

Portland Potlatch

JULY 2018

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August 2018
Nesika
Illahee
Pow-Wow
Information
(See Page 12)



**SRII-NA CHEE-
YASH-'E**
(High in sky
bird)
Or EAGLE

CTSI July Closures:

All CTSI Offices will be closed on:

Wednesday, July 4th—Holiday

Re-opening on Wednesday July 5th at 8:00 AM

Friday, July 27th—All Staff Day

We will re-opening on Monday July 30th at 8:00 AM

**Per Capita Address
Update Deadline!**
(See Page 3 for Details)

Important Dates

- 7/10 to 7/12, CTSI, Culture Camp
- Sun., 7/15, Elders Council—1 PM
- Sun., 7/20, Regular Council—8 AM

Portland Area Office Beading Group

Each month, all Portland Area Siletz Tribal members are invited to bring their culture projects and enjoy a morning of beading and socializing. So, come join us:



Elder's Shopping Day

The next elders shopping day will be:



July 3rd & 17th at 10 AM

To reserve your spot on the bus, please call your Elders program area representative, Kay Steele (503) 760-4746 or Angie Artiago (503) 760-3899.

Siletz Tribal Head Start Enrolling Now!



Congratulations to the students at the Portland Siletz Tribal Head Start. You worked hard this year, learning and growing. We are proud of you, Teachers Tonya, Maria and Sarah.

The Portland location of the Siletz Tribal

Head Start is excited to announce, Our new classroom location:

12727 SE Market St.

The new site has a park-like outdoor area and a classroom area with plenty of space for creativity, learning, and play.

Did you Know?

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

The classroom is located less than a mile from the Portland Area Office, providing easier access for our SE parents and more opportunities for collaboration between the Area Office Staff and the Head Start Teachers. If you have a child that will be age three or four by September 1st, pick up an application from the Area Office today. Applications can also be mailed to you by calling 1 (800) 922-1399.

Siletz Tribal Home Visiting Program

The Siletz Tribal Home Visiting Program is a great program for parents of infants and toddlers. The program offers support and encouragement, while providing parenting and life skills for successful and positive parenting. We serve native families beginning prenatally or before the infant turns one year old. The program continues through the child's third birthday. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. For more information contact Lori Christy Home Visitor at 1-(503)-390-9494.

Mailing Address Updates For Per Capita Checks

The last day to get your mailing address updated in time for your **per capita check** to be mailed to a new address is **Friday, July 13, 2018** by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it. Please see the information below about address changes and missing moccasins. For the full policy regarding per capita checks, please see the Tribal Member Distribution Ordinance on the tribal website:

www.ctsi.nsn.us

Go to, "Government Listings" > "Tribal Ordinances".

One of the popular questions is "**How much is per capita going to be?**" That amount is calculated on July 1st taking in to account the amount to be distributed, the number of enrolled Tribal members alive on that day, and postage costs. On Monday, July 2nd after 12:00 PM you will be able to call **(541) 444-8224** to hear an automated recording of the amount as well as going to the Tribal website, under the opening page of the member area login for the written announcement.

Where Is My Per Capita Check?

Per Capita checks are going to be mailed on Monday, July 31st to the current address on file with the Enrollment Department.

The Tribal Member Distribution Ordinance requires distribution of checks to be initially MAILED; therefore it CAN NOT be picked up at the Siletz Tribal Office. Per capita checks are NOT able to be direct deposited.

Mail from Siletz takes as long as four days to get to an address in Portland, Salem and Eugene. Please allow for the "snail

mail" time before calling to see where your per capita check is.

If you are a "Missing Moccasin" as of Friday, July 13th your check will be held until a correct address is submitted. If you are a "Missing Moccasin" and update your address between Monday, July 16th and Tuesday, July 31st the per capita check will be MAILED ON Tuesday, August 1, 2018. All other "Missing Moccasins" that update their address after August 1, 2018 will have their checks mailed when the address update is received.

The adult "Missing Moccasin" list is now on the Tribal website on the Enrollment page under Government Listing. Please check there to see if you know anyone that is listed.

Policy states you must wait 15 business days (in the case of per capita checks until 8/22/2018) from the time of mailing before you can submit a request for a "stop payment" and have the check re-issued. This allows time for the check to be returned if it is "undeliverable" to the address it was mailed to.

If your check is returned as "undeliverable" you must submit an address update in order to have your check re-mailed.

Missing Moccasins Do Not Receive Their Per Capita Checks On Time!

If someone does not have a good address and phone number on file with Enrollment, that person is considered a "Missing Moccasin."

Please check the list on the Tribal web-site for anyone you might know. Missing Moccasins do not receive this newsletter, election mail, per capita checks, 1099 forms

(Continued on page 5)

Community Health

Important Update: Medical Transport Requests

Angela Martin is our new Transportation Coordinator at the Siletz Clinic between 8am to 2:30 PM. Clients/Siletz Tribal Members may call the Clinic at 1(800) 648-0449 then press 9 to schedule a medical transport. All calls will go to her voicemail so she can verify information and return calls. Please leave your name and number, date you need a ride, and your destination. At this time our transportation is for Siletz tribal members only.



Diabetes Support Group

Our Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome. Prior to diabetes support group is our Wisdom Warriors meeting from 10:30 Am to 11:50 AM.

**Wednesday
July 18th, 2018
Noon—2 PM**

Final Month of Our 100 Mile Club Challenge

Participants, need to turn in their weekly miles-steps. You can e-mail them to Verdene at:

verdenem@ctsi.nsn.us

or call (503) 238-1512 X1413. Thank you for checking in.

The challenge goes till July 31, 2018. You all are doing fantastic! Keep on moving!

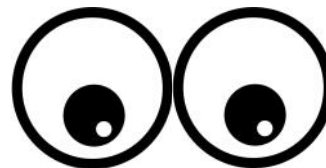
The Weight of Objects: Clearing a Space for Change

Article by dailyom.com

In life, we tend to have an easier time acquiring possessions than we do getting rid of them. Just as we harbor emotional baggage that is difficult to let go of, our lives can tend to be filled with material objects that we may feel compelled to hold on to. Most people are not conscious of how much they own and how many of their possessions are no longer adding value to their life.

It's not uncommon to hold on to material objects because we are attached to them or fear the empty spaces that will remain if we get rid of them. Giving away the souvenirs from a beloved voyage may feel like we are erasing the memory of that time in our life. We may also worry that our loved ones will feel hurt if we don't keep the gifts they've given us. It's easy to convince ourselves that unused possessions might come in handy someday or that parting with them will cause you emotional pain. However, when your personal space is filled with objects, there is no room for anything new to enter and stay in your life. Your collection of belongings may "protect" you from the uncertainties of an unknown future while keep you stuck in the past. Holding on to unnecessary possessions often goes hand in hand with holding on to pain, anger, and resentment, and letting go of your material possessions may help you release emotional baggage.

When you make a conscious decision to fill your personal space with only the objects that you need or bring you joy, your energy level will soar. Clearing your personal space can lead to mental clarity and an improved memory. As you learn to have a more practical and temporary relationship to objects, positive changes will happen, and you'll have space to create the life that you desire.



Casey Eye Institute Coming to PAO!

July 21st, 2018

Below is a list of appointment blocks:

- **9:00 AM**, first group of 10 participants.
- **10:00 AM**, 2nd group of 10 participants.

- **11:00AM**, 3rd group, 5 participants
- **12:00 PM**, 4th group, 5 participants
- **1:00 PM**, the final group of 10 arrive, plus those on a wait list can arrive by 1:30 PM.

There are only 40 open slots for this event. Participants should expect vision screenings to take 2.5 hours. Call Verdene McGuire for more information or to get on the list as soon as possible.

Vocational Rehabilitation (STVRP)



STVRP is here to assist members of ANY federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- 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. Services are provided in all area offices, however to inquire about services, ask to be trans-

ferred to the office nearest you that is listed below.

Salem Area Office:

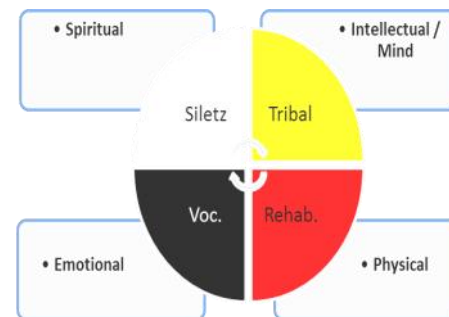
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380



Behavior Health—A& D Program

Tips for Managing Chronic Pain in Recovery

People who suffer from chronic pain and are in recovery for opioid addiction still need tools for managing pain that are not medication-based. Holistic, alternative, and adjunct methods as well as therapy and counseling are highly beneficial for both physical and emotional support. There are some things a person can do to manage chronic pain while in recovery. These include:

- **Get good quality sleep.** Sleep improves mental functioning and can help the body to heal. Having a healthy sleep schedule and structured routine promotes good sleep.
- **Eat nutritious and balanced meals.** Stick with foods that are rich in nutrients, high in protein, and low in refined sugars and saturated fats. Providing your body with the building blocks necessary for healing is essential in managing physical health and emotional wellbeing.
- **Improve communication and avoid isolating behaviors.** Talking and engaging with friends and family can improve moods and relieve stress and tension.
- **Attend therapy and counseling sessions.** Communication and new life skills for managing pain and keeping emotional balance are fostered thru therapy.
- **Build problem-solving skills.** Work toward solutions with a growth mindset. This can be empowering and help in many facets of life.
- **Participate in something meaningful.** Helping others and volunteering can improve a person's mental outlook and sense of purpose.

- **Find a creative outlet.** Art, music, journaling, and more can help to keep the mind occupied and provide a respite from pain.
- **Keep up with physical fitness.** Physical therapy and healthy amounts of exercise can improve self-esteem, blood flow, and help to restore the body.
- **Engage in relaxation techniques.** Yoga, breathing exercises, and mindfulness meditation are all helpful in reducing physical and emotional tension.
- **Join a support group.** Peer support and a healthy social network can be highly beneficial in minimizing relapse and offering helpful coping strategies and tools.

There may be times where someone in recovery for opioid addiction needs to take pain medication despite efforts to avoid it. Non-opioid and non-psychoactive drugs are generally preferred to treat pain in these cases. There are several different types of medications on the market today that are less addictive than opioid drugs that may be useful in managing different types of pain.

Pain medications should be used on an as-needed basis and under the careful and direct supervision of a highly trained healthcare provider who is well versed in the history of the individual. There should be no secrets surrounding medications. The individual in recovery needs to be sure that roommates, spouses, mentors, and substance abuse treatment providers are all aware of what medications are being taken, the proper dosages, and the amount of time they will need to be taken for. Close monitoring and holding oneself accountable are vital in helping to minimize potential relapse.

The pain needs to be treated, but with as

low and few of doses of medications as possible. Addiction treatment specialists, mental health providers, and medical professionals need to all work together to ensure that both chronic pain and addiction are properly managed in order to promote a sustained recovery.

Source: *American Addiction Center*

Andulia WhiteElk is the Addictions Counselor for the Portland Area. If you need to make an appointment, please call the Portland area office at (503) 238-1512.

Andulia's schedule is as follows:

Portland: Wed.12—4:30 PM, Thurs./ Fri. 8 AM—4:30 PM. **Salem:** Mon./Tues. 8AM 4:30PM * Wed. 8AM—Noon.

Behavioral Health—Mental Health Services

In the Heat of Summer

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom, while parents may be struggling to keep them entertained, while also working full-time. Parks with water features are a great source of entertainment. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry bottled water with you.

Summer is also the best time of the year to get a head start on mental health prep for the increase of symptoms that people often feel in winter.

Tips to Reduce Symptoms:

1. Exercise. It can be harder to get out and be active with the heat. It's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day.
2. It's also an important time of year to stay connected with people to keep depression at bay.
3. According to Research; 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably.

New training = New opportunities:

Several people from various Siletz Tribal Programs attended a raft guide training in June. They learned how to navigate paddle boats and gear boats through rapids, and touched on basic rescues and how to swim in rapids. This means more

staff will be available to help out on rafting days!

Traditional Coping

July is a great month to get your children to culture camp. And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage. Summer can be a time of difficulty for our Elders, when it's getting hot. It's a good time to reach out and make sure they stay cool and hydrated. Below are photos of the recent trip:



Rachel's Schedule:

Portland: Mon/ Tues. 8 AM—4:30 PM
(503) 238-1512

Salem: Wed. to Fri. 8 AM—4:30 PM
1-(503) 390-9494

Education & Youth Update

July Events & Activities for Native Youth:



Siletz Culture Camp July 10th to 12th in Siletz Camping Available

Learn about our Tribal culture, our language, our traditional dance, foods, and clothing. Classes include: basket weaving, Bear Grass weaving, Dentalium necklaces, loom beading, drum sticks, shawls, and Native games and much more. Meals will be served at the community center. If you have questions please contact Buddy Lane in Siletz or Katy at the Portland area office.



Columbia River Gorge Trip Tuesday, July 19th

We will visit “She Who Watches Petroglyphs” (Ancient Native American rock carvings) on the Columbia River. We will

be departing at 9AM and returning at 3:30PM. Lunch will be provided. Story teller, Ed Edmo will be our guide and will also share with us about the History of Celilo Falls . Please RSVP with Katy at (503) 238-1512.

Mt. Hood—Ski Bowl Adventure Day Field Trip

For Youth 10 years old and up 9AM-5:30 PM. A fun adventure filled day on Mt. Hood/Ski Bowl doing fun and challenging physical activities—helping to build leadership and relationship skills.

Thursday, July 26th

Please contact Katy to reserve a space for your self.

Cultural Craft Day In the Park & Swimming

We will meet up at the park, where we will be having a full day of fun with kick ball, cultural activities, lunch and lastly swimming at Sellwood outdoor swim park.

Tuesday, July 31st 10:00 AM to 3:30 PM

Sellwood Park & Pool (Free)

A picnic lunch will be provided. Swimming passes will be provided at no cost. Young children must be accompanied by a chaperone. Please call Katy to register.

Incentive Awards; Siletz Tribal Graduates, All Ages

The Siletz Tribe would like to recognize our graduates from Head Start, kindergarten, elementary school, middle school, high school, adult vocational training degree or certificate programs, Bachelors degree, Masters and Doctorate degrees with a financial incentive award. Please send in a copy of your promotion certificates, transcripts, or diploma's to Katy at the Portland area office with your return address. For more information call (503) 281-1234.

Youth Activity Program

Provides up to \$75 per year to assist youth pay for music, camp fees, science/environmental projects, graduation, cultural supplies and materials, lab fees, shop supplies, sports and more. To be eligible you must be enrolled in the Siletz Tribe and be between elementary school through high school level.

The Johnson O'Malley

Program

Has funding to assist our Native youth to enroll in summer enrichment activities and/or academic programs. For more information please contact Katy Holland

Applications can be found on line at:

www.ctsi.nsn.us

Portland Parks & Recreation Summer Activities

Free Swimming Schedule with Portland Parks & Rec

Free Movies, Concerts, lunches, Swimming and More! All at parks with the City of Portland Park and Recreation areas. For information about events near you, dates, and times visit:

www.portlandoregon.gov/parks/35300

Mondays	1:00–4:00PM	Creston Pool, 4454 SE Powell Blvd
Tuesdays	1:00–2:30PM	Montavilla Pool, 8219 NE Glisan Street
Wednesdays	1:15–3:00PM	Grant Pool, 2300 NE 33rd Avenue
Wednesdays	2:00–3:45PM	Columbia Pool, 7701 N Chautauqua Blvd
Wednesdays	7:30–8:50PM	Sellwood Pool, 7951 SE 7th Avenue
Thursdays	1:05–2:55PM	Peninsula Pool, 700 N Rosa Parks Way
Fridays	1:45M–4:30PM	Pier Pool, 9341 N St. Johns Avenue

(Enrollment Continued from page 2)

and other important mail from the Tribe. Are you a parent of a minor Tribal member that did not receive a statement of their Minor Trust account earlier this year? It could be that your CHILD is a missing moccasin.

Address Changes

If you have recently moved, even if you have a forwarding address on file with the post office, please get your *Address & Contact Information Update* form in as soon as possible. You can get the form on the Tribal website, from any Tribal office or contact the Enrollment Department to have one mailed to you. All address up-

dates must be in writing to ensure that you have requested the address to be changed, this is for your own security.

As a note, “General Delivery” is NOT an acceptable as a mailing address as it is only temporary and the Post Office will only hold the mail for a limited time for delivery. We had a large amount of “General Delivery” mail returned and this is not effective in getting mail to tribal members when we need to. It is much better to rent a Post Office box if you are not able to use a permanent address somewhere else. If this is a concern for you or someone on the Missing Moccasin list, call1—(800) 922-1399 X1258 and we will work with them to figure out a permanent address solution.



July 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Elders Shopping Day 10 AM	4 Independence Day Holiday All Offices Closed	5	6	7
8	9	10	11	12 477-SSP (CAN) Meeting 1:30—3 PM	13 Address Changes Due to All Siletz Offices by 4:30 PM	14
CULTURE CAMP July 10 – 12—Siletz, Oregon						
15 Elders Council 1 PM—Lincoln City	16	17 Elders Shopping Day 10 AM	18 Diabetic Luncheon Noon—2 PM	19 Youth Trip to the Gorge 9 AM—3:30 PM Beading Group 10 AM—2 PM	20 Regular Council 8 AM—Siletz	21 Casey Eye Institute at PAO (see pg. 5) Elders Wood Cut Day Siletz, OR 8 AM—2 PM
22	23	24	25	26 Youth Trip to Mt. Hood Ski-Bowl 9 AM—5:30 PM	27 OFFICE CLOSURE: Siletz All Staff Meeting	28
29	30	31 100 Mile Club Chal- lenge Ends Craft Day & Swim- ming 10 AM—3:30 PM				

2018 Nesika Illahee Pow-Wow

CONFEDERATED TRIBES OF SILETZ INDIANS

Annual Nesika Illahee Pow-Wow

August 10-12, 2018

Pauline Ricks Memorial Pow-Wow Grounds
Government Hill, Siletz, Oregon



**THURSDAY
AUG. 9**

6:00 PM:
Royalty Pageant

**FRIDAY
AUG. 10**

Noon~5:00 PM:
Memorial / Giveaways

6:00 PM:
Presentation of Crown

7:00 PM:
Grand Entry

**SATURDAY
AUG. 11**

10:00 AM:
Parade

(Dance Competition Points
Awarded for Parade
Participation)

1:00 & 7:00 PM:
Grand Entry

**SUNDAY
AUG. 12**

NOON:
Grand Entry
& Salmon Dinner

Categories & Payouts:

Adult/ Golden Age — \$600-500-400-300-200.

Teen — \$300-250-200-150-100.

Youth — \$150-100-75-50-25

(Teen & Youth Preliminaries Occur Friday Night)

Specials:

Team Dance, Round Bustle,
Women's Basketcap

All Dancers & Drummers
Welcome!

Alcohol & Drug-Free Event ~ All Are Welcome To Attend!

Vendor registration is required. Camping fee: \$25 + \$5 per pet. Campground open Thursday at 7:00 am. No Campfires. For more information, contact Buddy Lane: 800-922-1399, ext-1230.

USDA

Siletz

Monday	July 2	9 AM – 1 PM
Tuesday	July 3	9 AM – 3 PM
Wednesday	July 4	HOLIDAY
Thursday	July 5	9 AM – 3 PM
Friday	July 6	9 AM – 3 PM

Salem

Monday	July 16	1:30 PM – 6:30 PM
Tuesday	July 17	9 AM – 6:30 PM
Wednesday	July 18	9 AM – 6:30 PM
Thursday	July 19	9 AM – 11 AM

Starting this month, there is no limit to how much bison can be chosen on your grocery lists. Each household member can choose up to 3 units, which would be 6 packages each month! I hope I can get enough ordered to accommodate all.

Be sure to LIKE us on Face book at: SILETZ TRIBAL FDPIR. We are posting recipes, distribution dates, pictures and food safety tips.

Joyce Retherford, FDP Director
541-444-8393

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

Athabaskan Language



NAA-GHAA-YVSH-NE

WOLF

Nuu-wee-ya'

(Our Words)

For July, language class will be held in Siletz during culture camp. For more information please call bud lane at (800) 922-1399 X 1320.

Many Athabaskan language lesson are available to tribal members, in print and audio at the CTSI web site at:

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

Language Class

Jul. 10—12, 2018

Siletz, OR (Culture Camp)

477 Self-Sufficiency Program

Creative And Native (CAN)

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!

July's CAN Meeting is:

**Thursday, July 12th, 2018
1:30—3 PM**

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

Light snacks and coffee are served.

“Save the date” for our August meeting

If anyone is interested in learning about how to get into the Carpentry Trade please attend the **August 9th** SSP CAN meeting from **1:30-3:00 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 Pro-

gram 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.

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.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians	(800) 922-1399
Siletz Community Health Clinic	(800) 648-0449
Contract Health Services	(800) 628-5720

Natural Resources

Second Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the second “Cut Wood For The Elders Day” of the year on:

Sat., July 21st, 8 AM—2 PM

The woodcut will be held on the tribe's Logsdon 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 around **2:00 PM**.



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.

The first woodcut held in May was very successful. Let's see if we can repeat that success at this one. If you have parents or grandparents that burn wood in the winter to stay warm, your help is needed at this event! Be sure to mark your calendars for the final woodcut of the year that will be held on **September 15th**.

Willamette Falls Lamprey Eel Harvest Permits Available

The Tribal Natural Resources Department has Willamette Falls lamprey eel harvest permits available for issuance to tribal members. Lamprey harvest at the falls is restricted to 7:00 AM to 6:00 PM Friday through Monday between June 1, 2018 and July 31, 2018. Harvest is not allowed Tuesdays through Thursdays. The open gathering area is at the east side of the falls and the harvest method is limited to the use of hand or hand-powered tools. Gatherers are asked to avoid the area around the lamprey ramps which have been installed to allow lamprey to move upstream of the falls. The permit includes a lamprey harvest record card which must be filled out prior to leaving the site. The harvest card must be returned to the Natural Resources office by the end of the harvest season. Lamprey harvest permits are available at the Tribal Natural Resources Office weekdays from 8:00 AM to 4:30 PM or by calling Natural Resources Manager Mike Kennedy at (541) 444-8232 or Natural Resources Administrative Assistant Denise Garrett at (541) 444-8227.



2018 Culture Camp Registration Form

JULY 10-12, 2018

Siletz Tribal Community Center & Grounds, Siletz, Oregon

Registrations forms are required for all participants

(forms can be submitted by mail, fax or hand delivery at camp)

This is a day camp only unless you are traveling from the Eugene, Salem, Portland (or other) areas.

If you are traveling from an outside area, camping space is available (campers must provide own equipment). Parent/Guardians are welcome to attend and are responsible for dropping off and picking up children at appropriate times. Children age 10 or younger must be accompanied by an adult. *Some activities require adult assistance.

Name: _____

Age: _____ Roll #: _____

Mailing Address: _____

Telephone #: _____ E-mail _____

Parent/Guardian's Name: _____

Parent/Home #: _____ Work #: _____

Emergency Contact Person: _____

Emergency Phone #: _____

Does participant have any allergies? If so list below: _____

Chaperone's Name: _____ Chaperone's Phone #: _____

(Chaperones must be 18 or older)

Classes will include but are not limited to :

Siletz Basket Weaving	Flint Knapping	Beargrass	braiding
Learn about Pine nuts	Ropes Course		Beadwork
Moccasins craft	Face painting		Headstart
Shell Necklaces	Soapstone Carving		Aquatics
Shawls	Drum Sticks		Drumming &
Singing			
Youth Games	Traditional Foods		Scrapbooking

Other classes may be scheduled

Parent/Guardian's Signature _____ Date _____

Please return registration form to your nearest tribal office or send completed form to Culture Camp, CTSI, P.O. Box 549, Siletz, OR 97380-0549.

Fax 541 444-8392

2018-19 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
 Portland Area Office**

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 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS



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
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Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
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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	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short Finance Manager	800-922-1399 X1316	Mike Kennedy	800-922-1399
Cecelia DeAnda	800-922-1399	Natural Resources	X1232
Elders Program	X1261	Andulia WhiteElk	(503) 238-1512
Rachel Adams	(503)390-9494	A&D Counselor	X 1414
Mental Health Specialist	X1864	DeAnn Brown	(800)922-1399
Angela Ramirez	(800)922-1399	Siletz HS Program	X1510
Enrollment Clerk	X 1258	Kay Steele	(503) 760-4746
Angelina Artiago	(503) 760-3899	Portland Elder's Rep	
Portland Elder's Rep			