  
**Win up to 500 Sand Dollars!**

Tournament entry is open to 350 players. Registration starts two hours before tournament begins. Register at any promotional kiosk. Double points credited by 8am the next day. Rules available at Winners Circle. Management may change offers at any time.



# DUCKING MONDAYS

Collect 100 points on Mondays from 6am-9pm  
Then visit a promotional kiosk for your duck coupon and a chance at winning **BONUS POINTS** or **FREE SLOT PLAY!**

New ducks monthly. Maximum 2 ducks per week. Limited to the first 750 guests to swipe each week. Complete details available at Winners Circle.

# Cupid's Cash Games GIVEAWAY

The little Cherub is taking aim, and emptying his quiver of over **\$40,000 in CASH & PRIZES**



February drawings at 7pm:

### Tuesdays

finalists spin the "collect hearts" wheel for a \$1500 top prize

### Thursdays

finalists pick full or broken hearts for a \$2500 top prize

### Sundays

finalists play "matching hearts" for a \$5000 top prize

**Collect entries beginning January 27!**

### FREE WEEKLY ENTRIES:



1 FREE ENTRY



2 FREE ENTRIES



3 FREE ENTRIES



4 FREE ENTRIES

Collect bonus entries with every 100 points you collect on Slots, Tables, Keno and Bingo, and earn one entry for every hour you play in a cash Poker game. **DOUBLE ENTRIES ON WEDNESDAYS!**

Complete rules available at Winners Circle. Management reserves the right to alter or withdraw promotion without notice at any time.



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





# Chinook Winds Casino Resort

## Entertainment

Feb. 7-8: Dwight Yoakam  
8 p.m., \$45-\$85  
March 6-7: Blues Traveler  
8 p.m., \$30-\$45  
April 17-18: Chris Janson  
8 p.m., \$50-\$80  
May 29-30: Rodney Carrington  
8 p.m., \$30-\$60  
July 10-11: Happy Together Tour  
8 p.m., \$30-\$60  
July 31-Aug. 1: Travis Tritt  
8 p.m., \$30-\$60

**Rogue River Lounge**  
Fri & Sat: Ultrasonic DJ, cover  
10:30 p.m. to 2 a.m.

**Chinook's Seafood Grill**  
Weds: Kit Taylor (pianist) – 5 - 9 p.m.

Feb. 7-8: Beth Willis Rock Duo (classic)  
Feb. 14-15: The Stingrays (variety)  
Feb. 21-22: Branded Band (country/rock)  
Feb. 28-29: Cherish (country)

All 8 p.m. to Midnight

## Special Events

Sun: 100% Payout Blackjack Tourney  
Sparkling Sunday Brunch at Siletz  
Bay Buffet (SBB)

Mon: Ducking Mondays  
Bearable Mondays

Tue: Boomers Club  
\$2 Taco Tuesdays at Aces Sports  
Bar & Grill

Wed: Hump Day Kiosk  
Wine Wednesdays at Chinook's  
Seafood Grill

Fri: Seafood Feast at SBB  
Sat: Filet Saturdays at SBB

Mon-Fri: Happy Hour at Rogue River  
Lounge (3-6 p.m.)

Third/Fourth Tuesday: Boomer Slots  
Fourth Thursday: Twilight Slots

First/Second Friday: Fruit Frenzy Slots

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.



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](http://www.chinookwindscasino.com/careers)

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

### 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 44<sup>th</sup> St.  
Lincoln City, OR 97367  
Phone: 541-996-5853  
Fax: 541-996-3847  
erica@cwresort.com

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegas-  
style 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.

It's Better  
at the  
Beach!

## Now Hiring!

Living near the Oregon coast can be a wonderful  
experience, especially if you have a job you love!

We're looking for a few fun, friendly people to join our  
team! It's a great opportunity to work where  
"It's Better at the Beach!"

*Applicants must be 16 or older to apply.*

**Positions available in:**  
Food & Beverage • Facilities • Hotel  
Environmental Services • Player Services

Visit [chinookwinds.com/career](http://chinookwinds.com/career) to see our current jobs.  
Applications may be submitted to:  
[Recruitment@cwresort.com](mailto:Recruitment@cwresort.com)  
or at our Human Resources Office  
Monday-Friday 8:00am-4:30pm  
2120 NW 44th Suite B Lincoln City, OR 97367  
**If you have any questions please call (541) 996-5800**

Lincoln City • 1-888-CHINOOK • [chinookwinds.com](http://chinookwinds.com)

**Plus Benefits!**

**PAID TIME OFF**  
All-purpose Leave  
Sell Back Option

**EMPLOYER PAID**  
401K  
25K Life Insurance  
Discount Rate for Fitness  
Center Membership  
Discounted Childcare  
Employee Discounts  
Employee Recognition  
Programs

**FREE**  
Paid Breaks  
Employee Shuttle  
Golf  
Uniforms  
Employee Assistance  
Program  
Employee Dining Room  
Health Screening

### Tribal members can maintain monthly golfing privileges at Chinook Winds Golf Resort

Tribal members receive free greens fees and can walk nine or 18 holes at no  
charge. If a cart makes golf more enjoyable, it is only \$10 for nine holes or \$15  
for 18 holes. New this year – We offer Tribal members monthly cart lease and  
golfing privileges starting at \$75/month.

- Tribal individual cart lease \$75/month
- Couples membership with cart lease \$125/month
  - Couple membership is eligible for any individual living in the same household as the Tribal member.
- Tribal family membership with cart lease \$150/month
  - Couple plus children in the same household under age 24 will have full golf and cart privileges (must be a licensed driver to drive the golf cart.)

Golf is an outstanding way to spend some time with your family and friends.  
Please take advantage of all of our employee benefits and spend some quality  
time outdoors on the beautiful Oregon Coast.

Cory Camilleri is our golf pro at Chinook Winds Golf Resort.



# Love Wins

**LGBTQ and Two-Spirit Tribal members are invited to a celebration of love on Valentine's Day 2020. To tie the knot with your partner, call Hannah Glaser at 541-444-9613 or email at [hannahg@ctsi.nsn.us](mailto:hannahg@ctsi.nsn.us)**

## Hotel rates for Siletz Tribal members

Siletz Tribe hotel rates all year round! No longer do you have to guess at what your rate is and worry about higher rates in the summer. One rate for each hotel type is now \$79 for standard deluxe oceanfront rooms and \$99 for oceanfront junior suites.



# What are my other options?

**Ask questions about prescription painkillers.**

My pain. My plan. [HealSafely.org](http://HealSafely.org)

### Did you know that prescription painkillers can:

- Create physical dependence in as few as 3 days
- Slow down your breathing and heart rate to dangerous levels
- Make you feel drowsy, nauseated and constipated
- Slow your body's healing process



Fellow Tribal members:

I am honored to announce a new scholarship for Tribal members pursuing a degree in substance abuse counseling, mental health counseling or related fields of social service.

"In remembrance MMIWG" Scholarship was established to recognize, encourage and financially assist Tribal members earning degrees in the above-mentioned fields while simultaneously honoring and memorializing each of our missing and murdered indigenous women and girls. As well as recognizing and supporting the heroic efforts of the MMIW(G) membership and its accomplishments.

Tribal members earning a degree in any of those career fields are destined to become healers and providers to and for those whose addictions and mental impairments cause them to be socially disadvantaged and therefore vulnerable within our communities.

Tragically a notable percentage of MMIW victims were posthumously categorized as socially disadvantaged and therefore vulnerable to violent victimization. Because of this reality, I've come to the belief that by supporting the educational efforts of Tribal members pursuing degrees in the aforementioned areas of counseling, we are potentially decreasing the number of disadvantaged and vulnerable, which would hopefully equate to fewer victims.

This is just one small effort. Each of us must step into the light with strong voice and clear heart, and speak loudly for these sacred lives taken and silenced.

Fellow Tribal members, need I remind you that each of the thousands of MMIW(G) cases represents a name, voice, smile, a mother, daughter, sister, cousin, niece, auntie and grandmother?

Let me be crystal clear, the MMIW movement is not, unfortunately, going away in our lifetime. This movement exists to continue to bring awareness, resources, legislation, resolution and healing for these victims, their families and affected communities.

Therefore, it is imperative that as a Tribe we continue and increase support for our present and aspiring healers and providers. We must set aside our political and personal histories, transgressions, differences and agendas, and unite as one diligent proactive force in confronting this crisis.

In closing, I respectfully echo the words of a great chief, "Strong hearts and brave hearts to the front, cowards to the rear."

In remembrance MMIWG.

Alan T Kentta

## OPEN HEARTS & OPEN HOMES

***We are looking to certify Tribal homes as foster home resource placements. Please consider opening up your home for our Tribal children who are in need of foster care.***

*Families, couples & single adults can become certified foster home resources.*

OUR CHILDREN NEED:

- \*\*Permanent Care\*\***
- \*\*Temporary Care\*\***
- \*\*Short-term Care\*\***
- \*\*Emergency Care\*\***

*Please take the time to consider opening up your loving and safe home & sharing your lives with our precious Tribal children.*

Please contact our ICW Department for a foster home application today.

**ICW: 541-444-8338**



## 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.

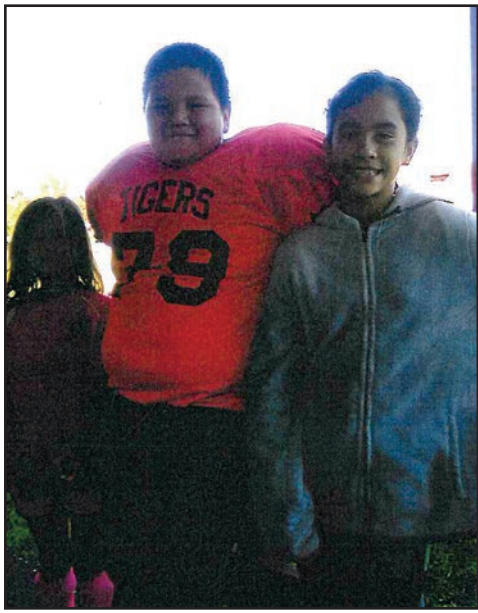
Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

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 Rodriguez  
Assistant: Andy Taylor





Happy 10<sup>th</sup> Birthday to Socetna Andrew!  
Love, Gramm



Happy 11<sup>th</sup> Birthday on Feb. 19 to an amazing son, Sammy Hall Jr. I hope you get everything you hoped for and your special day is blessed. Love you, son.  
Dad



I want to wish my amazing daughter Aryah a very Happy 2<sup>nd</sup> Birthday on Feb. 11. We love you so much, sister.  
Love, Momma and bubbas



Happy 6<sup>th</sup> Birthday, Aiden! We love you so much!  
Love, Mama, Dada and Huddy



Happy 12<sup>th</sup> Birthday, Cori! We are so proud of the person you are.  
Love, Mom, Dad and Crystin Jo



Happy 40<sup>th</sup> birthday to my best friend, Sara Bell-Tellez! Here's looking to the next 30!  
Love, Darcy

Wishing our beautiful princess a very Happy 2<sup>nd</sup> Birthday on Feb. 11! Mamma and Poppa love you, Aryah.

Happy Birthday to my amazing smart beautiful niece Maddy D on Feb. 12! We hope 2020 brings incredible things for you! We love you.  
Aunt Wendy and Uncle B

Happy Birthday to Chu on Feb. 5! Wishing you a year of good health, more laughter and an abundance of love!  
Love, the Wawraks



Happy 8<sup>th</sup> Birthday to Maliyah Stringer! You're so beautiful, smart, kind and fierce. We hope you have the best day ever. May all your birthday wishes come true, baby girl.  
With lots of love from your family

**Free child ID kits from the Oregon State Police**  
**503-934-0188 or 800-282-7155**  
**child.idkits@state.or.us**



- Social Security Disability
- Supplemental Security Insurance
- Retirement
- Replacement Social Security card
- Address / Name change update
- And more

## Video Service Delivery (VSD)

Video Service Delivery offers the same secure and confidential process that hearings conducted in person provide.

**Real time face-to-face video conference!**

If you need assistance in applying for SSD, SSI, Retirement or a replacement card, contact:

Kyanna Fisher  
CTSI 477-SSP, Tribal Services Specialist  
201 SE Swan Ave.  
Siletz, OR 97380

541-444-8222 or by email [kyannaf@ctsi.nsn.us](mailto:kyannaf@ctsi.nsn.us)

Appointments are scheduled on Thursdays from 1-4 p.m.

## Social Security Matters

*Open to the public*

### 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.

**477/SSP Siletz Tribal Home Visiting Program is coordinating monthly trainings/presentations on a variety of topics in all of our area offices. These are open to the community and anyone is welcome to join.**

**February 2020** – Presentation by Eli Grove on Emergency Preparedness

**10 a.m.-Noon** – Light snacks will be provided

Feb. 6 – Eugene Area Office

Feb. 13 – Portland Area Office

Feb. 20 – Salem Area Office

Feb. 27 – Tribal Community Center

Contact Jessica Hibler, 477/SSP coordinator, at 541-484-4234 if you have any questions.