

# Portland Potlatch

JUNE 2017

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## Per-Capita & Enrollment Reminder!

Where will your per-capita check be sent? It's that time of year again! Per-capita checks and Minor trust updates are sent to the same address as your "Siletz News".



**SRII-NA CHEE-YASH-'E**

**(High in sky bird)**

**Or EAGLE**

If you're not receiving your Siletz news, you may need to check with enrollment and verify your correct address. Whenever you change information about yourself (i.e. Name Changes, Addresses, Family household composition) notify enrollment as soon as possible.

Address updates are due to Enrollment by:

**July 15th at 4:30 PM**

If you do not update your address by this date may delay timely delivery of your per-capita distribution.

Forms are available at your local Siletz area offices, and online at the CTSI website.

## Higher Education Deadline

This year, ALL Tribal offices will be closed due to an all staff meeting. If you are planning to apply you need to submit your application no later than:

**June 29<sup>th</sup> (in person)**

or

**June 30<sup>th</sup> (electronically)**

**As staff may not be available on June 30th due to the all staff meeting**

### Important Dates

- Sat.,6/10, Elders Council—1 PM
- Fri.,6/16, Regular Council—8 AM

## Community News

### Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Bring whatever you are working on:

**Thursday, June 15th**  
**10:00 AM—2 PM**

For more information, Please call Sherry Addis.



### PAO Elders Potluck Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**June 27th at 5:30 PM**

This will be our last potluck until October. Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele or Consuelo Fernandez.

### Siletz Culture Camp Coming July 11th—13th, 2017

#### Siletz Tribal Community Center & Grounds, Siletz, OR

To request a registration form for Culture Camp 2017, please call the Siletz Portland Area Office (503) 238-1512 or stop by the office to complete your registration. Forms can also be submitted by mail, fax or hand delivery at the camp.



### Elder's Shopping Day

The next elders shopping day will be:

**June 7th & 21st at 10 AM**

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele (503) 760-4746.

### Bear Grass Weaving Class



Do you have an intermediate to advanced experience in native arts, (i.e good vision and strong hands) and are looking for a challenge? If so, the Portland Area office will be hosting an a beginning Bear Grass weaving class on:

**Date: TBA, 10 AM to 1:30 PM**  
**(please call Sherry Addis at PAO)**

This class requires pre-registration. Please contact Sherry Addis at (503) 238-1512 for more information or to sign up.

### Home Visiting June 2017

Home Visiting families please join us:

**Monday June 26<sup>th</sup>**

for our Home Visiting family potluck picnic.

We will gather at Pioneer Park in Clackamas at the corner of 152nd Drive and Pioneer Drive.

Please bring a dish to share. Paper goods and drinks will be provided. This event is open to those in the program as well as those not yet in the program interested in finding out more

*(Continued on page 10)*

## Healthy Traditions

### Our final Garden Club meeting will be held:

**June 7th, 2017**  
**5:30 PM—7 PM**

For more information, please call Sherry Addis or Andrew Johanson.



### June 2017 Planting Guide

Whether you're a seasoned gardener or a first timer, June is a great month for planting a large variety of veggies. The list below is referenced from Portland Nursery's planting guide. The list is broken down by vegetables that may be directly sewn outdoors or started by seed indoors.

#### Seed Out- doors

Arugula	Bruss. sprouts	Dill	Rutabaga
Asian greens	Cabbage	Endive	Scallions
Basil	Carrots	Kale	Squash, (all)
Beans	Cauliflower	Kohlrabi	Turnips
Beets	Chard	Lettuce	<b><u>Start Indoor</u></b>
Broccoli	Cilantro	Melons	Artichoke
	Corn	Parsnips	Basil
	Cucumbers	Pumpkins	Beans

### Nesika Illahee Pow-Wow & Royalty Applications

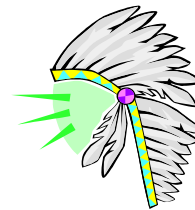
The tribe is now accepting applications for 2017-18 Siletz Royalty

**Due June 7th at 4:30 PM**

Applications are available online at: [www.ctsi/nsn.us](http://www.ctsi/nsn.us)  
**(located under the "Pow-wow" tab)**

For more information please call Buddy lane at:

**1-800-922-1399 X 1230**



### Siletz Head Start Enrolling Now!

If you or someone you know has a child who will be 3-4 years old by September 1, 2017, Siletz Tribal Head Start is in the process of accepting new applications for 2015-16. Please call (541) 444-8376 or 1 (800) 922-1399 for an application. Send in your application as soon as possible. See Page 17 for details.

# Community Health



## Diabetes Support Group

Wed., June 14th  
Noon—2 PM

Our June Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome.

## Diabetes Sponsored GYM Memberships

Summer is here and we all want to look and feel great to be able to take advantage of the nicer weather outside activities we all love. We have applications available for tribal members to apply for this great program. Please call Verdene your Community Health Advocate for details and set up an appointment or just ask to have an application mailed to you. Those who are at risk for diabetes are encouraged to complete an application. Please call (503) 238-1512.

## Healthy Habits: 5 Ways to make them stick!

**Block Anxiety:** While organizing your life and overhauling your diet to achieve healthy goals is a good thing. It can cause a lot of stress. The best way to kick that stress? Plan ahead. “The biggest tip is to be prepared. Try this: Pick a night to plan a menu of meals for the week. Then post a shopping

list and a menu on the refrigerator so the whole family knows what’s for dinner.

**Think Small:** Tackling one small goal before moving to the next is a great way to break old habits. If you work on a small goal for several days to a week, you are more likely to achieve it than if you bite off more than you can chew in the beginning. So instead of going on a strict diet, consider simply replacing one can of soda with a glass of water daily. Working with a diabetes educator can be helpful to inspire ideas for setting small goals and keep you accountable as you’re shifting from your old habits to new.

**Get motivated:** Feeling ‘ho-hum’ about your goals? Try this trick, Collect inspirational quotes, magazine articles, photographs, and thoughts that you’ve jotted down. Stash them in a box, paste them to a poster board, collect them in a Microsoft Word document, or organize them with an online tool such as Pinterest. “One of my patients, who did it as a Word document, looks at it every single night before going to bed and edits a little bit,” she says. “That’s how she stays motivated.”

**Set an end goal:** Beat burnout by keeping your eyes on the prize. It is helpful to write out what it means to be your ideal self. For instance, someone might say, “I want to be somebody who is strong and lean and physically active,” she says. Or “I want to be healthy enough to watch my [grandchildren] get married.” Once you write it down, you can keep it on your refrigerator and read it aloud when you need a little extra motivation.

**Watch your words:** Reaching your goal is hard work, so go easy on yourself. “Start

with listening to the words you say about yourself and then ask if that’s the type of thing that you would ever say to somebody else. From there, consider how you can turn negatives into self-empowering positives. “I can’t eat it” sounds a lot like deprivation, doesn’t it? “I choose not to eat it,” on the other hand, takes the power away from your diet and gives it back to you. Then, if you slip up on your diet plan, don’t beat yourself

up. Always ask yourself: “Do [your words] nurture? Or do they push you back?”. “Do they empower you? Or do they inhibit your success?”

We hope you will consider these 5 ideas one at a time. They are all good things to live by even if you do not have diabetes.

Wishing you happiness and good health this summer! Verdene McGuire your CHA at the Portland Area Office.

## Vocational Rehabilitation



The Siletz Tribal Vocational Rehabilitation Program (STVRP) provides holistic, culturally sensitive Vocational Rehabilitation (VR) services to federally-enrolled tribal members who have a disability and live within the Siletz 11 county service area. STVRP serves as an employment resource for members that have a strong desire to be employed. The program utilizes Strength-Based Practices and Informed Choice to prepare participants for gainful employment. An important part of the VR program, is helping others find their own strengths and build strong foundations for lasting and productive employment.

### Services we may provide,

### but are not limited to:

- Employment services
- Referral to community resources
- Transportation/Support services
- Portfolio building
- Motivational counseling
- Addressing and eliminating barriers to employment

- Cultural activities
- Educational, physical and mental health assessments

### Basic requirements of the program include:

- Be an enrolled member of a federally recognized tribe
- Live within the Siletz 11 county service area
- Have a mental, physical, developmental or learning disability that is diagnosed by a licensed clinician
- Have a disability that causes a substantial barrier to employment
- Willing and able to be an active participant in the Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP provides culturally sensitive vocational rehabilitation services with a focus on: Spiritual; Mind Intellectual; Emotional; and Physical Wellness to Enable Your Success in the Workforce.

To find out more about STVRP, please call 800-922-1399 and ask to be connected to STVRP Staff for your area.

## Behavioral Health—Mental Health

### Summer fun, summer challenges

Summer is a time when the sun is out, and feelings can be at their highest, happiest point. For children and adults still in school, summer can also be a time of turmoil, brought on by the lack of a daily schedule. It may also be a time that parents ease their kids off medications that are necessary during the school year.

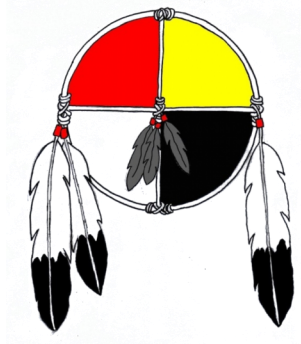
Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health:

1. Exercise. Go out and do a fun physical activity; 30 minutes every day can do so much for our souls. The summer is a great time to get outdoors and go do hikes, go to the pools that are opening back up.
2. Try and create a routine, and stick to it more days than not. Of course, things will come up, just get back to that routine when you can.
3. Sit your children down (or yourself) and discuss goals and expectations for the summer months. Everyone breathes a little easier when it's known what should be happening.
4. Take some time each day to give yourself and your family a "feelings check-in"; this way you can catch depression and anxiety before they get out of hand.
5. Meditation and relaxation—take time

each day to sit and reflect, and unwind from the day's stresses. Don't forget, if you aren't caring for yourself, it will be harder to care for others.

### Traditional Coping

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get picked during the summer. If you're unfamiliar with such activities, reach out to an elder, they truly have a wealth of knowledge.



### Generally, PAO Counselor Rachael Adam's Work Days/Hours are:

<b>Portland Area Office</b>	<b>Salem Area Office</b>
Mon & Tues	Wed, Thurs, and Fri
8 AM—4:30 PM	8 AM—4:30 PM
(503) 238-1512	1-(503) 390-9494

## Parking at Portland Area Office

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

## Behavioral Health — Alcohol & Drug Program

### The Dry Drunk Syndrome

Dry refers to the fact that we've stopped drinking or using other drugs. Drunk means that using a chemical has left us powerless and our lives unmanageable and we exhibit behaviors that may seem the same when we were still drinking or using. These words suggest intoxication without alcohol or other drugs.

Sobriety has its ups and downs, its good times and bad times. Changes, shocks, and setbacks are normal and when we address this, we can still stay sober. Dry drunk syndrome, however, is different; it's not a catch-all term for every bad day we have or every bump in life we may hit. Dry drunk describes a problem, not a person. The point is not to condemn ourselves but to admit the truth and move on. Some signs and attitudes of dry drunk includes;

- Grandiosity
- Judgmentalism
- Intolerance
- Impulsivity
- Indecisiveness
- Denying
- Rationalizing
- Projecting
- Overreacting

This syndrome is correctable with the proper support whether it's a AA/NA meeting or a personal therapist or ceremonies that keep

you balanced using anything that will help you. Looking at your own behaviors and working through them will give you the support you need; the support is there. All we have to do is ask and follow through. Remember, before any relapse, there is a dry drunk that goes untreated. So know the signs and reach out for help. Its all about your recovery and a better life.



### Generally, PAO Counselor Andulia WhiteElk Hours are:

When Andulia is unavailable, Counselors from other area offices (Salem, Siletz, or Eugene) can assist.

<b>Salem Office</b>	<b>Monday, Tuesday and Wednesday</b>
	<b>8— 4:30PM</b>
<b>Portland Office</b>	<b>Thursday and Friday</b>
	<b>8— 4:30PM</b>

**Recognize  
Acknowledge  
Forgive  
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is  
Available &  
Confidential**

# Education & Youth Update

## Siletz Higher Education Application Deadline

**June 30th—4:30 PM**

All Siletz Tribal members who are planning on attending college at any time in the 2017-2018 school year must complete a Tribal Higher Education Application. Please turn this in by June 30, 2016 to any area office. Students must also have applied for Federal Financial Aide (FAFSA) by January 30th, 2016. Applications can be found online at:

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

Go to “services” tab, “education” and then to “college”. For more information contact Katy Holland at the Portland area office .

## Siletz Tribal Scholarships

Please note all of the Siletz Tribal scholarships below have a application deadline of June 30, 2017 Applications can be found online at:

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

**PEPSI—Craig Whitehead Scholarship:** PEPSI has asked that this scholarship be the PEPSI— Craig Whitehead Scholarship in honor of Craig Whitehead. The scholarship is open to any field and is in the amount of \$1,000.

**Arthur S. Bensell Memorial Scholarship Memorial Scholarship:** This scholarship is in honor of Arthur S. Bensell an educator, civic leader and Tribal Council member and Tribal Chairman. A memorial scholarship in the amount of \$1,000 in his honor targeted students pursuing a degree in teaching and education.

**Siletz Scholarship:** This scholarship is open to any field of study and is in the amount of \$500.

## Siletz Incentive Program

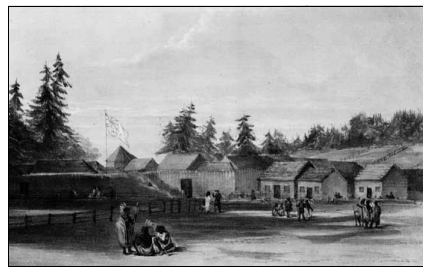
### “Your Success Matters”

The Siletz Tribal Incentive Program rewards Siletz Tribal students for their achievements for the following:

Head Start/Pre-School:	\$10.00
Kindergarten:	\$10.00
Elementary School:	\$20.00
Middle School:	\$50.00
High School:	\$100.00
<b>Adult Vocational Training:</b>	
1 yr. program:	\$100.00
2 year program:	\$200.00
Higher Education	\$75.00
Plus a Pendleton Blanket	
Master’s degree:	\$300.00

Please forward certificates, diploma’s or grades that show a promotion to Katy at the Portland area office with students name, address and phone.

## Our First Summer Field-trip: Fort Vancouver



Join us for a day trip to Fort Vancouver to learn more about this period in our history when the fort was built and to learn more about the bands of Indians living in this region.

**When: Thursday, June 29th**

**Where: Portland Area Office**

**Time: 9 AM to 3:00 PM**

Lunches and snacks will be provided. Please call Katy to sign up and for transportation.

## Tribal Youth Employment Program:

The Siletz Education Program is gearing up for the Siletz Tribal Summer Youth Employment Program. Siletz Tribal youth 14 to 18 years old, who are returning to high school in the fall of 2017 are invited to apply. Applications will be sent out on May 25th. Applications for the program will be taken at each area office until June 22, 2017. If you do not receive an application or have changed your address please contact Katy Holland (503) 238-1512.

## Summer’s Almost Here: Camps & Opportunities

An extensive list of summer camps for youth can be found on:

[www.metro-parent.com/summercamp](http://www.metro-parent.com/summercamp)

by focus, or through the City of Portland. Below is a list of a few ideas for parents and guardians:

- Native American Youth & Family Center
- Oregon Zoo Camps
- Portland Parks & Recreation
- Boys and Girls Club
- Timbers Soccer Camps
- OMSI Camps
- YMCA Camp Collins
- Oregon Children’s Theatre
- NW Children’s Theatre
- Portland Metro Arts
- Oregon School of Arts & Crafts
- The Audubon Society of Portland

- Saturday Academy (Vouchers are available at Saturday Academy for classes in math, science and computers.
- Free Geek
- Tualatin Hills Park & Rec.

## Siletz Supplemental Education Program

This program can help pay for Summer camps, activities and programs. Complete the Siletz JOM/Supplemental Education Application and contact Katy for more information or picking up an application.

## Read Every Day All Summer Long

**June 16—August 31, 2017**



Read for fun and prizes this summer. Babies, kids, and teens are all welcome to play the Multnomah County Library Summer Reading Game. Visit your local library

to sign up and get your self a game board. Lots of prizes and fun reading for everyone.

## Portland All Nations Canoe Journey—June 4th

This group will be launching canoes from Willamette park at 9 AM and end at Cathedral Park (8676 N. Crawford St. Portland, OR) at 12:30 AM. All canoes, kayaks and canoe families are invited to pray and paddle as we pick trash on our way to landing at Cathedral Park. Those not able to be on water can take part in restoration project at Cathedral Park starting at 11 AM. Upon arrival of canoes, we will come together to feast, sing dance and play traditional games! RSVP with Cece Whitewolf at:



**Celeste.Whitewolf@gmail.com**

Or (503) 970-8004.

# June 2017

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 Elders Shopping Day 10 AM  Royalty Applications Due	8 SSP- CAN Meeting 1:30—3 PM	9 Beading Group 10 AM—2 PM	10 Elders Council 1 PM—Lincoln City
11	12 Athabaskan Language Class 6 PM—8 PM	13	14 Diabetic Luncheon Noon—2 PM	15 Enrollment Deadline (See Pg.1)	16 Regular Council 8 AM—Siletz  <b>Delta Park Pow-Wow</b>	17
18  <b>Delta Park Pow-Wow</b>	19	20	21 Elders Shopping Day 10 AM	22 Elders BBQ Siletz, OR Youth Employment program Application Deadline 4:30 PM	23	24
25	26 Home Visiting Program Picnic	27 Elders Potluck 5:30 PM	28	29 Education Fort Van- couver Trip 9 AM—3 PM	30 CTSI Higher Educa- tion Applications & Scholarships Due 4:30 PM  PAO Closed for All	31

# Athabaskan Language

## Nuu-wee-ya' (Our Words)

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students. Come and join other members of your community and tribe in learning to speak one of our ancient languages.

**Monday, Jun. 12th, 2017**  
**6 PM—8 PM**

Any tribal members who need assistance with cultural projects, please bring them prior to class, if possible. We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up

an appointment. For more information, please contact Bud Lane. Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

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

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

[www.siletzlanguage.org](http://www.siletzlanguage.org)



# Natural Resources

## 2017-2018 Hunting and Fishing Tags Distribution Schedule

\* We are not accepting early calls to “save” a tag for someone. You must physically show up to obtain your tag on the first day of distribution. However, you may call to have a tag mailed beginning on the second day of distribution.

\*\* Season for Youth ages 12-17 is 9/30 - 11/5 (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 2017-2018 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.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	9/30-11/3**	8/21	First Come First Served
	Antlerless or Spike – Adult	8	10/21-11/3	Lottery applications available 8/7; due 9/1; drawing 9/5; tags issued 9/6	Lottery – Open to Elders Only
	Antlerless or Spike – Youth	5	9/30-11/5	Lottery applications available 8/7; due 9/1; drawing 9/5; tags issued 9/6	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50***	11/18-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 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 6/5; due 7/7; drawing 7/10; tags issued 7/11	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/26-9/24	8/7 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/11-11/14	Lottery applications available 9/5; due 9/22; drawing 10/2; tags issued 10/3	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/18-11/24		
	Antlerless	9	Various seasons beginning 1/1/18	Lottery applications available 9/5; due 9/22; drawing 10/2; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/25-12/10	<i>First Distribution:</i> 10/16 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/30 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/21	First Come First Served

# 477 Self-Sufficiency Program

## Creative And Native (CAN)

For all 477 Self Sufficiency Clients:

The required monthly group is a supportive/informational group that will focus on work, education, family and goals.

Follow up Soft Skills workshop– remember your homework!

Come meet and learn from others like your self who are working toward their goals!

Light snacks and coffee served.

### This month's CAN Meeting:

**Thursday, June 8th**

**1:30—3 PM**

If you have any questions please call the program at PAO and speak with Tamra Russell or Anna Renville at (503) 238– 1512.

## 477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families

- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

### Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

## Have You Heard About Section 184 Home Loans?

### Who is Eligible?

- Enrolled members of federally recognized tribes, Alaska natives, Tribes and TDHE's

### Also...

- Credit is important, but you are not judged on your credit score

- Low down payment (can come from savings, tribal down payment assistance programs, flexible approval processes.

For more information visit:

[www.tribal.com](http://www.tribal.com) or call

**(503) 610-5387**

You can also call our siletz Finance Manager K.C. Short at (800) 9222-1399 to discuss other home buying programs.

47th Annual City of Roses

**DELTA PARK**

**Powwow & Encampment**

**June 16-18, 2017**

**Portland, Oregon**



All are invited to the Delta Park Powwow and Encampment at East Delta Park in Portland, Oregon.

The Delta Park Powwow and Encampment is an annual Portland tradition that draws Native American, and non-native participants and spectators from across the Pacific Northwest to enjoy:

- Intertribal and competition dancing
- Dancing exhibitions
- Arts and craft vendors
- Fry bread and other food booths

all as part of a free and family-friendly celebration of Native American culture.

## Need A New Tribal ID? Let PAO Help!

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.

Confederated Tribes of Siletz Indians of Oregon  
**Tribal Identification**  
 Siletz Tribal Roll: #99999  
 DOB: 09/01/2006 BQ: 4/4  
 Issue Date: 3/18/2016  
 Expiration Date: 3/18/2016  
 Height: 5'10" Weight: 150 lbs.  
 Issued For Resolution 2016-006 effective 3/18/2016

**Siletz Valley Charter School**  
 243 NW James Frank Ave, Siletz, OR  
 PO Box 123456  
 Siletz, OR 97380-9999



# USDA

Siletz	Thursday	June 1	9 AM – 3 PM
	Friday	June 2	9 AM – 3 PM
	Monday	June 5	9 AM – 3 PM
	Tuesday	June 6	9 AM – 3 PM
	Wednesday	June 7	9 AM – 3 PM
Salem	Monday	June 19	1:30 PM – 6:30 PM
	Tuesday	June 20	9 AM – 6:30 PM
	Wednesday	June 21	9 AM – 6:30 PM
	Thursday	June 22	9 AM – 11 AM

If you have a lot of crackers on hand, this is a great way to use them. I made these in April at the Salem warehouse, and they are delicious.

## SNACK CRACKERS

- 1 Package of Ranch dressing mix
- Red Pepper Flakes to taste
- 1 Sleeve Crackers
- 1/4 to 1/2 cup oil (Vegetable, olive or grape Seed Oil)

Put crackers in zip lock bag. Drizzle with the oil and add the powdered ranch dressing mix and red pepper flakes. Seal the bag with some air in it and turn it over until the crackers are coated. Let stand for a day (any longer and they become stale).

You can also substitute garlic powder and parmesan cheese in place of the ranch dressing mix and red pepper flakes. Experiment with your favorite seasonings and enjoy.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.

## Contract Health

### Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. Please call (800) 628-5720. A technician is assigned to

you by your last name. Please refer to the list below to determine who you need to speak with when contacting contract health.

<b>Trish Carey</b>	<b>A-G</b>	<b>X1651</b>
<b>Misty Hammet</b>	<b>H-O</b>	<b>X1329</b>
<b>Joella Strong</b>	<b>P-Z</b>	<b>X1649</b>

## 2017-18 Siletz Tribal Head Start Enrollment Application

CHILD'S NAME \_\_\_\_\_ Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Child's Sex: M F 3. Child's Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE NOW  
 Returning Student: Yes No. Does child have any condition which may be considered a disability or special need? Y/ N Explain:

Is child descendent/member of a federally recognized Indian Tribe? Y/ N

Roll # \_\_\_\_\_ Tribe \_\_\_\_\_ (Please attach verification).

Are You Homeless? Y/ N Homeless children means individuals who lack a fixed, regular, and adequate nighttime residence; For Example, are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations, or are awaiting foster care placement.)

### PARENT/GUARDIAN NAME(S):

1. \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

2. \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone #'s: Home:( ) Work:( )

Bus Pick-up and drop-off address if different from above: \_\_\_\_\_

A preference for enrollment can be given to families which face any of the following conditions: single parent household, parents separated or divorced, child is a victim of abuse or neglect or child suffers a non-handicapping medical condition, foster child, sibling who attended the program. If your family meets any criteria and you want to claim that preference, please list the qualifying condition(s) here:

LIST ALL OTHER HOUSEHOLD MEMBERS BY NAME and DATE Of Birth : Total #  
 Household members \_\_\_\_\_

### Please add additional families members to the back of this application

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

### FINANCIAL STATEMENT ( You Must attach verification of these benefits.) Check all that apply:

\_\_\_\_ Employed \_\_\_\_ Unemployment—General Assistance—Child Support—TANF - Veteran's Benefits—Social Security—Disability—College Grants/Scholarships—Other, explain

TOTAL GROSS MONTHLY INCOME \$ \_\_\_\_\_

(YOU MUST attach verification)

With my signature I certify that the above information is complete and accurate:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Siletz Tribal Head Start is an equal opportunity program and open to all children regardless of race, color, age, sex, handicap, or national origin. Any person who believes she/he has been discriminated against should write to the Secretary of Agriculture, Washington, DC, 20250.

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**Confederated Tribes of  
 Siletz Indians of Oregon  
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*(Healthy Traditions Continued from page 2)*

about the program. If you are have questions or are coming please let Lori Christy know at (503) 390-9494 ext. 1863.

The Home Visiting program is open to American Indian/ Alaskan Native families when they are expecting a child or have a child under the age of one. The program then continues until the child turns three. The program is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. If you are interested in learning more about the program please contact Lori Christy, 503-390-9494 ext. 1863.



**Portland Area Office Staff:**

<b>Name/ Title</b>	<b>Contact Information</b>
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us

**Other Numbers:**

<b>Name/ Program</b>	<b>Number</b>	<b>Name/ Program</b>	<b>Number</b>
Bud Lane	800-922-1399	Casey Godwin	(800)-922-1399
Cultural Program	X1320	LIHEAP Coordinator	X 1311
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy	800-922-1399
Cecelia DeAnda Elders Program	800-922-1399 X1261	Natural Resources	X1232
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	Andulia WhiteElk SAO Addictions Counselor	(503) 238-1512 X 1414
		DeAnn Brown— Siletz HeadStart Program	(800)922-1399 X1510