

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 October 2022



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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

INDIGENOUS PEOPLES' DAY IS
OCTOBER 10TH
ALL TRIBAL OFFICES WILL BE CLOSED IN OBSERVANCE OF THE HOLIDAY

ATTENTION NATIVE ARTISTS: WE WANT TO SEE YOUR WORK!



What projects are you working on? What projects have you completed? If you would like to share your work in the newsletter please send in a picture of your art or creation! Email Dianna at diannae@ctsi.nsn.us

PAO Announcements

Elders SHOPPING Days



Elders Shopping Days are Back!

Shopping days will be the 1st and 3rd Thursdays of each month. Elders, please call the Portland Elder's Representative Kay Steele to be added to the passenger list for Elders Shopping Days at (503) 760-4746

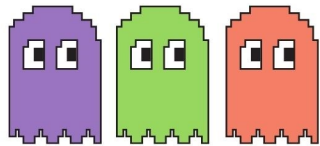
October Shopping Days:

October 6th and October 20th.

Happenings in PDX

PORTLAND RETRO GAMING EXPO

October 14th-16th

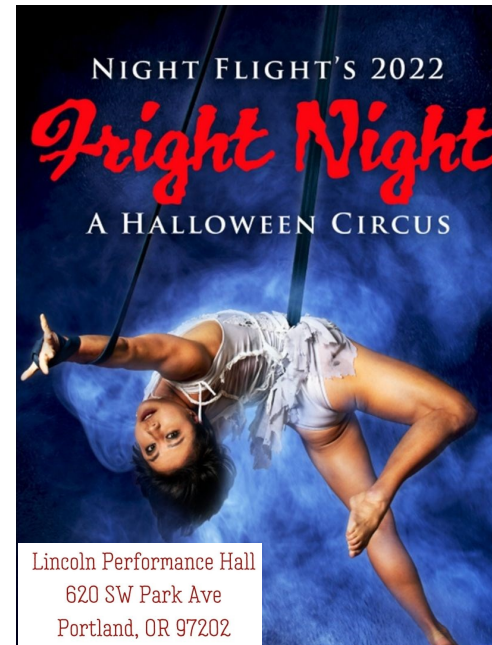


The Portland Retro Gaming Expo is a locally produced event celebrating the colorful history of console, computer and arcade gaming. The arcade is massive, and all of the coin-operated games are set to free play for the weekend. Portland Retro Gaming Expo is being held at the **Oregon Convention Center**.


Happenings in PDX



A Halloween Circus returns to Lincoln Hall at PSU with a circus tribute to classic horror movies. Journey to the golden age of video rental when the VHS reigned supreme. It's Halloween night at Block Monster Video, and scary movies are flying off the shelves. Kyle (Sir Cupcake's Jack StockLynn) just wants to finish re-shelving returns so he can clock out; however, something's not quite right at the shop. Slashers lurk in every aisle, the exit doors are jammed, and the most bloodcurdling films are coming to life. Featuring the west coast's best circus talent paying tribute to their favorite horror movies, Night Flight Aerial's Fright Night: A Halloween Circus is a Halloween tradition not to be missed!



477—Self-Sufficiency Program



477-SSP October Meeting Information:

Zoom information will be emailed directly to current 477 clients.


The 477-SSP program will be hosting monthly trainings. We will send out post cards with more information on how to gain access through zoom.

This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

If you have any questions please make sure to contact your Tribal Service Specialist (TSS).

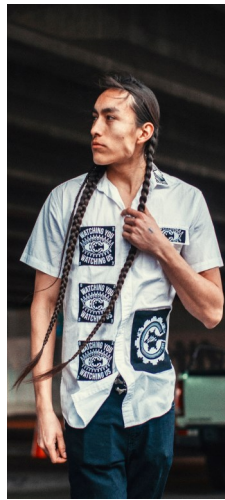
Anna Renville annar@ctsi.nsn.us
(503) 238-1512 x 1412

Tamra Russell tamrar@ctsi.nsn.us
(503) 238-1512 x 1411



The 477 SSP program offers many services for Siletz Tribal Members and other Tribal Members from federally recognized tribes. These services are in place to help our people attain self-sufficiency by removing barriers to employment.

For a full list of those services please visit the CTSI website: <https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>



Your Success is Important to Us!

If you have questions, or to apply, please call the Portland Area Office (503) 238-1512 and speak with one of our Tribal Service Specialists; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Natural Resources Program



The Last Wood Cut for the Elders

Saturday, October 15th

The Tribal Natural Resources Committee and Natural Resources Department will sponsor one last “Cut Wood For The Elders Day” of the year on **Saturday, October 15th**. The woodcut will be held on the **Tribe’s Logsdan Road Property to the right of the Tribal Food Distribution Warehouse** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The primary goal of this event will be to deliver firewood to elders that did not get wood at the last woodcut. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1212 or 541-444-8212 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event!

Natural Resources Program



Tribal hunters who were issued deer early archery tags from the Siletz Tribe for the 8/27/2022-9/25/2022 season are required to return UNFILLED early season tags to the Natural Resources Department no later than October 7, 2022. The interest in bow hunting has increased and the number of deer archery tags is limited to 50 total for the split seasons. All UN-FILLED deer bow tags must be re-

turned by 10/7/2022 to be available for requests for deer late archery season. The first distribution of deer late bow tags is for tribal hunters who did not receive a tag during the early season. The first distribution day for deer late bow tags is October 17, 2022. Call Natural Resources at (541) 444-8227, (541) 444-8232, or 800-922-1399, ext. 1232 for assistance.



DO YOU LIKE WHAT YOU ARE READING SO FAR?

Like our Facebook page to get updates on important information and activities.

Confederated Tribes of Siletz Indians - Portland Area Office - Home | Facebook



Natural Resources Program

2022/2023 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 Cabela's 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

or

Rosie Williams at
541-444-8227

rosiew@ctsi.nsn.us



Check out our Siletz Tribal Youth Facebook page.

You will find up to date announcements and numerous opportunities for our youth!

Behavioral Health Program



Entering Fall:

The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have again, devastated the wild areas we hold dear. The Run to the Rogue had to be virtual again, but it was a special event that many participated in!

- 2) Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobics while you watch your favorite shows.
- 3) As the daylight decreases, if you Notice your mood decreasing with it, consult your physician on the use of UV light therapy.

Coping with the change of seasons:

- 1) The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.

Mental Health Specialist services include:

Brainspotting, Couples counseling, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.



(Continued on next page)

Behavioral Health Program

An October haiku by the MHS:

October brings us

Pumpkins, corn mazes, and treats,

Possibly a trick.

of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles and smudge, while following social distancing guidelines. Live life in a healthy, good way.

Email Mental Health Specialist Rachel your own haiku and she'll put it in her newsletter, first-come first-served.

rachelz@ctsi.nsn.us

Traditional Coping

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance

**To schedule an Appointment
please call:
(Portland/Salem Area Offices)
(503) 200-4340**



TRANSPORTATION PROGRAM

Provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area

To request a transport please call:
Richard Faber
(541) 444-9633



Education Program

Oregon Tribal Student Grant: Apply Now!

The Oregon Tribal Student Grant to attend college will be continuing to accept applications for winter and spring term 2023

The Oregon Tribal Student grant continues to be open for the 2022-2023 school year. New applications for this grant are being accepted.

This grant can cover the average cost of college attendance, including tuition, books, lodging and more (after all other federal and state grants and scholarships have been applied). This grant is specific to Oregon colleges and

students who are enrolled in the nine federal recognized tribes in Oregon. For more information and a application please visit: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>. Future application priority deadlines for the 2022-2023 academic year: Winter Quarter: November 1, 2022; Spring Semester: November 1st, 2022 and Spring Quarter February 1, 2022.

For More information please visit: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>



To be eligible for most types of financial aid, students must complete the Free Application for Federal Student Aid (FAFSA). This application compiles financial information and other details about students and families, which the US Department of Education and the State of Oregon use to deter-

mine financial need and eligibility for various financial aid opportunities. On Oct. 1, 2022 the FAFSA will be open to complete your FAFSA application for the 2023-2024 school year. For more information please visit: <https://studentaid.gov/>

Education Program

A VISIT TO THE PUMPKIN PATCH SUNDAY, OCTOBER 23RD, 9AM-1PM



Join us as we host our first youth outing back to Sauvie Island's Pumpkin Patch and Maize. Each youth will be able to bring home their own pumpkin to carve.

Please sign up by contacting Katy at katy@ctsi.nsn.us or call 503-238-1512 ext. 1418

Deadline to sign up is October 11th

Education Program



Salmon Homecoming for our Native Families and Community at Oxbow Park on October 29th and 30th from 11AM—3 PM.



Witness the ancient cycle of Chinook salmon returning to the river of their birth to spawn, creating the next generation. Salmon Homecoming is a collaboration with the Native American community to honor the salmon by sharing traditional sciences, stories, songs, cultural and art activities, plant walks, Native games and a traditional salmon Bake and fry bread. Come out to Oxbow Regional Park to spot the salmon in the Sandy River, a designated National Wild and Scenic River. Learn about and enjoy the 1,000 acres of old-growth forest, hiking trails, river, beaches and wildlife. For more information please visit: <https://salmonhomecoming.org/>

For more information please visit: <https://salmonhomecoming.org/>

Education Program

Siletz Education Programs Serving Our Tribal Members

applications at www.ctsi.nsn.us

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree (up to 5 years of educational support funding). Each year the deadline to apply is **June 30th**. Applications to apply for Federal student Aid (FAFSA—required) opens **October 1st**.
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download

◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office (503) 238-1512 ext. 1418 or by email; katyh@ctsi.nsn.us.

**ONLINE
TUTORING
AVAILABLE**



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 Education and AVT. Space is limited as hours are available. Contact Katy at 503-238-1512 ext. 1418 to sign up or email katyh@ctsi.nsn.us



Education Program



The JOM Program helps to fund Native American students grades K-12 who are attending a public school in support of their academic growth, vocational goals and cultural enrichment.

We would like to encourage all of our Tribal families with enrolled children from three years old through high school to sign up for our JOM program. JOM is a federal program that the Tribe receives funding for, to fund our youth in various ways and to sponsor events and activities. Each year we provide school supplies, and still can, if you have not received school supplies this year. JOM can help to pay a portion of enrichment programs, from

sports to dance, or music lessons. JOM can help with cultural supplies. Please email or call Katy, for an application or go online to <https://www.ctsi.nsn.us/> to youth services. Once we receive your application, we will email you updates of JOM services each month. For more information call or email Katy at the Portland Area Office (503) 238-1512 ext. 1418 or katyh@ctsi.nsn.us

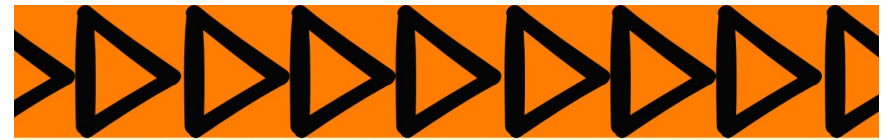


**SILETZ
TRIBAL
YOUTH
ACTIVITY
FUND**

Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects and/or educational and other needed supplies for Siletz tribal youth. For more information and the application please visit our tribe's website: www.ctsi.nsn.us

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or katyh@ctsi.nsn.us

Language Class



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

**LEARN
NUU-WEE-YA'**

TUESDAYS, SEPTEMBER 20-DECEMBER 6

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, SEPTEMBER 22-DECEMBER 8

5:00 PM-ONGOING CONVERSATION

SATURDAYS 10/29, 11/19, 12/3

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757



To sign up, contact Nick Viles at Nickv@ctsi.nsn.us or call (541) 484-4234 X 1757

Virtual Culture Nights

CTSI VIRTUAL CULTURE NIGHTS



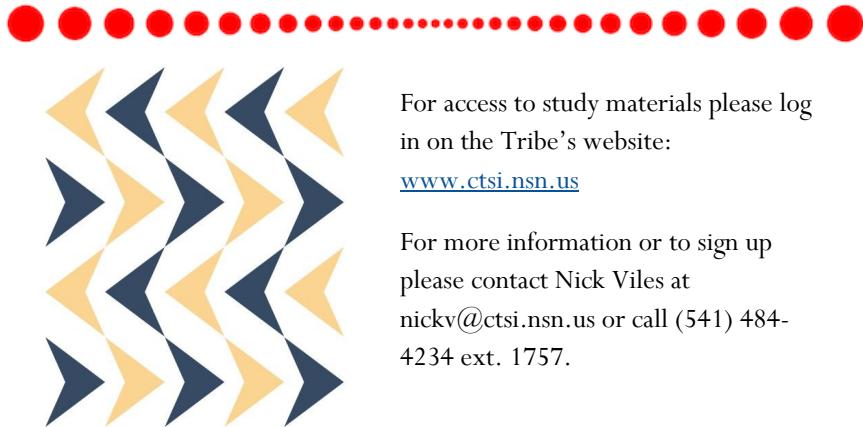
ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

**October 19 at 6pm:
Mvn' (Traditional Houses)**

**December 7 at 6pm:
Nee-dash**

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up



For access to study materials please log in on the Tribe's website:

www.ctsi.nsn.us

For more information or to sign up please contact Nick Viles at nickv@ctsi.nsn.us or call (541) 484-4234 ext. 1757.

Vocational Rehabilitation Program

October Awareness: DYSLEXIA—A Reading Disorder

What is Dyslexia?

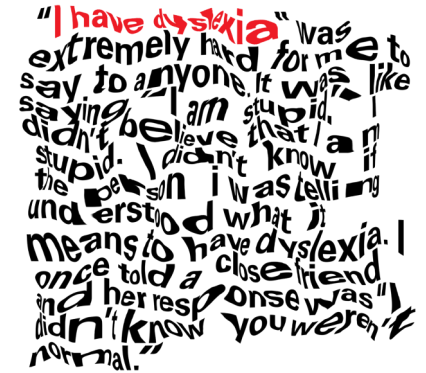
Dyslexia is a learning disorder that affects reading, spelling and writing. Individuals with this condition have normal intelligence. They may struggle with reading and phonics (articulation). The individual may switch letters or have difficulty decoding sounds.

Risk Factors:

- Family history
- Premature birth or low birth weight
- Exposure to alcohol or drugs, (ie. nicotine during pregnancy)
- Infection that alters the developing brain in the womb.

Symptoms: Individuals may have difficulty in reading, memorizing, and identifying words, including:

- Delay in speech
- Issue recalling or naming letters, numbers and colors



- Misspells words
- Difficulty with learning numbers
- Trouble learning

There is no single test to identify this condition. It affects the part of the brain called the "Broca's" area (inferior frontal gyrus) that is involved in articulation and word analysis.

Types of Dyslexia:

Primary Dyslexia- most common type. It involves dysfunction of the left side of the brain and remains unchanged with age.

Developmental Dyslexia-

There may be problems with brain

(Continued on next page)

Vocational Rehabilitation Program

development during the early stages of fetal development.

Trauma Dyslexia- This type usually occurs after some form of brain trauma or injury that controls reading and writing.

An individual can benefit from tutoring and/or techniques or methods that suits their learning style.

Accommodations: selective job placement, periodic check-ins, tape recorders and electronic checklists.

Reality counseling and feedback may empower the individual to focus on realistic employment goals, rendering

positive employment outcomes.

To Inquire: contact one of the Job Development Specialists/ Vocational Rehabilitation in the area offices:

Vocational Rehabilitation Counselors:

Jamie Bokuro (Siletz)
541-444-8266

Toni Leija (Salem)
503-390-9494 ext. 1861

Tamra Russell (Portland)
503-238-1512 ext. 1411

Makayla Jackson (Eugene)
541-484-4234 ext. 1752

Home Visiting Program

If you are expecting a baby or have an infant under one please check out our Home Visiting program. We are here to provide support, encouragement and share parenting and life skills for a positive parenting experience. To find out more about the Home Visiting program please contact Lori Christy at 1- (503) 390-9494 or email loric@ctsi.nsn.us.

Look at all the colors (stand and swirl arms all around)
Look at all the colors
Red yellow brown
Red yellow brown'

- 4) Give a pumpkin a bath.
- 5) Have an indoor picnic on a rainy day.
- 6) Go to the library and check out books to read at home, snuggled up in a blanket.

Fall Activities for Toddlers

- 1) Go for a walk in the rain.
- 2) Grab a bucket and go on a fall scavenger hunt. Find a leaf, nut or seed, twig, small rock... add your own ideas.
- 3) Sing a fall song: Leaves are Falling



(Sung to: Are You Sleeping?)
'Leaves are falling (children stand, hold arms high and wiggle fingers like leaves falling from branches)
Leaves are falling
To the ground (crouch down to the ground)
To the ground

- 7) Bake cookies and share with a friend.
- 8) Visit a farm, pumpkin patch or apple orchard.
- 9) Paint a pumpkin.
- 10) Make a blanket fort, and have a pajama party.



Over 40 million American people are dyslexic but only 2 million are aware of it.



Siletz Alcohol & Drug Program

Marijuana Use and Addiction

Marijuana use can lead to the development of problem use, known as a marijuana use disorder, which takes the form of addiction in



severe cases. Recent data suggest that 30% of those who use marijuana may have some degree of marijuana use disorder. People who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder than adults. Marijuana use disorders are often associated with *dependence*—in which a person feels withdrawal symptoms when not taking the drug. People who use marijuana frequently often report irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort that peak within the first week after quitting and last up to 2 weeks. Marijuana dependence occurs when the brain adapts to large amounts of the drug by reducing production of and sensitivity to its own endocannabinoid neurotransmitters. Marijuana use disorder becomes addiction when the person cannot stop using

the drug even though it interferes with many aspects of his or her life. Estimates of the number of people addicted to marijuana are controversial, in part because epidemiological studies of substance use often use dependence as a proxy for addiction even though it is possible to be dependent without being addicted. Those studies suggest that 9% of people who use marijuana will become dependent on it, rising to about 17% in those who start using in their teens.

Marijuana, Memory, and the Hippocampus

Distribution of cannabinoid receptors in the rat brain. Brain image reveals high levels (shown in orange and yellow) of cannabinoid receptors in many areas, including the cortex, hippocampus, cerebellum, and nucleus accumbens (ventral striatum).

Siletz Alcohol & Drug Program

Memory impairment from marijuana use occurs because THC alters how the hippocampus, a brain area responsible for memory formation, processes information. Most of the evidence supporting this assertion comes from animal studies. For example, rats exposed to THC *in utero*, soon after birth, or during adolescence, show notable problems with specific learning/memory tasks later in life. Moreover, cognitive impairment in adult rats is associated with structural and functional changes in the hippocampus from THC exposure during adolescence.

As people age, they lose neurons in the hippocampus, which decreases their ability to learn new information. Chronic THC exposure may hasten age-related loss of hippocampal neurons. In one study, rats exposed to THC every day for 8 months (approximately 30% of their lifespan) showed a level of nerve cell loss at 11 to 12 months of age that equaled that of unexposed animals twice their age.

Source: National Institute on Drug Abuse

Siletz CARE Program

Siletz Harm Reduction

HIV and HEP C testing,
Syringe exchange, NARCAN
distribution, Safe sex
supplies, Peer support

Free and
confidential
services provided
by people who
care

Shawnee Lacewell (541) 270-6732
Sheila Aviles (541) 272-9083

Extras



PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via landline, mobile and email.



211info ★

2-1-1

The easiest way to find health and human services.

TEXT zip to 898211
 DIAL 211
 SEARCH 211info.org

Free. Live. Confidential.

Crisis Text Line for Natives-Call or Text

Dial 988

from any phone to get help.

If you need immediate help now, Text **NATIVE** to 741741.

Portland Area Office Staff

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Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
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Phone: (503) 238-1512
Main # (800) 922-1399
Fax: (503) 238-2436
www.ctsi.nsn.us

Other Contact Numbers

Name/Program	Number	Name/Program	Number
Siletz Community Health Clinic	(800) 648-0449	Purchased Referred Care (PRC)	800-628-5720
Salem Area Office	1-(503) 390-9494	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Eugene Area Office	1-(541) 484-4234	Kay Steele Portland Elders Rep.	(503) 760-4746
NAYA	(503) 288-8177	NARA	(503) 224-1044