

# The Eugene Area Office Newsletter March 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 2021

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](http://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

**2021**

**Low-Income Energy Assistance Program (LIHEAP)**

**~OPEN~**

**Crisis/ Regular heating**

**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](mailto: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.

Telephone: (541) 484-4234 or

email: [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)

Chinook Winds Casino Resort

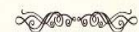
Sign up for an electronic

newsletter:

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



Your value doesn't decrease based on someone's inability to see your worth.



## 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

## 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](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

# Core Services

477-SSP Program

Need assistance with finding a JOB!!

Core Services is what you need.

## Services:

- ◆ Job Referrals
- ◆ Resumes
- ◆ Cover Letter
- ◆ Employment Counseling/Coaching
- ◆ Job Search Assistance
- ◆ Mock interview

## Support Services :

- ◆ Interview Clothing
  - ◆ Transportation
- Directly tied to job opportunity*

## Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis



## Confederated Tribes of Siletz Indians

### Siletz Administration Office

Lincoln & Tillamook  
PO Box 549  
Siletz, OR 97380  
Phone: (541) 444-2532

### Salem Area Office

Marion, Polk, & Yamhill  
3160 Blossom Dr. NE Suite  
105  
Salem, OR 97305  
Phone: (503) 390-9494

### Portland Area Office

Clackamas, Multnomah, &  
Washington  
12790 SE Stark Suite 102  
Portland, OR 97233  
Phone: (503) 238-1512

### Eugene Area Office

Benton, Lane, & Linn  
2468 West 11th Ave  
Eugene, OR 97402  
Phone: 484-4234

# Confederated Tribes of Siletz Indians

## Classroom Training

*For federally Recognized Tribal members and descendants*



### **Higher Education Assistance:**

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Education stipend (limited to 15 paid hours per week)

### **Vocational Education / Occupational Training**

- ◆ Vocational degrees / certifications from accredited institutions
- ◆ Pre-apprenticeship / apprenticeship programs
- ◆ Occupation specific certifications / trainings

### **GED / Adult Basic Education**

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Classroom-training stipend (limited to 15 paid hours each week )

**Apply Today!!**

Must meet eligibility criteria and services are available on a budgetary basis.

#### **Siletz Administration Office**

*Eugene Area Office*

Benton, Lane, & Linn

2468 West 11th

Eugene, OR 97402

Phone: (541) 484-4234

Fax: (541) 484-4583

**For more information call**

***Cathy Ray***

catheriner@ctsi.nsn.us



# Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

## Examples of Services:

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



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

### SALEM AREA OFFICE

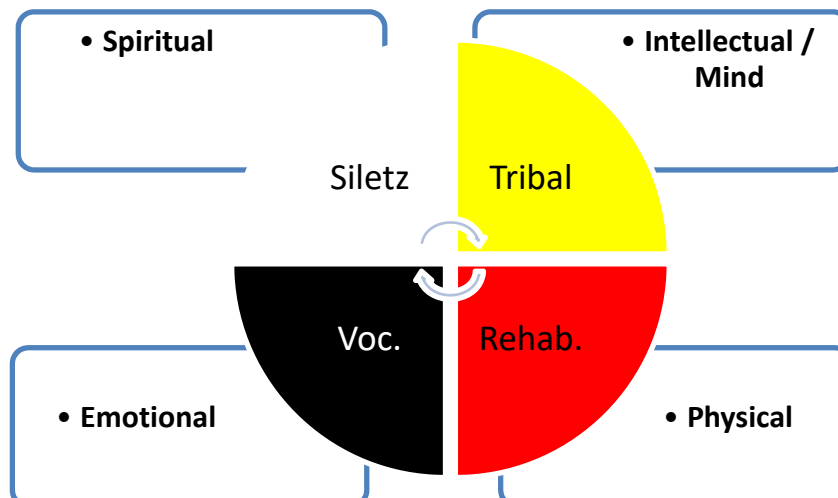
3160 Blossom Dr. NE, Ste. 105  
Salem, OR 97305

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

**SALEM** - **Toni Leija**, Counselor/Job Developer

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



# 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**  
**541-484-4234**  
[adriennec@ctsi.nsn.us](mailto:adriennec@ctsi.nsn.us)



## 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](http://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**

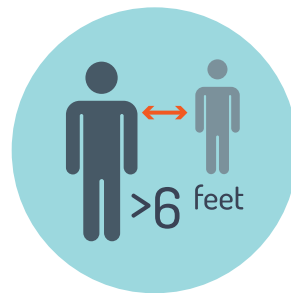
## Siletz Mail Order Pharmacy

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

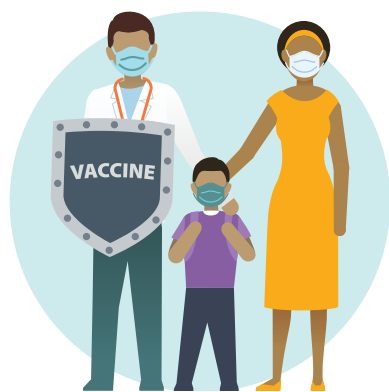
# COVID-19 Vaccines

**Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.**



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



**The vaccines are safe.** The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

**Different types of COVID-19 vaccines will be available.** Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



[www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



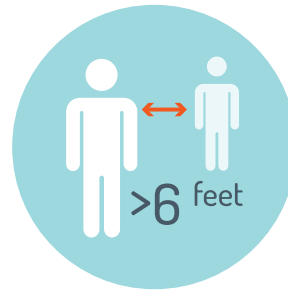


The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

**Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.

**When you get the vaccine, you *and* your healthcare worker will both need to wear masks.**

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



**Even after you get your vaccine,** you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

# 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.



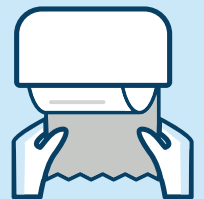
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**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](http://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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# March is National Save Your Vision Month

Adrienne Crookes, Community Health Advocate

**National Save Your Vision Month, by the American Optometric Association,** raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

Eye health is intrinsically linked to overall health. Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye examination can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which light and magnifies the blood vessels in your eyes. Changes to these

blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

**This is a good time to go have your eyes checked!**

More information is available at the American Optometric Association website at [www.aoa.org](http://www.aoa.org)



# E-Cigarette's/Vape Pens

What are e-cigarettes? E-cigarettes are a form of Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.



Most e-cigarettes contain nicotine, which has known health effects.

Nicotine is highly addictive.

Nicotine can harm adolescent brain development, which continues into the early to mid-20's.

Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and Individuals who start using e-cigarettes are 4 times more likely to start smoking.

If you are interested it quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until your ready to quit for good.



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



## 2021 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2021 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

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

This program assists Tribal students with identifying internship placements to gain work experience in their field of study. Up to Ten slots are available for 2021. Students can work up to 360 hours at Tribal minimum wage and can be placed within or outside of the Tribe. The COVID-19 pandemic may require internships to look a little different this year, so please be patient as we navigate this together.

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, 2021.

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

**Mail**

CTSI

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380-0549

**Fax**

541-444-2307

**Email**

[collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

**Deadline for applications to be received at the Siletz central administration building is 4:30 p.m. on March 31, 2021.**



# Siletz Tribal R|R Youth Council! March 21st 11:00am Via Zoom



## Area Office Contact Info

Portland: Katy Holland  
(503) 238-1512, [Katyh@ctsi.nsn.us](mailto:Katyh@ctsi.nsn.us)

Salem: Sonya Moody-Jurado  
(503) 390-9494, [Sonyamj@ctsi.nsn.us](mailto:Sonyamj@ctsi.nsn.us)

Eugene: Nora Williams  
(541) 484-4234, [NoraW@ctsi.nsn.us](mailto:NoraW@ctsi.nsn.us)

Siletz: Jacob Reid  
(541) 270-1909, [Jacobr@ctsi.nsn.us](mailto:Jacobr@ctsi.nsn.us)



Please join for opportunities to learn leadership, travel, & get to know CTSI youth from across Oregon (& beyond via Zoom)

Youth Council is for ages 12 to 24. Middle School, High School, & Higher-Ed students welcome!

# 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-4pm. 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. 11<sup>th</sup> 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.

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*Come Join Us for Mindfulness Monday!*

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Starting February 22<sup>nd</sup> 2021!



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*Event for CTSI Youth Ages 12-17  
(Parents/Guardians of ages 5-11 youth please  
register and we can work out a different time)*

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This event will take place on Mondays via Zoom from  
4:00 pm to 5:00pm

Guided Meditation, Mindfulness Activities, and more!

Register by emailing:

Elizabeth Madden-  
[elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us)





# **CTSI COMMUNITY DRUM CLASS**

**Now Starting 4:00pm on Tuesdays**

**& Every Second Saturday of the  
Month at 11 am**

**ZOOM ID: 815-0349-3819**

Email [jacobr@ctsi.nsn.us](mailto:jacobr@ctsi.nsn.us) for Password

CONSCIOUS DISCIPLINE  
CURRICULUM

PARENTING  
WORKSHOP  
SERIES

GUEST PRESENTER

WEDNESDAYS 6:30PM-7:30PM

STARTING

MARCH 17<sup>TH</sup> THRU MAY 5<sup>TH</sup>

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 11<sup>TH</sup>, 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



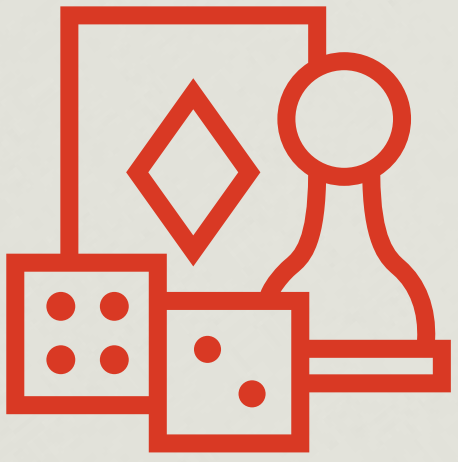


# **We're Back!**

**Calling all Gamers, k-12  
CTSI Spring Break  
Minecraft Gathering!**

***March 23rd,  
11am***

**Contact:  
jacobr@ctsi.nsn.us for  
registration**



To Sign Up Email Jacob Reid ([jacobr@ctsi.nsn.us](mailto:jacobr@ctsi.nsn.us)) by  
*March 19* and receive a board game for your family

# ***FAMILY BOARD GAME NIGHT IS BACK***

*Play at home and then join us on Zoom  
Friday March 26, 2021 @ 4 pm  
for a virtual game night*

## Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2021-2022 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	<b>Tribal Tags</b>	<b>LOP Tags</b>
<b>State Hunting License Required?</b>	No	Yes – Tribal member must purchase both a 2021 and a 2022 State hunting license
<b>Area to be Hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alesa, South Alesa and Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	<b>No</b>
<b>Application and Selection Process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
<b>Obtain Tag From</b>	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held during the Natural Resources Committee Meeting to be held on April 5<sup>th</sup> at 4:45 PM. Applications are available on the Tribal website, in the kiosk at the back door of the Tribal Admin building in Siletz, or by calling the number below. Completed applications must be received by the Natural Resources office by **4:30 PM April 2, 2021**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

# USDA distribution dates for March 2021

## Siletz

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

## Salem

Monday	March 22	1:30 – 6:30 p.m.
Tuesday	March 23	9 a.m. – 6:30 p.m.
Wednesday	March 24	9 a.m. – 6:30 p.m.
Thursday	March 25	<b>By appt only</b>

### BLACK PEPPER BISON AND CABBAGE STIR FRY

2 TABLESPOONS VEGETABLE OIL\*  
4 CLOVES GARLIC MINCED  
1 LB GROUND BISON\*  
1 HEAD CABBAGE SHREDDED\*  
2 ONION CUT INTO STRIPS\*  
2 GREEN BELL PEPPERS CUT INTO STRIPS\*  
2 TABLESPOONS SOY SAUCE  
1 TEASPOON CORN STARCH  
½ CUP WATER 1 TABLESPOON BLACK PEPPER

#### DIRECTIONS:

1. HEAT WOK OR LARGE SKILLET OVER MEDIUM HIGH HEAT AND ADD OIL. SAUTE GARLIC FOR ABOUT 5 SECONDS, THEN ADD THE GROUND BISON. STIR IN CABBAGE AND ONION AND PEPPER AND COOK UNTIL VEGETABLES ARE TENDER AND BEEF IS FULLY COOKED. STIR IN SOY SAUCE. MIX TOGETHER CORNSTARCH AND WATER, AND STIR IN. SEASON WITH PEPPER. COOK, STIRRING UNTIL SAUCE HAS THICKENED.

This is so good and easy to make.

**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.

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# EAO March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Homework Help By Appt. Only</p> <p>Mindfulness Mondays Via ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>2</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Produce Plus/Food 2-4pm</p>	<p>3</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Read Team ZOOM 4-5pm</p>	<p>4</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Produce Plus/Food 9-4pm Call</p>	<p>5</p> <p>USDA Distribution Siletz 9-3pm</p> <p>Payday</p> <p>Produce Plus/Food 9-4pm Call</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Homework Help By Appt. Only</p> <p>Mindfulness Mondays Via ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>9</p> <p>Time Sheets Due</p> <p>Produce Plus/Food 2-4pm</p>	<p>10</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Read Team ZOOM 4-5pm</p>	<p>11</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Parenting Workshop Last day to RSVP 3/17- 5/5/2021</p>	<p>12</p> <p>Produce Plus/Food 9-4pm Call</p>	<p>13</p> <p>On-Line Language Class Kick off &amp; Q&amp;A 11:30am</p> <p>Elders Meeting ZOOM 1PM</p>
<p>14</p> <p>Daylight Savings Time Begins</p>	<p>15</p> <p>USDA Distribution Salem 1:30-6:30pm</p> <p>Homework Help By Appt. Only</p> <p>Mindfulness Mondays Via ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>16</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>Produce Plus/Food 2-4pm</p>	<p>17</p> <p>USDA Distribution Salem 9-6:30pm</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Read Team ZOOM 4-5pm</p> <p>Parenting Workshop Series ZOOM 6:30-7:30PM</p>	<p>18</p> <p>USDA Distribution <b>By Appt. ONLY</b></p> <p>Produce Plus/Food 9-4pm Call</p> <p>Beginning Conversation Class 5pm</p>	<p>19</p> <p>Payday</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Family Board Game Sign up</p>	<p>20</p>
<p>21</p> <p>Youth Council Mtg. 11am Via ZOOM</p>	<p>22</p> <p>Homework Help By Appt. Only</p> <p>Mindfulness Mondays Via ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>23</p> <p>Time Sheets Due</p> <p>Produce Plus/Food 2-4pm</p> <p>Mine Craft Via ZOOM 11am</p>	<p>24</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Read Team ZOOM 4-5pm</p> <p>Parenting Workshop Series ZOOM 6:30-7:30PM</p>	<p>25</p> <p>Winter Gathering Orientation</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Beginning Conversation Class 5pm</p>	<p>26</p> <p>Produce Plus/Food 9-4pm Call</p> <p>Family Board Game ZOOM @ 4pm</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Homework Help By Appt. Only</p> <p>Mindfulness Mondays Via ZOOM 4-5pm</p> <p>Weekly Dee-ni Speaking Group ZOOM 5pm</p>	<p>30</p>	<p>31</p> <p><b>2021 College Students Summer Internship Program Deadline 4:30pm</b></p> <p>Parenting Workshop Series ZOOM 6:30-7:30PM</p>	<p>1</p>	<p>2</p> <p>Payday</p>	<p>2</p>

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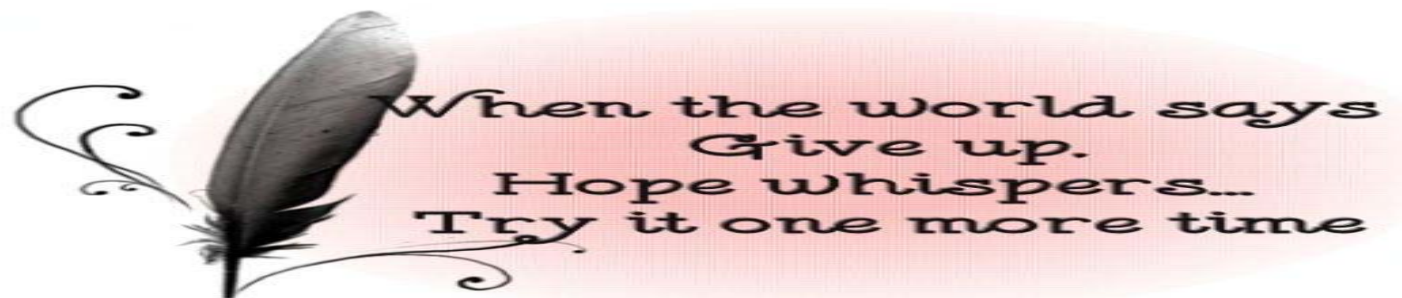
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