

The Eugene Area Office Newsletter  
May 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 Siletz tribes' website or calling:

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)  
Low-Income Household Water Assistance Program (LIHWAP)**

**"Crisis/Shut-off/Regular"  
Electric or Water Bill**

**~OPEN~**

**All Siletz Tribal members and Households with tribal children. (Income based).** To see if you qualify or have questions. Contact: **Casey Godwin** by phone or email- **541-444-8311** [caseyg@ctsi.nsn.us](mailto:caseyg@ctsi.nsn.us)

You can also contact the Eugene A/O for applications 541-484-4234

**Email Reminders**

**If anyone would like reminders of special meetings, cultural classes or special events, etc. Contact Nora at the Eugene Area Office to be put on the 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)

*Life is Short.*

*Do what makes you  
HAPPY.*

*Be with those who make you  
SMILE.*

*Laugh as much as You  
Breathe.*

*Love as long as you  
LIVE.*



# MAY 2022

## ELDERS NEWSLETTER

Hi Everyone,

I was looking forward to the Spring Fling at the Casino on April 6th and 7th. But as it turned out I had to pass to stay with my sister because her husband had a stroke on 3/30/22 while we were talking about our kids. A lot of intense and sad health issues for my family this month. I know it would have been fun seeing everyone at the casino, sorry I missed it.

I want to wish my Eugene area elders a happy Birthday each month, (first names only). Since I am still in Astoria helping care for my older sister that has had a stroke in December 2021, I do not have my birthday list of names. You all know who you are, party on! 😊 So Happy Birthday wishes to our May elders, for good health, wealth, prosperity, love. A day filled with lots of happiness and fun throughout the year to come.

At the April elder's council meeting, I was very saddened by the petty discussion over voucher distribution at the spring fling event. It made me feel like there was no appreciation for the fact that you all got to go in the first place and most of the costs were picked up by the tribe. It always surprises me the lack of thankfulness I hear for all we receive as tribal members and elders. I know so many people that struggle every month with the lack of food, money, medical and dental care, and prescriptions. I personally am so proud and thankful for everything our tribe has given us. I really appreciate Anita and the elder's staff for all their challenging work organizing these events as I know how much work that it takes to put them together for us.

I hope you had a fun filled Easter Sunday on April 17th. At our age “we live for the parties” a quote from a very dear friend I utterly agree with. So do not forget Cinco de Mayo on Thursday the May 5<sup>th</sup>. And Mother’s Day on Sunday the 8<sup>th</sup> of May. The next monthly Diabetes dinner zoom meeting with Kim Lane is planned for Tuesday May 17<sup>th</sup> 6-7 PM. And our Memorial Day celebration in Siletz on the Monday May 30<sup>th</sup>. The next Elders Council Meeting via zoom is scheduled for Saturday, May 14th at 1:00 pm. Again, email AJ Warren [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us) and he will send you a link to join in. To contact the Elders Program for any event, use this number, 541-444-8212, be sure to leave your name, and phone number with your question and you will get a call from the Elders staff.

The dates of the Book Club for the next few zoom meetings will be the 2nd and 4th Thursday of each month from now on. For May it is the 10th and the 24th. I do enjoy listening and seeing everyone on the zoom meeting. Just let AJ Warren know you want to get the Book Club ZOOM link invitation address and he will send you one. His email is [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us) and the Elders program phone number is 541-444-8212 for any questions.

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

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

Cell: 503-890-0742

Candace Hill, Education Specialist

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

(541) 484-4234 x1763

(541) 270 - 0037

# Education – May 2022

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

## Upcoming Education Items

- **JOM Spring Send Home Activity** – We are continuing our send home activities series in May. Sign up to receive a fun, educational, family engagement activity! Registration opens on May 2<sup>nd</sup> and closes May 12<sup>th</sup> at 4:30pm. Contact Candace to sign up via Microsoft forms.
- **CTSI Annual Student Gathering** – Please join the Education department as we celebrate and honor the 2022 Higher Education, AVT and graduate level graduates on June 23<sup>rd</sup> at 6pm via Zoom! All students and their families are welcome. Contact Candace to register by June 10<sup>th</sup> at 4:30pm.
- **Higher Education and Adult Vocation Training Applications are Due Soon!** – Are you interested in attending college or a vocation school? Don't forget to apply for the CTSI Higher Education or Adult Vocation Training programs. Applications are due by June 30<sup>th</sup>. Remember to fill out your Free Application for Federal Student Aid (FAFSA) by June 30<sup>th</sup> as well! Applications can be found on the CTSI webpage: Go to Services and Programs, then Education, and then "Post-Secondary Education".
- **Tribal Temporary Student Assistance Program** – Are you needing help with college housing next school year? Applications for the Tribal Temporary Student Assistance Program (TTSAP) opens on May 1<sup>st</sup> and closes May 31<sup>st</sup>.

## Education Program Opportunities

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 programs 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.

## Higher Ed/AVT Reminders

- Are you wanting to apply for Native-specific college scholarships? Email Candace for a list!
- 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 by June 30<sup>th</sup>, 2022. 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 or by emailing 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:  
Call 541-484-4234 x1763 or **Email:** [candaceh@ctsi.nss.us](mailto:candaceh@ctsi.nss.us) 1-800-922-1399x1763

## **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 their diploma or certificate along. 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 completed 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)

Contact an Education Specialist in your area for more information.

Siletz Area &  
Out-of-State  
Jeff Sweet  
JeffS@ctsi.nsn.us  
541-444-8373

Eugene Area  
Candace Hill  
CandaceH@ctsi.nsn.us  
541-484-4234

Portland Area &  
Washington  
Katy Holland  
KatyH@ctsi.nsn.us  
503-238-1512

Salem Area  
Sonya Moody-Jurado  
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.

# *Siletz Tribal Members* **Online Academic Support**

## **Free Virtual Tutoring!**

- \* 24/7 On-Demand Access to Online Professional Tutors**
- \* GED Support**
- \* All Subjects and Grade Levels- From Kindergarten through College/University**
- \* Individualized Help in All Subjects**
- \* SAT & ACT Prep; College Course Level Help and More**
- \* All Tribal Students Eligible to Apply, Regardless of Residence.**

Contact your local Education Specialist to sign up:

Siletz & Out-of-Area  
JeffS- JeffS@ctsi.nsn.us

Portland  
Katy- KatyH@ctsi.nsn.us

Salem  
Sonya- SonyaMJ@ctsi.nsn.us

Eugene  
Candace- CandaceH@ctsi.nsn.us

### **Please Note:**

**Students MUST complete a Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available.**

## 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.

**Don't cry over the past, it's gone.**

**Don't stress about the future, it hasn't arrived.**

**Live in the present and make it beautiful...**

# Siletz Tribal TANF Program



TANF—Temporary Assistance for Needy Families

Cash Assistance can include but is not limited to:

- ◆ Cash Grants
- ◆ Support Services
- ◆ Childcare Assistance
- ◆ Address barriers to self-sufficiency / employment
- ◆ Culturally based Case Management
- ◆ Referrals
- ◆ Job readiness & Job skills Workshops
- ◆ GED & Higher Education guidance



## Eligibility requirements:

1. Enrolled Siletz Tribal member in household
2. Live in 11-County Service Area
3. Meets income requirements
4. Completes application process to determine eligibility

Pre-TANF / Diverted Services:

*This Program can provide non-recurrent short term Benefits:*

- ◆ must not exceed 185% of Federal poverty Level for last 30 days
- ◆ Intent is to divert families from becoming TANF participants
- ◆ Expected to have gainful employment within 4 months
- ◆ Services will not exceed four months
- ◆ Eligible families can receive cash grants based on household size
- ◆ Family may be eligible for support services base on barriers identified on case plan

**Examples of eligible families:**

- ◆ On unpaid maternity leave
- ◆ Short term illness/injury



Contact:

Email: [477ssp@ctsi.nsn.us](mailto:477ssp@ctsi.nsn.us)

**Siletz: Area Office:**

201 SE Swan Ave.  
Siletz, OR 97380  
541-444-2532

**Salem Area Office:**

3160 Blossom Dr. NE #105  
Salem, OR 97305  
503-390-9494

**Portland Area Office:**

12790 SE Stark St. #102  
Portland, OR 97233  
503-238-1512

**Eugene Area Office:**

2468 W. 11th Ave.  
Eugene, OR 97402  
541-484-4234

# 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.

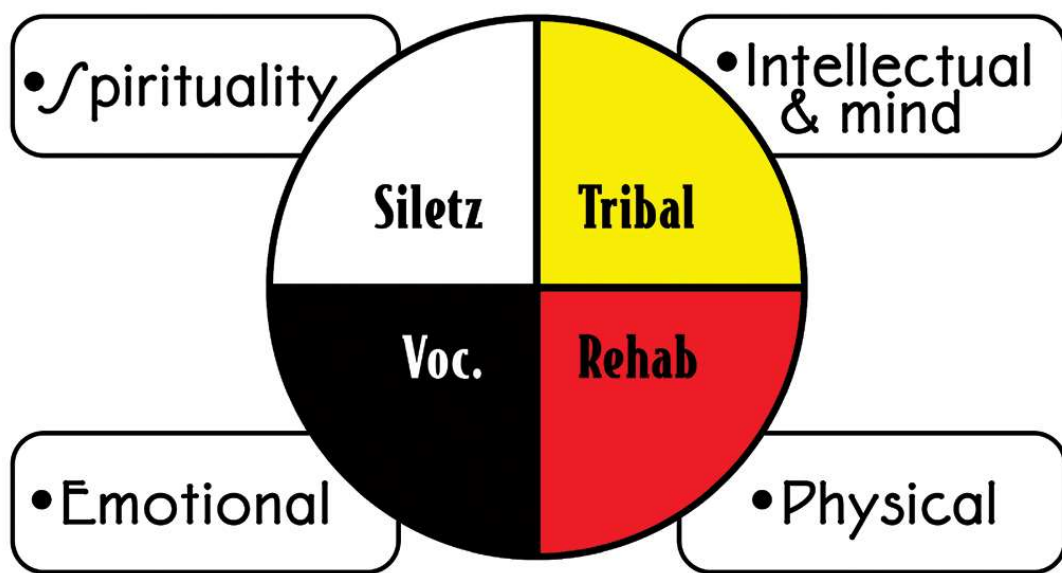


# Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of ANY federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

## Examples of Services

- Guidance and counseling
- Referral to employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

**Makayla Jackson**  
**Job Developer/Counselor**  
Eugene Area Office  
2468 W 11th Ave.  
Eugene, OR 97402  
541-484-4234, ext. 1752

**Toni Leija**  
**Job Developer/Counselor**  
Salem Area Office  
3160 Blossom Drive NE, STE 105  
Salem, OR 97305  
503-390-9494, ext. 1861

**Tamra Russell**  
**Job Developer/Counselor/TSS 1**  
Portland Area Office  
12790 SE Stark St., STE 102  
Portland, OR 97233  
503-238-1512, ext. 1411

**Jamie Bokuro**  
**Intake Specialist/Job Coach**  
Siletz Area Office  
201 SE Swan Ave.  
Siletz, OR 97380  
541-444-8266

## Overcoming the Stigma of Mental Illness and Harnessing Your Super Powers!

Bipolar Personality Disorder (BPD) is characterized by individuals' who may experience unstable moods, exhibit chaotic behaviors, and struggle with daily functioning. Tribal communities play a key role in the healing of their members from the history of colonization, generational and family traumas (i.e., removal of children into foster care or previously, boarding schools). It truly does take a village to facilitate the healing of tribal members through cultural, traditional, and healing arts.

### Symptoms: (vary from person to person)

- ✚ Distorted self-image
- ✚ Feelings of isolation, boredom, worthlessness, and emptiness
- ✚ Mood swings, sometimes severe and sudden
- ✚ Feelings of anxiety
- ✚ Loss of interest in routine activities
- ✚ Suicidal thoughts
- ✚ Delusions
- ✚ Unstable relationships

**Causes:** Research indicates that BPD is an adult survivor's reaction to childhood trauma. Genetic and environmental factors may play a role....

**Strengths: Individuals with BPD are highly Creative, Intelligent, and can become Great Leaders, Storytellers, Artists, and Healers! Through the use of their Super Powers, they can bring about positive changes to the social fabric of society.**

### Self-Care:

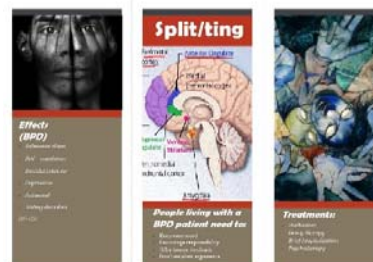
- ✚ Find a Support Group to share experiences and feelings
- ✚ Explore emotion regulation coping skills (i.e., Dr. Marsha M. Linehan – Dialectical Behavior Therapy – Skills Training Manuals)
- ✚ Develop and maintain healthy social relationships by practicing with the group
- ✚ Psychotherapy and sometimes, medications can help individuals' stabilization

**Accommodations:** Specialized Job Placement – where the individual's behaviors can be accommodated, assignment of a Job Coach or Peer Mentor to facilitate communications, intervene in crisis, and help the individual adjust to their work environment. Show unconditional love and acceptance and Keep your word!

Eugene: Makayla Jackson, Job Developer/Counselor, 541-484-4234, ext. 1752

Portland: Tamra Russell, Job Developer/Counselor (part-time) 503-238-1512, ext. 1411

Salem: Toni Leija, Job Developer/Counselor, 503-390-9494, ext. 1861



## Overcoming the Stigma of Mental Illness and Harnessing Your Super Powers!

Bipolar Personality Disorder (BPD) is characterized by individuals' who may experience unstable moods, exhibit chaotic behaviors, and struggle with daily functioning. Tribal communities play a key role in the healing of their members from the history of colonization, generational and family traumas (i.e., removal of children into foster care or previously, boarding schools). It truly does take a village to facilitate the healing of tribal members through cultural, traditional, and healing arts.

### Symptoms: (vary from person to person)

- ✚ Distorted self-image
- ✚ Feelings of isolation, boredom, worthlessness, and emptiness
- ✚ Mood swings, sometimes severe and sudden
- ✚ Feelings of anxiety
- ✚ Loss of interest in routine activities
- ✚ Suicidal thoughts
- ✚ Delusions
- ✚ Unstable relationships

**Causes:** Research indicates that BPD is an adult survivor's reaction to childhood trauma. Genetic and environmental factors may play a role....

**Strengths:** Individuals with BPD are highly Creative, Intelligent, and can become Great Leaders, Storytellers, Artists, and Healers! Through the use of their Super Powers, they can bring about positive changes to the social fabric of society.

### Self-Care:

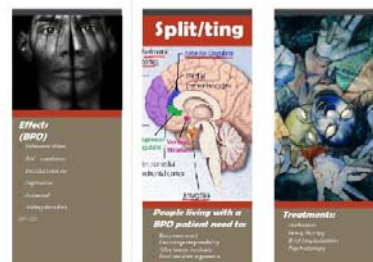
- ✚ Find a Support Group to share experiences and feelings
- ✚ Explore emotion regulation coping skills (i.e., Dr. Marsha M. Linehan – Dialectical Behavior Therapy – Skills Training Manuals)
- ✚ Develop and maintain healthy social relationships by practicing with the group
- ✚ Psychotherapy and sometimes, medications can help individuals' stabilization

**Accommodations:** Specialized Job Placement – where the individual's behaviors can be accommodated, assignment of a Job Coach or Peer Mentor to facilitate communications, intervene in crisis, and help the individual adjust to their work environment. Show unconditional love and acceptance and Keep your word!

Eugene: Makayla Jackson, Job Developer/Counselor, 541-484-4234, ext. 1752

Portland: Tamra Russell, Job Developer/Counselor (part-time) 503-238-1512, ext. 1411

Salem: Toni Leija, Job Developer/Counselor, 503-390-9494, ext. 1861





# **COUNSELING SERVICES**

**Mental Health counseling services are now  
available through the EAO!**

---

**Beginning in April 2022 – Virtual Sessions Available**

**2468 W. 11<sup>th</sup> Ave.  
Eugene OR 97402**

---

**Please contact our therapist and peer support specialist for an  
appointment:**

**Ro Zientara LPC & Rowena Jackson**

**At: 541.484.4234**

# Community Health: May 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us)



## Siletz Community Health Phone Numbers

- Siletz Community Health Clinic **1-800-648-0449**
- Purchased/Referred Care (PRC) **1-800-628-5720**
- Resource Line **541-444-9613**
- CARE Program **541-444-9680**



"Shu-'yi dee-ghayt-nin'sh- We are getting well"

## Siletz Mail Order Pharmacy

For prescription refills, 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 mail it to you.

Pharmacy Refill Line: **541-444-9624**



## Indian Health Clinic Registration Forms Available at the Eugene Area Office

- Siletz Community Health Clinic & PRC (Siletz, OR)
- Ko-Kwel Wellness Center (Eugene, OR)
- Chemawa Indian Health Center (Salem, OR)



## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office, or you can apply online at: <http://www.OregonHealthCare.gov>

OHP Phone: **1-800-699-9075**



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

Contact your Eugene CHA, Jamie @ **541-484-4234**

## Tribal Non-Emergency Medical Transportation Line: 541-444-9633



We provide transportation to and from medically related appointments *as a last resort* to Siletz tribal members who lack transportation. To determine eligibility for transport services, please call the Siletz transport hub at least 48 hours in advance and leave a detailed message. Someone will call you back within two days.

# Community Health: May 2022



Jamie Boe, Community Health Advocate



Phone: 541-484-4234 Email: [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us)

## Asthma and Allergy Awareness Month

Asthma affects more than 25 million Americans, and between February and early summer is when seasonal allergies can really give asthma suffering people the most trouble. Asthma is a chronic disease that causes the airways to become inflamed, making it hard to breath. There is no cure for asthma, however, it can be managed by avoiding triggers such as pollen, smoke, dust, and whatever you could be allergic to. It's best to carry your asthma medication when you're out and about just in case, and be mindful of symptoms like coughing, wheezing, or shortness of breath. With allergies being a big trigger for asthma, it's important to understand how allergies can affect us. Allergies occur when our body's immune system overreacts to a substance it sees as harmful. The immune system makes antibodies called immunoglobulin E (IgE), which respond to allergens. The resulting symptoms are an allergic reaction. People can be allergic to almost anything including pollen, food, pets, mold, and latex. Symptoms can include sneezing, hives or rash, swelling in the throat and mouth, and even anaphylaxis, which is a life threatening reaction. The best way to prevent allergies is to avoid allergens, and be sure to carry medications you may need with you. Talk to your primary care provider if you have asthma or allergy concerns.

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

## MAY IS BIKE MONTH

With so many reasons to ride, what's yours?



#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

## National Bike Month

With bicycle riding being good for our physical health and for the environment, it's no surprise that it's a very popular way to get wherever we need to go. Health benefits include increased cardiovascular fitness, increased muscle strength, flexibility, and decreased stress levels. Bike riding can be a great way to enjoy the outdoors, or even for commuting to work. Wherever your bicycle adventures take you, remember to practice bicycle safety on the roads and wear a properly fitting helmet. Learn more at the websites below.

<https://bikeleague.org/bikemonth>

<https://www.nhtsa.gov/road-safety/bicycle-safety>

**Helmets are available at the CTSI Eugene Office for tribal member dependents ages 3-17 years. Contact Jamie Boe, Community Health Advocate.**



## Nutrition Education Classes



### Where

Online through Zoom

### When

June 16th 6-7pm

### who

Open to those with a limited food budget

### how

Registration is required.  
Sign up with Jamie Boe  
by emailing:  
[jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us)  
or call 541-484-4234

## Cooking and Preparing Seasonal Produce

### Would you like to learn:

- To prepare nutritious, delicious seasonal produce-rich dishes?
- Ways to save money on produce?
- How to identify ways to extend the life of your produce?
- Identify different cooking methods for various vegetables?

Space is limited to 25 tribal members for this class. Please RSVP by June 15<sup>th</sup> with your Name, Phone #, and Email. 😊😊😊 A zoom link will be provided to you shortly before the class date.

# Community Health: May 2022



Jamie Boe, Community Health Advocate

Phone: 541-484-4234 Email: [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us)



## Commodity Supplemental Food Program: Service by Linn Benton Food Share

For seniors living in **Linn** and **Benton** counties, The Commodity Supplemental Food Program (CSFP) works to improve the health of:

Low-income persons at least **60 years of age** by supplementing their diets with nutritious USDA Foods, including:

- Dairy including milk and cheese
- Grains including cereals, long grain, and brown rice, assorted pastas
- Fruits including juices, raisins, and canned fruit
- Vegetables including potatoes, pasta sauce, canned vegetables, sweet potatoes, soups
- Proteins including canned meat, chili, stews, and peanut butter
- Legumes including dry and canned beans and dry lentils.

Recipients receive a box of food monthly.

Please contact **Susan James** at [sjames@communityservices.us](mailto:sjames@communityservices.us) or call **541-730-6390** for more information.

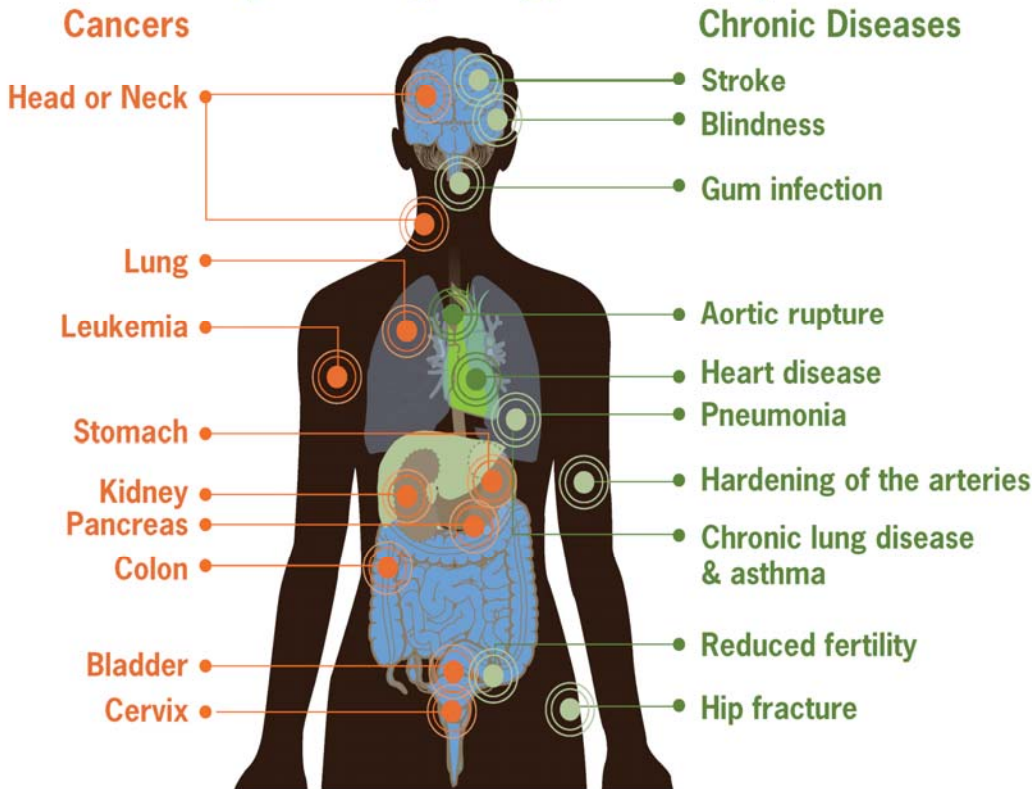
\* You can also request an application from **Jamie Boe, Community Health Advocate**.

CSFP Federal Poverty Guidelines -- 2022		
Household size	Monthly	Yearly
1	\$1,473	\$17,667
2	\$1,984	\$23,803
3	\$2,495	\$29,939
4	\$3,007	\$36,075
5	\$3,518	\$42,211
6	\$4,029	\$48,347
7	\$4,541	\$54,483
8	\$5,052	\$60,619
For each add'l household member, add...	512	6,136



# Risks from Smoking

Smoking can damage every part of the body



## *Tobacco Related Cancers for the Month of May*



**Melanoma and Skin:** Cancers: Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.



**Bladder Cancer:** Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain. Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma.

*Culture is Prevention - Keep it Traditional - Smoke Salmon, not Commercial Tobacco*

**Commercial Tobacco Quitline 1-800-QUIT-NOW**

**AI/AN Line now available 1-800-784-8669 (option 7)**



# JOM Spring Activity

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

Sign up for a fun, educational, family engagement activity!

***Registration opens May 2nd, 2022***

***and closes May 12th, 2022***

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

**Portland Area**

(503) 238-1512

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

**Salem Area**

(503) 390-9494

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

**Siletz Area**

(541) 444-8373

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

**Eugene Area**

(541) 484-4234

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



# PARENTING CLASS



\*\*\*CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW\*\*\*

\*\*\*COW CREEK BAND OF UMPQUA TRIBE OF INDIANS\*\*\*

\*\*\*CONFEDERATED TRIBES OF SILETZ INDIANS\*\*\*

PRESENT TO YOU:

## FATHERHOOD IS SACRED MOTHERHOOD IS SACRED BY ALBERT M. POOLEY

**WHEN:**

**April 6, 13, 20, 27**

**May 4, 11, 18, 25**

**2022**

**6pm - 7:30pm**

**WHERE**

**~ZOOM~**

**Link will be emailed to you  
after registration**

**RSVP BY**

**3/30/2022**

**Lori Christy**

**503-390-9494**

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

**RSVP BY**

**3/30/2022**

**Jessica Hibler**

**541-484-4234**

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

**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!!**

**WWW.NATIVEAMERICANFATHERS.ORG/**

### COURSE TOPICS:

- Define the purpose of life
- Understanding the sacredness of fatherhood/motherhood

### Laying the Foundation

- Understanding the concepts of character and integrity
- Understanding the importance of fathers and mothers as leaders.

### The Creator

- Understand and explain the importance of faith/belief

### Choice

- Understand and value the freedom of choice
- Understanding the consequences of both good and bad choices

### Essential Part of Choice

- Understanding the importance of vision and explain how vision is powerful

### Teachable

- Understand the importance of truth and being teachable

### Barriers to Being Teachable

- Understand and identify the barriers to being teachable
- Understand and explain how to remove the barriers to being teachable

### Wisdom

- Understand the importance of wisdom
- Explain the three components of wisdom

### Service

- Understand the importance and benefits of service
- Understand the concept of sacrifice and why it is important
- Explain how to value the small and simple things

### Self Identity

- Understand why it is important to know who we are
- Understand the importance of improving attitude
- Understand how our parents had ideas about who we would become

### Relationships

- Learn positive ways to build relationships
- Understand how communication affects relationships

### Nurturing

- Understand the importance of nurturing
- Learn how to nurture your family and children
- Understand how love and discipline relate to nurturing



# Confederated Tribes of Siletz Indians Tribal Council

P.O. Box 549  
Siletz, OR 97380  
(800) 922-1399

## General Council Meeting Saturday, May 7, 2022 Siletz, Oregon

1:00 p.m.      Call to Order  
                    Invocation  
                    Flag Salute  
                    Roll Call  
                    Approval of Agenda  
                    Approval of Minutes  
  
                    Special Presentation  
  
                    Consent Decree  
  
                    Tribal Member Concerns  
  
                    Chairman's Report  
  
                    Announcements  
  
                    Adjourn

Due to the COVID-19 pandemic, in order to continue to keep the membership safe/healthy, the May 7, 2022 General Council Meeting will be on the zoom platform.

For access to the meeting link, please email [generalcouncil@ctsi.nsn.us](mailto:generalcouncil@ctsi.nsn.us) and include your name and roll number in the email. The link to the meeting will be sent to your email address on May 6, 2022 prior to 4:30 p.m.

To discuss Tribal member concerns, please indicate so in your email or by using the "raise hand" option in zoom. The Tribal Chairman will call upon Tribal members in the order they are received.

Tribal members who plan to speak, please ensure there is audio on your device.

The deadline to request the meeting link is May 6, 2022.



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

**LEARN  
NUU-WEE-YA'**

**TUESDAYS APRIL 12-JUNE 14**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

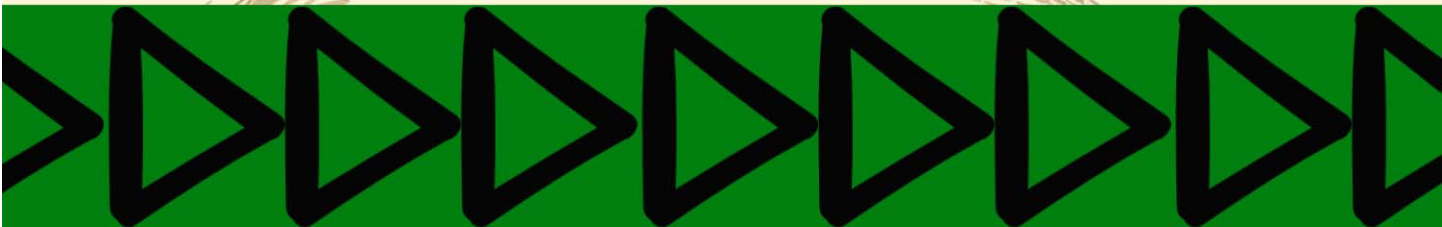
**THURSDAYS APRIL 14-JUNE 16**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 5/7, 5/21, 6/11**

NOON-IMMERSION CONVERSATION HOUR

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



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## ***Upcoming Dates:***

***May 11 at 6 pm: Camas***

***June 8 at 6 pm: Tule and Cattail***

***Sponsored by the Education and Culture Departments***

***Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or 541-484-4234 x1757 to sign up***



# We're Back!

Calling all Gamers, K-12

## CTSI

### Minecraft Gathering

**MAY 21, 2022 @**  
**10:30 AM**

## Contact:

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

for registration



# Memorial Day

## Virtual Community Sharing Night

May 25, 2022 at 6 pm via Zoom

Sponsored by the Education and Culture Departments

Contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) or Buddy Lane ([buddyl@ctsi.nsn.us](mailto:buddyl@ctsi.nsn.us)) to sign up



# **SILETZ YOUTH WATER SUMMIT**

**May 28th, 2022 4:00pm to  
6:00pm**

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

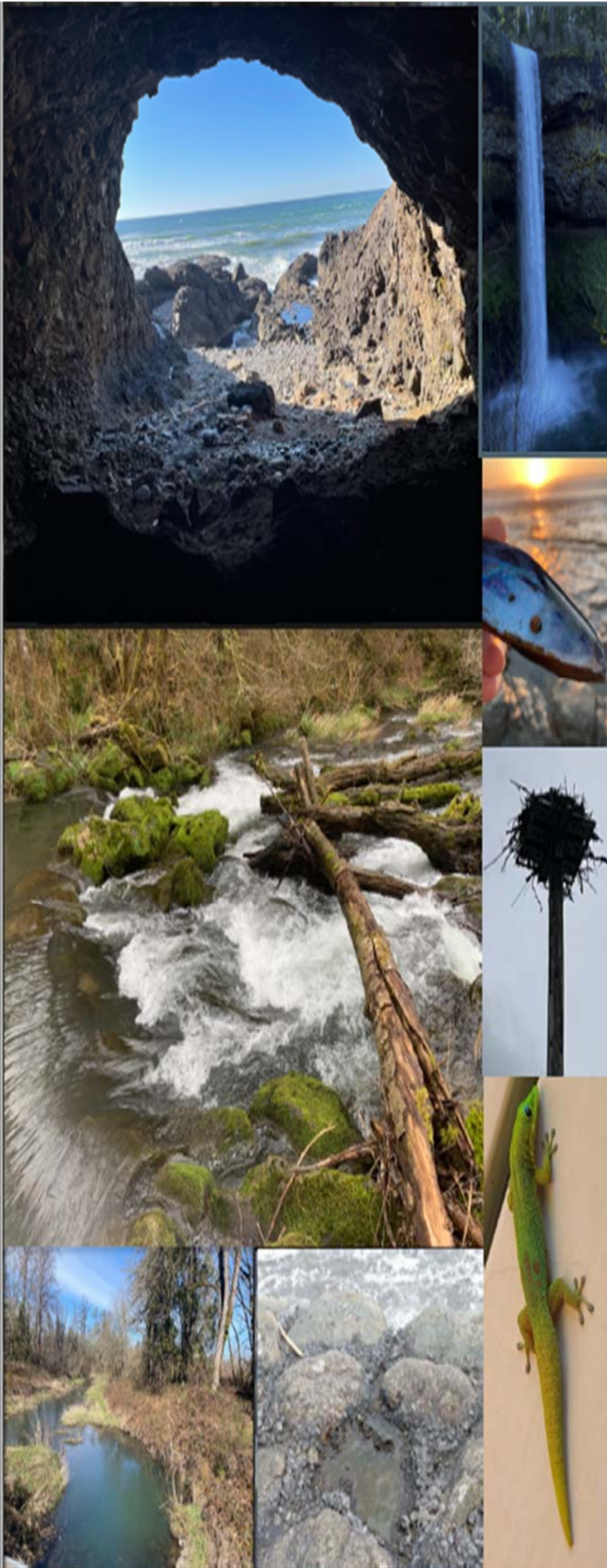
Sign up Deadline: May 16th

Eligibility:

CTSI Households with K-5 youth (& Headstart)

**THIS EVENT IS VIRTUAL BUT WILL REQUIRE  
FAMILIES TO GO TO NEAR-BY STREAMS/RIVER/  
WATERS TO GATHER WATER SAMPLES WITH  
THEIR YOUTH**

**Gift cards \* Water Kits \* Gear**





**2022**  
***Confederated Tribes of***  
***Siletz Indians***  
***Memorial Day Ceremony***

May 30, 2022  
11:00 a.m.  
Government Hill  
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard  
Dancing Again Singers

Lord's Prayer – Siletz Royalty  
Welcome – Tribal Council Chairman Delores Pigsley  
Memorial Day Address – William "Buster" Lane  
Presentation of Flowers  
Gun Salute – Honor Guard – Taps

Closing – Dancing Again Singers

Due to Covid-19, Social Distancing protocols will be in place.  
The Community Center remains closed.  
The restrooms at the comfort station near the pow-wow grounds will be open

2022-2023 Hunting and Fishing Tags  
Distribution Schedule

**Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232**

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery***	50	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/15	First Come First Served*
	Antlerless – Adult	12	10/1-11/4	Lottery applications available 8/1; due <b>8/26</b> ; drawing 9/6; tags issued 9/7	Lottery – Open to Elders Only
	Antlerless –Youth	8	10/1-11/6	Lottery applications available 8/1; due <b>8/26</b> ; drawing 9/6; tags issued 9/7	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	3	8/15-12/31	Lottery applications available 6/1; due <b>7/1</b> ; drawing 7/5; tags issued 7/6	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/12-11/15	Lottery applications available 8/29; due <b>9/23</b> ; drawing 10/3; tags issued 10/4	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/19-11/25		
	Antlerless	15	1/1/23-3/31/23	Lottery applications available 8/29; due <b>9/23</b> ; drawing 10/3; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	8/15	First Come First Served

\* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

\*\* Season for Youth ages 12-17 is 10/1 - 11/6 (2 additional days at end of general season)

\*\*\* **Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/7.**

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2022-2023 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

*Second Distribution:* For any eligible hunter, regardless of what other tags they have received.

# 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.

## 2022 CTSI CSA Program



The Confederated Tribes of the Siletz is partnering with FOOD For Lane County to bring even more fresh produce into your household, through a Community Supported Agriculture (CSA) program! We hope to help your family make fewer hard choices about where to spend your food budget, and to support healthy choices and behavior.

**Interested families will receive one box of fresh organically grown produce a week from June to mid-November.**

### **Content of Boxes:**

- Small: 6-7 items, feeds 1-2 adults
- Family Size: 9-11 items (e.g. of an item, 2lbs potatoes, head lettuce)
- Quantity and variety varies through the season depending on what is harvested.

If interested in the program you must be willing to commit to receiving the weekly produce boxes for all 22 weeks. Boxes are delivered to the Eugene Office Wednesday afternoons. If picking up is a barrier, please let us know.

This program also includes optional nutritional and educational resources to support healthy lifestyle changes.

Space is limited. For more information or to RSVP call **Jessica Hibler at 541-484-4234 or email**

**[jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)**

# USDA distribution dates for May 2022

## Siletz

Monday	May 2 <sup>nd</sup>	9 a.m. – 3 p.m.
Tuesday	May 3 <sup>rd</sup>	9 a.m. – 3 p.m.
Wednesday	May 4 <sup>th</sup>	9 a.m. – 3 p.m.
Thursday	May 5 <sup>th</sup>	9 a.m. – 3 p.m.
Friday	May 6 <sup>th</sup>	9 a.m. – 3 p.m.

## Salem

Monday	May 16 <sup>th</sup>	1:30 – 6:30 p.m.
Tuesday	May 17 <sup>th</sup>	9 a.m. – 6:30 p.m.
Wednesday	May 18 <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)

Siletz: 541-444-8279  
 FAX: 541-444-8306  
 Salem: 503-391-4296

# May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Registration JOM Spring Activity Starts  USDA Distribution Siletz 9-3pm	3 Time Sheets Due  Produce Plus Food 2-4pm  USDA Distribution Siletz 9-3pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	4  Produce Plus Food 9-4pm  USDA Distribution Siletz 9-3pm  Parenting Class ZOOM 6-7:30pm	5  Produce Plus Food 9-4pm  USDA Distribution Siletz 9-3pm  Language Class Ongoing Conversation 5pm	6  Produce Plus Food 9-4pm  USDA Distribution Siletz 9-3pm	7 General Council Mtg. 1pm ZOOM  Language Class Noon Immersion Conversation Hour
8 	6	10  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45  Elders Book Club Via ZOOM	11  Produce Plus Food 9-4pm  Virtual Culture Night Camas 6pm  Parenting Class ZOOM 6-7:30pm	12  Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm  Registration Closes For JOM Spring Activity	13  Pay Day  Produce Plus Food 9-4pm	14 Elders Meeting Zoom 1pm
16	16  <i>USDA Distribution Salem 1:30-6:30pm</i>	17 Time Sheets Due  <i>USDA Distribution Salem 9-6:30pm</i>  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	18  <i>USDA Distribution Salem By Appt. ONLY</i>  Produce Plus Food 9-4pm  <i>Parenting Class ZOOM 6-7:30pm</i>	19  Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm	20  Produce Plus Food 9-4pm	21 Minecraft Gathering 10:30am ZOOM  Language Class Noon Immersion Conversation Hour
22	23	24 Time Sheets Due  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45  Elders Book Club Via ZOOM	25  Produce Plus Food 9-4pm  <i>Parenting Class ZOOM 6-7:30pm</i>  <i>Memorial Day Virtual Community Sharing Night 6pm ZOOM</i>	26  Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm	27  Pay Day  Produce Plus Food 9-4pm	28
29	30 All Tribal Office CLOSED Memorial Day Ceremony See Flyer -details  	31 Time Sheets Due  Produce Plus Food 2-4pm  Language Class Beginning Conversation (1) 5pm Conversation (2) 5:45	27 Produce Plus Food 9-4pm	28 Produce Plus Food 9-4pm  Language Class Ongoing Conversation 5pm  Siletz Youth Water Summit 4-6pm	29  Produce Plus Food 9-4pm	30

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)  
Makayla Jackson, Job Developer/Counselor/VRD X1752 [makaylaj@ctsi.nsn.us](mailto:makaylaj@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753 [jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us)  
Ro Zientara, Mental Health Therapist x1758 [rzientara@ctsi.nsn.us](mailto:rzientara@ctsi.nsn.us)  
Rowena Jackson, Peer Recovery Mentor x1758 [rowenaj@ctsi.nsn.us](mailto:rowenaj@ctsi.nsn.us)  
Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)  
Verdene McGuire, Eugene A/O Rep. [vdeniel01@gmail.com](mailto:vdeniel01@gmail.com)  
Vacant, Elders On-Call Transport

**"NO MATTER HOW MANY MISTAKES YOU MAKE OR HOW SLOW YOU PROGRESS,  
YOU ARE STILL WAY AHEAD OF EVERYTHING WHO ISN'T TRYING"**

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