

# The Eugene Area Office Newsletter February 2022

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 2022

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:

Siletz (1, 2, 3, 4 bedroom)  
Lincoln City (2, 3 bedroom)  
Neachesna Village.

Applications can be obtained 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

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

2022

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: Casey Godwin

541-444-8311 [caseyg@ctsi.nsn.us](mailto:caseyg@ctsi.nsn.us)

### Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. 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

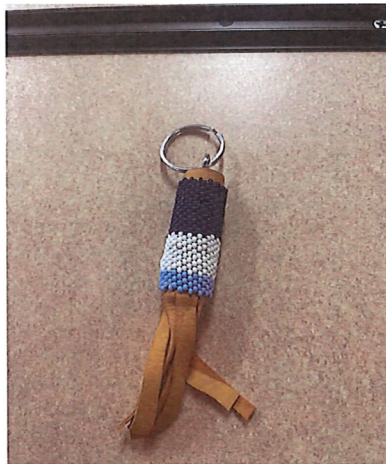
Sign up for an electronic newsletter:

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



# Eugene Area Office Soup in a Jar and Craft event

The month of December the office offered a fun activity for families. We had 35 households sign up. Each participating family received a soup in a jar as well as a craft activity.



Individuals who submitted a photo of their finished project were entered into a drawing for a \$50 Amazon gift card!

## Winners!!!!

- ❖ Billy Moore III
- ❖ Cade Given
- ❖ Knox Given

Watch the Eugene Facebook page and our monthly newsletter for more events and activities!

# ELDERS FEBRUARY NEWSLETTER 2022

Hi Everyone,

Happy New Year 2022! I am back up and writing my newsletter again for February. First thing was I lost my Microsoft Office icon to write my letter with and second, I had surgery on my right knee on December 16<sup>th</sup> and was in home care at my daughter's for two weeks. Now I am home and my son-in-law found my MO icon on my chrome book. Yeah, it is good to be back. I like staying connected with you all. Sending a Happy and Sweet Valentine's Day wish to you!

The Elders Christmas party at the casino was the same day as my surgery so that is why I wasn't there for all the fun! I did hear that it was great getting together again. I would have loved being at the casino and seeing everyone. Now I am in physical therapy for my right knee and each week I am getting stronger. I hope to be getting around pain free by springtime!

The Eugene area office has been busy in December passing out soup in a jar which is fun to make when everything is already measured for success. Now in January Nora passed out necklace kits for us to make. Whoever signed up were able to drive by and pick one up. Since I can't drive yet Sherry Addis offered to pick mine up and bring it by my house. It was great seeing her and get in a short visit. Thanks Nora and Sherry it was fun beading again. I added a couple colors, so it goes with my wing dress. Hopefully by the time we have our next Pow Wow I will be dancing again.

I did enjoy sitting in on the book club zoom meeting in November but missed the December meetings. The dates of the book club for the next few zoom meetings are January 20<sup>th</sup>/Chapter 5, February 3<sup>rd</sup>/Chapter 6 and February 17<sup>th</sup>/Chapter 7. Remember you are welcome to join the zoom meetings even without reading the chapters. I still haven't found my book but do enjoy listening and seeing everyone on the zoom meeting. Also just let Anita know you want to get the Book Club ZOOM link invitation address and she will send you one. Her email is [AnitaB@ctsi.nsn.us](mailto:AnitaB@ctsi.nsn.us) and the Elders program phone number is 541-444-8220 for any questions.

The next Elders Council Meetings via zoom are scheduled for Saturday January 15<sup>th</sup> and February 12<sup>th</sup> at 1:00 pm. Just email Anita at [AnitaB@ctsi.nsn.us](mailto:AnitaB@ctsi.nsn.us) and she will send you a link to join in the meeting. It is fun to see everyone and hear about all that is being considered for future events and current projects they are working on.

Here are a few dates to add to your calendar if you don't have them yet. EAO Produce Plus Food – Every Tuesday starting at 2-4pm you can pick up food. Rest of the week you can pick up starting at 9-4pm. Language Classes are Tuesday and Thursday via ZOOM at 5pm. Tribal Election Day February 5<sup>th</sup>. EAO Community Meeting February 10<sup>th</sup> starts at 5pm on ZOOM. Elder's Council meeting February 12<sup>th</sup> at 1pm. Tribal offices closed on February 21<sup>st</sup> for Presidents Day. Also, there will be a Small Business Workshop February 17<sup>th</sup> via ZOOM

To contact the Elders Program for any reason, use this number, 541-444-8220, be sure to leave your name, and phone number with your question and you will get a call from the Elders staff.

Truly, Verdene McGuire. Eugene area Elders Representative - Lane, Linn and Benton Counties

[VDenie101@gmail.com](mailto:VDenie101@gmail.com)



# Education – February 2022

Candace Hill, Education Specialist

[candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
(541) 484-4234 x1763  
(541) 270 - 0037

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

## Upcoming Education Events

- **JOM Winter Activities Send Out** – Do you want to receive fun and educational activities for February 2022? Registration opens February 1<sup>st</sup> and closes February 14<sup>th</sup> at 4:30pm. It is open to JOM registered youth who live in the 11-county service area. Contact Candace to register.
- **Small Business Workshop** – Do you currently have a small business or thinking about starting one? We will have the Oregon Native American Chamber of Commerce (ONACC), Our Native American Business Network (ONABEN), and the Siletz Tribal Business Corporation (STBC) as guests at the workshop. This event is open to all tribal members but it is important to note that the presenters will be primarily focusing on Oregon and southwest Washington. Much of the information provided during this workshop is useful to all members interested in starting or looking for information on already established small businesses. This event is taking place on February 17<sup>th</sup> at 6pm via Zoom. Please contact Candace for more information.

## Education Program Opportunities

While our area office remains closed to the public, we are still committed to supporting Tribal members during this time. Our activities remain virtual. Below are this month's highlights. If you are interested please call or email Candace to sign up for the Youth Activities email list or check out the CTSI youth Facebook page and the CTSI website for up-to-date announcements about online events, at home activities and more.

- **JOM** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs available in communities.
- **Siletz Tribal Youth Activity Fund** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- **Online Tutoring** – We realize that schooling has experienced some difficulties regarding consistency. We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

## Higher Ed/AVT Reminders

- The Free Application for Federal Student Aid aka FAFSA is currently open for the 2022-23 school year. Students can fill out the application at [financialaid.gov](http://financialaid.gov). If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30<sup>th</sup>, 2022.
- The Higher Education and Adult Vocation Training Program applications are due June 30<sup>th</sup>, 2022 by 4:30pm. Applications can be turned in at any point up to the due date. Applications can be found on the tribe's website under the "post-secondary education" section. If you have any questions, please reach out to Candace.
- Adult Education and AVT applications for clock hour schools/programs (such as beauty schools and truck driving programs) can be turned in at any point. If you are interested in applying to these programs, contact Candace for more information.

LOVE

Happy  
Valentine's  
Day

## **Graduation Incentives**

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic achievements. Help celebrate your child's graduation or grade promotion by submitting a copy of their diploma, GED, or report card showing the change in grade. All Higher Ed/AVT students who graduate also need to send in their diploma or certificate. Email Candace for a graduation incentive application.



PreK – 12 Achievement	Incentive	Higher Ed/ AVT Achievement	Incentive
Headstart/Preschool	\$10	One Year AVT	\$100
Kindergarten	\$10	Two Year AVT	\$200
Elementary School	\$20	AA, AS, AAOT	\$200
Middle School	\$50	BA/BS	\$75 plus a Pendleton blanket
High school/GED	\$100	MA	\$300
		PhD	\$300 plus a Pendleton blanket

## Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

↕ FAFSA Opens for Applications Oct. 1st  
(at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

↕ CTSI Higher Education Grant Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

↕ CTSI Graduate Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))
- American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area &  
Out-of-State  
Alissa Lane-Keene  
[AlissaL@ctsi.nsn.us](mailto:AlissaL@ctsi.nsn.us)  
541-444-8373

Eugene Area  
Candace Hill  
[CandaceH@ctsi.nsn.us](mailto:CandaceH@ctsi.nsn.us)  
541-484-4234

Portland Area &  
Washington  
Katy Holland  
[KatyH@ctsi.nsn.us](mailto:KatyH@ctsi.nsn.us)  
503-238-1512

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

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.

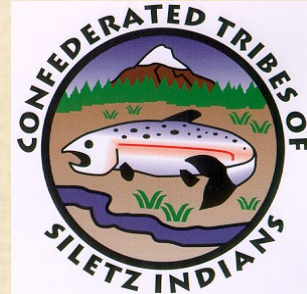






# 477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



Are you looking for work?

Why not sign up for **CORE** Services.

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

Once you secure employment, apply

for **Direct Placement**

Within 7 days of hire date.

**Support Services for:**

- ◆ Required tools
- ◆ Uniforms / Clothing / Boots / Shoes
- ◆ Licensing - fees
- ◆ Transportation Assistance

**Apply Today in your Area Office**

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

**Call your local office:**

Portland: (503) 238-1512

Siletz: (541) 444-2532

Eugene: (541) 484-2434

Salem: (503) 390-9494





# Recruiting Ages 19-26 to join the Eugene/Springfield COMMUNITY WILDFIRE PROTECTION CORPS



**A BETTER YOU** Gain certifications and work experience needed to open career pathways and get you moving towards your dream job.

**A BETTER PLANET** Spend 12.5 weeks working to create resilient communities in the face of Wildfire. Play a vital role in improving your community and the environment.

Northwest Youth Corps' Community Wildfire Protection Corps crews integrate team-based work projects, education, and professional trainings into a program that encourages personal growth and the development of resource management skills.

## Schedule:

- 1/26/2022 to 4/22/2022
- Members generally work M-F
- Crews work in Eugene/Springfield, OR area
- This is a day program (no camping/housing provided)

## Benefits:

- Members receive a living allowance of \$500/week prorated throughout their term of service, along with earning a \$1,678 AmeriCorps Education Award upon the successful completion of the program.
- Crew members gain industry-recognized credentials and skills that can be added to their resume and help in gaining access to outdoor related careers.

## COVID-19 Safety Measures:

Proven COVID-19 safety protocols are in place to keep members and staff healthy, and have maintained an excellent safety record. Visit [www.nwyouthcorps.org/m/covid19](http://www.nwyouthcorps.org/m/covid19) to read our COVID management protocols.

## For More Info:

Contact Zeke Zeff at [ZekeZ@nwyouthcorps.org](mailto:ZekeZ@nwyouthcorps.org) or call (215) 667-9028

## Qualifications:

- 19-26 years old with high school diploma or GED
- Ability to lift 75 lbs., hike several miles, and be on foot for 8-10 hours per day
- Positive mental attitude, willingness to learn and have commitment to success
- Ability to pass a criminal history background check and follow our COVID safety protocols
- Obtain First Aid/CPR certification prior to start (reimbursement available)

funded by



**NWYOUTHCORPS.ORG**



# Siletz Home Visiting Program

Now serving all federally recognized and Alaskan Native families who meet eligibility criteria!!

## Home Visiting Provides:

- Parenting and life skills for successful and positive parenting
- Support and encouragement
- Resources and referrals
- A culturally sensitive, evidence based curriculum
- Ongoing services from prenatal until child is 3 years old
- Virtual Visits currently

## For more information contact:

Danelle Smith  
Siletz and Coast Range  
541-444-9603 or  
1-800-922-1399  
[danelles@ctsi.nsn.us](mailto:danelles@ctsi.nsn.us)

Lori Christy  
Salem, Portland and Surrounding Areas  
503-390-9494  
[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)

Cathy Ray  
Eugene and Surrounding Areas  
541-484-4234  
[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)

Go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us) home visiting to view past success stories.

## Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under twelve months of age.
- American Indian/Alaskan Native head of household or dependent child and meet one of the following criteria—
  - Income below 300% federal poverty level for last 30 days
  - Household that resides in rural location that has limited employment opportunities
  - First time parent
  - Household with at least one adult without a post-secondary certificate
  - Family experienced trauma, chemical dependency or mental health barriers.
- Other eligibility criteria may apply so contact our staff if you have questions.

## Home Visiting

This is the time of the year you may find yourself inside a bit more due to the weather. It is fun to have a few new ideas for playing with your infant or toddler. Here are a few ideas you may wish to try.

### Baby Ball Drop:

Take an empty box and cut some holes big enough for some small balls to fit through. Let your child have fun dropping the balls in the holes. If you don't have any small balls other small toys could work as well. Your child may have fun seeing what will fit. If you happen to have some PVC pipe elbows you can tape those to the inside of a plastic bin or a box and let your child drop the balls through that. Of course if you have a little one they may just prefer to sit in a box full of balls!



### Sticker Shape Fun:

Draw some large shapes on a piece of paper. Give your child some stickers and let them stick the stickers on the shape. Younger toddlers will probably put the stickers anywhere on the paper. You can encourage older children to try and put the sticker on the shape's outline. Depending on your child and the stickers and colors that you have, you can make it more complex by having your child put the correct colored sticker on the same colored shape.



Home Visiting provides parenting and life skills for successful and positive parenting. Home Visiting is for American Indian/Alaskan Native families in the 11 county service area who are expecting or have an infant under age one. For more information and eligibility requirements please contact Cathy Ray, Home Visitor at 541-484-4234 or [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)



# 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:

**Jamie Boe**  
**Community Health Advocate**  
**541-484-4234**  
[JamieBoe@ctsi.nsn.us](mailto:JamieBoe@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 Jamie Boe,**  
**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 Jamie, Community Health Advocate at 541-484-4234



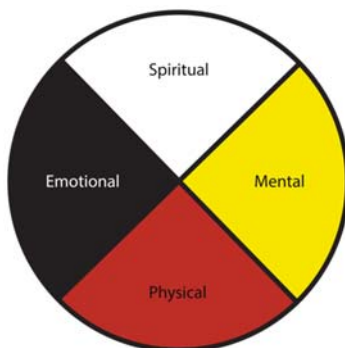
If you are interested in learning some quick facts about February 2022 National Health Observances check out this channel on

YouTube: [CTSI Eugene CHA](#)

Do you have ideas for simple and healthy recipes, or a wellness activity idea you would like me to share? Please reach out to Jamie Boe, Community Health Advocate.

Call: 541-484-4234

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





# February: American Heart Month

Jamie Boe, Community Health Advocate

Heart disease is the number one killer worldwide. Protect your heart by living a healthy lifestyle, so that you can share it with the ones you love for years to come.

## Risk Factors

Approximately 47% of all Americans have 1 of 3 key risk factors for heart disease

- High Blood Pressure
- High Cholesterol
- Smoking Cigarettes



❖ **Other Symptoms:** Age, Family History, Diabetes, Obesity, Physical Inactivity, Eating Disorders, Drug and Alcohol Use, Men have the greater risk.

## Symptoms

Symptoms can vary widely, from not having any symptoms, to having a heart attack or losing consciousness.

❖ **Watch for Pains:** Chest pain, shoulder blades, jaw, left arm, or upper abdomen.

## Prevention

Physical exercise (this can be as simple as taking a walk), heart healthy diet, quit smoking, get good sleep, and get regular health screenings. For more information, please visit:

<https://www.cdc.gov/heartdisease/prevention.htm>

✓ If you are ready to quit smoking, please call Jamie Boe @ 541-484-4235 for a TOBACCO QUIT KIT.



## *February is American Heart Month*

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

### **What is carbon monoxide (CO)?**

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

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

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

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

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

### **Heart problems caused by carbon monoxide**

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

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

**Carbon Monoxide** does travel through 2nd hand smoke, so please be aware and be safe when around others. Health is wealth!



**Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available 1-800-784-8669 (option 7)**



## FEBRUARY DISABILITY AWARENESS: RHEUMATOID ARTHRITIS

### What causes RA?

Individuals with Rheumatoid Arthritis (RA) may experience a reaction where their immune system mistakenly starts attacking their joints. This is what causes the pain, swelling, and stiffness of RA. If left untreated, it can also lead to permanent joint damage.

RA affects individuals physical and mental

health and their response to activities of daily living (ADLs) and even their relationships.



### Symptoms

- Swollen joints
- Accumulation of fluid in the ankles
- Morning stiffness
- Joint pain
- Fatigue
- Joint redness
- Increased eye sensitivity and dryness
- Mouth dryness
- Nodules on the skin
- Inflammation of the lungs

<https://omrf.org/2012/12/11/omrf-teams-with-tribal-clinics-against-arthritis/>

### Conditions related to Rheumatoid Arthritis:

#### Osteoarthritis

Inflammation of one or more joints.

#### Arthritis

A joint disorder which features inflammation of one or more joints.

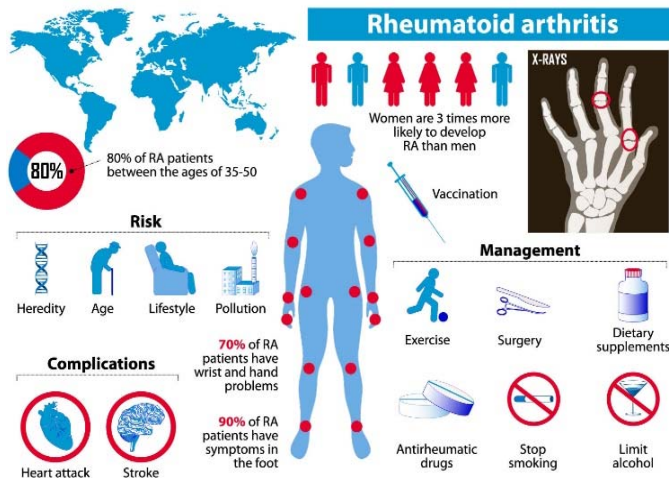
#### Systemic Lupus Erythematosus

An autoimmune disease, with systemic manifestations including skin rash, erosion of joints or even kidney failure...

#### Autoimmune Diseases

Conditions where the immune system mistakenly attacks healthy body cells.

If you or a loved one is experiencing this chronic medical condition, then contact your medical provider. Your local Vocational Rehabilitation Counselors are available to be of service to you:



**Jamie Bokuro, VRC (Siletz)**  
541-444-8213

**Tamra Russell, VRC (Portland)**  
503-238-1512, x1411

**Toni Leija, VRC (Salem)**  
503-390-9494, x1861

# JOM WINTER ACTIVITIES

Open to all JOM registered youth in the 11-county service area

Register each month by the due dates below to receive a fun activity package!

## Dates:

- January - Opens 1/3/22 and closes 1/13/22
- February - Opens 2/1/22 and closes 2/14/22

**Contact your area Education Specialist to sign up**

Portland Area  
(503) 238-1512  
katyh@ctsi.nsn.us

Siletz Area  
(541) 444-8373  
alissal@ctsi.nsn.us

Salem Area  
(503) 390-9494  
sonyamj@ctsi.nsn.us

Eugene Area  
(541) 484-4234  
candaceh@ctsi.nsn.us

# SILETZ TRIBAL SMALL BUSINESS WORKSHOP

Join us on Thursday, February 17th at 6pm via Zoom to discuss how to start your own business, how to support a small business, and other business topics with guests from:

- The Oregon Native American Chamber (ONAC)
- Our Native American Business Network (ONABEN)
- Siletz Tribal Business Corporation (STBC)



**CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP AND GET A ZOOM LINK**

**Portland Area**  
(503) 238-1512  
katyh@ctsi.nsn.us

**Siletz Area**  
(541) 444-8373  
alissal@ctsi.nsn.us

**Salem Area**  
(503) 390-9494  
sonyamj@ctsi.nsn.us

**Eugene Area**  
(541) 484-4234  
candaceh@ctsi.nsn.us





**SIGN UP TODAY FOR WINTER SESSION  
ON-LINE LANGUAGE CLASSES**

**LEARN  
NUU-WEE-YA'**

**TUESDAYS JANUARY 11-MARCH 15**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

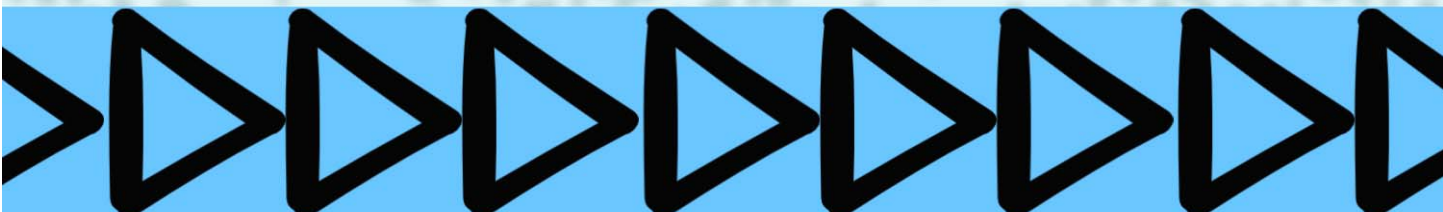
**THURSDAYS JANUARY 13-MARCH 17**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 2/5, 2/26, 3/12**

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:NICKV@CTSI.NSN.US) OR X1757





# Save the date! Planning Community Meetings

The Eugene Area Community meeting is scheduled for February 10<sup>th</sup>, 2022.

The meeting will be similar to the meetings we've had in the past, and will be dedicated to primarily **listening** to member concerns and bringing updates.

Special items for this meeting will be a discussion of the Head Start program led by DeAnn Brown and a presentation by the Health department.

We will be listening to you for your comments, criticisms, expectations and your priorities for our future planning.

Due to Covid restrictions, this will be a Zoom meeting.

Topic: Eugene Area Community Meeting

Time: February 10, 2022 05:00 PM Pacific Time (US and Canada)

An invitation will be sent closer to the meeting date.

## **Bring your voices and questions to the meeting**

Future meetings include:

1/27 Salem area

2/24 Siletz area

3/3 Portland area

3/17 Out of Service area

All members meetings

4/21

7/14

11/13



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## **Upcoming Dates:**

**February 9 at 6 pm: Hazel**

**PLUS** *Late-March or Early-April: Virtual Peeling Party  
schedule is weather dependent-email for details*

**March 9 at 6 pm: Maple Bark**

**April 13 at 6 pm: Shellfish**

*Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or x1757 to sign up*



# We're Back!

Calling all Gamers, K-12

## CTSI

### Minecraft Gathering

**FEBRUARY 19,  
2022 AT 11:00 AM**

## Contact:

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

for registration



# Siletz Tribal Youth Council

February 20th, 1:00pm

Come join our Youth Council in meeting and connecting with other Siletz tribal youth.

⇒ Ages 12 to 24

⇒ Meetings once a month

⇒ Future Travel and leadership opportunities available

⇒ Email for more info:

## **Siletz & Out of Area**

Elizabeth Madden

ElizabethM@ctsi.nsn.us

## **Portland Area**

Katy Holland

Katyh@ctsi.nsn.us

## **Salem Area**

Sonya Moody-Jurado

Sonyamj@ctsi.nsn.us

## **Eugene Area**

Candace Hill

CandaceH@ctsi.nsn.us

# JOM Youth

For Enrolled JOM Students

## Spring Break STREAM Send-Home Activities

Spring Break STREAM Kits are designed to enhance learning and prevent learning loss during Spring Break.

Completed applications must be received by the following deadlines: **March 2, 2022** by 4:30 PM. Microsoft form must be completed by **March 4, 2022 @ 4:30 PM.**

**Contact the Education Specialist in your service area to request an application.**

<b>Candace Hill</b>	<b>Katy Holland</b>	<b>Sonya Moody-Jurado</b>	<b>Jeff Sweet</b>
<b>Eugene Area Office</b>	<b>Portland Area Office</b>	<b>Salem Area Office</b>	<b>Siletz Area</b>
<b>(541) 484-4234</b>	<b>(503) 238-1512</b>	<b>(503) 390-9494</b>	<b>(541) 444-8207</b>
<b>CandaceH@ctsi.nsn.us</b>	<b>KatyH@ctsi.nsn.us</b>	<b>SonyaMJ@ctsi.nsn.us</b>	<b>JeffS@ctsi.nsn.us</b>

This program is funded by BIA CARES funding. Education kits will be issued on a first come first served basis, as resources are available.



# 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/Eugene Area 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.

# USDA Distribution Dates for February 2022

## Siletz

Tuesday	February 1 <sup>st</sup>	9 a.m. – 3 p.m.
Wednesday	February 2 <sup>nd</sup>	9 a.m. – 3 p.m.
Thursday	February 3 <sup>rd</sup>	9 a.m. – 3 p.m.
Friday	February 4 <sup>th</sup>	9 a.m. – 3 p.m.
Monday	February 7 <sup>th</sup>	9 a.m. – 3 p.m.

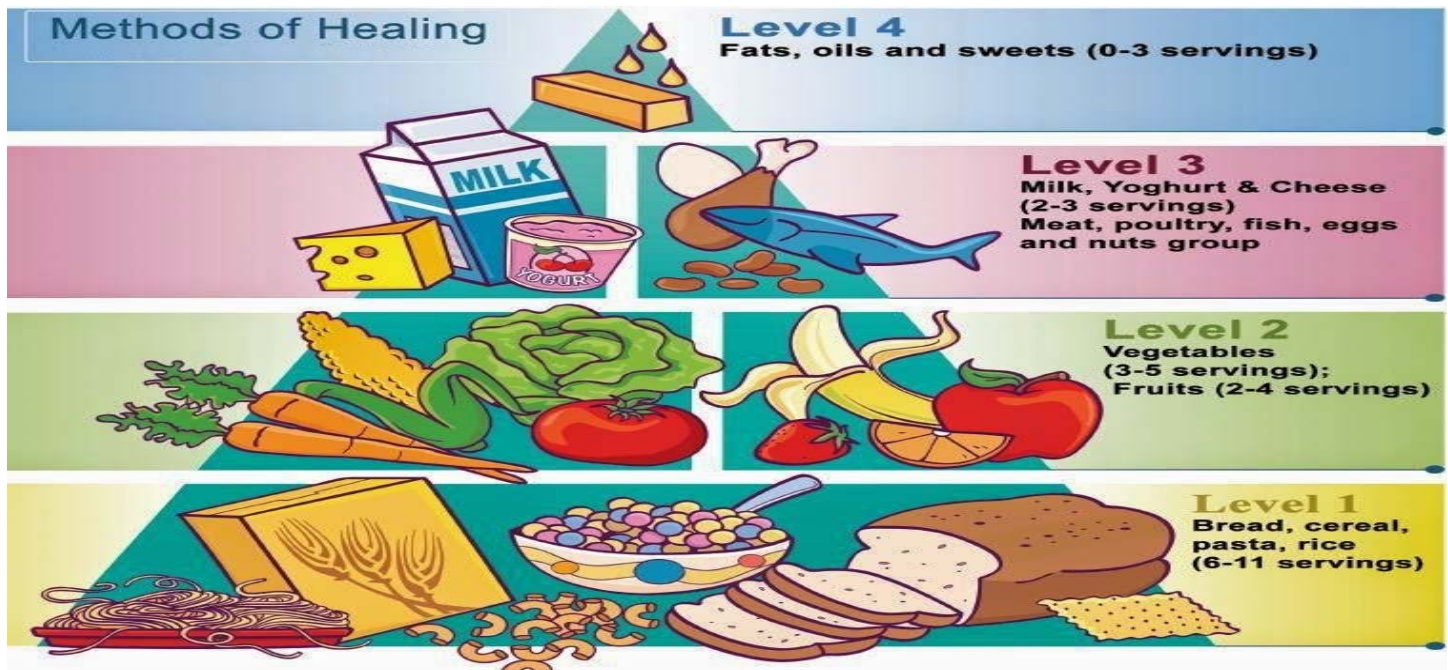
## Salem

Monday	February 14 <sup>th</sup>	1:30 – 6:30 p.m.
Tuesday	February 15 <sup>th</sup>	9 a.m. – 6:30 p.m.
Wednesday	February 16 <sup>th</sup>	<b>By appt only</b>

**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.

Sammy Hall, USDA Program Director  
[sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us)

Telephone: 541-444-8279  
FAX: 541-444-8306 or 503-391-4296





# February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 USDA Distribution Siletz 9-3pm Produce Plus Food 2-4pm Registration Opens Educational Activities	2 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm	3 USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm	4 Pay Day USDA Distribution Siletz 9-3pm Produce Plus Food 9-4pm	5 Tribal Election Day
6	7 USDA Distribution Siletz 9-3pm	8 Time Sheets Due Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	9 Produce Plus Food 9-4pm Virtual Culture Night Hazel 6pm	10 Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm EAO Community Meeting 5pm	11 Produce Plus Food 9-4pm	12 Elders Meeting Zoom 1pm
13	14 USDA Distribution Salem 1:30-6:30pm Registration Closes Educational Activities  Valentine's Day	15 USDA Distribution Salem 9-6:30pm Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	16 USDA Distribution Salem By Appt. ONLY Produce Plus Food 9-4pm	17 Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm Small Business Workshop—ZOOM	18 Pay Day Produce Plus Food 9-4pm	19 Minecraft 11 am
20 Siletz Tribal Youth Council 1pm	21 Holiday CLOSED  Presidents' Day	22 Time Sheets Due Produce Plus Food 2-4pm Language Class Beginning Conversation 5pm	23 Produce Plus Food 9-4pm	24 Produce Plus Food 9-4pm Language Class Continuing Conversation 5pm	25 Produce Plus Food 9-4pm	26
27	28	1	2	3	4	5

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

Jessica Hibler, Supervisor x1751 [jessicaH@ctsi.nsn.us](mailto:jessicaH@ctsi.nsn.us)  
Nick Viles, Language/Traditional Arts Instructor x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
Candace Hill, Education Specialist/JOM x1763 [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
Cathy Ray, Intake Specialist/Job Coach x1756 [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753 [jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us)  
Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)  
Vacant, Elders On-Call Transport



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

2021/2022  
HUNTING/FISHING/GATHERING  
INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 \$75 \$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

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

or

Denise Garrett at

541-444-8227

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