

The Eugene Area Office Newsletter February 2021

All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave a clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You!

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today

Siletz Tribal Indian Child Welfare Department 541-444-8272

Pharmacy 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

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2020

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

www.ctsi.nsn.us

Need Rental Housing?

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

Applications can be obtained be access on-line from the tribal website, follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call:

1-800-922-1399 Ext 1322

(541) 444-8322

FAX (541) 444- 8313

2020

Low-Income Energy Assistance Program (LIHEAP)

~OPEN~

Crisis/ Regular heating- May1st

All Siletz Tribal Households

Crisis/Shut-off/Regular OPEN

Siletz Tribal Members and households

Contact: Nora Williams-Wood

541-484-4234 noraw@ctsi.nsn.us

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. Please contact Nora at Eugene Area Office to be put on email list call (541) 484-4234 or email: noraw@ctsi.nsn.us

Chinook Winds Casino Resort

Sign up for an electronic newsletter:

www.chinookwindscasino.com



JOM: Youth News and Notes

February Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the February highlights below and then call/email to sign up for the Youth Activities Email List or check out the CTSI Youth Facebook Page for up-to-date announcements:

Read Team: K-12 students can still sign up to receive free books and attend weekly meet-ups with tribal staff and other tribal youth (Wednesdays at 4 pm).

Drum Class: Weekly drum class via zoom, Tuesdays at 4 pm. Come learn pow wow songs, round dance songs, and more. Email for login information.

Youth Culture Night: Cultural sharing night for CTSI Youth of all ages. Come and share on February 18 via Zoom. See flyer for more details.

Sculpture Project: Sign up to receive a free 3-D puzzle/sculpture kit and then login to Zoom on 2/26 at 4 pm to share your art. See flyer for details.

February Youth Activity Calendar

Feb 18: Youth Culture Night, 6-8 pm, Zoom

Feb 26: Sculpture Sharing, 4 pm, Zoom

Weekly Scheduled Events:

Mondays, 5-6 pm, Speaking Group, online

Tuesdays, 4 pm, Virtual Drum Class, online

Wednesdays, 4 pm, Read Team, online

Sign up for the Youth Events Email List for updates and reminders

Contact: nickv@ctsi.nsn.us

Tutoring

Tutoring will switch to individually scheduled sessions. Please call or email for an appointment.

Dee-ni Language Speaking Group

The Eugene Area Office is continuing to host weekly speaking groups to encourage daily use of our Dee-ni language. All ages and skill levels welcome, infant to elder. Join us on Monday February 1, 8, and 22 from 5-6 pm online to grow your daily use of the language. Newcomers are always welcome. See flyer for details.

Extracurricular Opportunities:

JOM: JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$150 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students. Call for details.

Higher Ed/AVT: News and Reminders

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Applications for the 2021-2022 school year for new and continuing Higher Ed and AVT students are due **JUNE 30, 2021**. To be eligible for funding you must have completed a Federal Application for Financial Aid (FAFSA) by January 31, 2021.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Don't Miss Out on Scholarship Season

Check out these additional scholarships opportunities:

-Oregon Office of Student Access Completion (OSAC):

Apply for over 500 separate scholarships with one simple application.

Deadline: March 1, 2021

Apply online at : <https://app.oregonstudentaid.gov>

-Cobell Scholarship:

Opportunities available for graduate, undergraduate, and vocational training.

Deadline: March 31, 2021 (undergraduate) April 30, 2021 (vocational training)

Apply online: <http://cobellscholar.org/>

-Verl and Dorothy Miller Native American Vocational Scholarship

Opportunities for students in career-technical and vocational training programs

Deadline: March 1, 2021

Find application online at: <https://oregoncf.org/grants-and-scholarships/scholarships>

-American Indian College Fund:

Graduate and Undergraduate

Deadline: May 31, 2021

Apply online: <https://collegefund.org/>

-American Indian Graduate Center:

Scholarships for Graduate Students

Deadline: Varies (most in early spring)

<https://www.aigcs.org/>

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

477-Self Sufficiency Program – Essential Services during COVID

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

Virtual Home Visiting

Have you been thinking about Home Visiting but have concerns about someone coming to your home due to COVID? No worries! We can do virtual visits. During this COVID season we are not meeting in the home or office. We can meet by phone, FaceTime, Google Duo or the like. When weather permits we can meet outside if you prefer following all the safety protocols, wearing masks and staying 6 feet apart.

So who is Home Visiting for?

We serve Siletz families who are expecting a baby or have a baby under one year of age (continuing till the child is three). Our Family Spirit curriculum, developed by the John Hopkins Center for American Indian Health, is evidence based and culturally sensitive to native families. Some of the aims are to increase parenting knowledge and skills; promote optimal physical, cognitive, social/emotional development for children birth to three years; prepare children for early school success; link families to community services to address specific needs; and promote parent's and children's life skills and behavioral outcomes across the life span. Bottom line – we want to help provide parenting and life skills for you to have a successful and positive parenting experience.

For more information please contact Jessica Hibler, 477-SSP Coordinator I at 541-484-4234

Home Visiting

Here are some simple ideas you can use to engage your infant with ribbons.

- Rainbow ribbon mobile - Make your own mobile using an embroidery hoop and some ribbons.



Tie ribbons around the inner hoop and fit outer hoop over it. Hang over a space where the baby can lay and look at it.

- Rainbow ribbon rings – This is a smaller version on the rainbow mobile. Use a small ring and tie some ribbons around it. Just put a few ribbons leaving some space for your baby to hang on to the ring. Keep ribbons just a few inches long so baby doesn't get tangled up in them.



- Tugging lid or box. Use a plastic lid or container. If using a container you may want to cover it with contact paper. Poke holes in the container and lid. Feed a ribbon through the hole and tie a knot in each end. Baby can pull on the ribbons until the knot stops them. If using a container you will need to remove the lid and pull the ribbons to the inside so baby can pull them again. If just using the lid your baby can continue on their own.



- Jingle Jangle Rattle – use ribbon and tie several canning jar rings together for your baby to shake and enjoy.



The Siletz Tribal Home Visiting Program is for parents of infants and toddlers. The program offers support and encouragement while providing parenting and life skills for successful and positive parenting. For more information contact Lori Christy Home Visitor at 503-390-9494.

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
adriennec@ctsi.nsn.us
541-484-4234



Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at www.OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext. 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

Get Vaccinated to Protect Yourself, Family, and Community

American Indians and Alaska Natives are disproportionately affected by the COVID-19 pandemic

A vaccine helps people from catching a certain disease, like COVID-19. All vaccines are as safe as possible and are a simple way to prevent illness and community outbreaks. A vaccination is not a treatment for people who are already sick with COVID-19. Getting vaccinated helps everyone.

- Know the facts and avoid sharing misinformation.
- Start by sharing information from trusted sources like CDC.gov and IHS.gov
- Encourage your loved ones to get vaccinated.
- The more people in your community get vaccinated, the better everyone will be protected against COVID-19, especially those who are more vulnerable to serious illness, like elders and people in high-risk groups.
- A COVID-19 vaccine will help you from spreading the disease, and reduce your risk of getting sick, being hospitalized, or dying.
- **COVID-19 vaccines are one of many important tools to help us stop this pandemic.** It is important to use all the tools available to stop the pandemic, wear a mask, wash your hands, and watch your distance.

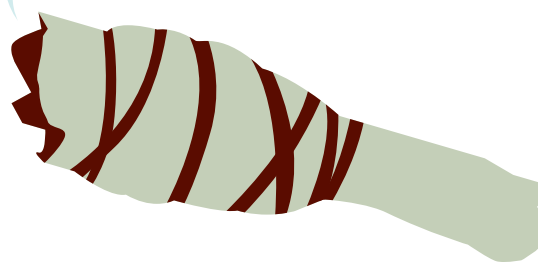
How to cope with anxiety related to vaccination

- Stay connected with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when to get help.
- Create a list of personal self-care activities you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature.
- Take deep breaths and stretch.
- Maintain a sense of hope and positive thinking and remember these strong feelings of stress and anxiety will fade.



**We are all in this together. Show compassion
for those most closely impacted.**

- Stay connected with family and friends through social media and video chat.
- Connect with your community and others with drumming and dancing video via social media.
- Attend a spiritual service through on-line streaming.



Ask your healthcare provider for more information.



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



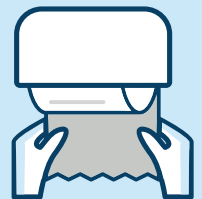
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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Helping Our Children

Stay Strong and Resilient During COVID-19

Virtual story-time and activities hosted by the 477-Self Sufficiency Program

Life during COVID-19 has been stressful for all of us including our children. Yet we are strong and resilient people and can help our children stay strong and resilient during COVID-19.

Families can choose to attend the live Zoom event on Wednesday February 24th at 6:30 pm **OR** Saturday February 27th at 11:00 am. The book, Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID – 19 from the John Hopkins Center for American Indian Health, will be read followed by some discussion and activities. Families will receive a printed and bound copy of the book, COVID-19 prevention supplies, and may be eligible to win a door prize such as a game night basket to help make family time fun.

This event is open to all Siletz Tribal families with children in the 11 county service area. The Zoom link will be sent to those registered a day or two before the event. For more information or to register please contact Lori Christy in the Salem Area Office by email at loric@ctsi.nsn.us or by phone at 503-390-9494.

February is American Heart Month

Adrienne Crookes, Community Health Advocate

About Every 25 Seconds, an American Will Have a Coronary Event

Heart disease is the leading cause of death in the United States and is the major cause of disability. The most common heart disease is coronary heart disease, which often appears as a heart attack. In 2017, an estimated 185,000 Americans had a new coronary attack, and about 47,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about every minute one will die from one.

Diseases and Conditions That Put Your Heart at Risk

Conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.



Know Your Signs and Symptoms of Heart Attack

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening.

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: May occur with or without chest discomfort.

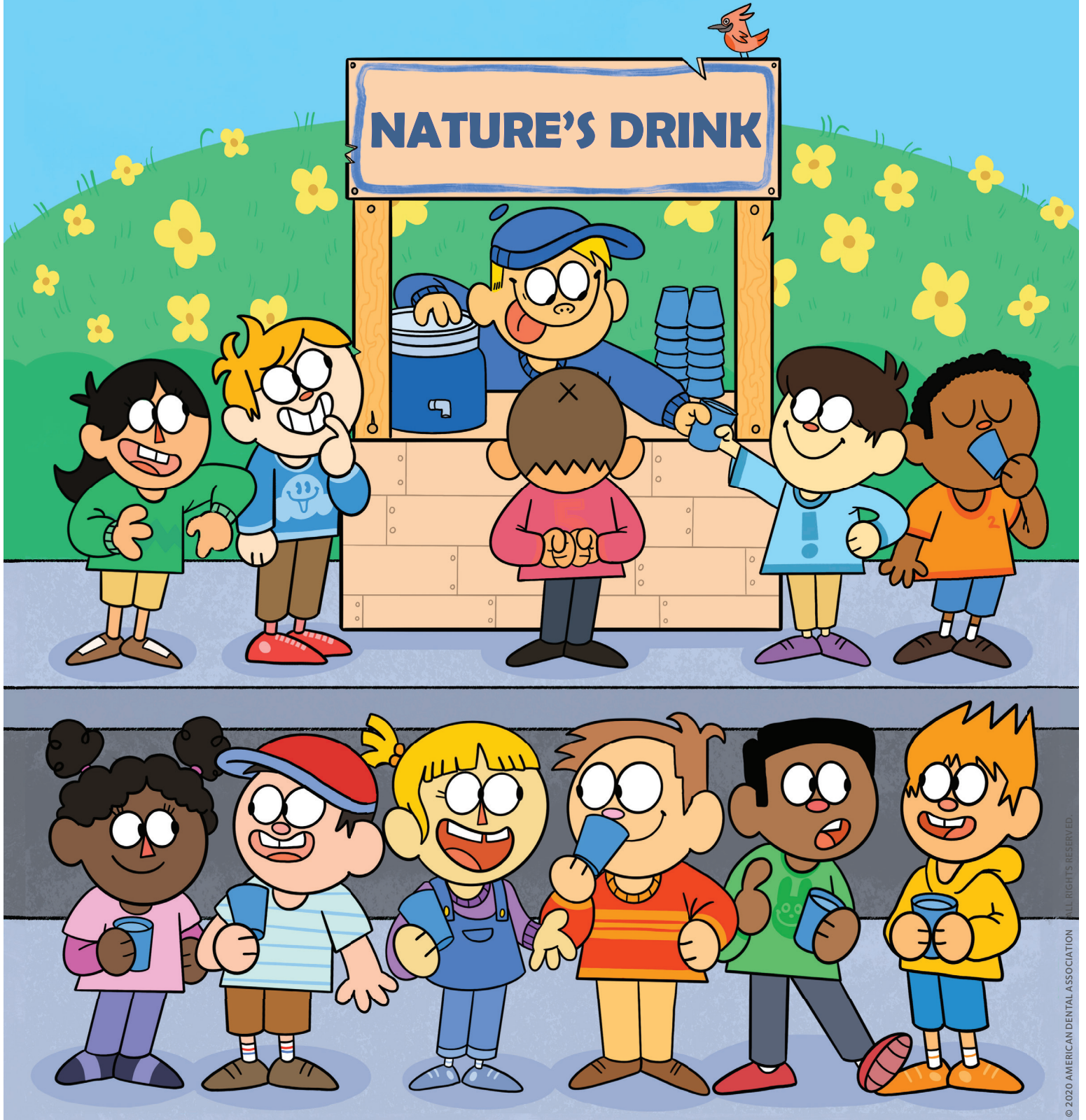
Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness.



WHENEVER A HEART ATTACK IS SUSPECTED CALL 911 IMMEDIATELY!

For more information about heart disease visit www.cdc.gov or www.heart.org

WATER



February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2021](https://www.ada.org/NCDHM2021) for activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

SPONSORS



National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

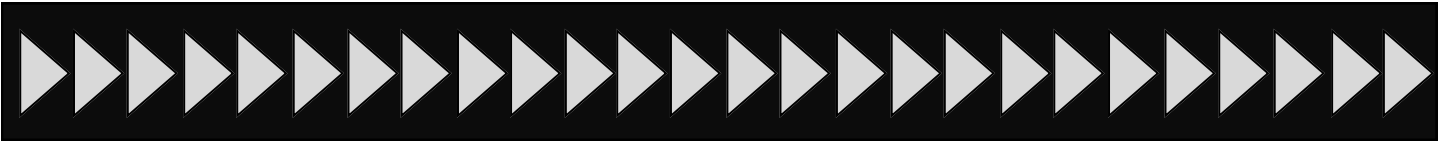
With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



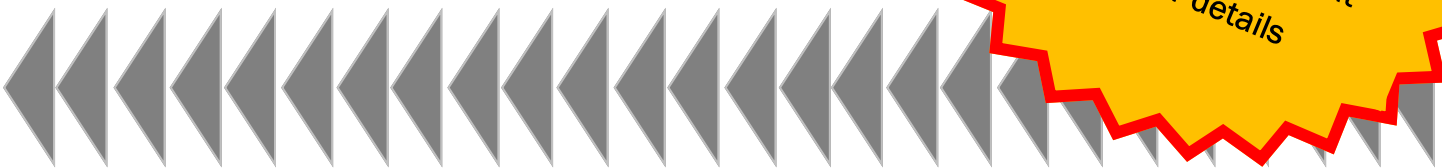
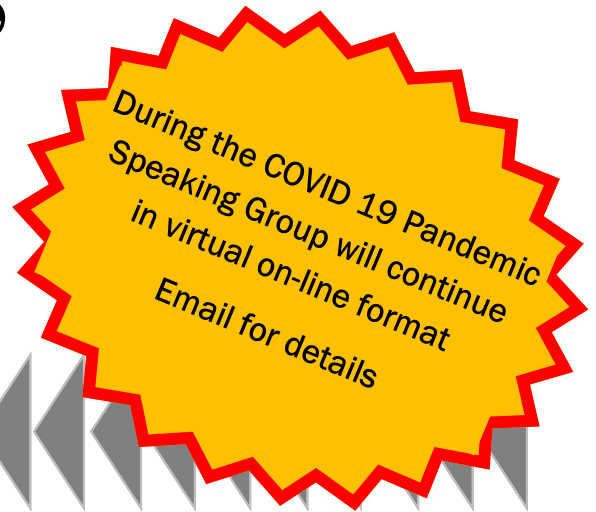
It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!



Nuu Wee-Ya' Lheth-xat



Weekly Dee-ni Language Speaking Group

*FEBRUARY DATES: Mondays FEBRUARY 1, 8 and 22 5:00-6:00 pm

*Due to the COVID 19 Pandemic-speaking group will meet on-line

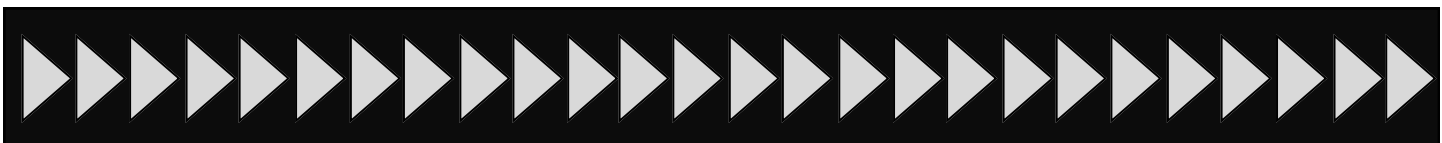
***All ages and skill levels welcome as are first-time participants**

*No prior knowledge needed

*Learn How to Use In-Home Based Language Learning Methods

*Help Build Your Speaking Community

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for instructions on how to join the virtual meetings





WINTER GATHERING

Virtual gathering of Siletz artists sharing crafts

BROUGHT TO YOU THROUGH GRANT AWARDS FROM NATIVE ARTS AND CULTURES FOUNDATIONS

REGISTER BY FEBRUARY 12

Join us for a virtual series where Siletz artists share their knowledge of Siletz specific arts and crafts

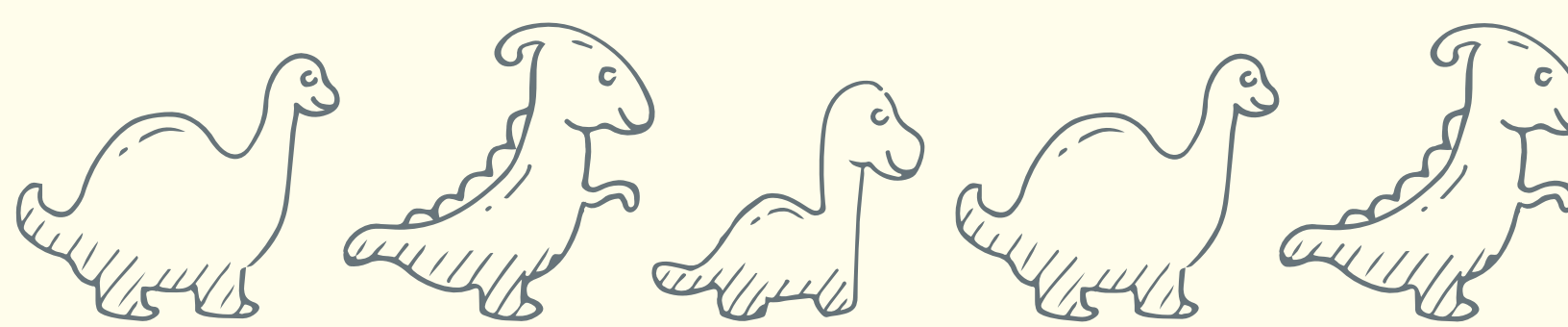
**BEADING
BASKET WEAVING
DRUM MAKING
STORYTELLING
REGALIA
WAX FLOWERS
MEDICINE BAGS**

Reserve your spot at the website below or email kiraw@ctsi.nsn.us for the link
<https://www.eventbrite.com/e/siletz-winter-gathering-tickets-135891373757>

VIRTUAL ORIENTATION FEBRUARY 25

SPACE IS LIMITED SIGN UP TODAY!



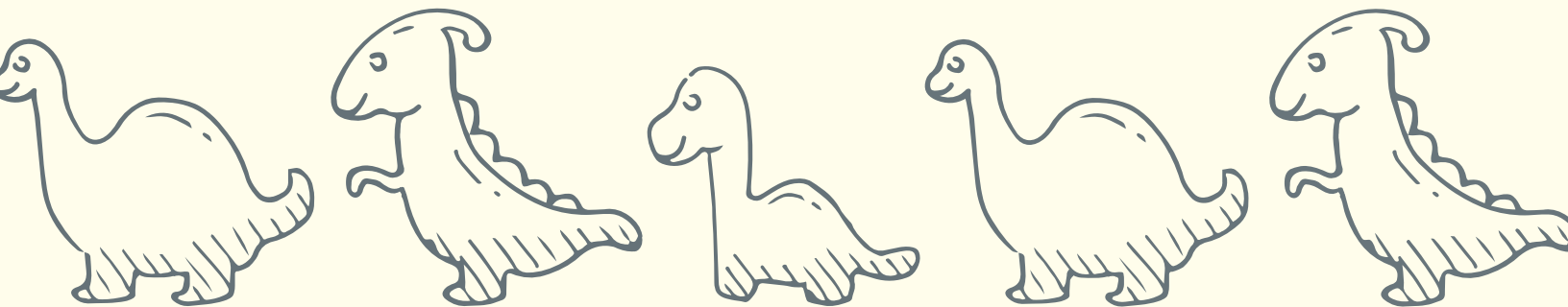


CTSI JOM Program Youth February Sculpture Activity

Sign up to receive a 3-D
Puzzle/Sculpture
Activity Shipped Directly
to Your Door



Work on the Project at Home with
Your Family and then Drop by a
Zoom Meeting on February 26,
2021 at 4:00 pm to Share Your
Sculpture with Other Tribal Youth



Sign Up by February 16, 2021
Contact Your Local Education
Specialist

Siletz: Alissa Lane-Keene (alissal@ctsi.nsn.us)

Salem: Sonya Moody-Jurado (sonyamj@ctsi.nsn.us)

Portland: Katy Holland (katyh@ctsi.nsn.us)

Eugene: Nick Viles (nickv@ctsi.nsn.us)

*Monthly Virtual
CTSI Youth Cultural Sharing Night*



Thursday, February 18, 2021 at 6:00 pm-8:00 pm

To register and get login info:

Please Contact Elizabeth Madden at elizabethm@ctsi.nsn.us

or Jacob Reid at jacobr@ctsi.nsn.us

You are welcome to bring arts & crafts, poetry, songs, or talents of any sort (traditional or modern) or just come to listen, learn, and show support!

CONSCIOUS DISCIPLINE
CURRICULUM

PARENTING
WORKSHOP
SERIES

GUEST PRESENTER

WEDNESDAYS 6:30PM-7:30PM

STARTING

MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

RSVP – NO LATER THAN MARCH 11TH, 2021

JESSICA HIBLER – 541-484-4234

A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians



Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:00 pm. Any produce that is not picked up at this time can be picked up later on in the week from 9 am–Noon. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required. If you don't have a mask, one will be provided.

Please bring your own bags or cooler to transport your food. You may call ahead and check on the availability of food.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene, OR

This food is collected and distributed by Food for Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

USDA distribution dates for February 2021

Siletz

Monday	February 1	9 a.m. – 3 p.m.
Tuesday	February 2	9 a.m. – 3 p.m.
Wednesday	February 3	9 a.m. – 3 p.m.
Thursday	February 4	9 a.m. – 3 p.m.
Friday	February 5	9 a.m. – 3 p.m.

Salem

Tuesday	February 16	1:30 – 6:30 p.m.
Wednesday	February 17	9 a.m. – 6:30 p.m.
Thursday	February 18	9 a.m. – 6:30 p.m.
Friday	February 19	By appt only

BEEF AND BROCCOLI

2 LBS. BEEF ROAST, CUT INTO 1" CUBES*
¼ CUP VEGETABLE OIL*
¼ CUP VINEGAR
2 TEASPOONS BLACK PEPPER
1 TEASPOON GARLIC POWDER
¼ TEASPOON CAYANNE PEPPER
1 YELLOW ONION, SLICED THIN*
1 – 2 LBS BROCCOLI FLORETS*
½ CUP SOY SAUCE
½ CUP WATER





Put the oil, vinegar, pepper, garlic powder and cayenne pepper into a sealed bag. Shake it up to combine it well. Add the cubed beef and shake it to coat the beef cubes. Let it sit for an hour or so. Dump it into a colander to drain. Heat some vegetable oil in a dutch oven. Add the sliced onion and the drained meat and brown until the onion is caramelized. Place the dutch oven in 350 degree oven for about an hour. After an hour, stir the meat and onions and add the soy sauce and water and the broccoli. Put the lid on the pan and heat it on medium high heat to let the broccoli steam until tender.

I served it over rice. YUM

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

Joyce Retherford, FDP Director, 541-444-8393 joycer@ctsi.nsn.us
Sammy Hall, Warehouseman/Clerk, 541-444-8279 sammyh@ctsi.nsn.us
FAX: 541-444-8306 or 503-391-4296

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 USDA Distribution Siletz 9-3pm</p> <p>Homework Help ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>2 USDA Distribution Siletz 9-3pm</p> <p>Produce Plus/Food 2-4pm</p>	<p>3 USDA Distribution Siletz 9-3pm</p> <p>Read Team ZOOM 4-5pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>4 USDA Distribution Siletz 9-3pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>5 USDA Distribution Siletz 9-3pm</p> <p>Payday</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>6 Deadline Absentee Ballots</p> <p>Election Day</p>
7	<p>8 Homework Help ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>9 Time Sheets Due</p> <p>Produce Plus/Food 2-4pm</p>	<p>10 Read Team ZOOM 4-5pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>11 Produce Plus/Food 2-4pm Call</p>	<p>12 Deadline Sign-Up Winter Gathering Artist sharing crafts</p> <p>Produce Plus/Food 2-4pm Call</p>	13
<p>14</p> 	<p>15 CLOSED</p> 	<p>16 USDA Distribution Salem 1:30-6:30pm</p> <p>Sign-Up CTSI-JOM Program Youth Sculpture Activity 3-D Puzzle/ Sculpture</p> <p>Produce Plus/Food 2-4pm</p>	<p>17 USDA Distribution Salem 9-6:30pm</p> <p>Read Team ZOOM 4-5pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>18 USDA Distribution Salem 9-6:30pm</p> <p>Monthly Virtual Youth Culture Sharing Night 6-8pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>19 USDA Distribution By Appt. ONLY</p> <p>Payday</p> <p>Produce Plus/Food 2-4pm Call</p>	20
21	<p>22 Homework Help ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>23 Time Sheets Due</p> <p>Produce Plus/Food 2-4pm</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>24 Read Team ZOOM 4-5pm</p> <p>Helping our Children Stay Strong and Resilient During COVID-19 6:30PM ZOOM</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>25 Winter Gathering Orientation</p> <p>Produce Plus/Food 2-4pm Call</p>	<p>26 CTSI-JOM Program Youth Sculpture Activity ZOOM Meeting 4pm Share your project Produce Plus/Food 2-4pm Call</p>	<p>27 Helping our Children Stay Strong and Resilient During COVID-19 11:00AM ZOOM</p>
28						

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399

Jessica Hibler, Acting Supervisor/Coordinator 1/477/SSP x1752 jessicaH@ctsi.nsn.us
Nick Viles, Education Specialist/JOM x1757 nickv@ctsi.nsn.us
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us
Cathy Ray, Intake Specialist/Job Coach x1756 catheriner@ctsi.nsn.us
Adrienne Crookes, Community Health Advocate x1753 adriennec@ctsi.nsn.us
Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us
Vacant, Elders On-Call Transport

To Be happy in life
You Must Learn The Difference Between
what you “WANT vs NEED”

The Confederated Tribes of Siletz Indians
Eugene Area Office
2468 W 11th Avenue
Eugene Oregon 97402

2019/2020

Hunting * Fishing * Gathering

INCENTIVES

To all Siletz Tribal members:
Please report all harvests with your tribal license of deer, elk, salmon, and shellfish to the Natural Resources Dept. Once reported, the name on the tribal tag/permit will be submitted into a drawing at the end of the season for one of the following *Cabela's gift cards*:

HUNTING INCENTIVES

(3 Drawn)

\$100 ~ \$75 ~ \$50

FISHING INCENTIVE

\$50 (1 Drawn)

SHELLFISH INCENTIVE

\$50 (1 Drawn)

Please report all harvests to:

Mike Kennedy, 541-444-8232

mikek@ctsi.nsn.us

-OR-

Denise Garrett, 541-444-8227

deniseg@ctsi.nsn.us