



Siletz Clinic implements new No-Show Policy to increase efficiency

The Siletz Community Health Clinic has a new No-Show Policy! The policy is in effect as of Feb. 17, 2017.

When does a no-show happen?

A no-show happens when a patient does one of the following:

- Does not arrive to his/her appointment
- Cancels the appointment with less than 24 hours' notice
- Checks in more than 10 minutes after the scheduled appointment, which results in the provider not being able to see the patient

Who is impacted when a patient doesn't show up for an appointment?

- The health and all treatment for the "no-show" patient is impacted
- The health and all treatment of another patient, who could have been seen in the appointment slot is impacted
- Waiting times and subsequent treatment for the rest of the patients on the schedule for the day are impacted
- The providers' limited time and resources are wasted because they prepared for an appointment that did not happen

What happens if a patient is a no-show?

- First No-Show: Patient receives a letter and a copy of the policy for review.
- Second No-Show: Patient must call and confirm future appointments by 2:30 p.m. the business day prior to the appointment. If patient does not confirm by 2:30 p.m., the appointment will be canceled and offered to another patient.
- Third No-Show: The clinic will not pre-schedule appointments. Any appointments already scheduled for the relevant department will be canceled. For non-urgent issues, the patient is placed on a waiting list and the clinic will call patient if there is a no-show or late cancellation. For urgent issues, the patient will be advised to come into the clinic on the same day during the walk-in time and wait until a provider is available. Each department has specific times set aside for same-day urgent issues. Patient must contact the appropriate department for same-day appointment times.

How to avoid getting a no-show!

- Confirm the appointment.
- Arrive 10-15 minutes early.
- Give a minimum 24 hours' notice when canceling appointments

You can pick up a copy of the new policy at the Siletz Clinic or downloaded it from the Tribal website – ctsi.nsn.us.

Changes in how we mail Siletz News

From the editor:

Starting with this issue, the Siletz Tribe will mail one copy of *Siletz News* to each physical address instead of one copy to each Tribal member age 18 and older.

If you find that you need more than one copy in your household, please email your name and address to pias@ctsi.nsn.us and you will start receiving a second copy.

Thank you!



Photo by Diane Rodriguez

Klaira Flatt and Zay Zay Garcia fight for the ball during a basketball game at the Siletz Rec Center on March 10. Dane Brown and Kiowa Garcia (right) keep an eye on the action.

Tribe works to restore many cultural resources through habitat restoration

By Laura Brown, Shellfish Biologist, Natural Resources

The Natural Resources Department has been working closely with the Cultural Department and Healthy Traditions to evaluate and plan projects that will provide increased opportunities for Tribal members to gather cultural resources.

Many of these projects are in the form of habitat restoration, which works to restore a damaged or destroyed ecosystem through restoring the natural processes (such as removing a dike to reintroduce tidal influence to a site) or through the reintroduction of plants and habitat struc-

tures (such as planting native species in a meadow).

One example of a restoration site the Natural Resources Department is working on is the Bulls Bag property. It is currently being evaluated for sites where traditional foods like camas and wapato, and basketry material like hazel, rushes, sedges and willows, could be restored or significantly enhanced.

Tribal foresters are developing a burn plan to assist with annual maintenance of invasive plants, which cover a significant portion of open areas at Bulls Bay and threaten native species. Two wetlands on the

property that support various native species have been mapped and are being evaluated for restoration and enhancement.

Another opportunity at the Bulls Bag includes an elk meadow conversion, which would result in more forage areas for elk and deer.

Additionally, the Tribe has been developing a flood model of the Siletz River from the town of Siletz to the Bulls Bag property. In the near term, the Tribe hopes to begin a multi-year restoration project that would cover more than six miles of river around the loop of the Bulls Bag to increase habitat for salmon, steelhead and lamprey.

Restoration of the Dundas property wetland is in the works and would support culturally important plants and animals. Invasive species currently present on the property, like nutria, reed canary grass and invasive fish, can be detrimental to native wildlife and plants. Removal of invasives can mean the return of populations of native species such as frogs and turtles, ensuring good water quality and robust aquatic resources moving forward.

Additionally, as the land heals the proximity to the city of Siletz and Siletz

See Restoring on page 8

Home Visiting Program

A five-year review was held in Siletz with members of the Tribal Council, program staff, and directors and officials from Washington, D.C., and elsewhere.

At the General Council meeting in February, Jessica Phillips (program coordinator) gave a well-received overview and video of the Home Visiting Program. The program review held March 9 revealed a highly successful program for pregnant mothers.

Elders Gathering

Tribal elders were welcomed in Florence, Ore., recently by the Coos, Lower Umpqua and Siuslaw and the Coquille Tribes. More than 400 elders gathered from all over Oregon and shared in a great time.

The Tribes were very generous to the attendees and we appreciated their generosity. We look forward to hosting the Siletz Elders Honor Day on April 4.

Siletz Clinic

Our Tribal health director recently resigned. Marci Muschamp will be acting in that capacity until the position is filled.

It was announced at the recent Tribal Council meeting that the clinic will have expanded hours and the announcement of the expanded hours would be made soon.

President's Budget

The president's budget was announced in March, as many of you know. Under this budget, there will be some severe cuts in program dollars that will affect us all. The staff has been asked to provide feedback to the council on exactly what the affect will be.

Below is the report that we received from our lobbyist, Matt Hill. This likely is not the final budget expected to pass, as the House and the Senate will have their own ideas of what spending should be.

Dept. of Interior: 12 percent (\$1.5 billion) decrease from 2017 CR

- Increases funding for energy development on public lands and offshore
- Supports Tribal sovereignty and self-determination across Indian Country by focusing on core funding and services to support ongoing Tribal government operations. The budget reduces funding for more recent dem-

onstrations projects and initiatives that only serve a few Tribes.

- Budgets responsibly for wildland fire suppression expenses. The budget would directly provide the full 10-year rolling average of suppression expenditures.
- Reduces funding for lower-priority activities, such as new major acquisitions of federal land.
- **Indian Health Service: ???**
- Overall, HHS would receive a 17.9 percent (\$15.1 billion) decrease.
- We don't know exactly how much IHS would receive under this budget, which only states that "In 2018, HHS funds the highest priorities, such as: health services through community health centers, Ryan White HIV/AIDS providers and the Indian Health Service; early care and education; and medical products review and innovation."

During the week of May 22, Oregon will celebrate American Indian Week. The governor will sign the proclamation at the capitol and Tribes will be present to provide information and celebrate.



Delores Pigsley

STBC has RFPs for office building in Salem

The Siletz Tribal Business Corporation (STBC) is seeking contractors to respond to Request for Proposals for roof replacement and exterior wall repaint for the Salem flex office building in Salem, Ore.

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

CTSI Jobs

Tribal employment information is available at 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.

Opening Date: March 7, 2017
Closing Date: April 7, 2017
Job Title: Central Office Clerk
Salary/Wage: \$14.75/hour
Tribal Level: 15
Location: Siletz, Ore.
Classification: Full time, non-exempt
Job Posting Number: 201715

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

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

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

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

Nuu-wee-ya' (our words)

Introduction to the Athabaskan language

Open to Tribal members of all ages

Siletz
Siletz Tribal Community Center
April 3 – 6-8 p.m.
May 1 – 6-8 p.m.

Portland
Portland Area Office
April 10 – 6-8 p.m.
May 8 – 6-8 p.m.

Eugene
Eugene Area Office
April 4 – 6-8 p.m.
May 2 – 6-8 p.m.

Salem
Salem Area Office
April 11 – 6-8 p.m.
May 9 – 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 May issue is April 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

Tribe earns 'Best Multi Modal' award for Gwee-Shut Road sidewalk project

Tribal Planning staff was pleasantly surprised at the 2017 Northwest Tribal Transportation Symposium, held March 7-9 in Spokane, Wash. The Siletz Tribe received a "Best Multi Modal" project of 2016 award for the Gwee-Shut Road sidewalk project.

This award was one of only three for the entire Northwest. The initial sidewalk project expanded to include reconstruction of a section of the upper Gwee-Shut roadway and shoulder widening along Logsdan Road. The new crosswalk lighting has been an appreciated safety improvement.

Construction Project Manager Tracy Bailey and Paul Knox of Akana Engineering were key to the project's success.

This project was identified as a priority by the Tribal Council in the Tribe's Transportation System Plan and funded by the BIA Tribal Transportation Program.

Planning appreciates the support of NW BIA Roads Department staff; Public Works Director Max Hoover; the Administrative and Accounting departments, and all other support staff who prove it takes a great team to successfully accomplish big projects.

A special thank you goes out to the Silatchee Park residents who were very patient with the construction process. May the project serve you and all the Tribal community well for many years.

Photo by Diane Rodriguez

Angela Ramirez from the Tribe's Enrollment Department holds information about the Planning Department's award.



2017 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2017 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 one, please contact Assistant General Manager Bonnie Petersen or the education specialists at any Tribal area office to request an application.

This program helps Tribal students locate internship placements to gain work experience in their field of study. Ten slots are available in 2017.

Students can work up to 360 hours at minimum wage 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, 2017.

Deadline for applications to be received in central administration at the Siletz Tribal admin building is 4:30 p.m. on May 1, 2017. Students should send a completed application and an unofficial copy of their transcripts to:

By mail

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

By fax

541-444-2307

By email

collegieinterns@ctsi.nsn.us

Tribal Court information for 2017 per capita

Siletz Tribal Court would like to remind Tribal members to keep their address current with the Enrollment Department.

Per capita notices will be mailed June 9, 2017, to the address on file with Enrollment. The 2017 per capita hearing dates are July 11 for money owed to an entity of the Tribe and July 12-13 for money owed for child support and to the IRS.

Those with questions regarding per capita should contact Tribal Court at 541 444-8228 or 800-922-1399, ext. 1228. Any requests to update addresses must be sent to Enrollment.

Culture Craft Nights

Feather Dance Regalia making (Nee-dash na'trvsh yvthl-sri)

April 3 • 5-7 p.m.
Siletz Tribal Community Center

April 4 • 5-7 p.m.
Eugene Area Office

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

April 11 • 5-7 p.m.
Salem Area Office

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

Bring your unfinished Feather Dance regalia projects so they can be finished before the Nee-dash. If you have a Feather Dance regalia project in mind that you want to do, come learn how.

Lots of examples will be displayed. The Siletz Culture Department will provide instructors to assist.

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

Sponsored by the Education and Culture Departments

Hazel stick peeling (Tr'vthl-xee-li ch'ay-lhchvm's)

May 1 • 5-7 p.m.
Siletz Tribal Community Center

May 2 • 5-7 p.m.
Eugene Area Office

May 8 • 5-7 p.m.
Portland Area Office

May 9 • 5-7 p.m.
Salem Area Office

Siletz Tribal members and their families are invited to come and learn how to peel and process hazel sticks for Siletz basketry.

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

The Siletz Culture Department will provide some material and instructors.

If you have your own materials, please bring them.

Gathering basket-making materials

Spring is here and very soon hazel sticks will be ready to pick and peel.

Hazel stick gathering is a must for anyone interested in making traditional Siletz baskets. Spruce root can be dug all year round and is used for the weavers or weft of Siletz baskets.

Bear grass and maidenhair fern are used for overlay to make our traditional designs or marks in our baskets and both are picked in late summer.

Any Tribal members interested in gathering can call Bud Lane at 800-922-1399, ext. 1320, or 541-444-8320, or email budl@ctsi.nsn.us.

Just a reminder – basket materials must be gathered in a timely fashion. Due to our changing climate, these times may vary.

Here is a general breakdown of gathering times for different materials:

April

Hazel, willow and fir sticks; spruce roots

May

Hazel, willow and fir sticks; spruce roots

June

Hazel, willow and fir sticks (until mid-June); spruce roots

July

Fir sticks, spruce roots, bear grass, maidenhair fern

August

Fir sticks, spruce roots, bear grass, maidenhair fern, hazel sticks (limited), willow sticks

September

Bear grass, maidenhair fern, woodwardia fern, spruce roots



Chrisman part of state champion team

With love from Auntie Sarge and the rest of your huge, humongous family
 Congratulations to Ella Chrisman and the Pendleton Truth seventh-grade basketball team on your state championship.
 Ella, we are all so proud of you and your teammates.

April USDA distribution dates, recipe

Siletz

Monday	April 3	9 a.m. – 3 p.m.
Tuesday	April 4	9 a.m. – 3 p.m.
Wednesday	April 5	9 a.m. – 3 p.m.
Thursday	April 6	9 a.m. – 3 p.m.
Friday	April 7	9 a.m. – 3 p.m.

Salem

Monday	April 17	1:30 – 6:30 p.m.
Tuesday	April 18	9 a.m. – 6:30 p.m.
Wednesday	April 19	9 a.m. – 6:30 p.m.
Thursday	April 20	9 – 11 a.m.

I threw this recipe together at the Siletz warehouse in March. It is so fast and easy. I hope you can try it out with your family.

Chicken Corn Chowder

- 1 stick butter*
- 1 pound bacon, sliced
- 2 onions, diced*
- 1 head celery, diced*
- ½ cup flour*
- 3 cans kernel corn, drained*
- 2 cans sliced potatoes, drained*
- 2 cans chicken meat*
- 1 can skim evaporated milk*
- 1 box 1% milk*
- Salt and pepper to taste

Place butter, bacon, onion and celery in a large pot on medium heat. Cook until onion is soft and bacon is getting brown. Add a little kosher salt and pepper to this to draw the moisture out of the veggies.

Add the flour to make roux. Cook for about 5 minutes, stirring occasionally.

Add the corn, potatoes and chicken along with the evaporated milk and the 1% milk.

Add more salt and pepper and taste.

Let this simmer for about 30 minutes to heat through.

This makes a pretty big pot of soup. Cut it in half or to suit your needs. Very quick and easy soup that is so delicious.

*Indicates product in the food package

LIKE us on Facebook at Siletz Tribal FDPIR.



Joyce Retherford, FDP Director
 541-444-8393

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

How can we experience benefits of traditional nutrition in a modern world?

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

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment reviews the loss of traditional foods, the introduction of commodity foods and its impact on chronic disease such as diabetes and obesity. A key recommendation in a modern world is to eat less sugar and starch as a step to restore traditional practices.

As Native people lost access to land for deer, fish and other traditional foods, they were introduced to pig fat, wheat and rye flour, milk and sugar in the forms of commodity foods. These changes in cultural practices appear to be at the foundation of the rapidly growing epidemic of diabetes, as well as heart disease, substance abuse, violence, cancer, attention deficit disorder and depression.

Indigenous people all over are restoring their traditions and I believe this is essential to preventing and reversing diabetes.

Tribal communities that still have access to traditional foods and practice methods of traditional preparation rarely see diabetes. Two essential strategies to prevent diabetes and maintain good health are to gather traditional foods (and/or their nutritional equivalents) and to prepare these foods (versus buying convenience or processed foods).

Foods from the environment in which we live provide physical, emotional, mental and spiritual nourishment. Where there is imbalance, there are wounds in the spirit that ultimately manifest as a chronic disease condition, such as diabetes.

Diabetes is an imbalance of the different organ systems in the body that normally work together to maintain a certain level of glucose (sugar) in the

blood. Insulin is a key part of this imbalance. It acts as a messenger to coordinate food energy.

In pre-diabetes (or insulin resistance), the cells become less responsive. Traditional medicine includes knowledge of medicinal plants, animals, foods, the elements, rituals, spirit ways and touch that have been acquired over thousands of generations. Integrative medicine recognizes the wisdom and knowledge of both traditional and conventional methods with a holistic approach.

Authentic foods, diet and nutrition are critical in reversing chronic disease and maintaining health. It is important to note that the current USDA nutrition recommendations do not represent the composition of the foods that were indigenous to this Northwest region.

The Salish Food Mound, described by Drs. Leslie E. Korn and Rudolph C. Ryser, is composed of 33 percent leafy greens, berries and fruits; 45 percent meat, fish and fowl; 20 percent fats and fish oils; and 2 percent roots and sweets. I believe that transitioning back toward this diet, along with a holistic approach, will be instrumental in preventing and treating diabetes and other chronic disease.

Let's focus on the composition of the Salish Food Mound to consider the principles of traditional nutrition and contrast it with our current intake.

No grains are even mentioned. In other words, not only are there no whole grains, but also no flour, no cereal and no bread. Dairy foods are not mentioned either. This means no milk, no cheese, no yogurt, sour cream or ice cream.

The mention of 2 percent roots and sweets means very few starchy vegetables. I'm certain that the term "sweets" did not include refined sugars. Fruit is mentioned

and is generally eaten "in season" versus year-around.

Grains, dairy, fruit and roots are rich in carbohydrates. These are broken down in our body to produce sugar. This means that carbohydrates have the potential to raise our blood sugar. Additionally, carbohydrates, particularly refined ones, have the potential to become addictive.

Sugar cravings can be difficult to control. When sugar is combined with the stress of busy schedules, it can be used as a "pick me up" or a "happy time." This is eerily similar to other addictions such as alcohol. Often when alcoholics stop drinking, they replace alcohol with sugar (swapping addictions).

Does sugar really bring the happiness you seek? Often it provides a temporary high followed by low mood, irritability and a feeling of emptiness.

Unfortunately, overuse of sugar can rob us of health by decreasing our immunity, displacing important nutrients, promoting weight gain and tooth decay as well as keeping us in an unhealthy cycle of cravings. Because sugary foods are often nutrient-poor, they don't really satisfy your body – which leaves you looking for more food and/or sugar.

Giving up sugar isn't easy, especially when we see it everywhere we look. A few ideas can help shift us in a healthier direction, such as a gradual decrease in sweet foods to make the change less noticeable.

The use of sour foods can help to cut sweet cravings. Adding protein to each meal or snack can stabilize blood sugar, thereby reducing cravings.

Other ideas include avoiding processed foods (with added sugars and starch), boosting serotonin (the happiness hormone) through exercise and sleep, drinking plenty of water, eating several small meals throughout the day to avoid dips in

blood sugar, eating plenty of greens on the plate and in green drinks, eating more sea vegetables and eating cultured vegetables.

We all have to start where we are now and decide what changes are manageable. It is difficult – and unrealistic – to change everything at once.

Remember, when our habits say "I love you" with sugar, it is even harder to break the cycle. How can you say, "I love you" in a more healthy way? There are many everyday non-food ways to communicate love through gifts of time and attention, such as playing games, taking walks, coloring and doing puzzles together.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child. Healthy children make for healthy communities. We are in this together.

Resources

Preventing & Treating Diabetes Naturally the Native Way by Leslie E. Korn, Ph.D., MPH, and Rudolph C. Ryser, Ph.D., 2009, DayKeeper Press, Olympia, Wash.

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Insulin Resistance & Chronic Disease Prevention Symposium, April 18, 2013, at the Squaxin Island Museum, sponsored by Northwest Indian College

Content from previously submitted articles – *Can Traditional Foods Prevent Diabetes*, January 2014, and *The Sweetness of Life is not Found in Sugar*, December 2014, Nancy Ludwig, Consulting Nutritionist, Siletz Tribal Head Start



Community Health Department

Find us on Facebook! Siletz Community Health Department

Sexual Assault Awareness Month



1 in 3 Native women is sexually assaulted in her lifetime.

Sexual violence is any type of unwanted sexual contact. This can include words and actions of a sexual nature inflicted upon another person, without their consent. Anyone can experience sexual violence, including children, teens, adults, and elders.

Victims of sexual assault are never to blame, it doesn't matter what they were wearing or how they were acting before being assaulted. The people who commit these violent acts choose to do so because they seek to gain power and control over their victim.

Assailants may use force, threats, manipulation, or coercion to commit sexual violence. A victim may not always sustain injuries from these attacks, it is important not to place blame or make assumptions about what happened based on the victim's appearance or past behaviors. It is possible to prevent sexual assault by educating people about consent and by choosing to be models for healthy relationships. We can also help survivors by offering support.

If you or someone you know has been a victim of sexual violence, there are resources available. Contact the Siletz CARE Program for more information on advocacy and support services for survivors of sexual and domestic violence.

Kim Lane, Advocate: (541)444-9679

Kira Woosley, Outreach & Education: (541)444-9680

24 hour Hope Line: (541)994-5959

Events

April 12

Broken & Beautiful
Tribal Community Center
12pm-1pm

April 6 & 20

Girls' Group
Siletz Health Clinic
6pm-8pm

April 26

Denim Day
Wear Jeans to Work
All Day

April 27

Hunting Ground Screening
Tribal Community Center
6pm-8pm
Dinner Provided

Samaritan Health Tobacco Cessation Series

Samaritan Center for Health Education
740 SW Ninth Street, Newport
Every Tuesday evening from 5:30-7:00pm
Call Deb Myers to register: (541)574-4886

Transportation can be provided by
Siletz Community Health Department
Tobacco Prevention: Selene Rilatos (541) 444-9682
Or Transportation: (541) 444-9613



Fitness Center

Tai Chi: M & W 10:30-11:30am
Zumba Gold: T & Th 5:30-6:30pm
Sit and Be Fit: T, Th & F 10:00-11:00am
Pilates: M & W 5:15-6:15

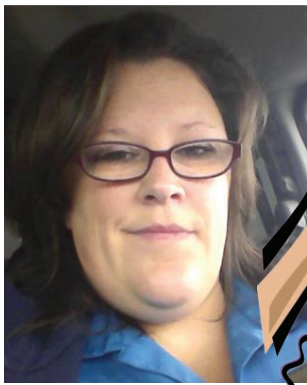
Girls' Group Girls age 8-18 welcome

Featuring the Daughters of Tradition curriculum

Every first & third Thursday of the month
Siletz Community Health Clinic - Behavioral Health
6pm-8pm

Call Dee Butler for registration: (541)444-9618

So Proud Of My Kidz



Jenera Healy lives in Nevada. Jenera recently visited her Grama in Otis for several months. While there her sons, Aidan and Sam, learned to bead. Once they went back to Nevada apparently Jenera took to beading. She immediately got the knack (inherited it from Papa, I guess) and started beading beautiful pieces of jewelry and other things. I am so proud of her. You are a credit to the Tribe!!!

Jeremy Hill has worked at Chemawa for many years. Jeremy has an excellent reputation among Staff and students alike. Jeremy got Employee of the Month for February! Not only does Jeremy work there, he also coaches baseball, football, works on Powwow Committee, etc. I am so proud of him. You are a credit to the Tribe!!!



First Visit to the Tribal Office!

Miss Brynlee was in Salem visiting her very proud grandparents, Laura & Joe Golba and stopped in for her first visit to the Tribal Office. Her proud parents are Julia and Ricky. Sara is "one" of Brynlee's aunts.



Siletz Tribal Prints & Gifts LLC (STPG) is seeking products from Tribal members who wish to sell their products through its retail location at 1520 NE Highway 101 in Lincoln City, Ore., as well as its online store located at store.stpgifts.com. Please contact Casey Cox, interim manager of STPG, at 541-996-5550 or manager@stpgifts.com for more information. Come by the store or visit our website at stpgifts.com to see the other products and services we offer.

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

Temporary Tribal Student Assistance Program

By Jessica Garcia, Rental Assistance Program Coordinator/Resident Services Advocate

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance Program (TTSAP) will soon accept applications for the 2017-2018 academic year. Applications will be accepted from **April 3, 2017, to May 5, 2017, only.**

Program Information

- ❖ The TTSAP assists Tribal students who will attend a college, university, vocational or trade school.
- ❖ The TTSAP is a time-limited program. Funding is for one academic year.
 - ❖ The TTSAP helps students with rent or room and board in a dormitory.

- ❖ The student's share of the rent is 30 percent of their adjusted annual income. **Important Note:** The student might be required to remit a portion of the rent. For example, if a student is working, the wages will affect the student's share of the rent.

- ❖ Assistance is not transferable.

To obtain an application, please stop by the STHD office at 555 Tolowa Court in Siletz; call 800-922-1399, ext.1322, or 541-444-8322; email jessicag@ctsi.nsn.us or download one from the Tribal website at ctsi.nsn.us.

General Council Meeting

May 6, 2017 • 1 p.m.

Siletz Tribal Community Center
 Siletz, Oregon

Call to Order
 Invocation
 Flag Salute
 Roll Call

Approval of Agenda
 Approval of Minutes

Museum Update – STAHS

Programs
 Programs I – Child Service Programs

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

When you call the Siletz Clinic ...

When you call the Siletz Community Health Clinic at 541-444-1030 or 800-648-0449, you can choose from the following:

- Schedule or confirm a dental appointment, press 1
- Schedule or confirm an optometry appointment, press 2
- Schedule or confirm a medical appointment, press 3
- Pharmacy refill line, press 4
- Pharmacy staff, press 5
- Contract Health Services, press 6
- Behavioral Health, press 7
- Address, phone and fax, press 8
- Listen to options again, press 9
- All other options, dial 0

2017 Standing Committee Vacancies

Applications due by April 7, 2017

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to April 7, 2017.

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: _____

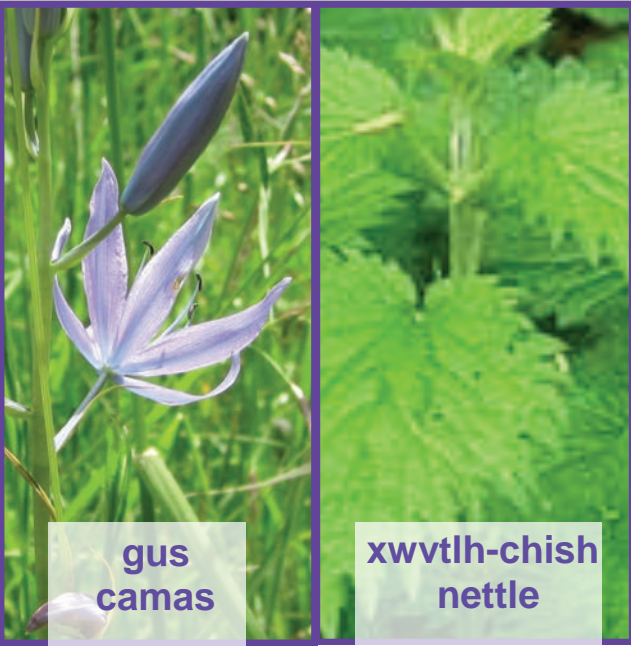
City: _____ State: _____ ZIP: _____

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 (2)
 ____ Health Committee (1) ____ Cultural Heritage Committee (1)

Committee appointments will be made at the Regular Tribal Council meeting in April 2017. If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.



**gus
camas**

**xwvtlh-chish
nettle**

Community Garden

Registration opens for gardening space
April 10th-25th

- Tribal Members and their families sign-up and get your packet
- **April 26th** registration begins for Siletz community members to sign-up

We're planning two local day trips to gather Nettles and Camas

If you are interested in going to gather, please give Healthy Traditions a call

**This event is open to all Siletz Tribal members and their families
541.444.9627

Register Today!

free gardening course

Seed to Supper

Wednesdays
4/19, 4/26, 5/10, 5/17, 5/24, 5/31
4:30-6:30pm

Classes meet for 2 hours once a week for six weeks.
Participants will be given a gardening workbook
Receive a certificate upon the completion of classes
Participants will receive seeds and/or plant starts to take home
Over the course of six weeks participants learn about building healthy soil, planning, planting, caring for their garden, harvesting and using their bounty.

Please call to register!
Kathy Kentta 541-444-9627

Siletz Seed to Supper Sponsors

Join gardening activities in your area through the Healthy Traditions Team!

Your local Community Health Advocate (CHA) is planning activities in your area. To see what classes are offered, see your local area office newsletter!

For more information, contact :

Portland: Verdene 503-238-1512
Salem: Cecilia 503-390-9494
Eugene: Adrienne 541-484-4234

Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Graduates!

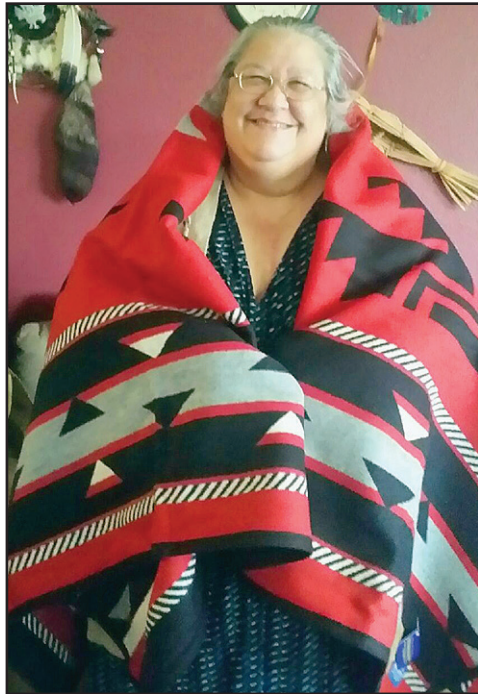
After about four years of Katy (Holland, education specialist at the Portland Area Office) telling me I could go to college, I was finally convinced. I enrolled at Clark College in 2011 and graduated with an AA in 2013. I then enrolled at WSU and graduated this past spring with a BA in sociology.

I learned a lot of things. Being an A student in high school doesn't necessarily mean you will be an A student in college 30 years later. It is possible to miss a test, a deadline or an entire assignment even though you can read and are considered intelligent (sorry I yelled, boys).

I can not only do algebra, I can understand physics (and enjoy it!). You teach people how to treat you and if you act like a student, you get treated like one.

I am grateful that years ago, as a Tribe, we all decided that education was a priority. The successes I will have in the future will remind me of those who have helped me: Katy, for her encouragement and assistance with all the paperwork; the Tribe, which helped fill in the gaps funding classes, books and living expenses; my three sons, for their patient tutoring and encouragement and for never voicing any doubt that I was smart enough to earn a degree even though they took great delight when I got my first C, missed my first deadline and complained that I was the only one with gray hair in the room (including the teacher).

Again, I am grateful to the Tribe for all its assistance. And the Pendleton blanket is a beautiful reminder of all this.



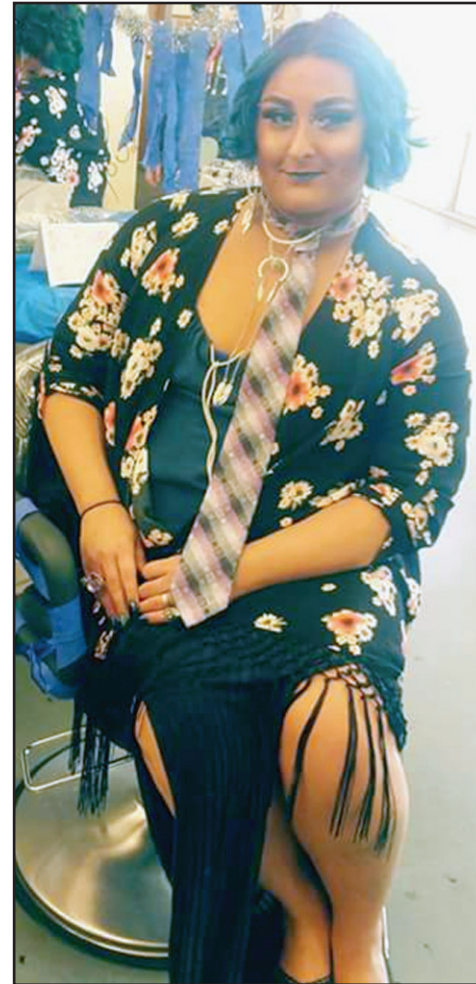
Courtesy photo

Siletz Tribal member and young elder Rhonda Green, in the midst of major life challenges, completed her Bachelor of Arts degree in social science at Washington State University. The Siletz Tribe honors Rhonda for her accomplishment by presenting her with a Siletz Tribal Rogue River Treaty Pendleton blanket.



Courtesy photo

Sue Martinot graduated with a Bachelor of Science with President Honors degree in nursing at Chamberlain College of Nursing while working full time at Legacy Health in Portland and raising two daughters. Congratulations!



Courtesy photo

Congratulations to Tylan Moore on graduating from the Springfield College of Beauty in Springfield, Ore. He now works at Great Clips at 55 W 29th Ave. in Eugene, Ore.

Tribal RV parks have space available for you

Logan Road RV Park, Lincoln City, Ore. – loganroadrvpark.com or 877-LOGANRV
Hee Hee Illahee RV Resort, Salem, Ore. – heeheeillahee.com or 877-564-7295

Restoring, continued from page 1

Valley School opens up the site for education and hands-on learning experiences.

In the Willamette Valley, staff has been working with private land owners interested in restoring native habitats on their property. Staff is evaluating potential properties for cultural significance and ecological importance.

The restoration of these sites, which focus on oak savannah habitats, would increase access to traditional Tribal food resources, such as camas and acorns.

On the marine side of restoration, staff is again partnering with Oregon Oys-

ter Company to begin small-scale native oyster restoration plots in Yaquina Bay. This work originally began several years ago, but ended due to a lack of funding.

Staff is working to revive that effort and carry it forward with more funding support and energy as well as more partnerships, such as The Wetlands Conservancy and Oregon State University.

In addition, staff has started monitoring bay clam populations in Yaquina Bay on an annual basis, looking for shifts in species abundance and distribution. Staff also annually monitors habitat availability for bay clams, determining if there is any

loss of suitable habitat due to changes in ocean conditions.

By monitoring current bay clam distributions on a regular basis, the Tribe can better determine if changes in populations are due to yearly variability or the effects of climate change. Having this data gives the Tribe an increased ability to move forward with preserving the Tribe's rich history of management and harvest of shellfish resources, and to preserve a shellfish fishery in the face of climate change.

The Natural Resources Department has been working to not only restore cultural resources, but also to increase Tribal members' access to them.

A 2016 NW Youth Corp TYEE crew constructed a 4,000-foot trail to the top of

the ridge at the hatchery property, opening access to several mature huckleberry patches. Natural Resources plans to maintain the huckleberry bushes to increase production.

The trail includes benches to sit on and enjoy the view. Additionally, in partnership with the Cultural Department and Healthy Traditions program, the Tribe is working to remove a 1.6-acre invasive blackberry patch on the west side of the dance house driveway and to restore camas and other native plants to the site.

Through habitat restoration, not only are we able to work toward healing the land, but also on developing and maintaining important traditional and cultural resources for the future.

Courtesy photos

Fields of camas, which is a traditional food source, sprout up in wetlands, grasslands and oak savannas in the Pacific Northwest.



Graduates!



Courtesy photo

Congratulations to Samantha D. Lynch. She completed her U.S. Public Health Service Commissioned Corps (USPHSCC), Officer Basic Course on Feb. 17, 2017, and is now a lieutenant with the USPHSCC. We're all so proud of her and for her many accomplishments. Her parents are Daniel Lynch and Selene Rilatos.

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

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.

April 5 • Noon

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz



Siletz Tribal Behavioral Health Programs

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

Siletz: 800-600-5599 or
541-444-8286
Eugene: 541-484-4234
Salem: 503-390-9494
Portland: 503-238-1512

**Narcotics Anonymous Toll-Free
Help Line – 877-233-4287**
For information on Alcoholics
Anonymous: aa-oregon.org

Tribal children in need
of foster parents for:
Permanent care,
Temporary foster care,
Or Short-term emergency care

Contact
Marne' Grusing
Foster Family Coordinator
541-444-8338

Siletz Tribal Charitable Contribution Fund

Tribal Member Recruitment for Advisory Board

The Siletz Tribal Charitable Contribution Fund Advisory Board is accepting applications from Siletz Tribal members to fill one board position. The appointment by Tribal Council is on a volunteer basis for a three-year term from July 1, 2017-June 30, 2020.

Applications must be received no later than 4:30 p.m. on May 31, 2017.

The STCCF Advisory Board is composed of seven unpaid members, including one Siletz Tribal Council representative; three Siletz Tribal members; two non-Tribal members agreed upon by the governor and Tribal chairman and approved by Tribal Council; and one non-Tribal member selected by the Tribal chairman from a list submitted by the governor and approved by Tribal Council.

The advisory board meets quarterly (January, April, July and October) to review approximately 75-125 applications for charitable funding received from non-profit organizations, schools and local government agencies. The advisory board makes award recommendations to Tribal Council for review and approval by resolution.

Board members attend quarterly distribution receptions held in February, May, August and November at Chinook Winds Casino Resort. Board members will receive travel reimbursements for attendance at quarterly board meetings, award distribution receptions and other approved public relations events.

For more information, please visit ctsi.nsn.us/charitable-contribution-fund or contact Board Secretary Denise Garrett, stccf@live.com, 800-922-1399, ext. 1227, or 541-444-8227.

Siletz Tribal Charitable Contribution Fund Tribal Member Advisory Board Application

Name: _____ Roll No: _____

Address: _____

City/State/ZIP: _____

Telephone: (Day) _____ (Evening) _____

Email: _____

Applications must be received no later than 4:30 p.m. on May 31, 2017, at the address below to be considered for appointment at the regular Tribal Council meeting in June 2017.

Return application to: Confederated Tribes of Siletz Indians
Denise Garrett, STCCF Secretary
P.O. Box 549
Siletz, OR 97380-0549

Downey brothers lift Santiam boys to 2A state crown

By Gary Horowitz, Statesman Journal, first published March 4, 2017

PENDLETON – Santiam High School boys basketball coach J.D. Hill captured the euphoria of winning the OSAA Class 2A state championship.

During an on-court celebration with players and fans, Hill reflected on what Saturday's 57-54 victory over No. 2 seed Stanfield at Pendleton Convention Center meant.

"That performance we had tonight, it just blows my mind," Hill said.

No. 4 seed Santiam (23-4) had only won one boys state basketball championship prior to Saturday, and that came in the Class A Division in 1974.

The Wolverines were making their first state championship game appearance since 1976, decades before any player on this season's roster was born. But players knew how much this victory meant historically.

"It's for the whole community," said senior guard Julian Downey, who scored 15 of his game-high 33 points in the fourth quarter. "It feels good to bring a trophy back home."

Downey, who grew up in Mill City, was part of a 5A state championship team with Silverton in 2015. He transferred to Santiam for his senior year when his family moved back to the area, and had the opportunity to play with his younger brother Jonah in high school for the first time.

Jonah Downey, a sophomore guard, scored 21 points in the championship game.

"I've been playing with (Julian) forever, against him one-on-one outside," Jonah Downey said. "It's amazing I could win it with my brother."

The Downeys combined for 54 of Santiam's 57 points and were selected first-team all-tournament.

Santiam, which lost in the Tri-River Conference district championship game to Western Mennonite, brought momentum into the game. The Wolverines defeated No. 1 seed Western Mennonite 53-33 in Friday's semifinals.

"We had confidence after that game, but we had as much confidence coming into the first game (against No. 5 seed Imbler)," Jonah Downey said. "We knew if we play our game we could win."

Stanfield (22-2) took a 44-37 lead into the fourth quarter, but Santiam did not wilt under pressure. The lead changed hands five times in the last 3:50.

After Stanfield's Dylan Grogan scored on a drive to put the Tigers up 50-49, Julian Downey hit a top-of-the key 3-pointer and was fouled. He completed a four-point play that gave the Wolverines the lead for good at 53-50 with 2:20 remaining.

Santiam hit key free throws down the stretch to seal the win. The Downey brothers combined to score all 20 of the Wolverines' fourth-quarter points.

"They're such great players," Hill said. "They have that little extra, that competitive juice. You can't teach it. That's inside of them and they just stepped up and made huge plays."

They had plenty of help in what was a total team effort.

Senior forward Riley Nicot didn't score, but he had a game-high 11 rebounds. Senior guard/forward Austin Fawcett had seven rebounds and two blocked shots to go with his two points.



Courtesy photo by Gary Horowitz, Statesman Journal

Santiam won its first boys basketball state championship since 1974.

"My teammates, they bring me up," said Julian Downey, who was 9 of 15 from the field, including 5 of 9 on 3-pointers. "I wouldn't be as hot as I was tonight without them."

Downey, the Tri-River Player of the Year, will always treasure his last high school game that was played on a court donated by the Phoenix Suns from their former home, America West Arena.

After the semifinal win, Downey noted that "it's cool to think about how some legends played on this court."

Players took turns cutting down the net, which will be on display at Santiam along with the championship trophy for generations of Wolverines to cherish.

"It's surreal," Hill said. "It seems like a dream."

ghorowitz@StatesmanJournal.com or Twitter.com/ghorowitz



Courtesy photo

Julian Downey (left) and Jonah Downey are the sons of Siletz Tribal member Jeremy Downey and his wife, Meghan. They have a younger brother, Ezra, and a younger sister, Maizy. Their grandmother is Penny Barclay and their great-grandfather is the late Roy Downey. Both young men also made the first team 2A all-tournament team.

ATTENTION! Siletz Tribal Member Artists!

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



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

JOIN US!! JOIN US!! JOIN US!!

Please R.S.V.P. By May 19th, 2017

WHEN: Wednesday, May 24th, 2017

WHERE: Siletz Tribal Prints & Gifts, 1520 NE Hwy 101, Lincoln City, Or 97367

TIME: 2:30pm to 4:00pm

PHONE: 541-996-5550



Space is limited!
10 Spots available! R.S.V.P. TODAY!
Refreshments Will be provided!!

Attention Siletz Contract Health-eligible Tribal members!

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

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

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

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

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

Ed Ben: Taking care of family and Tribe

At 88, Ed Ben is the patriarch of a large extended family that descends from the Chetco and Tututni bands of the Confederated Tribes of Siletz Indians.

His parents are Archie Ben and Victoria Butler-Ben. He and his wife, Dolores, have been married 68 years and live in Salem, Ore. They have three sons – Gerald, Rodney (deceased) and Ed Jr., nine grandchildren and 17 great-grandchildren.

The majority of Ed's working life was spent at the Oregon State Penitentiary, where he worked for 30 years as a correctional officer, then in the prison library and finally as a personnel manager for field services in the corrections division.

This World War II veteran says that one of the best ways he's given to others in his life was during 1973-80, when he "sacrificed my life" to help get the Tribe restored.

"I was part of the group that served on the Tribal Council during that time. Some of us who lived here in the valley traveled to Siletz to attend meetings," he said. "Often we would meet in Siletz beyond

midnight, then drive home and had to be at work and able to function the next day."

In describing the Siletz Tribal members and their families who served during those years, Ed said, "I don't think a lot of us considered it doing more than our parents did. Our parents, prior to termination, who served on the Tribal Council likewise weren't compensated; there was no money for travel and per diem back in those days ... Our parents on the Tribal Council didn't have the resources people take for granted now. People don't realize what those folks went through."

Ed said the most significant thing the Siletz Tribe has done since Restoration in 1977 is build Chinook Winds Casino Resort, which has helped provide the Tribe with resources to help Tribal members.

"Health care and education were two of our objectives – the important things that drove us pre-restoration. We looked at Tribes that weren't terminated and the number of college grads that we could identify. Almost none of us were college

grads in 1973 ... and other Tribal governments were getting their young people into colleges. If you don't have a Tribal government to try to do that and you don't have BIA resources, we would continue to be an Indian group that continued to lack in education and not be self-sufficiently providing for family"

Taking care of the family is important to Ed because "I was raised when family takes care of it in the Indian community. I think I've been able to hand that down to my children. I think it's a Tribal trait. Another Tribal trait that we practiced – and maybe also in the big community – was that I never expected my wife to provide food for my table, as in fending for food because dad didn't do it. I'm proud that I acquired that trait from my dad and I think, back in the day, that was a Tribal thing.

"I look at what the Tribe has provided for me since we got restored and I'm proud to be a part of that group."



File photo

Ed Ben



Courtesy photos

Tribal youth take part in a clay mask workshop (below right) on March 7 at the Portland Area Office. Ed Edmo (Shoshone-Bannock) helped participants make all kinds of masks. Edmo is a poet, playwright, traditional storyteller and lecturer on Northwest Tribal culture who lives in Portland, Ore.

Adrianna Jaramillo (above) and her father work on masks.

Magdaelena Jimenez (below) helps her daughter, Magdaelena Westley, make a mask. Gabriel Jaramillo is in the background.



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)
Higher Education	
Bachelor's Degree	Pendleton blanket plus \$75
Master's Degree	\$300
Doctorate Degree	Pendleton blanket plus \$300

Tribal Education Specialists

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

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

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

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

PUBLIC NOTICE

PUBLICLY Posted from 3/17/2017 to 4/06/2017

Tribal Council Actions Affecting the Tribal Membership Roll

POSTING #296

Per the Enrollment Ordinance §2.302 (c)(2) the Enrollment Committee, with the assistance of the Enrollment staff, shall post notice of final Enrollment actions taken by the Tribal Council under this ordinance in the same manner it posts notices of proposed actions. On Thursday, March 16, 2017, the Siletz Tribal Council by Tribal resolution made the following 58 actions affecting the Tribal membership roll. Contact the Enrollment Department for a copy of the Tribal resolution. This notice also is published on the Tribal website under the Enrollment Postings in the Tribal Member Area.

Enrollment Ordinance §2.304 (e)(6)

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

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

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

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

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

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

1. Removal from Roll – Deceased

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-276**

1. Cheryl Mae Brownfield 3955
2. Ricardo Alfonso Fernandez 1428
3. Gaylene Marie Miller 0660
4. Ellery Peter Mortenson Sr. 0679
5. Diane Kay Wheatley 2103
6. James Melvin Wooten 1045

2. Name Change

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-077**

1. Jessyca Sue Chamberlain 2799
2. Angela Marie Crain 1768
3. Jennifer Lee Johnson 3820
4. Ember June Tonge 1448
5. Tracey Christine Viar 0437

3. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-078**

1. Alexis Myleen Martinot 3738
2. Chance Scott Martinot 3244
3. Leslie Mary Martinot 1102

4. Corina Julie Rilatos 3077
5. David Louis Rilatos 0772
6. Jonathan David Rilatos 1831
7. Joshua Shawn Rilatos 2974
8. Charles Joseph Simmons 1554
9. Lester Charles Simmons 0856

4. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-079**

1. Louis Andrew Ferguson 5280
2. Sierra Nichole Ferguson 4662
3. Alicia Robin Keene 1911
4. Joshua Danial Leckie 3611
5. Ramona Lynette Luledjian 1810

5. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-080**

1. Lori Ann Katzeek 0603

6. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-081**

1. Michelle Georgean Batten 2667

7. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-082**

1. Richard Earl Lafferty 2638
2. Violet Marlene Lafferty 1948
3. Madisyn Mya Macrae 5903
4. Heather Marie Moore 2647
5. Robert Allen Moore 2648

8. Blood Quantum Correction

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-083**

1. Darrin Lee Goodell 1626
2. David Kevin Goodell 1625
3. David Whitcomb Goodell Jr. 0360
4. Greg Edward Goodell 1624

9. Application for Enrollment

**Enrollment Committee
Recommendation to Tribal
Council: Rejection
Tribal Council Decision: Reject
Resolution #: 2017-084**

1. Wyatt Russell Hoiness
2. Carter Lee Rodiger
3. Calvin Richard Rodiger

10. Application for Enrollment

**Enrollment Committee
Recommendation to Tribal
Council: Approval
Tribal Council Decision: Approval
Resolution #: 2017-085**

1. Hudson Hatch Call 5929
2. Asher Michael Cowan 5930
3. Zaryiah Lynn Foster 5931
4. Kiaan William Fry 5932
5. Paisley Ann Olissa Jackson 5933
6. Ryan Fredrick Knight Jr. 5934
7. Zane Tyler Long 5935
8. Levi Shane Martin 5936
9. Connor Tye Ortiz 5937
10. Abbigayle Margie Paulsen 5938
11. Aihanna Little Feather Pirtle 5939
12. Ember Lynn Reding 5940
13. Rylan Finn Robertson 5941
14. Vernon Bruce Russell 5942
15. Kieran Sellers Lawler 5943
16. Dreyson Russell Smith 5944
17. Presley Strickler 5945
18. Shaylyn Thompson 5946
19. Jacob Williams 5947

STRCP amends policy on number of loans, sets new interest rates for 2017

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

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

Additionally, the STRCP Board of Directors set new base interest rates for 2017 as follows: Consumer loans are 8.75 percent, home improvement loans are 6.75 percent and business loans are 7.75 percent.

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

Funded Orthodontic Treatment Screening

The 2017 Funded Orthodontic Treatment Program is fast approaching!

All interested parties should contact the Dental Department to be placed on a list. The screening dates are April 26-27 and May 22-23, 2017.

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

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



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

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

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

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

Oregon artists of color explore race, power and place in online project

PORTLAND, Ore – From the alien land laws of the early 1900s to redlining and urban renewal of Oregon's black neighborhoods in the 1990s, federal and state policies have affected – and continue to have an impact on – Oregon's communities of color.

This Land, an online multimedia project produced by Oregon Humanities, collects and connects stories about land, home, belonging, and identity by Oregon's communities of color. The project, which is made possible by the Creative Heights Initiative of the Oregon Community Foundation, uses film, words, maps, photos, sounds, and graphics by artists and writers of color to build a broader understanding of how policies and laws shape systems of power and land ownership in Oregon's past and present.

Every few weeks starting in February 2017, stories will be published on the *This Land* website (oregonhumanities.org/this-land), including a film about racist place names in Oregon, an essay and film about alien land laws and Chinese hops farmers in the Willamette Valley, audio and an essay about wildfire policies and tribal lands, and a film about land ownership and development in downtown Portland.

Through summer 2017, Oregon Humanities is seeking new *This Land* proposals from filmmakers, photographers, and writers of color. Details about *This Land* and the call for proposals can be found at oregonhumanities.org/this-land/about.

Featured *This Land* artists to date include the following:

Donnell Alexander is a Portland-based creator of cultural content whose writing and commentary have been featured in *Time*, Al Jazeera's *Inside Story* and *Narrative Global Politics* (Routledge, 2016). He authored the 2003 memoir *Ghetto Celebrity* and co-produced the 2009 animated short *Dock Ellis & the LSD No-No*.

Tojo Andrianarivo is a freelance photographer and graphic designer who has worked in a variety of industries, including retail, entertainment, software and nonprofit organizations. He specializes in portraiture and also does live music coverage for local and national media outlets.

Ezra Marcos Ayala is a commercial and editorial photographer whose clients have included PlayStation, Southern Oregon University, *The New York Times* and Travel Medford. He is a husband and father of three who drives a 24-year-old Mercedes, likes hot weather year round and lives in Ashland, Ore.

Ifanyi Bell is a storyteller and artist whose Emmy-nominated work as a producer for various NPR and PBS stations spans subject matter ranging from education to science to arts and culture. Currently, Bell serves as the director of video content for Narrative.ly, a nonfiction storytelling platform based in New York City. He is also the cofounder of Brushfire Creative Partners based in Portland.

Jessy Damon, creator and leader of MidSun Productions, is a freelance audio engineer. She works in both live sound and in-studio sessions and across many

musical genres. Currently, Damon works with KBOO Community Radio and can be found engineering live music at various bars and pubs around the Portland area.

Christine Dupres is a writer, teacher and citizen of the Cowlitz Tribe. She is the author of the recently published *Being Cowlitz: How One Tribe Renewed and Sustained Its Identity* (University of Washington Press) and is working on an upcoming book entitled *Land and Being*. Dupres has a PhD in folklore and folklife from the University of Pennsylvania.

Zahir Janmohamed is an adjunct fellow at the Attic Institute where he teaches nonfiction writing. He is also the cofounder and cohost of *Racist Sandwich*, a Portland-based podcast about food and race. His articles have appeared in *The New York Times*, *Foreign Policy*, *Guerinica*, *The Guardian*, *The Washington Post* and many other publications.

Ivy Lin is originally from Taipei, Taiwan. She became a Portlander in 2002 and has been telling Portland's lesser-known stories through video since 2007. Lin's films have been screened at festivals throughout the Northwest, including *Beauty & the Sea*, which won Best Documentary Short at the Northwest Filmmakers' Festival in 2015.

Putsata Reang is an award-winning Cambodian American journalist and author, and a graduate of the University of Oregon's School of Journalism. Her work

has appeared in publications that include *The New York Times*, *The Guardian* and *Mother Jones*. She is currently at work on a memoir about her family's experience fleeing the genocide in Cambodia.

Luis Rodriguez is a native Oregonian, born and raised in the Rogue Valley. He owns LUI-G Films, which specializes in commercial video and narrative films. As a passionate filmmaker, he strives to deliver captivating stories through all media platforms.

Sika Stanton is an award-winning photographer and digital content producer based in Portland.

If you would like to learn more about the project or get in touch with one of the artists, please contact Eloise Holland at 503-241-0543/800-735-0543, ext. 123, or e.holland@oregonhumanities.org.

Oregon Humanities connects Oregonians to ideas that change lives and transform communities.

More information about our programs and publications – which include the *Conversation Project*, *Think & Drink*, *Humanity in Perspective*, *Public Program Grants*, *Responsive Program Grants* and *Oregon Humanities* magazine – can be found at oregonhumanities.org.

Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

!! MAIL ORDER SERVICE AVAILABLE !!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS LIVING WITHIN THE 11-COUNTY SERVICE AREA.

Please note that this service is not eligible for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy.

THANK YOU
PHARMACY STAFF

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



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

- ❖ "The home visiting program has helped prepare us for our new addition by letting us know what is to be expected before and after the baby comes and how to best deal with certain situations that come up."
– Andrea & Robert, 4 months in the program
- ❖ "I've learned all the things I thought I should know that I did not know already with the help and support of the program. Siletz Tribal Home Visiting Program helped me become a better mom."
– Shyann, 1 year in the program
- ❖ "I feel like Siletz Tribal home visits have helped me be more on track when it comes to my child's development. Home visits have also helped me keep a better schedule, helping my whole family."
– Jennifer, 1 year and 9 months in the program
- ❖ "Getting the help when you're a new parent is life-saving, to know you are doing it right and if not, finding out the right way."
– Samantha, 1 year in the program
- ❖ "The program has helped me to realize there are a lot of different ways to parent and there is always help if you are willing to look for it. The Siletz Home Visiting Program has helped make my life a little simpler just knowing I have resources to help me be the best mom I can be."
– Chandra, 1 year and 10 months in the program
- ❖ "The Siletz Home Visiting Program has helped me with my child's growth, my motivation with being a parent and I've also established a friendship."
– Britnee, 1 year and 8 months in the program
- ❖ "Home Visiting Program helped us better understand the developmental milestones that our child is at and also the reassurance that each child is unique and not to be worried. The program has been helpful, especially with different resources also."
– Ale & Seth, 1 year and 1 month in the program
- ❖ "As a first-time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."
– Janet, 1 year and 1 month in the program

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



SAVE THE DATE

12th Annual Native Caring... A Conference to Learn, Connect & Share

Hosted by the Oregon Indian Tribe of ...
The Confederated Tribes of Grand Ronde

Other Oregon partnering Tribes include:

Coquille Indian Tribe ~ Confederated Tribe of Siletz Indians ~ The Klamath Tribes ~
Burns Paiute ~ Tribe Confederated Tribes of Warm Springs ~
Cow Creek Band of Umpqua Tribe of Indians ~ Confederated Tribes of the Umatilla Indian Reservation
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians



April 19-20, 2017
Grand Ronde, Oregon at,
Spirit Mountain Casino

Come and join other caregivers of native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops that will enhance your caregiving skills and provide you with a break from your daily responsibilities.

For more information, contact Darlene Aaron darlene.aaron@grandronde.org 503-879-2078

VENDORS- To register, please contact Suzy Deeds at 503-304-3429

Tribal Attendance Pilot Projects support student success

From Education Update, Oregon Department of Education, March 2017

Family advocates working as part of ODE's Tribal Attendance Pilot Projects (TAPP) around the state met in Salem (on) Feb. 16. Each had stories of success to share about their program, aimed at reducing the rates of chronic absenteeism among the American Indian/Alaska Native population in the state.

Since improved attendance rates reduce dropout rates and increase graduation rates, supporting students in attending class regularly has significant, long-term benefits.

All agree that making school a welcoming environment is key.

"Connections are important," said Scott Smyth, who works with families in the Burns Paiute Tribe in the Harney County School District. "Families can trust us and it feeds into the feeling that school is OK."

"Attendance is more than just saying 'Here,'" Felicia McNair said. She works with the Klamath Tribes in the Klamath County School District. She added that recognizing positive actions and letting families see how missed days add up have raised overall attendance by over 7 percent.

Jason Moore, North Bend School District family advocate who works with the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians, said home visits can reveal problems that lead to poor attendance.

Sometimes it's as simple as providing an alarm clock for a family. He also helped a mother create a chore chart for her children so that they would be up and out of the house on time.

Nearly every program had examples of increased attendance rates not only among American Indian/Alaska Native

students, but for all students in the schools they serve. That's important because on assessments, chronically absent students perform far below their peers with better attendance and graduate at a far lower rate as well.

They have to be in class in order to learn and there may even be side benefits: Mary Mueller who works with the **Confederated Tribes of Siletz Indians** as a family advocate for the Lincoln County School District, said the best part was seeing one of her students win an attendance award and then say, "I think I like school now!"

An American Indian health focus at OHSU Knight Cancer Institute

From OHSU Knight Cancer Institute News

Knight Cancer physician Amanda Bruegl, M.D., is leading an effort to understand health issues among American Indian Tribes and communities in the Pacific Northwest, with a special focus on gynecologic cancer.

Throughout medical training, Bruegl's commitment to work with American Indians never faltered. As a member of the Oneida and Stockbridge-Munsee Tribes, she is one of two American Indian gynecologic oncologists in the United States.

"When I was looking for a job," she says, "it was really important to me to do something to advocate for Native American women's health."

She saw a need for that in the Pacific Northwest.

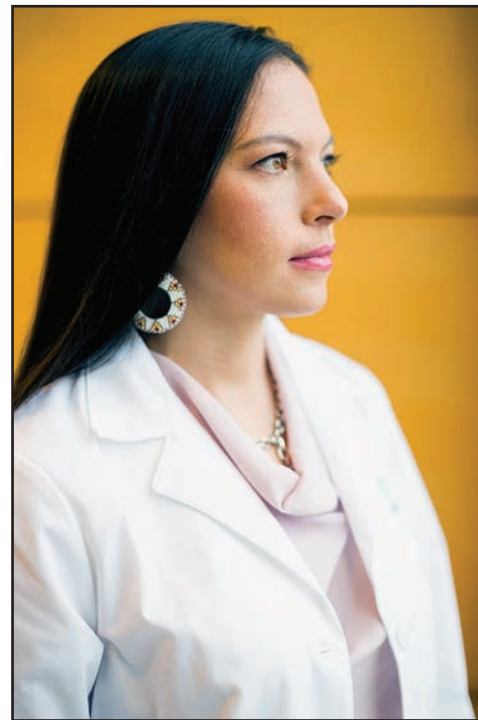
"I was looking for places where there was a significant Native American popula-

tion and the opportunity to do outreach," she says.

Now, with support and help from her colleagues at the OHSU Knight Cancer Institute and the OHSU Department of Obstetrics and Gynecology, Bruegl has started building relationships with American Indian Tribes in the Pacific Northwest, especially through the Northwest Portland Area Indian Health Board.

The board is an organization with delegates from each of the 43 federally recognized Tribes of Oregon, Washington and Idaho. Its mission is to address multiple facets of the health and wellness of American Indian people.

Bruegl has given talks about cancer prevention and treatment to American Indian groups and health providers, and works with leaders and members of the communities to share her knowledge of



Courtesy photo by OHSU/Fritz Liedtke

Amanda Bruegl, M.D.

the disease. With her passion and personal mission to reach out to the community, she is also paving the way to help researchers learn more about American Indian women's gynecologic health.

She is working to get approval for a retrospective study on American Indian women's health, which will take a new look at data that has already been collected, focusing specifically on details on gynecologic cancers in American Indian women.

"I think Native Americans are chronically overlooked in the health care system," Bruegl says. "So our unique issues don't get the attention they deserve."

Bruegl says if her proposed study can move forward, she will share the results with American Indian communities. She hopes health care professionals can then work in concert with the communities to help American Indian women prevent gynecologic cancers – like cervical and endometrial cancer – that are often preventable.

In the meantime, Bruegl is continuing her outreach to American Indian communities by having conversations, building relationships and sharing knowledge.

"For us to get to know each other, and for community providers in clinic to be able to simply text me about a case – asking 'can I run this by you?' – provides the frontline care that is incredibly helpful for both the patient and the providers treating Native American women," she says.

Multicultural Student Union

23rd Annual POW WOW

Saturday, April 29, 2017
Noon-Midnight

Free Admission
Everyone Welcome!

Werner University Center
Western Oregon University
Monmouth, Oregon

Master of Ceremonies: *Nick Sixkiller*

Whipman: *Tony Whitehead*

Flag Bearers: *Wayne Chulik*

Host Drum: *Woodsmen*

1st Grand Entry: Noon
Dinner Break: 5-7pm
(Free dinner provided, while supplies last)

2nd Grand Entry: 7pm

"JACKPOT DANCING"
All Ages Welcome
And Prize Money Dances

For vendor registration and information, please contact MSU at
503-838-8403 or 503-838-8195, or email us at msu@wou.edu

All of Siletz Clinic is tobacco-free

The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We do not provide any cigarette disposal units, so please keep all of your tobacco products in your personal vehicle.

- We do not have designated smoking areas!
- No smoking in the parking lot!
- No smoking in your car in the parking lot!
- No smoking behind the building!
- No littering of cigarette butts!

We appreciate your understanding and willingness to help keep our clinic tobacco-free and clean.

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

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- NAJA Native American Journalism Fellowship
Student application and mentor application deadline: April 10
- Catching the Dream Scholarship (Fall 2017)
Deadline: April 30, 2017
- American Indian Graduate Center – Wells Fargo Scholarship for Undergraduates
Deadline: May 1, 2017
- Cobell Scholarship (Summer)
Deadline: May 5, 2017
- Oregon Student Child Care Grant
Deadline: May 31, 2017
- American Indian College Fund: Full Circle Scholarships
Deadline: May 31, 2017
- American Indian Graduate Center – BIE Loan for Service (Graduate)
Deadline: June 1, 2017
- American Indian Graduate Center – Science Post Graduate Scholarship Fund (STEM Loan for Service)
Deadline: June 1, 2017
- American Indian College Fund: TCU Scholarship
Contact TCU Financial Aid Office for deadline
- American Indian Services Scholarships
Deadline: Ongoing
- NOAA Fisheries Scholarship Opportunities
Multiple
- National Johnson O'Malley Association Scholarship
Multiple

Internships

- Friends of Tryon Creek – Nature Day Camp Intern
Deadline: May 1, 2017
- American Indian Graduate Center – Graduate Fellowship
Deadline: June 1, 2017
- NCAI: Fall 2017 Internship
Deadline: June 22, 2017
- US Department of the Interior - Office of Environmental Policy & Compliance
Portland, OR
Open until filled
- National Congress of American Indians (NCAI)
Rolling
- Friends of Tryon Creek - Outreach & Membership Intern (Unpaid)
Rolling
- National Science Foundation Research Experiences for Undergraduates
Deadline: Multiple
- Oregon Museum of Science & Industry (OMSI)
Deadline: Multiple
- Fish & Wildlife Service
Deadline: Multiple
- Indian Land Tenure Foundation
Deadline: Multiple
- Mosaics in Science (MIS) Diversity
Deadline: Multiple
- Environmental Protection Agency
Deadline: Multiple
- US Department of the Interior – Office of Environmental Policy & Compliance
Open until filled
- US Department of the Interior - Office of Environmental Policy & Compliance
Portland, OR
Open until filled
- City of Vancouver, Wash – Water Center Educator Intern
Open until filled

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

Important information for college-bound Tribal seniors

April

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

May

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

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

June

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

Other Opportunities

- Native Youth Community Adaptation and Leadership Congress
Deadline: April 7, 2017
- Summer Leadership Summit: Native Youth in Agriculture
University of Arkansas School of Law (Fayetteville, Ark.); July 16-25, 2017
Deadline: April 11, 2017
- WSU Na-ha-shnee Native American Health Science Institute
Deadline: April 14, 2017
- University of Washington Bothell: RAIN Reaching American Indian Nations
April 21, 2017
- BIA/BIE K-12 Tribal Student Climate Change Photo Contest
Deadline: April 28, 2017
- All-Native American High School Academic Team
Deadline: May 1, 2017
- Youth Ecology Corps (Portland, Ore.)
Summer Crew – Deadline: June 1, 2017
- Helping Orient Indian Students & Teachers into STEM (HOIST)
University of Idaho (Moscow, Idaho)
June 2017
- National Conservation Training Center (Shepherdstown, W.V.)
July 9-14, 2017
- Conway Nika Tillicum
Southern Oregon University (Ashland, Ore.)
July 15-22, 2017
- NY'EHE: Native Youth Exploring Higher Education
Washington State University
July 17-21, 2017
- National Science Foundation Research Experiences for Undergraduates
Deadline: Multiple
- EPA Environmental Research and Business Support (ERBS) Program
Deadline: Multiple
- National Youth Leadership Forum: STEM Program Nomination Form
Deadlines Vary
- Saturday Academy - FREE Classes for Native American Students
- ON TRACK OHSU!
- Caldera Youth Program
- The Student Conservation Association
- The SMART Competition

Reminder from the Siletz Clinic

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

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

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

Tribal Council Timesheets for February 2017

Lillie Butler – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
1.75	1.75			.5	2/2	Education, indirect, council
6.5	6.5	5			2/6-9	Packets
		5			2/10	Special TC – gaming
4.5	4.5				2/13-14	Packets
3.5	3.5		3		2/15-16	STBC mtg/packets, packets
1.25	1.25				2/17	Regular TC
		4	2		2/20	Council, packet
3.5	3.5				2/21	Enrollment, TANF packets
9.5	9.5				2/22-28	Packets

Lorraine Y. Butler – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.5				2/2	Education, indirect wkshp
3	3			1.5	2/4	Health, Housing, General Council, ad-hoc gaming
.5	.5				2/5	Swearing-in ceremony
1	1	1			2/6-7	Packets
		5			2/10	Special TC – gaming
1	1		1.5		2/13	Packets
2	2		1.5		2/14	CPT, sign checks
			2		2/15	STBC mtg
4	4				2/17	Regular TC
2	2				2/18-19	Packets
				1.5	2/20	Polling research
2.25	2.25				2/21	477 wkshp, Enrollment

Reggie Butler Sr. – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
2.25	2.25				2/1	Packets
1.75	1.75			.5	2/2	Education, budget, council
1.25	1.25				2/3	Packets
.25	.25				2/5	Council
4.5	4.5				2/6-7	Sign checks, packets
2.5	2.5	4			2/8-9	CEDARR, Safety, packets
		5			2/10	Special TC – gaming
3.5	3.5				2/13-14	Packets
.5	.5		4		2/15	STBC mtg/packets, packets
1	1				2/16	School board
3	3				2/17	Regular TC
.75	.75			2	2/20	Council, packets
2.75	2.75				2/21	Enrollment, packets
3.5	3.5				2/22-23	Packets
4.5	4.5				2/27-28	Interviews, packets

Gloria Ingle – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
2.5	2.5				.75 2/2	IEA con, indirect, TC wkshp
3.5	3.5				.75 2/4	Health, Housing, General Council
1	1				.75 2/6	Health Comm
3	3				4 2/9	Tribal Gov't Day – Salem
		5			1 2/10	Special TC – gaming
1	1				.75 2/16	School board mtg
3.5	3.5				.75 2/17	Regular TC
				1.5	1 2/20	Polling mtg
1	1				4 2/21	Behav Health – Salem
1.75	1.75				.75 2/22	STAHS, AKANA
1	.75				1.5 2/27-28	Interviews, sign checks

CTSI Jobs

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

Alfred Lane III – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
2.25	2.25				2/2	Indirect wkshp, TC mtg
.5	.5				2 2/3	Charitable contributions
2.25	2.25				2/4	Health, Housing, General Council
.5	.5				2/16	Packets
3.5	3.5				2/17	Regular TC
.75	.75				2 2/20	Survey wkshp
1	1				2/21	Enrollment wkshp

Joseph Lane Jr. – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
.25	.25				.5 2/1	Email
1.75	1.75		.25		3 2/2	Ore Edu, indirect, sign STBC checks
.25	.25				2/3	Info, time/travel
3	3				1.5 2/4	Health, Housing, General Council
.75	.75	.5		.5	1.5 2/5-7	Officer election, email, packets
		4			2 2/10	Special TC – gaming
.25	.25				2/14	Info, time/travel
			2.5		2 2/15	Mtg, packets, email
1	1				1.5 2/16	SVS
3	3				1.5 2/17	Regular TC
.5	.5			.75	2/19	Email
				2	2 2/20	Polling presentation
2.5	2.5				3 2/21	Enroll/477 wkshps

Delores Pigsley – 2/1/17-2/28/17

TC	Ind	Gmg	STBC	ED	Tvl	
1	1	.25			2/1	Prep for council
2.5	2.5				3 2/2	Indirect, Education wkshp, mail
1	1	1			2/3	Charitable contributions, mail
3.5	3.5				2 2/4	Health, Housing, General Council
.75	.75				3 2/5-7	Special TC, mail
3.5	3.5				2/8	Comm on Indian Services, mail, agenda items
3.25	3.25				2/9	Tribal Day at the Capitol
		5			2.5 2/10	Special TC – gaming, mail
2	2	1			2/11-14	Mail, agenda items, prep for council
1.5	1.5	1.5	2		2.5 2/15-16	STBC mtg, IT audit, mail, prep
3.5	3.5				4 2/17	Regular TC
2.5	2.5				2/18-20	Mail, agenda items
3.5	3.5				4 2/21	Enrollment wkshp, 477 wkshp, mail
3.5	3.5		.5	.5	2.5 2/22-28	Mail, agenda items, sign STBC checks

Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible. Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m. Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

Tribal Council Email Addresses

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

Chinook Winds

CASINO RESORT

SEE OUR STARS SHINE



Three Dog Night
April 21 & 22
Tickets \$23 - \$38



Gary Allan
May 5 & 6, 8pm
Tickets \$50-\$65



Clint Black
June 22 & 23, 8pm
Tickets \$30-\$45



Air Supply
July 6 & 7, 8pm
Tickets \$23-\$38
On Sale April 6

For tickets call 1-888-MAIN ACT (1-888-624-6228) or purchase online at chinookwindscasino.com. Discount available for Winners Circle Members.



Will you face the board, and punch out the hidden prizes, or hang back and collect the remaining riches? It's all up to the draw, but one thing's for sure...

EVERYBODY GETS CASH!



Drawings at 6pm. Five finalists for each drawing
April 9-13 • April 16-20 • April 23-27 • April 30-May 4

Collect free virtual entries at our promotional kiosks with every week starting April 3.

Complete rules are available at Winners Circle.

Twilight

SLOT TOURNAMENT

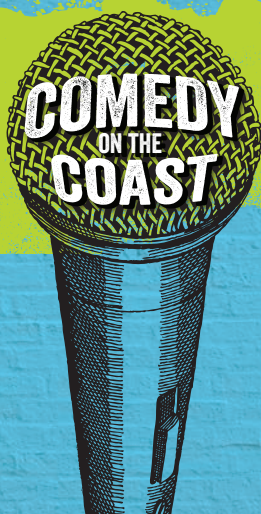
Win a share of 3500 \$and Dollars!
April 20, 2017

Free entry for all Winners Circle members!

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



Rules available at Winners Circle.



APRIL 14 & 15 • 8PM
TICKETS \$15, DOORS OPEN AT 7:30PM

21 AND OVER EVENT, WITH A NO-HOST BAR.
FOR TICKETS, CALL 1-888-MAIN-ACT (1-888-624-6228)
OR PURCHASE ONLINE AT CHINOOKWINDSCASINO.COM

BOOMER

tuesdays

ATTENTION BABY BOOMERS!
(That includes YOU if you're over 55 years old.)

BOOMER SLOT TOURNAMENT

APRIL 4, 2017

Free entry for all
Winners Circle members!

The Boomer Slot Tournament starts at 8:30am. The first 315 players to register beginning at 6:30am receive DOUBLE POINTS from 8am-2pm, and the top finishers share 3500 \$AND DOLLARS!

Double points will be applied by 8am the next day. Complete rules are available at Winners Circle.



CLUB NIGHT

BINGO

Saturday,
April 15 • 10pm

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

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

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



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



Chinook Winds Casino Resort

Entertainment

April 14-15: Comedy on the Coast
8 p.m., \$15

April 21-22: Three Dog Night
8 p.m., \$23-\$38

May 5-6: Gary Allan
8 p.m., \$50-\$65

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

July 6-7: Air Supply
8 p.m., \$23-\$38

Rogue River Lounge

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

Chinook's Seafood Grill

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

April 7-8: Step Child (rock)

April 14-15: Hang 'Em High (country/rock)

April 21-22: Parish Gap (classic rock)

April 28-29: Bret Lucich (alternative/rock)
8 p.m. to Midnight

Special Events

Sun: 100% Payout Blackjack Tourney
Sparkling Sunday Brunch at Siletz Bay Buffet
Sunday Shrimp Gumbo at Chinooks Seafood Grill (CSG)
\$30 Sunday at Rogue River Steakhouse (RRS)

Mon: Margarita Mondays at CSG Lounge
\$30 Monday at RRS

Tue: Boomers Club
\$2 Taco Tuesdays at Aces
Fisherman's Catch at CSG

Wed: Wine Wednesdays at CSG

Fri: Free Weekly Keno Tournament

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

First Tuesday: Boomer Slots

Third Thursday: Twilight Slots

April 8: UFC 210 (Aces)

May 27: King of the Cage

June 24: Anniversary fireworks

July 15: Beach, Bacon & Brews

Aug. 26: Surf City

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.



Courtesy photo by Chinook Winds Casino Resort staff

Sean Cady (right) deals blackjack at the Portland Roadster Show in March. Bill John, Public Relations Team, organized three days of promoting Chinook Winds to thousands of car enthusiasts in the Portland area.

Siletz Tribal members enjoy the golf resort!

In addition to green fees, Siletz Tribal members can use the golf resort's fitness center at no charge. This provides full access to daily use of all fitness equipment, weight room, sauna and steam room.

Charges will apply for all other amenities, such as personal trainer classes, golf cart fees, etc.

Please show your Siletz Tribal ID.



Would you like to be a part of the Chinook Winds team?
Find out why "Employment is Better at the Beach" at:
www.chinookwindscasino.com

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

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

Be Passionate Embrace Change Accountability Customer Service Happiness



Human Resources is looking for Tribal member EVENT TEMPS who are eager to start as soon as possible!

If you are looking for a position that outlines, helping departments when needed, ushering guests in our showroom or even door greeting at MMA fights, **Event Temp** is your position.

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

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

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

Calling all Tribal member business owners

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

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



Courtesy photos by Chinook Winds Casino Resort staff

The new Oyster Bar at Chinook's Seafood Grill opened March 25. These two photos show two of the oyster recipes available at the bar – a Bloody Mary Shooter (above) and a Wasabi Shooter (below) – that opens at 11:30 a.m. daily. The Oyster Bar has been a vision for a long time and the construction was done with in-house staff. The Culinary Team, lead by Executive Chef Jack Strong, put together a tasty menu.



First Nations sets new grants record

LONGMONT, Colo. – For the second year in a row, First Nations Development Institute (First Nations) set a new organizational record in 2016 in grants and dollars awarded to American Indian organizations and Tribes during a one-year period.

The funding went toward projects aimed at grassroots economic community development efforts in Native communities.

In 2016, First Nations awarded a record 175 grants totaling more than \$2.8 million. Cumulatively, since it began making grants in 1994 through 2016, First Nations has successfully managed 1,238 grants totaling more than \$27 million to American Indian projects and organizations in 39 states, the District of Columbia and U.S. Territory American Samoa.

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: Andrea Taylor

To Siletz Tribal members:

I'm a man who if I was wrong, I would be the first to admit my mistake. A few months ago I asked if your inherit rights are being protected or addressed in the Siletz newspaper. The current Siletz Tribal Council did address our inherit rights by lobbying Congress to pass a bill acknowledging our original 1855 Coast Reservation boundaries.

With persistence and dedication of Tribal Council, Congress passed this bill.

Tribal members, I admit that I was wrong and apologize before you all to the Siletz Tribal Council. I want to say thank you to the Siletz Tribal Council for protecting our inherit rights to the original 1855 boundaries of Siletz people.

May the Creator of all good things bless you and your family.

Thank you for your time,

Frank Aspria Sr.

To the editor:

Hello, my name is Randall Hartwell. I want to send a letter of apology out to everyone I have hurt, offended or scared. I have been out of control. On drugs, in denial, blaming everyone but myself.

I want to say that I am the problem. I've refused help offered to me from my family, from the Tribe – both drug and alcohol, and mental health. I am not a child and there is no good excuse. There is only the reality that I have behaved terribly.

Thinking back on it, I am ashamed. I have disrespected my Auntie LaVonne, my mother Everetta and even the Tribe. I hope in time I can make amends and be forgiven.

For my most recent actions, I have a year in county jail and no one to blame but myself. For those I have hurt, I sincerely apologize. Please forgive me and let me back into your lives.

I have been to state hospital and am taking medication. My sleep and thinking are much better and clearer now. Hopefully, next year we can try again.

Love,

Randall Hartwell

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

Native Wisdom Film Festival to show documentaries, 2 about Oregon Tribes

Wisdom of the Elder's long-awaited Native Wisdom Film Festival is now scheduled for April 15 at Whitesell Auditorium/Portland Art Museum (1219 SW Park Ave., Portland, Ore. 97205). Tickets are available at the Northwest Film Center website (nwfilm.org).

In partnership with the Northwest Film Center, we will screen all four of our documentary films featuring Alaskan Native peoples and Oregon Tribes, their response to emerging environmental issues and their rich cultural arts.

Wisdom will screen the series of short documentaries that have been in production since 2013. Four films feature Oregon coastal Tribes, Oregon interior Tribes, Alaskan Athabascans and Inupiaq of Alaska. Each of these films features resilience responses of Oregon Tribes and Alaskan Native groups that are feel-

ing the impact of emerging climate and environmental issues.

The trailer for the coastal documentary is available at vimeo.com/207504210.

After the film festival, a series of film screening and community consultation events will be held at several places around the state, including the Oregon Museum of Science and Industry (April 25), longhouses at the University of Oregon (April 28-29) and Oregon State University (May 17-20), in Salem near the state capitol (TBD) and near several Oregon Tribal communities (TBD).

These events will feature clips from the documentaries and emerging filmmaker work on Wisdom's *Discovering Our Story* television program.

For more information, contact Miranda Mishan at miranda@wisdomoftheelders.org or call 503-775-4014.

Oregon Tradeswomen, Inc.
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25th Annual
WOMEN in Trades Career Fair



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pmca Plumbing & Mechanical Contractors Association

Oregon Tradeswomen, Inc. is a Federally recognized 501(c)(3) non-profit organization.

Printed on recycled paper

Happy Birthday to Auntie Shanny on April 12. We love and miss you
Cameron, Mateas and Deenie

Happy Birthday to my sister, Shannon Chrisman. I miss you lots and hope you have a fabulous birthday. Love you tons.
Selina

Happy Birthday to Eddie Rilatos. Hope you have a great birthday. I love and miss you tons.
Wee-OO

Happy Birthday Uncle Eddie on April 4. We love you.
Cameron, Mateas and Deenie

Happy Birthday to Kiesha on April 4.
Selina and kids

Hapy 50th Birthday to my best friend, Laura Bremner, on March 30. Thanks for always being there and being my friend.
Selina

FDA modernizes nutrition label for packaged foods

SILVER SPRING, Md. – March was National Nutrition Month® and the U.S. Food and Drug Administration (FDA) continues to encourage consumers to put their best fork forward by using the Nutrition Facts label.

The FDA recently finalized a new and improved Nutrition Facts label on packaged foods and beverages to better help consumers make informed food choices that support a healthy diet.

Key updates for smart food choices

The Nutrition Facts label has a fresh new design and reflects current scientific information. Check out the changes and follow these easy tips to use the label.

Size up servings

- The number of servings per container and the serving size is more promi-

nent on the label and serving sizes also have been updated to reflect what people actually eat and drink today.

Tip: Always check the serving size to determine how many calories and nutrients you are consuming. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Consider the calories

- Calories are important to achieve or maintain a healthy weight, so the new label emphasizes calories with larger and bolder type. Calories from fat will no longer be listed because research shows the type of fat consumed is more important than the amount.

Tip: 100 calories per serving is moderate and 400 calories per serving is high.

Use % Daily Value as a guide

- The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are amounts of nutrients to consume or not to exceed each day and are used to calculate the % Daily Value (%DV). The %DV makes it easy for consumers to tell how much a nutrient in a serving of food contributes to a daily diet.
- Tip:** 5% DV or less of a nutrient per serving is low and 20% DV or more of a nutrient per serving is high.

Choose nutrients wisely

- Added sugars is now required on the label to help consumers know how

much sugar has been added to the product. Vitamin D and potassium also are required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today.

Tip: Use the label to choose products that are lower in nutrients you want to get less of (i.e., saturated fat, trans fat, sodium and added sugars) and higher in nutrients you want to get more of (i.e., dietary fiber, vitamin D, calcium, iron and potassium). And aim for less than 10 percent of your total daily calories from added sugars.

When you'll see it

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

Learn more at:

- Consumers: 888-SAFEFOOD (toll-free)
- fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm537159.htm
- fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

® Academy of Nutrition and Dietetics – eatright.org



Siletz Tribal Youth Council Meeting

Date: Saturday, April 22, 2017
Time: TBA
Location: Eugene

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

Transportation

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

Area Office Contact Numbers

Portland: Katy Holland, 503-238-1512
Salem: Sonya Moody-Jurado, 503-390-9494
Eugene: Nora Williams or Nick Viles, 541-484-4234
Siletz: Dee Butler, 541-444-9618, or Sharla Robinson, 541-270-3212

2017 Youth Council Meeting Dates

Meeting Date	Location	Activity Description
Saturday, May 20	Siletz	Meeting and Memorial Day Cleanup Service Learning Project
Tuesday, July 11	Siletz	Meeting at Culture Camp
TBA August	TBA	Possible Service Learning Project
TBA October	TBA	Siletz Tribal Youth Conference

Youth Council Objective

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

The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings	Current Label	New Label	5. Nutrients
The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 3/4 cup.	Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8	Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)	The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.
There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.	Amount Per Serving Calories 230 Calories from Fat 72	Amount per serving Calories 230	The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.
2. Calories "Calories" is now larger and bolder.	Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g Protein 3g	Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20% Protein 3g	The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.
3. Fats "Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.	Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%	Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%	
4. Added Sugars "Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. "Added Sugars" include sugars that have been added during the processing or packaging of a food. Scientific	Percent Daily Values are based on a diet of other people's misdeeds. Calories: 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 35g	6. Footnote *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

For more information about the new Nutrition Facts label, visit: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm March 2017

To use **mail order pharmacy** to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

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.