

Portland Potlatch

SEPTEMBER 2017

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Portland Area Office Closures

Labor Day, Monday, Sept 4th

AND

All Treaty Day, Monday, Sept 11th

Siletz Run to the Rogue 2017

Cancelled Due to Fires in Southern Oregon

Below is an official memo from our General Manager Brenda Bremner:

It is with great sadness that I am announcing the cancellation of the 2017 Run 2 Rogue event. The event was previously scheduled for Friday, September 8th through Sunday, September 10th. We started the annual Run 2 Rogue event back in 1994 and this year's run would have been our 23rd annual return to our ancestral homelands.

As many of you know, the Chetco Bar fire which is currently burning in Southern Oregon and moving near the area of Agnes, Oregon is 0% contained at this point. Large areas near the fire are either evacuated now and restricted from access by the general public or are at a level 2 evacuation status.

As such we felt it necessary to make a decision to cancel the run this year for the health and safety of all the participants. The expected containment date of the Chetco Bar fire is mid-October. Current air quality is at unhealthy levels and with the ongoing risk of the fire continuing to spread, we are forced to cancel the event.

We look forward to seeing everyone next year.

Important Dates

- Fri., Sat., Sun., 9/8—9/10, Run to the Rogue
- Th., 9/14, Regular Council—8 AM
- Sat., 9/16, Elders Council—1 PM

Community News

Portland Area Office Shawl Siletz Tribal Head Start Enrolling Now!

This month, in lieu of beading we will be hosting our continued shawl making class for participants from classes Part 1 and 2. If you would like to attend a future class, please call Sherry Addis at (503) 238-1512 to express interest.

September 5th and 19th
10 AM—2 PM

Elders Shopping Day



The next elders shopping days will be:

Sept. 6th & 20th
10:00 AM

Please call your area elders rep. (Kay Steele (503) 760-4746) at least 48 hours prior or earlier to reserve your seat on the bus.

Siletz Tribal Head Start Enrolling Now!

Applications are now being accepted for the 2017-2018 school year. We have Head Start Centers in Portland, Siletz, Lincoln City and Salem. See page 7 for application.

If you know a child who will be 3-4 years old by September 1, 2014, application are available at your local Siletz Area Office, or by calling: (541) 444-8376 or 1 (800) 922-1399. Send in your application as soon as possible. See page 21 for more information.

Did You Know: Head Start helps children grow socially, physically, mentally, emotionally, and gain confidence in themselves.

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 EQ: 4/4
Issue Date: 3/18/2016
Expiration Date: 3/18/2016
Height: 5' 10" Weight: 150 lbs.
Enrolled Per Resolution: 2016-088 effective 3/18/2016

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



CTSI Ongoing Job

Announcement

Position: Elders Transporter (On-Call)

Location (s): Portland

Supervision: Area Office Supervisor/
Elders Program Coordinator.

Salary: \$11.25/ Hourly

For more information please contact:

Siletz Elders program:

Cecelia DeAnda:

(800) 922-1399

X 1212 and E-mail:

ceceliad@ctsi.nsn.us

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Pow-Wows and Events

The Neerchokikoo Honoring Pow-wow



Sept. 9th at 1:00 PM

**NAYA 5135 NE Columbia Blvd.
Portland, OR 97218**

Join us at NAYA to honor members of the community for their contribution to the important work of enhancing the lives of youth, families and Elders. Come together to celebrate Native culture and tradition.

“Dancing in the Square” Pow-Wow

Fri., Sept. 22nd, 12 PM—7 PM



**Northwest Portland Area
Indian Health Board**

Indian Leadership for Indian Health

The NW Portland Area Indian Health Board (NPAIHB) and other local Indian organizations will be hosting an

“American Indian Day Celebration” at the Pioneer Courthouse Square in downtown Portland. The event will celebrate American Indian cultures and raise awareness of the challenges that American Indian people face in this Country. This Pow-Wow is free and open to the public. Grand entry is 3:00 PM. For more information, call (503) 416-3269 or visit:

<http://www.npaihb.org>

2017 Annual Jim Pepper Native Arts Festival

Sept. 30th—11 AM—9 PM

Parkrose High School

12003 NE Shaver St.

Portland, OR 97220

Founded in 2013, this festival honors the memory of Jim Pepper, a contemporary Native American jazz musician raised in Portland who was an innovator in jazz-rock fusion as well as world music. The lineup features his collaborators from far and near. The 4rd annual Jim Pepper Native Arts Festival will take place on Saturday, September 30th at Parkrose High School, from 11:00 a.m. to 9:00 PM. See more at:

www.jimpepperfest.net

PAO Summer Picnic-Potluck 2017

Every year Portland Area Office staff, tribal members, their families, and community members gather together to reconnect before Summer ends the new school year begins.

This year the CTSI-PAO Picnic was held on August 17th at Mt. Scott Community Park in the heart of SE Portland. The weather provided a perfect setting of the varied activities, including native crafts for adults and youth, bingo, activities and crafts for youth, and a wonderful barbeque/picnic.

We want to thank everyone who came to our picnic, tribal members, visiting guests and especially our volunteers and staff who diligently worked before, during and after the picnic to ensure another successful event.

We would like especially thank, Jason “Biggie” Umtuch, Joseph Davis and friends for commencing our picnic with a drum song, and drumming and singing throughout our event.

We hope you will enjoy the following pictorial reminder of this year’s event.



Healthy Traditions (HT)

September 2017 Planting Guide

Whether you're a seasoned gardener or a first timer, September can still be a good opportunity for fall planting and winter cover crop. The following list is referenced from Portland Nursery's planting guide. The list is broken down by vegetables that may be directly sewn outdoors or planting pre-grown starts outdoors.

Seed Outdoors:

- * Indicates
- Cover Crops:
- Arugula*
- Asian greens*
- Beets
- Cabbage (for spring)
- Endive
- Fava beans*
- Garlic (cloves)*
- Lettuce*
- Kale

- Onions (sets)*
- Radish*
- Salad greens*
- Shallots (bulb)*

Plant Starts

- Kale
- Lettuce
- Salad greens
- Sorrel

Most Often Requested Numbers

Confederated Tribes of Siletz Indians	(800) 922-1399	Siletz Behavior Health	(800) 600-5599
Salem Area Office	(503) 390-9494	Chinook Winds Casino Resort	(888) 244-6665
Eugene Area Office	(541) 484-4234	Chemawa Health Clinic	(800) 452-7823
Contract Health Services	(800) 628-5720	Grand Ronde Health & Wellness Center	(800) 775-0095
Siletz Community Health Clinic	(800) 648-0449	Bureau of Indian Affairs	(800) 323-8517

Community Health



Diabetes Support Group

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

**Wed., Sept. 13th 2017
Noon to 2:00 PM**

Overcoming Fear of the Dentist

By Dr. Jill Price & Associates, DMD PC



If you have a fear of the dentist, a routine cleaning can become a major source of stress and anxiety. Fortunately, there are a variety of ways that you can work to overcome your dental fears for good.

Talk to Your Dentist:

If you are fearful about your dental procedure, tell them during your appointment as well as when you make the appointment. This will help them decide the best approach for you. And you'll feel more in control of your exam when everyone is on the same

page.

Learn about the Procedure:

Knowledge is power, so knowing exactly what will happen during your dental procedure can leave you feeling more comfortable. It's good to understand the work that is going to be done on your teeth.

Ask about Sedation Dentistry:

Many dentists recommend the use of Nitrous Oxide (also known as laughing gas) and other sedation methods for nervous patients. These could help you feel more comfortable about your appointment also.

Work on Your Breathing:

Practicing yoga and meditation outside of the dental office can assist you with your dental appointments. Breathing techniques can help you to relax when you're in the dental chair.

Prioritize Preventive Dentistry:

Preventive dentistry is a helpful way to prevent major dental problems that may involve more time spent at the dentist's office. The more often you go for routine cleanings, the less likely you'll experience a bigger dental problem that requires extensive treatment.

Dentists We Recommend

If you are living with dental anxiety, try to be brave and contact your local dentist today. I personally recommend the Portland NARA dental office in the business complex next to the Siletz Portland Area Office. I have seen the dentists on several visits with excellent results.

Contact NARA dental at: (971) 347-3009.

Contract Health Update

Remember to update your contract health services form each year! Call the Portland Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a

new phone number or even a new primary care doctor, please update your information.

Diabetes Exercise Program

Fitness Memberships slots are still available

With our updated Diabetes Grant the PAO

has additional Fitness Membership slots available to tribal members with Diabetes or at risk for Diabetes. Call Verdene for an appointment to fill out the application and apply for a slot on a first come first serve basis, (503)-238-1512



Peer Recovery

Welcome Aboard!

We are excited to announce the addition of our newest staff member Andrew Eddings.



Hello, my name is Andrew Eddings I am the new peer recovery mentor for the Portland and Salem area offices. I am a Siletz tribal member and in long term recovery from addictions. I am passionate about recovery and helping others overcome addictions and I find fulfillment in being part of a positive healthy community

Through my efforts in the Siletz commu-

nity related to service work in addictions and my efforts establishing the men's transitional living house in Siletz I developed opportunities to change my life through helping others change their lives..

I was offered an opportunity to train through a State granted 9 Oregon tribal cohort for a drug and alcohol counselor's certificate. Upon completion of this training I utilized CTSI self-sufficiency and education programs to complete internship and testing to obtain a CADCI.

I had worked for NARA NW as a counselor and 9 tribe Liaison working with Siletz, Coos, Coquille and Grand Ronde tribes since 2013.

Peer recovery mentor is a new position within the Siletz A7D /Mental health program and I will be working with the counselors providing services to the individuals we serve.

I am excited to have a chance to work for our tribe and give back to my people.

Behavior Health

Denial and Recovery

Most of us use denial to protect ourselves from the awareness that we are addicted. In its simplest form, denial is a lack of information. We experience symptoms we don't understand, so we push them out of our thoughts. Denial can become a conscious suppression. We know we are experiencing something painful, but we consciously push it from our mind because of shame, guilt or unwillingness to look at what's causing the pain. There are 3 levels of denial, they are:

- **Mild Denial:** Lacking the information needed to understand what is happening.
- **Moderate Denial:** Consciously pushing unwanted memories or thoughts from the mind.
- **Severe Denial:** Unconsciously repressing the memories or thoughts. Adverse symptoms are present when the person has no idea of what is causing the symptoms.

Denial can save us from feeling anything temporarily, but it can also keep us going in our addiction and become a runaway train of the very emotions that we are trying not to feel. Some tips to support recovery from denial are:

- Honestly examine what you fear.
- Think about the potential negative consequences of not taking action.
- Allow yourself to express your fears and emotions.
- Try to identify irrational beliefs about your situation.
- Journal about your experience.
- Open up to a trusted friend or loved one or professional.
- Ask for help

Recovery is an ongoing process, and overcoming denial is just one of many steps towards restoration.

Generally, PAO Counselor Andulia WhiteElk Hours are:

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

Salem Office Monday, Tuesday and Wednesday 8— 4:30PM

Portland Office Thursday and Friday

**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**

Parking at the Portland Area Office (PAO)

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

New Opportunities in Mental Health Coming Soon:

Earlier in the year, Mental Health Specialist Rachel Adams had the opportunity to go to Levels 1 and 2 Gottman couples counseling training. She is ready to start putting these skills to use, both in Siletz and the Portland/ Salem area offices.

What is Gottman Couples Counseling?

1. This is an evidence-based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create the ultimate and unique treatment plan for the couple.
2. In Gottman couples counseling, the couple learns many tools that will help them communicate better, understand their partner's needs more fully, and work together to create a more satisfying relationship for both individuals.
3. Another component of Gottman couples counseling is Emotion Coaching, which is a program designed to help parents better understand and relate to the emotions their children are experiencing and often having trouble expressing.

Here are some potential ways your Mental Health Specialist, Rachel, could help tribal members and their families with these new skills:

1. Rachel comes to Siletz at least once a month, and she'd like to start offering couples sessions during that time. These would be hour-long sessions with the end goal of leaving the couple with tools to practice until the next session.

2. Rachel is formulating a way to do a Gottman Couples retreat, which would be a full week-end in which couples could come do a tune-up in their relationships.

3. Rachel is thinking about ways to adapt the Gottman training to include Native healing practices and adventure-based therapy such as ropes courses and hiking.

Traditional Coping

Though Gottman's methods are tried and true, they are not the only thing important in living a healthy Native life. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways. September is a time to start preparing for the winter; gathering fall foods, attending sweats, and smudging continue to be of importance in our daily lives.

Crisis Line Access

Since July 1st, CTSI has after hours help available for anyone suffering with a mental health crisis. This is the new way to get help every evening from 5 PM to 8 AM, and on weekends and Holidays. Call 1-(541) 444-8286 or 1(800) 600-5599. If you call this number, a professional trained in crisis prevention and assistance will answer. They will help you to the best of their ability. If you have questions about this information, please call the Behavioral Health Department at 1-(800) 648-0449.

Portland Area Office
Mondays & Tuesdays
(503) 238-1512
X1417

Salem Area Office
Wednesdays & Thursdays
1-(503) 390-9494
x1864

Vocational Rehabilitation (STVRP)



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.

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:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- or visit at:

www.ctsi.nsn.us/icw.html

**Will It Be
Easy?
NOPE.
Worth It?
Absolutely.**

477 Self-Sufficiency Program

Creative And Native (CAN)

For September, we will be hosting a Required Workshop on:

**Thursday, Sept. 14th—Salem, OR
10 AM—4:30 PM**

This 1-day workshop will be held in the Salem Area Office. Guest presenters: “Leadership Lab”. They will be discussing career resiliency, professionalism, goals, and objectives, how to start or advance your career. Transportation will be available. Lunch and snacks will be provided. Our bus to Salem will leave at 8:30 AM from the Portland area office.

If you have any questions or to verify your attendance, 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.1tribal.com or call
(503) 610-5387

You can also call our Siletz Finance Manager K.C. Short at (800) 922-1399 to discuss other home buying programs.

September 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4 Labor Day All CTSI Office's Closed	5 Shawl Class 10 AM—2 PM	6 Elders Shopping Day 10 AM	7	8	9
10	11 All Treaty Day All CTSI Office's Closed	12	13 Diabetic Lunch 12 PM—2 PM	14 SSP Client Workshop Salem, OR, 11 AM—3 PM Regular Council 8AM	15	16 Elder's Council 1 PM
17 Youth Council Salem, OR 11 AM—3 PM	18	19 Shawl Class 10 AM—2 PM	20 Elders Shopping Day 10 AM	21	22	23
24 Portland Salmon Celebration— Westmoreland Park 11 AM—4 PM	25	26	27	28	29	30

Education and Youth Update

The Siletz JOM & Supplemental Education Program

The Siletz JOM/Supplemental Education Program can provide financial assistance to youth with high school registration fee's. Other services and assistance includes: tutoring, advocating for students at IEP school meetings, cultural and enrichment programs. To be eligible students must be between the ages of 3 and 19, attending a public school, and be either enrolled in a federally recognized Tribe or show they are one quarter blood quantum. Applications can be found online at www.ctsi.nsn.us. Go to "Tribal services" tab then "youth" and print out the JOM/Supplemental application and request form. If you have questions please contact Katy at the Portland area office.

Join the Siletz Tribal Youth Council!

Youth from the Tribe who would like to get involved more with the Tribe are encouraged to attend our Siletz Youth Council meetings. Youth have the opportunity to meet one another from all of the areas (Portland, Salem, Eugene and Siletz). Youth meet at least every other month and plan events together, do community service activity and take part in fun activities. Each year youth who are 15 years old have also had the opportunity to attend the National Unity Conference to meet youth from across the United States. Our next meeting is scheduled for Sunday, September 17th 11 AM—3 PM. Please call Katy at the Portland area office if you would like to join in.

Adult Education

The Adult Education Program assists tribal members within the 11-county service area with skill development classes and General Education Development (GED) classes to obtain and retain employment. The program may provide funding for special interest and education classes. The program coordinates with other service providers to establish continuity for Adult Education. Applications are available at the four tribal area offices. For more information how this program can assist you please call Katy at the Portland area office or go online to the tribe's web site at www.ctsi.nsn.us. Go to "Education" tab and click on "college..." tab for the application. The program assists enrolled Siletz tribal members in acquiring training and job skills essential for full time satisfactory employment. This program provides funding for up to two years for specific vocational training.

SAT Tests for High School Students

The SAT is a standardized assessment of students critical reading, mathematical reasoning and writing skills. Nearly every university in the U.S. uses the test as a common scale for evaluating a student's college readiness. Taking the SAT is an important step in the college process. Students will need to register almost a month before the test. Example: The first test for 2017-2018 will be in the fall of 2017. The JOM program can help to pay for this test. There are also waivers for fees associated with the test. For information or to register visit www.collegeboard.com. Students are encouraged to take time to talk to their high school counselor.

Siletz Tribal Youth Council Meeting



Photo: Youth Council presentation to Tribal Council on August 15th in Siletz, OR.

Date: Sunday, September 17th, 2017

Time: 11am Youth Council Meeting
1pm Lunch
3pm Depart for home

Location: Salem Area Office, contact staff for transportation from Area Offices

Transportation:

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers:

Portland: Katy Holland, 503-238-1512

Salem: Sonya Moody-Jurado, 503-390-9494

Eugene: Nora Williams or Nick Viles 541-484-4234

Siletz: Dee Butler 541-444-9618, or Sharla Robinson 541-270-3212

Upcoming 2017 Youth Council Meeting Dates:

Meeting Date	Location	Activity Description
October 13-15th, 2017	Lincoln City	Siletz Tribal Youth Conference

Youth Council Objective:

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

2017 Siletz Tribal Youth Conference

October 13—15th (Friday to Sunday)

B'Nai B'Brith Camp—Lincoln City, OR

Registrations will be sent out to tribal youth at the beginning of September. Deadline for registering is Sept. 18th by 4:30 PM.

For more information, call Katy Holland at (503) 238-1512 or via e-mail at katyh@ctsi.nsn.us



Natural Resources



2017 Elk Tag Drawing Info

The annual drawing for the Tribe's elk rifle tags will be held on:

Mon., October 2nd at 5:00 PM
Tribal Council chambers

Applications will be available starting on:

September 5th & will be due September 22nd

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 X 1232.

Last 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 16th**. 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 X1261 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.

Reminders:

Elder Antlerless Deer Hunt Applications Due September 1, 2017

Applications available at the Natural Resources office and on the Tribal website under Natural Resources. Open to Tribal Elders age 55 and older.

Youth Antlerless Deer Hunt Applications Due September 1, 2017

Applications available at the Natural Resources office and on the Tribal website

under Natural Resources. Open to Tribal youth age 12-17 who have a valid Hunter Safety Card. Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions



Portland's 4th Annual Salmon Celebration



This Year's celebration will be held at Westmoreland Park, and is coming up on:

For more information, visit:

Sunday, September 24th
11 AM to 4 PM.
Westmoreland Park
Portland, OR

www.crystalspringspdx.org/salmon-celebration.html

The Crystal Springs Partnership, Portland Parks & Recreation (PP&R), Portland Bureau of Environmental Services (BES), as well as non-profit and business partners invite all to a free, public celebration of Crystal Springs Creek. We will cele-

brate the creek and the restoration that has helped bring wild salmon back to the city.

The Salmon Celebration coincides with the Sellwood-Milwaukie Sunday Parkways bike ride presented by Kaiser Permanente. Similar to last year's ride, the route takes us to Westmoreland Park where the Salmon Celebration is held. New for this year, Sunday Parkways takes riders to the City of Milwaukie. Details of the Sunday Parkways ride are here:

www.portlandoregon.gov/transportation/67625

The Salmon Celebration will include a Native American blessing and drumming, a traditional salmon bake (with samples!), storytelling for all ages, fun and educational inter-cultural activities, and ways to get involved in this special, urban watershed. The event will be free and open to all. Details of the Salmon Celebration on the Crystal Springs Partnership website are here:

www.crystalspringspdx.org/index.html

Athabaskan Language

Nuu-wee-ya'
(Our Words)



**Cancelled for
September 2017**

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.

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 lessons are available to tribal members, in print and audio, online:

www.ctsi.nsn.us

Body Parts

Head	Si's
Hair	Si'
Forehead	Nin'-k'vt
Face	Nin'
Eye	Naa-ghe'
Eyelid	Bee-le'
Nose	Mi~sr
Cheeks	Nii-pash
Throat	K'wvs-tr'e'
Neck	K'wvs
Chest	Sri'
Arms	K'waa-ne'
Hand	La'
Fingers	La'sak-'e
Fingernail	La'sak-'e or K'wvn-yu
Belly	Met
Buttocks	t'a'
Leg	Ts'ee-ne'

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

www.siletzlanguage.org

Home Visiting

Our Home Visiting Program provides parenting and life skills for successful and positive parenting. The model and curriculum we use is Family Spirit developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence based and culturally sensitive. For more information about our Home Visiting Program please contact Lori Christy, Home Visitor at 1-(503)-390-9494.

As parents we want to help our children learn and grow. Infants and children are learning all the time. The first years are when they develop the foundation for future learning. Their brains are developing in amazing ways! There are some good websites and apps for your phone that can help you as a parent turn any moment into a brain building moment. Below are two.

- **Vroom** - Did you know – **You have what it takes to be a brain builder!** Vroom turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds. Daily Vroom is a free app that helps busy parents make the most of the time they have. Turn fun, everyday moments into brain building moments. Find out more at www.joinvroom.org. They also have a text message option. For the weekly text message get started by texting CHILD to 48258.

- **"Zero to Three"** Early connections last a lifetime. Check out all their parenting resources at www.zerotothree.org With *Let's Play!* With their free app you can:

- Choose fun activities that promote early learning for your child
- Take photos to remember the moment

- Share your activities through social media Find fun ideas for keeping babies and toddlers entertained and learning, especially during daily routines like commuting time, chores, bedtime, bath time, mealtime & shopping.

This summer our Home Visiting families enjoyed an evening together picnicking, playing and conversing in the park.



NAYA Home Repair Program

Critical Home Repair Programming

Enjoy a safer, more comfortable and valuable home. The Native American Youth and Family Center (NAYA) and EnHabit are partnering with the Portland Housing Bureau to work with Cully and East Portland homeowners! We are addressing critical home repair and weatherization needs for the neighborhood, stabilizing the community one home at a time. If you are a low-income homeowner, you may immediately qualify for funds to make important improvements or repairs to your home!

This is a grant program, and inspections/repairs will be done with no financial obligation to the homeowner, nor will there be any liens attached to the property.

To qualify you must meet the income guidelines listed.*

*Income verification required. To be eligible for the critical home repair program homeowners must be at or below 50% of the median household income for those in the Portland metro area.

Ready to Apply?

Fill out an interest form, and drop it off or

Mail it to:
ATTN: Eron Riddle, Project Manager
NAYA Family Center.

5135 NE Columbia Blvd
Portland, OR 97218

For an application or have questions, contact Eron Riddle, NAYA Family Center Project Coordinator at (503) 288-8177 X 226

Email:

eronr@nayapdx.org

Household Size:	Total Household Income:
1	\$24,300
2	\$27,800
3	\$31,250
4	\$34,700
5	\$37,500
6	\$40,300
7	\$43,050
8	\$45,850



Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 628-5720. Your worker 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.

Trish Carey A-L X1651
Joella Strong M-Z X1649

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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 Siletz Indians of Oregon**
Portland Area Office

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97230

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon–Friday
 8:00 AM–4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



Are You In the Loop?

The Portland Area Office now uses an auto-dialer system to contact tribal members about upcoming events and urgent notices (Salmon Distribution). If you are a head of household, and have not been notified by our system, you may need to update your phone number with the tribal Enrollment department. Even if you have updated your address recently, you may not have updated your phone, which is just as important, as the Siletz tribes also utilizes phone communication frequently.

Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



Portland Area Office Staff:

Name/ Title	Contact Information
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
Andrew Eddings Peer Recovery Mentor	(503) 238-1512, andrewe@ctsi.nsn.us

Other CTSI Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane Cultural Program	800-922-1399 X1320	Jeremy Martin Voc. Rehab. Direct.	800-922-1399 X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy Natural Resources	800-922-1399 X1232
Cecelia DeAnda Elders Program	800-922-1399 X1261	Andulia WhiteElk A&D Counselor	(503) 238-1512 X 1414
Rachel Adams Mental Health Specialist	(503)390-9494 x1864	DeAnn Brown— Siletz HeadStart Program	(800)922-1399 X1510