

Address: 2468 West 11th Avenue Eugene OR 97402 Telephone: 541-484-4234 Fax: 541-484-4583
The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

September 2016

Office hours: Monday through Friday, 8:00 - 4:30

OPEN THROUGH LUNCH HOUR

Nuu-wee-ya'

(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Community Center	Monday	September 12 th 2016	6:00 - 8:00pm
Eugene Area Office	Tuesday	September 13 th 2016	6:00 - 8:00pm
Portland Area Office	Monday	September 19 th 2016	6:00 - 8:00pm
Salem Area Office	Tuesday	September 20 th 2016	6:00 - 8:00pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our Ancient Languages. For more information call:

Bud Lane at the Siletz Cultural Department at (541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us



We are here to help you with your concerns and answer your questions. However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated.

Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors may be refused services and, when warranted, will be asked to leave premises.

**Thank you for your cooperation...
Tribal Administration**

Siletz/Eugene A/O Activities Closures

September 5 th	Labor Day CLOSED
September 9 th	All Treaty Day CLOSED
September 9 th & 10 th	Run 2 Rogue
September 13 th	EAO Language Class 6-8
September 14 th	Learn to make Salsa 1-3:30pm
September 17 th	Elders Wood Cut - Siletz
September 17 th	Elders Meeting Lincoln City
September 29 th	Diabetes Class 6-8

*See Flyers for information on activities

!!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

Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Kelly Miller at (541) 444-8236 or 800-922-1399 ext. 1236; or visit at www.ctsi.nsn.us/icw.html

Willamette Family Staff Contact Information

Address: 195 w 12th Avenue
Eugene Oregon 97401
Downtown location

Contact: Juli Canizales-Boller or
Amy Zamudio

Telephone: 541-762-4300

2016 EMERGENCY HOUSING ASSISTANCE (EHA) ~OPEN~

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

Low-Income Energy Assistance Program (LIHEAP)

2016/17 OPEN
Crisis/ Regular heating
October/November
Siletz Elders/Disabled
Siletz Tribal Households

Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 ext 1750

Notary Public (Free Service)

Call to set up an appointment
Contact: Nora Williams-Wood,
Siletz/Eugene Area Office
541-484-4234 or 1800-922-1399 Ext. 1750
(Please make sure document is completely filled out do not sign. Current ID required)

Email Reminders

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

Chinook Winds Casino Resort

Sign up for an electronic newsletter:
www.chinookwindscasino.com

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website:

<http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>
Can fill out online or mail in if you or know someone who receives:
Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

Reminders

Run to the Rogue Dates: September 9th, 10th & 11th.
Registration forms are available on the CTSI website or at your area office.

For questions or more information contact Buddy Lane at 541-444-8230 or email at buddyl@ctsi.nsn.us

SILETZ ELDER NEWS

The regular evening Diabetes Support Class will be held on Thursday, September 01, 2016, from 6:00 pm until 8:00 pm. A light meal will be available.

Elder Antlerless Deer Hunt Applications are Due September 2, 2016. Call the Natural Resources Manager, Mike Kennedy, 1-800-922-1399 if you have questions.

The Eugene Area Office will be closed September 5th for Labor Day and September 9th for All Treaties Day.

The Run to the Rogue will be held this month starting on Friday, September 9, 2016 and going through Sunday, September 11, 2016. Contact the Elders Program at 1-800-922-1399 for more information. Applications are available online and at the area offices.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held on Tuesday September 13, 2016. Class is held from 6:00 pm until 8:00 pm and a light meal will be provided.

The Elder Council will meet on Saturday, September 17, 2016 from 1:00 pm to 4:00 pm. The meeting will be held in the Aces Room at the Golf Course. All tribal elders age 55+ are invited to attend the monthly Council meeting. For more information contact the Elders Program at 1-800-922-1399.

Diabetes celebration Picnic will be held on September 17th. For more information contact Adrienne Crookes at 1-541-484-4234 x1753

The Chinook Winds Entertainment for September, 2016 is the Monkees. They will be performing on the 19th and 20th with shows starting at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. Michael McDonald will be there on October 21st and 22nd. You may call 90 days before that to request free Elder tickets.

The Run to the Rogue Exercise Challenge finished at the end of August.

Jim Swanson 541-683-8766

jimswanson38@comcast.net

ADULT EDUCATION PROGRAM

This Program is designed to improve educational opportunities for Indian Adults who lack the level of literacy skills necessary for effective citizenship and productive employment.

Under the Adult Education Program an adult means an individual who has attained the age of sixteen or is beyond the age of compulsory school attendance under state or Tribal law and not currently enrolled in a formal secondary educational program.

All eligible activities are subject to the availability of funds. Some eligible activities include: helping adults acquire basic educational skills, aid in acquiring a GED, learn employment related skills and prepare adults to benefit from occupational training. These are a few of the services that the adult ed. program offers. Please contact Nick Sixkiller at the Eugene Area Office if you would like more information.

ADULT VOCATIONAL TRAINING

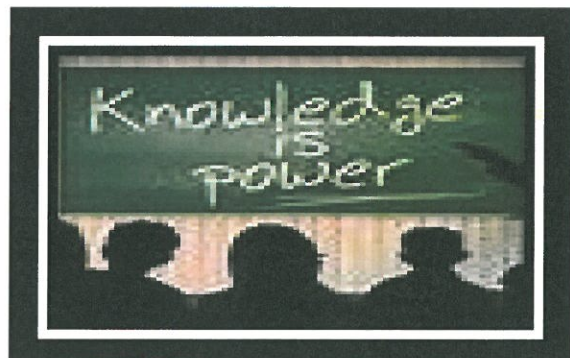
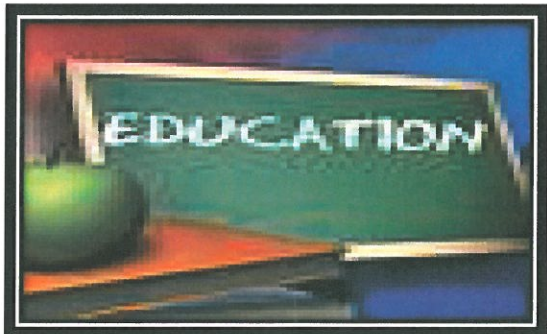
Who is Eligible to apply?

All applicants will be enrolled Siletz Tribal members and reside within the eleven county service areas of the Confederated Tribes of Siletz Indians.

Eligible tribal members shall be 18 years of age. High school graduates are eligible at 17 years of age.

Applicant must be in need of training to obtain reasonable and satisfactory employment or be under employed and lack of additional training would result in extreme hardship for the applicant, and in need of financial assistance to pursue training.


Only those applicants who declare a desire and intent to accept full time employment as soon as possible after completion of training will be selected. The intent of the training program is preparation for employment and this must be the initial intent of program participants.



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon the enrolled in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)


Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Having a child brings big changes in your life. The Siletz Home Visiting Program is available to parents who are pregnant or have given birth within the last year. This program is voluntary, and it is free! There are no income requirements.

The Siletz Home Visiting Program offers:

- 🌸 The latest information about how babies grow, develop and learn both physically and emotionally;
- 🌸 Ways to bond with your baby;
- 🌸 Information about how to keep your family healthy;
- 🌸 Tips for parents about infant sleep, play, attachment, and many more;
- 🌸 Information about other community resources, like breastfeeding support and car seat installation;
- 🌸 Culturally sensitive needs of families; and
- 🌸 Home visits for parents and their children.

If you are interested in hearing more about the Siletz Home Visiting Program in your community, please complete the information below. Someone from the Siletz Home Visiting Program will contact you!

<input type="checkbox"/> Self-Referred
Person making referral: _____ Date: _____
Agency: _____ Phone: _____
Name: _____
Home phone: _____ Cell phone: _____
Address: _____
City: _____ State _____ Zip Code: _____

Please mail or fax completed form to:
2468 W. 11th Avenue. Eugene OR 97402
FAX: (541) 484-4583
Call (800-922-1399) ext. 1752 or local (541) 484-4234 to learn more about
the Siletz Home Visiting Program.



EDUCATION NEWS & INFORMATION
Supplemental Education, Adult Education,
Adult Vocational Training & Higher Education
NICK SIXKILLER – EDUCATION SPECIALIST

SUPPLEMENTAL EDUCATION PROGRAM

REQUEST FOR SERVICES

Parents/guardians of JOM students are required to fill out a “request for service’s application prior to requesting services from the supplemental education Program. Request for service application are readily available in each of the area offices, or you can call and request that one be sent or e-mailed to you.

The Supplemental Education Program cannot reimburse Individuals for anticipated services. If you are eligible for services, please contact the Education Specialist, before you use any of your personal funds. Please give Nick a call at the Eugene Area Office if you have any questions or concerns.

SILETZ TRIBAL YOUTH FUND

This fund is available to Siletz Tribal youth in kindergarten through the 12th grade. Where funds are available they can be used for registration fees. The Tribal Youth Activity form can be found on the Tribe’s web site or you can call the Tribal office to have it sent to you. Up to \$75.00 is available to help supplement your registration fees.

“BACK TO SCHOOL SOON”

**A GOOD EDUCATION IS THE KEY THAT WILL UNLOCK MANY DOORS
DURING YOUR TRAVELS THROUGH LIFE.**

**IF YOU ARE NOT WILLING TO LEARN, NO ONE CAN HELP YOU.
IF YOU ARE DETERMINED TO LEARN, NO ONE CAN STOP YOU.**

BE COOL STAY IN SCHOOL

HIGHER EDUCATION

SERVING SILETZ TRIBAL MEMBERS WITH POST SECONDARY EDUCATION

Higher Education Applications

The deadline for Higher Education Applications for the 2015- 2016 school year was June 30, 2015. Applications are no longer being accepted during the academic year of 2015/2016.

REMINDER: submit your FAFSA application during the month of January 2017 to be eligible for a Tribal Scholarship for the 2017/2018 school year

477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist

Vacant, Tribal Services Specialist

Stephanie Jackson, Tribal Service Assistant/Temp

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP) services to eligible clients. If you are interested in any of the above programs please contact Jen or Sheila to schedule an appointment.

TSS staff administrative hours

Monday through Friday

8:00am - 9:30am

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to the EAO or staff directly to extension 1755 for Jenifer or extension 1756 for Sheila. You can leave messages directly on their voicemail.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

Clients are required:

to meet with Tribal Services Specialists each month

You will need to call and set up an appointment

Schedules:

Jen's hours: M-F 8:00-4:30pm

General Assistance and TANF

Jenifer will be **OUT** of the office:

***Jenifer – September 1, 2, 29, 30**

Vacant Position hours: T-F 8-4:30pm

Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services

Stephanie's hours: M-Thu 8:00-4:30pm

Temping as a Tribal Service Assistant until further notice

***Stephanie – September – 1, 2**

* Lou Carey will be available to assist clients with some needs when Jenifer and Sheila are out.

WEX/Grant Assistance

Dates to remember in September 2016

Tuesday	August 30 th	WEX Time Sheets Due
Thursday	September 1 st	TANF Card day
Monday	September 5 th	Labor Day CLOSED
Tuesday	September 6 th	Self-Sufficiency documentation due
Thursday	September 8 th	WEX Payday
Friday	September 9 th	All Treaty Day CLOSED
Friday & Thursday	September 9 th – 10 th	Run to Rogue
Tuesday	September 13 th	EAO Language Class 6-8pm
Tuesday	September 13 th	WEX Time Sheets Due
Friday	September 23 rd	WEX Payday
Tuesday	September 27 th	WEX Time Sheets Due
Thursday	September 29 th	Diabetes Support Group

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to all enrolled federally recognized tribal members and descendants:

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed. If you are interested in utilizing CRT services, please contact Sheila Solis to schedule an intake appointment.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage. Contact Sheila Solis for more details.



Want help getting a job? Do you have a diagnosed disability (IEP or 504)?

You could be eligible for STVRP services.

**Steps in working with
Siletz Tribal Vocational Rehabilitation Program:
(STVRP)**

Step 1: Establish contact with the STVRP Counselor assigned to your school and schedule a meeting. Your first meeting with a STVRP Counselor will be to gather information about you, your needs, and to discuss whether the STVRP fits for you. If the program is for you.....

Step 2: Sign an application and a STVRP Counselor will determine whether or not you're eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

Step 3: Once you're eligible, you'll meet with your STVRP Counselor to discuss your goals and plans for employment. STVRP Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

Step 4: You'll also work with your STVRP Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

You can get the help you need, schedule your appointment today!

How to contact STVRP:

1-800-922-1399 (Siletz Office)

503-390-9494 (Salem Office)

Siletz Tribal Vocational Rehabilitation Program

The Siletz Tribal Vocational Rehabilitation program (STVRP) is here to assist **members of any federally recognized Tribe** (living within the Siletz Tribes service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for we would like to assist you. We can assist with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and the development of self advocacy.

You should have a strong desire to work and be willing to work collaboratively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self sufficiency and to live a healthy sustainable lifestyle.

The STVRP also assists transitioning students with disabilities. The ideal age for a student to start working with VR is two to three years before graduation, until the age 22, or graduated from high school. Our program can provide vocational guidance and counseling; assist with identification of employment goals; employment retention; and advocacy within the academic environment. Students with a documented disability or who are on an “Individualized Education Plan- IEP” or on a “504 Plan” are encouraged to participate in the STVRP.

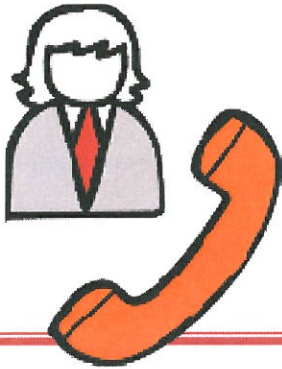
Examples of SERVICES PROVIDED by STVRP:

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

For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards so please stop by if you're interested. You can speak to any of the VR staff: **In Salem Office** - Dana Rodriguez (Program Aide); Angie Butler (Program Director).



Siletz Community Health



Siletz 1-800 Numbers

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

Siletz Contract Health registration forms and Chemawa Indian Health Center applications are

available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

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 OregonHealthCare.gov
Telephone 1-800-699-9075

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

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

Siletz Mail Order Pharmacy

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

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

Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately?
High blood pressure puts you at risk for heart attack,
stroke, and other health problems.

Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA,
call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.

Please Come Join Us!!

Diabetes Support Group



Thursday, September 1st

From 6:00-8:00 p.m.

At the Siletz Eugene Area Office
2468 West 11th Avenue



Did you know that Native Americans are more than twice as likely to become diabetic than the rest of the U.S. population? Native Americans are more likely to develop complications from diabetes once they have the disease.

Dani Bliss, Diabetes Health Educator with the Coquille Tribe, will be teaching monthly classes. Come learn about modest lifestyle changes you can make to get healthy. Learn about nutrition, exercise, and how to lose weight and keep it off.

Everyone is welcome! A light, nutritious meal will be provided.

For more information you may contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Recruiting for the Diabetes Prevention Program

This 10-week program is to begin at the
Siletz Eugene area office in **September 2016**
Dates and Time: *To Be Arranged (times are flexible)*



Why is there a Prevention Program?

While there is no cure for diabetes, it can be prevented or delayed by making healthy food choices and being physically active. Our Lifestyle Coach will help you in three ways:

- **Lose Weight and Keep it off!**
Our Lifestyle Coach and Registered Dietician will teach you to eat less calories in a manner that works for you and your family.
- **Get Fit!**
Everyone's exercise ability is different, however, we know that people who have more muscle and less body fat are able to maintain weight loss better. A Lifestyle Coach will work with you to achieve the goal of becoming more physically active.
- **Start by Making Small Changes!**
Your Lifestyle Coach will work with you to make changes by setting goals you can meet and can continue to meet your entire life.

Small Steps, Big Rewards

Your **GAME PLAN** for Preventing Diabetes:

Doctors, Nutritionists, and Lifestyle Coaches have created a comprehensive program called the "**Game Plan.**" Goals, accountability, monitoring, and effectiveness: Prevention through a Lifestyle of Activity & Nutrition. Our Lifestyle Coach will provide a "how to guide" with suggestions for helping you initiate and maintain risk-reducing behaviors and help you decide how to reward yourself when you do what you have planned.

DPP Reward Bucks can be earned at each weekly session to be redeemed at the Prevention Store for valuable health items, such as cook books, cooking utensils, exercise apparel, etc.

There is no fee for this 10-week series.

The ultimate reward is your health and preventing diabetes!

If you believe you are at risk for diabetes, or would like more information about this program,
you may contact

Dani Bliss, Health Educator, at 1-800-344-8583 # 2216
email: danellebliss@coquilletribe.org

Or contact Adrienne Crookes, CHA, at the Eugene Area Office at 541-484-4234

Siletz tribal members, come join us!!

Walking Group

At the Siletz Eugene Area Office
2468 W. 11th Avenue

When: Every Tuesday and Thursday in *September*
Beginning Tuesday, September 13, 2016

(meet in the front lobby)

Walk from: 5:00-5:45



Come join us for a walk down the walking path directly behind the Siletz office. Choose your comfort level. Any pace is the right pace!

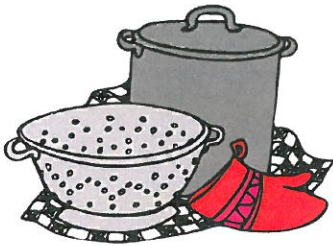
We will be walking rain or shine.

Bring a friend!

We are on the path to fitness and health!

For more information, you may contact
Adrienne Crookes or Nora Williams-Wood at 541-484-4234.

Salsa Canning Class



Wednesday, September 14
From 1:00-3:30 pm

At the Siletz Eugene Area Office
2468 W. 11th Avenue

We are offering a *free* salsa canning class! Come join us for this hands-on class and learn about the great health benefits of homemade salsa.

OSU Extension Master Food Preservers will guide us as we make salsa, using kitchen tested recipes and following proper procedures to can it safely.

Class size is limited to 8 people, so call early to sign up!
All supplies will be provided.

If you would like to sign up, you may contact
Adrienne Crookes or Nora Williams-Wood, at 541-484-4234

This class sponsored by the CTSI Healthy Traditions Program

Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the last “Cut Wood For The Elders Day” of the year on **Saturday, September 17th**. The woodcut will be held on the **Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard** 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 mid-afternoon.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders’ Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 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! Come help replenish those wood piles for the coming winter. **This is the last woodcut of the year!**



2016 Elk Tag Drawing Info

The annual drawing for the Tribe’s elk rifle tags will be held on Monday, October 3rd at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 6th and are **due September 23rd** in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe’s website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 9 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.



**2016-2017 Hunting and Fishing Tags
Distribution Schedule**

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/22	First Come First Served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	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*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/8 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 nd Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	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*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/22	First Come First Served

*No early calls to "save" a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution

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

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2016-2017 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.

USDA distribution dates for SEPTEMBER 2016

Siletz

Thursday	September 1	9am – 3 pm
Friday	September 2	9am – 3 pm
Monday	September 5	HOLIDAY
Tuesday	September 6	9am - 3 pm
Wednesday	September 7	9am - 3 pm
Thursday	September 8	9am - 3 pm

Salem

Monday	September19	1:30pm – 6:30pm
Tuesday	September20	9am – 6:30pm
Wednesday	September21	9am – 6:30pm
Thursday	September22	9am – 11 am



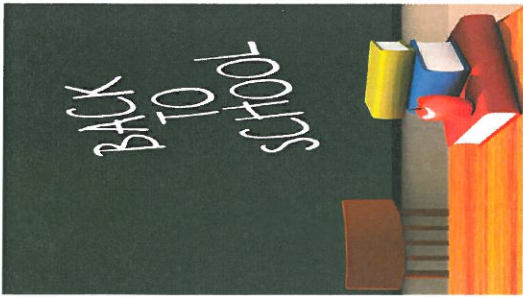
WE RECEIVED OUR FIRST SHIPMENT OF REAL EGGS AT THE SILETZ WAREHOUSE FOR DISTRIBUTION. WHAT A GREAT THING FOR OUR CLIENTS, THE FOOD PACKAGE IS JUST GETTING BETTER. WE ALSO RECEIVED THE WHOLE WHEAT TORTILLAS AND BLUE CORNMEAL AND SHREDDED WHEAT CEREAL FOR THE FOOD PACKAGE.

Be sure to LIKE us on Facebook at: SILETZ TRIBAL FDPIR. I am posting recipes, distribution dates, pictures and food safety tips.



Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279



October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 USDA Distribution Siletz 9-3pm	30 USDA Distribution Siletz 9-3pm Time Sheets Due by 12pm	31	1 USDA Distribution Siletz 9-3pm TANF/GASA Check/Card School Checks Released	2 USDA Distribution Siletz 9-3pm	3
4	5  Holiday CLOSED	6 477/Self-Sufficiency Documents due USDA Distribution Siletz 9-3pm	7	8 WEX Payday USDA Distribution Siletz 9-3pm	9 All Treaty Day Holiday CLOSED	10 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Run 2 Rogue</div>
11	12 Siletz Language Class Siletz 6-8pm	13 Time Sheets Due by 12pm Eugene Language Class EAO 6-8pm	14 Salsa Canning Class 1-3:30pm EAO	15	16	17 Last Elders Wood Cut Siletz Elder Meeting CW Casino 1-4pm
18	19 USDA Distribution Salem 1:30-6:30pm Portland Language Class PAO 6-8pm	20 USDA Distribution Salem 9:30-6:30pm Salem Language Class SAO 6-8pm	21 USDA Distribution Salem 9:30-6:30pm	22 USDA Distribution Salem 9-11am	23 WEX Payday	24
25	26	27 Time Sheets Due by 12pm	28	29	30 TANF/GASA Check/Card School Checks Released	1





SEASONS

The Eugene Area Office Staff
 541-484-4234 1-800-922-1399
 Lou Carey, Supervisor x1751
 Nick Sixkiller, Education Specialist/JOM x1757
 Jenifer Jackson, Tribal Service Specialist/477SSP x1755
 Stephanie Jackson, Temp/Tribal Service Assistant x1756
 Adrienne Crookes, Community Health Advocate x1753
 Jessica Phillips, Program Coordinator/THV x1752
 Nora N Williams-Wood, Secretary x1750
 Gloria Stott, Elders On-Call Transport

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

Eugene A/O

September 1 st	Diabetes Class
September 9-10	Run to Rogue
September 13 th	EAO Language Class
September 14 th	Salsa Making Class
September 17 th	Last Elders Wood Cut
September 17 th	Elders Meeting

Addressee