

# Portland Potlatch

MARCH 2018

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## Reconnecting to Our Culture



Promoting our culture and beliefs is of primary importance to our Siletz tribal community. So much so, that it is even written into our Constitution.

With this in mind, this publication would like to draw your attention to two of the culture opportunities that are offered monthly at our office. Most are open to Siletz tribal members of all ages.

**SRII-NA CHEE-YASH'E**  
**(High in Sky Bird) Or Eagle**

### Athabaskan Language Class:

This is more than just a language class—Each month, lively interchanges between instructor Bud Lane and participants touch upon history, culture, food, regalia, word origins, and more. See page 11 for more information.

### Healthy Traditions Garden Club:

Each month (January to June), area office staff host garden club thru our Healthy traditions program. Garden Club meets in the evening at PAO and perform lots of fun and engaging activities. See page 5 for more information.

## LIHEAP Energy Assistance

Funding is still available for income eligible Siletz Tribal households. Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.



### Important Dates

- Sat., 3/10, Elders Council—1 PM
- Sun., 3/11 Day Light Savings Time Starts
- Fri., 3/16, Regular TC—8 AM

## Community News

### Portland Area Office

#### Beading Group

All Siletz tribal members and their families are invited to join us for an informal gathering, to bead, learn and visit:

**Monday., March 19th  
10 AM—2 PM**

Generally, each participant self supplies their own beading materials. For more information, please call Sherry Addis.

#### How to Adjust to Daylight Savings Time



On March 12, we set our clocks forward 1 hour, but it can take up to a week for our bodies internal clocks to adjust to the change. Here are some tips to make the transition smoother.

1. Gradually adjust. Starting 6 days prior, adjust one of the clocks in your home 10 minutes forward. Each day. Use this clock for your normal meal, bedtime, and awake routine.
2. Maintain or create a bedtime ritual. Everyone (not just kids) should have a

routine to slow down and prepare for sleep. Dim lights, drink a non-caffeine beverage, put away your phone, tablet, computer and turn off TV.

3. Avoid naps. This can backfire making it harder to fall asleep at night. A better option if you are feeling tired, is to take a short brisk walk (several hours before bedtime).
4. Avoid alcohol. Alcohol interferes with normal sleep patterns.

The light from electronic devices can interfere with our bodies production of melatonin hormone, which helps us fall asleep

5. Sunlight. Our natural sleep rhythms are tied to the sun. So, expose yourself to the sun early in the day, and in the evening limit or dim artificial lighting.

Follow the tips above, and you can help your body adjust quickly to the time change.

#### Help with Water/Sewer Bills

Winter can be hard on families two-fold. First, colder weather can keeps us home more, increasing use of utilities. Second, extreme weather can prevent us from going to work resulting in a reduced household income, making it even harder to pay utility bills.

Thankfully, many utility companies such as City of Portland and Rockwood Water, offer help to qualifying households, such as, discounted billing, crisis assistance and safety net services. Contact your Utility company directly for more information.

### Teaching Siletz Culture to Our Youth

On February 13th, 2018, PAO Education specialist Katy Holland paid a visit to the Portland HeadStart classroom and shared Siletz legends and Native American songs with youth On request, Katy is available to speak at other schools and gatherings.



## Pow-Wows, Events & Elders News

### Willamette University's 16th Annual Social Pow-Wow

**Saturday, March 10, 2018**

Free Admission! Grand entry at 4 PM. Location: Sparks Athletic Center. Willamette University, 900 State Street, Salem Oregon, 97301. Featuring Native arts and crafts, food vendors, contest dancing and a Pendleton blanket raffle.

For more information, please call (503) 370-6265 or:

[Oma-info@willamette.edu](mailto:Oma-info@willamette.edu)

### Pi-Nee-Waus Elders Pow-Wow March 17th, 2018

Free and open to the public. This is a drug and alcohol free event. Grand Entry at 1 PM and 6 PM. Located at Jackson Armory, 6255 NE Cornfoot Rd., Portland, Or for more info: Sheila Kirk, (503) 752-2090.

### Special PAO Elders Potluck Ch'ay-yii-ne Ghu-'al'h

For the month of March we encourage our elders to invite their children or grandchildren to join us. Weather permitting, we will next meet:

**March 20th at 5:30 PM**

It's a time to share stories, fun and good food. Please bring a potluck dish to share. Rides are available, first come first served.

### Elder's Shopping Day

**Wednesdays, Mar 6th & 21st, at 10 AM**

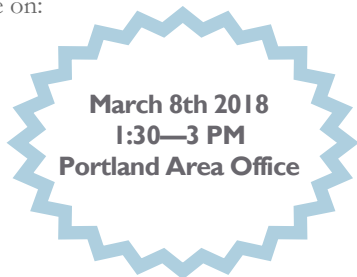
Please call Elders Representatives Kay Steele (503) 760-4746 or Angie Artiago (503)760-3899 if you would like to join the group.



# 477 Self-Sufficiency Program

## SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



This meeting is a good opportunity to meet and learn from others like you who are working toward their goals!

### 477-SSP 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 needy families, Native American, Alaskan Native,

### Your Success is Important to Us

Questions? Or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

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

## Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Contract Health Services	(800) 628-5720
Grand Ronde Health Center	(800) 775-0095	Chemawa Health Clinic	(800) 452-7823
Eugene Office	(541) 484-4234	Salem Office	(503) 390-9494
Siletz Administration	(800) 922-1399	Siletz Behavioral Health	(800) 600-5599

# Healthy Traditions (HT)

## Garden Club's Mission:

To advance the health of Siletz Tribal families, improve access to free, fresh, organic fruits and vegetables, and provide education about traditional plants used by our ancestors for food, medicine and basketry.

## What to Plant in March?

Below is a general list. Keep in mind, micro climates and weather conditions within the Portland metro area can vary from year to year, so check soil temperature in your gardens to ensure proper conditions.

### Start Seedlings Indoor

Broccoli	Leeks
Cabbage	Lettuce
Cauliflower	Peppers
Celery	Parsley
Chives	Sorrel
Eggplant	Tomatoes
Green Onions	

### Direct Sow in the Garden

Arugula	Parsley
Asian Greens	Peas
Asparagus (crowns)	Potatoes (Tubers)
Carrots (3/31)	Spinach
Cilantro	Swiss Chard
Green Onions	Turnip (Cover)
Mustard greens	

## Next Garden Club Meeting:

Tues., March 27th  
5:00—7:30 PM



## 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.



## Community Health

### Wisdom Warriors Follow-Up

The Group is still meeting on the 2nd Wednesday of each month before Diabetic Support group, from 10:30 AM to Noon. Bring your books and your goals. If your schedule allows, we welcome you to stay for our diabetes support group/ luncheon.

### Diabetes Support Group



**Wednesday, March 14th  
Noon to 2:00 PM**

Our Diabetes Support Group will be providing a healthy meal for all to enjoy. This luncheon is open to all tribal members, their families and support persons.

### Contract Health Update

Have you moved or set up a new phone number? Call our office or come in. We can help you update your Contract Health benefit services; even a new primary care doctor, please update your information. It's real easy!

### It's still Cold & Flu Season!

Remember that the Portland area office distributes Over-The-Counter Medication's (OTC'S) to each tribal member. We have:

- Pain Relievers/Fever Reducers

- Antihistamines
- Cough Suppressants
- Antacids
- Topical Agents/Creams
- Pedialyte
- Children and Adult Multivitamins
- Nasal Spray

Just check with Verdene McGuire your Community Health Advocate.

### Reducing Weight in Obese Children Lessens Diabetes Risk



By Miriam E. Tucker

It's not too late to reduce your child's risk for developing type 2 diabetes.

Researchers have studied 2,728 American Indian children who did not have diabetes when they were ages 5 to 9. Children who were obese (in the top 5 percent of weight for their height) were between 3 and 20 times more likely to develop type 2 diabetes over the following 12 years. Another study however, involving more than 62,000 adult men in Denmark, suggests weight loss can lower that risk.

The chance of developing type 2 diabetes after age 30 was no greater for those who were overweight at age 7, but had achieved a normal weight by the time they reached young adulthood, than those who were never overweight. Whether the findings apply to kids whose race (including

American Indian, African American, and Latino) puts them at a higher risk for type 2 diabetes, needs to be studied.

It's a good idea to talk to your doctor about

weight loss if your child is overweight or obese.

**Source:** American Diabetes Association 77th Scientific Sessions

## Starting April 1st, 2018 TAKE THE 100 CLUB WELLNESS CHALLENGE

### DO YOU NEED EXERCISE MOTIVATION?

The 100 Club Challenge is an exercise motivation program. Log your miles and for every 25 miles you achieve your goal, you'll receive an exercise item to celebrate your accomplishment.

Choose your fitness goal and complete using any mode of exercise. You earn 3 miles of credit for every mile you swim, or use any form of exercise to achieve your goal. You get 2 miles of credit for every exercise class you take and receive 1 mile of credit for every 3 miles you ride on a bike and many more exercise opportunities!

**If you need a fitness challenge to motivate you to exercise, then  
take the 100 club wellness challenge today!**

### Here's how it works:

For the Portland area, see Verdene McGuire or call (503) 238-1512 to get your registration and log sheet.

Sign up at with the diabetes program:

Get to the weight room, track, gym, mountains, rivers, oceans, WHEREVER and start your trek! Workouts can be recorded between April and June. Report your numbers each week to your area contact (Verdene McGuire).

### Goals:

- 25 Mile Club
- 50 Mile Club
- 75 Mile Club
- 100 Mile Club

### Final Prizes:

- 25 Miles: Fitness tracker
- 50 Miles: Water bottle
- 75 Miles: Duffle bag
- 100 miles: commemorative coin

# Athabaskan Language

## Nuu-wee-ya'

### (Our Words)

This month Bud Lane will be teaching Feather Tying, in addition to teaching the Athabaskan Language. Come and join other members of your community and tribe in learning traditional craft and learn to speak one of our ancient languages.



**Monday, March 12th**  
**5PM—8PM**

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 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)

### Words for January

Sunday	San-t'i
Monday	Mvn-t'i
Tuesday	Tus-t'l
Wednesday	Wens-t'i
Thursday	Thvs-t'l
Friday	Fay-t'i
Saturday	Saa-tv-t'i
Today	Chee-svs
Tomorrow	Yash-mvlh
Yesterday	'vn'-dan'
Morning	Xaa-ghii~-an'
Afternoon	K'wee-ghii~-g~
Tonight	Dii xvlh-tr'in'

# Home Visiting Program

The Home Visiting program serves Native families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday



### Are you expecting a baby?

### Do you know someone who is expecting a baby?

### Do you have questions about how to care for your little one?

### Are you interested in gaining skills for successful and positive parenting?

If you would like to know more about our Home Visiting program, please give me a call: Lori Christy at the Salem Area Office, (503) 390-9494 or 1 (800) 922-1399, X1863. I would love to visit with you.

### Our program aims are to:

- Increase parenting knowledge and skills
- Address maternal psychosocial risks that could interfere with positive child-rearing (such as drug and alcohol use, depression, low education and employment, domestic violence)
- Promote optimal physical, cognitive, social/emotional development for children birth to three years
- Prepare children for early school success
- Ensure children get recommended "well-child" visits and healthcare
- Link families to community services to address specific needs
- Promote parents' and children's life skills and behavioral outcomes across the life span

## Education & Youth Update



### Youth Spring Break Activities

Note: It is helpful if you are interested in participating for any event to call and confirm with Katy Holland a minimum of 24 hours in advance at (503) 238-1512

#### Trampoline Fun For Youth

**Sky High Trampoline Park**  
**March 27th, 2018**

We will be departing PAO at 8 AM, begin the Jumping activity at 9 AM and end at 11 AM. A sack lunch will be provided at the facility. Ages 3 to 8 years old must have a chaperone with them. Permission forms will be required for everyone.

We will return to Portland at approximately 12:30 PM.

If you would like to join please call Katy prior to this event to register.

#### OMSI Tickets, Spring Break

Please contact Katy for OMSI tickets. If you would like to go as a group with Katy on Thursday, March 29th from 10 AM to 2:30 PM.

### Tribal Youth JOM (Johnson O'Malley) Program

Parents are encouraged to utilize the Johnson O'Malley Funding Program which is for all Native American youth. Funding can be used for enrichment programs such as sports, camps, dance, music, theatre, cul-

ture activities and school supplies and more. Please call Katy at (503) 238-1512 for more information.

### Oregon Promise

This is a state grant that covers most tuition at any Oregon Community College for recent high graduates and GED recipients.

To be eligible:

- Recent Oregon high school graduate or GED recipient
- Have a 2.5 cumulative GPA or higher
- Plan to attend an Oregon community college within 6 months of graduation
- Be an Oregon resident at least 12 months prior to attendance.
- For more information please visit [OregonStudentAid.gov](http://OregonStudentAid.gov)—Visit: Oregon Promise FAQs.

### Portland State University's "Transfers Finish Free"

This new program will cover standard tuition and mandatory fees for up to 15 credits per term for Oregon resident transfer students who meet academic and financial aid requirements.

#### Who is eligible?

##### Eligible students must:

- Be a current resident of Oregon.
- Have been admitted to PSU as a transfer student for the fall term **AND** have at least 30 or more transferable college credits from an accredited school.
- Have a 2.5 or higher cumulative un-weighted college GPA.

- Be eligible to receive a Federal Pell Grant as determined by the Free Application for Federal Student Aid (FAFSA)
- Be enrolled full-time (12-15 credits or more per term) at PSU starting in fall term

### Cully Park Native Gathering Garden

**Cully Park Native Gathering Garden**  
**Saturday, March 24th from Noon to 3 PM**

**Entrance off NE 72nd, N. Killingworth**  
Come celebrate and plant the Cully Native Garden with PSU's Indigenous Nations Studies Program, Siletz JOM Program, VERDE, and Portland Parks and Recreation. Snack, lunch and equipment provided. For transportation please call Katy.

### Portland Area Native Youth Leadership Academy

**March 26th to 28th at 620 NE 2nd St., Gresham, OR (503)490-7571**

This event is for ages 10 to 18 years of age and hosted through NARA's (Native American Rehabilitation Association of Oregon) Youth Program. Jilene Joseph with Native Wellness will be facilitating the camp. If you would like more information please contact the number below or if you can contact Katy.

### Native American Higher Education Scholarships

#### Howard Vollum American Indian Scholarship

For Native American residents of Clackamas, Multnomah or Washington counties in Oregon or Clark County in Washington, who are seeking a post-secondary degree in science, computer science, engineering or math.

### Verl and Dorothy Miller Native American Vocational Scholarship

For Native American residents of Oregon who are seeking vocational training or certification.

#### Cobell Scholarship

Both Merit-based and Need-based, the competitive Cobell Scholarship is annual, non-renewable, and available to any post-secondary (after high school) student who is; an enrolled member of a US Federally-Recognized Tribe, enrolled in full-time study and is degree-seeking. For information please go to:

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

For more information about both scholarships and to obtain the applications please visit:

[www.oregoncf.org/grants-scholarships/scholarships](http://www.oregoncf.org/grants-scholarships/scholarships)



### March Family Culture Night

**Thursday, March 22nd**

**5:30-7:30 PM**

**Portland Area Office**

The Portland Area Office will be hosting cultural activities for youth and their families. A light meal will be served. We hope you can join us on:

# March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Inclement Weather Conditions:</b> This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open We will update our phone message to reflect any modification of our office hours.</p>				1	2	3
4	5	6 Elder's Shopping Day 10AM	7	8 SSP –CAN Meeting 1:30 — 3PM	9	10 Elders Council 1 PM
11 Daylight Savings Time Begins	12 Feather Tying 5-7 PM Language Class 7–8 PM	13	14 Wisdom Warriors 10:30 AM Diabetic Support Group Noon — 2 PM	15	16 Regular Council 8 AM	17
18	19 Beading Group 10 AM—2 PM	20 Elders Potluck 5:30 PM	21 Elder's Shopping Day 10AM	22 Family Culture night 5:30—7:30 PM	23	24
25	26	27 Youth Trampoline Trip 8 AM Garden Club 5 PM — 7:30 PM	28	29 Youth OMSI Trip 10AM	30 (LOP) Elk Tags Application Deadline 4:30PM	31

## Behavioral Health—Mental Health

### Coming to Siletz in March

The Gottman-inspired Couple's Retreat did not occur as planned on Friday, January 12th, 2018. We did not have enough couples to register for the event. A new retreat is being planned for March 9th, so please spread the word! Spring is in the air. Is it time to give your relationship a tune-up?

#### About the Gottman method:

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 an ultimate and unique treatment plan for the couple. Topics explored include a) The four horsemen (the four factors most likely to cause friction in a relationship): Criticism, Defensiveness, Contempt and Stonewalling, b) Aftermath of a Fight, and c) Love maps.

#### What is a Gottman-inspired Couple's Retreat?

1. An opportunity to reconnect with your partner and work on little issues before they become big.
2. A day to relax, enjoy your time with your partner, eat good food and learn how to take your relationship to the next level.
3. An opportunity to learn new tools from Gottman's proven methods to help your relationship become what you and your partner agree you want.

#### How do we register to go?

All couples wanting to attend the retreat will need to be registered by the Mental Health Specialist for the PAO and SAO. Once registered, couples will be asked to complete a sur-

vey online. Once the survey is completed, couples approved for registration will be given further instructions. To register, please submit you and your significant other's email addresses to your area office, attn.: Rachel Adams.

#### Transportation to Siletz?

At this time, transportation is likely, but not yet confirmed for certain. Couples needing transportation are encouraged to register and find out more.

#### Childcare?

Childcare is not likely at this time, but is still under research as well.

#### Traditional Coping

While Gottman's methods are tried and true, the Siletz peoples are still encouraged to participate in traditional methods of healing. It is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles, and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

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

<p><b>Portland Area Office</b> Mon &amp; Tues 8 AM—4:30 PM (503) 238-1512</p>		<p><b>Salem Area Office</b> Weds. &amp; Thurs 8 AM—4:30 PM 1-(503) 390-9494</p>
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## Behavioral Health—Alcohol & Drug Program



- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services

#### Philosophy:

The Siletz Tribal Alcohol and Drug Program views alcoholism, chemical dependency, and other addictions as a progressive illnesses. When left untreated they can cause emotional, mental, physical, and spiritual problems for the person, family, and community. Addictions are treatable and staff is personally dedicated to providing culturally relevant treatment services.



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

#### Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment

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

**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**

Turtle  
Ts'ee-nntelh





## Natural Resources

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2018 and a 2019 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	<b>NO</b>
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase tag
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note that a major difference between the LOP tags and the Tribe's regular tags is that **ONLY** the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you. Therefore, only those folks serious about hunting this hunt themselves are eligible to apply. The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 2<sup>nd</sup> at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM March 30, 2018**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

## Indian Child Welfare (ICW)



Help tribal children who are in need of a foster family. Our kids need your help, your heart and your home. Call today to make a difference. You can make a brighter, better world for our future generations.

Foster a young tribal child, call today.

(541) 444-8338 Debra Brown—Foster Family Certifier

Debrab@ctsi.nsn.us

# Siletz Tribal Vocational Rehabilitation Program (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. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please contact your closest office listed below.

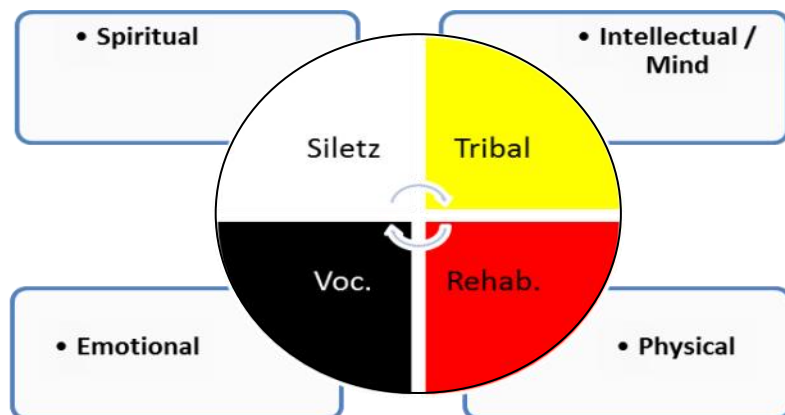
### Salem Area Office

**1-(503) 390-9494**  
3160 Blossom Drive NE, Ste. 105  
Salem, OR 97305

Program Aide— Dana Rodriguez  
Counselor/Job Developer—Toni Leja

### Siletz Area Admin, Office

**1-(800) 922-1399**  
201 SE Swan Ave Siletz, OR 97380  
Counselor/Job Developer— Rachelle Endres  
Program Director—Jeramie Martin



# USDA Distribution Dates

Siletz	Monday	March 1st	9 AM — 3 PM
	Tuesday	March 2nd	9 AM — 3 PM
	Wednesday	March 5th	9 AM — 3PM
	Thursday	March 6th	9 AM — 3PM
	Friday	March 7th	9 AM — 3PM
Salem	Monday	March 19th	1:30 PM — 6:30 PM
	Tuesday	March 20th	9 AM — 6:30 PM
	Wednesday	March 21st	9 AM — 6:30 PM
	Thursday	March 22nd	9 AM — 11 AM

## JALAPENO POPPER CORN SALAD

### Directions/Ingredients:

- |                                       |  |
|---------------------------------------|--|
| 1 CUP BACON, COOKED AND CRUM-<br>BLED | 5 CAN S CORN KERNELS (OR 8<br>COOKED EARS OF CORN), RINSED<br>& DRAINED* |
| 1 CUP CHEDDAR CHEESE, GRATED *        | ½ CUP CREAM CHEESE, ROOM<br>TEMPERATURE                                  |
| ¼ CUP SOUR CREAM                      | 2 JALAPENOS, SEEDS AND RIBS RE-<br>MOVED, MINCED                         |
| ¼ TEASPOON CHILI POWDER               | 2 TABLESPOONS OLIVE OIL  |
| SALT & PEPPER TO TASTE                |  |

Heat olive oil in a large skillet over medium high heat and sauté corn kernels until lightly browned. In a large bowl, combine corn, bacon and jalapenos, and then stir in cheese, cream cheese and sour cream. Season with chili powder and salt and pepper. Taste and adjust seasoning if necessary. Serve immediately or refrigerate until chilled.

\*Indicates product Available in Food package.

Joyce Retherford: CTSI FDP Director  
(541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk  
(541) 444-8279.

## 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.

## Winter Preparedness

### Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- Flashlights and battery powered or hand-crank radio
- Extra batteries
- Car chargers for cell phones and laptop or tablet computers
- A battery powered clock
- Emergency phone numbers including PGE outage numbers
- Bottled water (if you rely on electricity to pump water)
- A manual can opener
- Disposable plates and utensils
- Extra blankets or sleeping bags
- Battery-powered camp lantern
- Comfort items like playing cards or

#### favorite books

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

[www.portlandgeneral.com](http://www.portlandgeneral.com)  
[www.fema.gov](http://www.fema.gov)  
[www.ready.gov](http://www.ready.gov)  
[www.redcross.org](http://www.redcross.org)



### Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

## Summer Internship Program

### 2018 College Students Summer Internship Program

#### New Deadline!

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2018. Students may work up to 360 hours at tribal minimum wage and can be placed within or outside of the Tribe. Students selected for the pro-

gram must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 28, 2018.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail:

Attn: College Internship Program

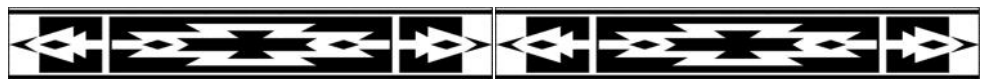
P.O. Box 549

Siletz, OR 97380

By Fax: (541) 444-2307

By E-mail: [collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

Deadline for applications to be received at the Siletz Central Administration building is 4:30 PM on March 16, 2018.



### CTSI Ongoing Job

#### Announcement

**Position:** 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: [ceceliada@ctsi.nsn.us](mailto:ceceliada@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.

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**Confederated Tribes of  
 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](http://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](http://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	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us

## Other Staff 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	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Cecelia DeAnda	800-922-1399	Andulia WhiteElk	(503) 238-1512
Elders Program	X1261	A&D Counselor	X 1414
Rachel Adams	(503)390-9494	DeAnn Brown	(800)922-1399
Mental Health Specialist	X1864	Siletz HS Program	X1510
Angela Ramirez	(800)922-1399	Kay Steele	(503) 760-4746
Enrollment Clerk	X 1258	Portland Elder's Rep	
Angelina Artiago	(503) 760-3899		
Portland Elder's Rep			