

The Drumbeat

SALEM AREA OFFICE



February

BEVERLY OWEN, AREA OFFICE SUPERVISOR
503-390-9494, x1851 bevo@ctsi.nsn.us

CINDY JACKSON, AREA OFFICE SECRETARY
503-390-9494, x1850 cindyj@ctsi.nsn.us

OFFICE INFORMATION

HOURS OF OPERATION: Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal holidays and Tribal holidays. We do ask that you try to make it into the office in plenty of time to conduct any business you have by close of business.

PRINTING, COPYING & FAXING: Community Members can send or receive faxes, have copies made and print documents. The charge is 5 cents per page. *Note: If the documents are specifically requested by a Tribal Program there will not be a charge.* (Non Siletz Tribal members will be charged for all faxing, printing and copying.)



The position of the Tribe on coming into Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.

IMPORTANT REMINDER: We are not allowed to accept collect phone calls! If you place a call like that it will be declined. You must call the 800 number in Siletz and asked to be transferred to this office.



If you would like to get your newsletter electronically, email Cindy (cindyj@ctsi.nsn.us) and she will add you to the distribution list. *Reminder: All Area Office newsletters are available online.*



Tribal Election Day
February 6th

Presidents Day
February 15th

All Tribal Offices will be closed on
February 15th for President's Day

HELP WANTED!!

The Elder Program is in need of someone to be their Transporter. Anyone who is interested can contact this office for more information.

Once there is a Transporter, shopping days will be scheduled.



KIMBERLY LANE COORDINATOR/ADVOCATE kimberlyl@ctsi.nsn.us (Siletz) 800-648-0449 (Salem) 503-390-9494	KIRA WOOSLEY kiraw@ctsi.nsn.us (Siletz) 800-648-0449
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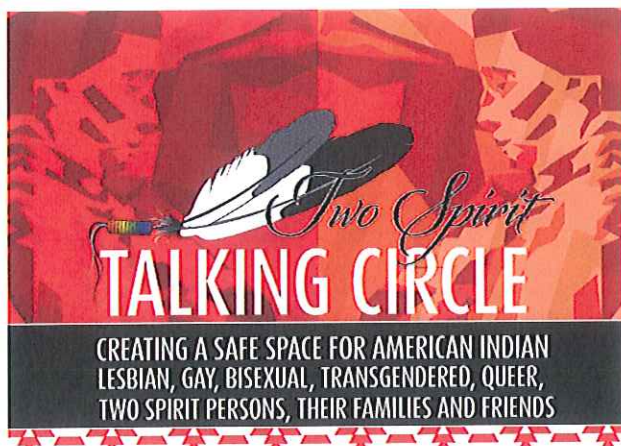
The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associated with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program’s mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

SELF Support Group

Support group that focuses on Safety, Emotions, Loss and Future for those who have experienced trauma in their life. The group meets the first Thursday of each month from 5:30-7:00pm at the Hee Hee Illahee RV Resort. If you have questions or would like more info, call Kimberly or Kira.



**Join us Wednesday
Feb 10 at 5:00 pm
Salem Area Office**

Every month, the Siletz Tribal Change Team hosts a community talking circle for the American Indian Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ), Two-Spirit community and its allies. The goal of the Talking Circle is to create a safe and confidential space for the community to discuss the struggles, triumphs and concerns of the LGBTQ Two-Spirit Community. This is also a place for friends and family to receive advice, support, and education as they continue their journey as an ally.

The Siletz Tribal Change Team works to improve the services utilized by the LGBTQ and Two-Spirit community. The team works to create awareness, provide education/resources and change the culture of the Native community to be more accepting of its LGBTQ and Two-Spirit individuals.

The Talking Circle is held on the second Wednesday of each month from 5:00-7:00pm
For more information, contact Norma Trefren 503-390-9494 or normat@ctsi.nsn.us



Christy Perry, Superintendent
Neil Anderson, Director of Instructional Services
Shelby Maerz, Program Assistant

Title VII Indian Education Services

Winter 2016

New Classes Added on Thursday Evenings

New parent classes are now a part of Thursday evening Family Nights at Bush Elementary School. Our first series will be on Making Parenting a Pleasure. They are for parents of students from birth to 12 years old, and will include information on child development, managing stress and anger, communication, discipline, and more. Take advantage of these classes while your children attend the other activities for students in Pre-K through 12th grade. Come for dinner at 5:30 p.m., and take part in classes from 6:00 p.m. to 7:30 p.m.

Parenting



Thursday Night Activities

Family Literacy Night
(K - 5th)
Cultural Connections
Math (6th-12th)
Study Hall

All Thursday activities are located at:
Bush Elementary
410 14th St SE
Salem



Ben Family Welcomes New Addition!!

Khloe Lynn Ben born December 15, 2015

Proud Parents: Chris Ben & Virginia Carroll

Proud Big Brothers: Isaiah & Mason



TRIBAL COUNCIL ELECTIONS

February 6th

Upcoming Events

Chemawa
Birthday Powwow
February 27
Chemawa Indian School

Willamette University
Powwow
March 12
Sparks Athletic Center



Want to know all of your options when opening a bank account?
Do you know if you want a savings account or a checking account?
Have you had problems with accounts in the past?
Do you have basic questions about accounts that you hate to ask?

Here's the PERFECT class for you!

Hands On Banking

When: February 16th
9:00 – 11:00 am

Where: Salem Area Office

This class is offered to the community by the SSP Program in conjunction with Maps Credit Union.

NESIKA ILLAHEE POW WOW

Attention Siletz Tribal Artists

The 2016 Nesika Illahee Pow-wow committee is once again having a logo contest for the upcoming Pow wow in August 2016. All Siletz Tribal artists are encouraged to submit a Pow wow themed logo. The winning logo artist will receive a cash prize of \$250.00 and a professional banner with your logo. The winning artist will have their logo highlighted on the Nesika Illahee Pow wow flyers and merchandise.

Please submit your art work to the Cultural Education Director's office at the Tribal Community Center or mail them to: Confederated Tribes of Siletz Indians, Attn: Pow-wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549

All entries must be received no later than February 29, 2016

Royalty Crown Proposals

The 2016 Pow wow committee is now accepting proposals for 2016-2017 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

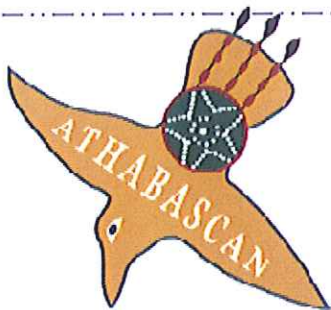
Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals may be submitted for individual crowns, two crowns or you may submit a bid for all three crowns. Crown proposals must be turned in to the committee no later than February 29, 2016.

Proposals may be sent to: Siletz Pow wow committee, P.O. Box 549, Siletz, OR 97380-0549

If you have any questions, contact Buddy Lane at 1-800-922-1399 ext 1230 or 541-444-8230

TRIBAL PROGRAMS

LANGUAGE CLASS	USDA (SALEM WAREHOUSE)	PG. 4
477/SELF-SUFFICIENCY PROGRAM		PG. 5
COMMUNITY HEALTH ADVOCATE		PG. 6
EDUCATION PROGRAM		PG. 7
A & D COUNSELING (BEHAVIORAL HEALTH PROGRAM)		PG. 8
DOWN PAYMENT ASSISTANCE		PG. 9
VOCATIONAL REHABILITATION PROGRAM		PG. 10
TRIBAL HEAD START (SALEM)		PG. 11



LANGUAGE CLASS

Nuu-wee-ya' (Our Words)

DATE: February 9th
 TIME: 6:00 – 8:00 pm
 WHERE: Salem Area Office

BUD LANE
 1-800-922-1399 x8320
budl@ctsi.nsn.us

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. We also have equipment in the Culture Department available for use in grinding and drilling shell or pine nuts or other applications. If you have a need for using the equipment call and I can set up an appointment during regular business hours or after hours.



SALEM WAREHOUSE

Monday February 15th	HOLIDAY
Tuesday February 16 th	1:30 pm – 6:30 pm
Wednesday February 17 th	9:00 am – 6:30 pm
Thursday February 18 th	9:00 am – 6:30 pm
Friday February 19 th	9:00 am – 11:00 am

JOYCE RETHERFORD
 CTSI FDP Director
 LISA PAUL
 CTSI FDP Clerk
 800-922-1399 (Siletz)
 503-391-5760 (Salem)



CARROT CAKE COOKIES

6 tblsp soft butter	¾ c brown sugar	1 egg	½ tsp vanilla extract
1 ½ c flour	1 tsp baking powder	1 c grated carrots	
½ c each raisins and chopped pecans or walnuts	¼ tsp each backing soda, cinnamon and salt		

In a bowl cream butter and sugar. Add egg and vanilla; mix well. Combine flour, baking powder, baking soda, salt & cinnamon. Gradually add to creamed mixture until blended. Stir in carrots, nuts & raisins. Drop by rounded spoonfuls 2 inches apart on ungreased baking sheet. Bake at 325 for 12-15 minutes. Cool for 2 minutes before removing to wire racks.



VACANT
 Tribal Service Specialist
 503-390-9494 x1853
 NORMA TREFREN
 Intake Specialist/Job Coach
normat@ctsi.nsn.us
 503-390-9494 x1852

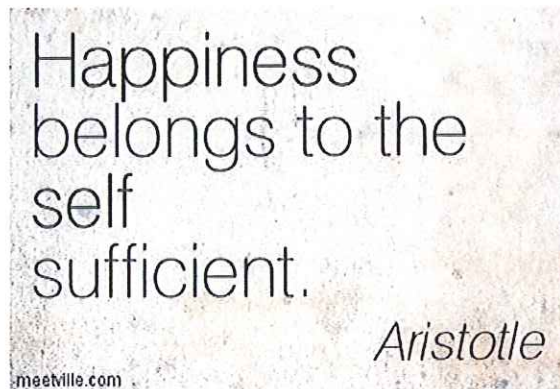
Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

IMPORTANT DATES TO REMEMBER

- | | |
|--|---|
| February 1 st - 5 th | CLIENTS REQUIRED TO MAKE AN APPOINTMENT |
| February 2 nd | WEX Timesheets Due |
| February 5 th | Job Search/Monthly Report forms due for Cash Assistance |
| February 6 th | Tribal Elections - Siletz |
| February 12 th | WEX Payday |
| February 15th | Tribal Offices Closed for President's Day |
| February 16 th | WEX Timesheets Due |
| | MAPS Class on Banking 9:00 – 11:00 am |
| February 26 th | WEX Payday |

IMPORTANT ANNOUNCEMENTS FOR 477/SSP CLIENTS

- SSP Staff will return client phone calls within 24 business hours.
- 477/SSP Staff will not be available from 12:00-1:00 on check release day.
- SSP Staff will address client requests for support services and other requests within two business days.
- Support Services Request Forms are kept in the lobby.





CECILIA TOLENTINO, CHA
 503-390-9494 x1854
ceciliat@ctsi.nsn.us
 Monday – Friday
 8.00am – 4.30pm



Community Health News

Cecilia Tolentino, CHA
 503-390-9494 X1854
Ceciliat@ctsi.nsn.us
 Monday-Friday
 8:00AM-4:30PM

Diabetic Prevention and Management

If you're seeking information on managing diabetes or gaining practical skills for living a healthy lifestyle with diabetes Please call Cecilia at the Salem Area office.

Classes are available thru Salem Hospital and 55+ center along with support groups.

As we start the New Year we hope to move forward and focus on health issues effecting our tribal community such as the early detection and prevention of colon cancer, annual exams for diabetic patients, diabetic foot care and child obesity.

Siletz Tribal Youth Helmet Program

Siletz Tribal member youth and legal dependents of Siletz tribal members are eligible to receive a bicycle or skateboard helmet.

Please call or email Cecilia at the Salem Area Office to schedule an appointment time.



Food Preservation

It's a new year and we're seeking ideas from our Salem Tribal members. We hope to conduct 4 classes this year on healthy meal preparation, canning or other ways to preserve food. In previous years we've canned Jam, Tuna, Peaches, Green beans and have provided a healthy lunch/ snack class for youth. We have also made Bread, smoked fish, Beef Jerky and hosted a crock pot meals class.

Please call Cecilia at the Salem Area Office. Or email your ideas to ceciliat@ctsi.nsn.us

Classes are for the entire family including children and youth. No experience necessary.

Please call or email and let us know what classes you would like to attend in 2016.



Frozen Yogurt Buttons

Frozen Yogurt Buttons

Frozen Yogurt Buttons are cold and creamy. The perfect after school snack. You only need 1 ingredient and there super simple to make!

1.) Fit a small zip top bag over a cup. Fill with yogurt.

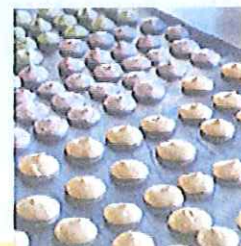


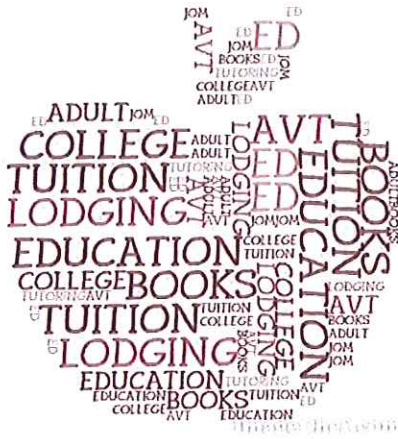
2.) Snip one corner.



3.) Pipe onto cookie sheets and freeze.

TIP: Line the cookie sheets with parchment or wax paper to make lifting the buttons easier.





SONYA MOODY-JURADO,
Education Specialist
503-390-9494 x1856
sonyamj@ctsi.nsn.us
Monday – Thursday
8.00am – 4.30pm

EDUCATION PROGRAM COMPONENTS: Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

My office hours are Monday–Thursday 8:00 – 4:30pm. I do not work on Friday.

Tutoring Tutoring is held on Wednesday evenings from 4:30 – 6:30 pm in the Salem Area Office.

Indian Education Dinner will be at 5:30pm and classes will go from 6:00–7:30 pm at Bush Elementary.

JOM

When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The next term we will be funding will be Fall Term 2016. The deadline for Fall term is June 30, 2016. To be eligible to receive Tribal education funding you had to have completed your FAFSA by January 31, 2016.

New Oregon Promise Helps Pay For Community College: The State is launching its Oregon Promise Program – offering new high school graduates and GED recipients an opportunity to have some or all of their community college tuition covered. Grants are for students entering a community college in Oregon in the Fall 2016. You may qualify if you:

- Graduate from an Oregon high school or complete the GED in Spring/Summer 2016 and have a cumulative

- GPA of 2.5 or higher

- Have been an Oregon resident for at least 12 months prior to enrolling in community college

Steps To Take: Apply for the Oregon Promise by March 1, 2016, including:

- Complete the Oregon Promise application (online or written)

- Submit your high school transcript or GED scores

- Complete the FAFSA or its approved alternate

Once approved, enroll in an Oregon Community College within six months of graduating high school or completing GED (Fall 2016) and accept all state and federal grants. For more information visit www.OregonPromise.org.

Scholarship Application Season Is Upon Us!

- OREGON STUDENT ASSIST COMMISSION – complete *one* application for over 400 scholarships.
- Get all your questions answered.

Am I eligible to apply for OSAC scholarships?

View Oregon residency definition

View checklist for scholarship success

View instructions

Read about the Early Bird Scholarship

Most common reasons for rejected OSAC scholarship applications

OSAC Early Bird priority deadline: February 15, 2016

OSAC Non-Priority deadline: March 1, 2016

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call SONYA at (503) 390-9494.



Angelica Espino
Western Oregon University
Monmouth, Oregon

Graduated with Honors and 2 degrees

**Summa
Cum Laude**

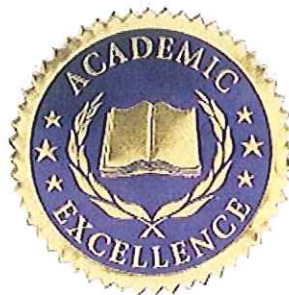


LaDonna Mackaravitz
Institute of Technology
Salem, Oregon

*Graduated with Perfect Attendance and
on the Dean's List*



Bonnie Cox
Institute of Technology
Salem, Oregon



J.C. Palomo
Phagans' School of Beauty
Salem, Oregon





ANDULIA WHITE-ELK
 (Interim) A&D Counselor
 503-390-9494 x1855
anduliaw@ctsi.nsn.us

Andulia is helping us out in the Salem Office until an A & D Counselor is hired. You can reach Andulia at the Salem Office on Monday and Tuesday from 10:00am – 3:00pm. Andulia can also be reached at the Portland Office 503-238-1512.



CEDARR Meetings are held at noon in the Shell Room at the Siletz Clinic.

Here are the dates for 2016:

February 3rd

March 2nd

April 6th

May 4th

June 1st

July 6th

August 3rd

September 7th

October 5th

November 2nd

December 7th



JEANETTE ARADOZ
 1-800-922-1399 x1316
 1-541-444-8316
jeanettea@ctsi.nsn.us



If You Are Ready to Buy a Home:
Down Payment Assistance Program

You can find out by asking yourself some questions:

- Do I have a steady source of income (usually a job)?
- Have I been employed on a regular basis for the last 2-3 years?
- Is my current income reliable?
- Do I have a good record of paying my bills?
- Do I have few or no outstanding debts (like car payments)?
- Do I have some money saved?
- Do I have the ability to pay a mortgage every month, plus additional costs?

If you answered yes to these questions, then you might be ready. Give me a call to find out about the Down Payment Assistance Program. This Program helps with closing costs and down payment when purchasing your first home.





ANGIE BUTLER, Voc Rehab Director

503-390-9494 x1872

angieb@ctsi.nsn.us

ANGELICA ESPINO, WEX Worker

angelicae@ctsi.nsn.us

503-390-9494 x1861

DANA RODRIGUEZ, Voc Rehab Aide

503-390-9494 x1862

danar@ctsi.nsn.us

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).

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!



SILETZ TRIBAL HEAD START

TEACHERS DEBBIE & JENNIFER 3960 CHEMAWA RD NE, SALEM

503-393-6942



What a fun beginning to 2016 we have had! We learned about the Far North, and winter animals. We enjoyed our teddy bear picnic and party and learned all about hibernation. When we learned about winter weather, most of us even got to experience the snow! It was "snow much fun!" We visited with Chemawa Dental and reviewed how to keep our teeth healthy and clean!

Teacher Debbie, Teacher Jennifer, and the Salem Head Start staff

WE LOVE OUR VOLUNTEERS!

We'd like to give a special thank you to our parents who volunteer regularly at our school. Thank you Monica, Holly, Charlotte, Renee, and Stephanie! You guys are amazing.

A BIG thank you to Danielle Mason! Danielle is a parent in our program and also a super volunteer! She helps every day at our school by working in our kitchen, classrooms, and riding the bus. She's always smiling and our children love having "Teacher Mom" around! Thanks, Danielle!



What we need:

- Families to share regalia, stories, and drumming
- Help with packets on Wednesdays
- Help with cleaning on Thursdays



We are accepting applications for our program. Please contact us if you know of anyone who would like an application.

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 WEX Timesheets Due 	3 CEDARR 12:00pm Siletz Clinic Tutoring 4:30-6:30	4 SELF Support Group 5:30-7:00pm	5 SSP Paperwork Due	6 Tribal Elections
7	8	9 Language Class 6-8pm	10 Tutoring 4:30-6:30 Two Spirit 5-7pm	11 Indian Ed @Brush 5:30 - Dinner 6:00-7:30 - Classes	12 WEX Payday	13 Elder Meeting 1:00pm @ CWCR
14 	15 PRESIDENTS DAY 	16 WEX Timesheets Due Hands On Banking 9:00am - 11:00am USDA	17 USDA Tutoring 4:30-6:30	18 USDA Indian Ed @Brush 5:30 - Dinner 6:00-7:30 - Classes	19 USDA	20
21	22	23	24 Tutoring 4:30-6:30	25 Indian Ed @Brush 5:30 - Dinner 6:00-7:30 - Classes	26 WEX Payday	27 Chenawwa Birthday POWWOW
28	29 Artwork and Proposal Deadline	 Calendar of Events				

Notes

OSAC Early Bird Priority Deadline February 15th



Salem Area Office Staff
503-390-9494

Beverly Owen
Cindy Jackson
Norma Trefren
Vacant
Cecilia Tolentino
Vacant
Sonya Moody-Jurado
Vacant
Dana Rodriguez
Angelica Espino
Angie Butler

Salem Area Office Supervisor
Area Office Secretary
Intake Specialist/Job Coach
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Education Specialist
VocRehab Job Developer
VocRehab Aide
WEX Worker
VocRehab Director

Siletz Main Office 800-922-1399

Siletz Clinic 800-648-0443



Confederated Tribes of Siletz - Salem Area Office
3260 Blossom Drive N Suite 105
Salem, Oregon 97305

