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PAO Office Closure Dates

All Siletz Tribal offices will be closed on the following days:

Nov 12th
Veteran's Day

Nov 22nd
Thanksgiving Day

Nov 19th
Restoration Day

Nov 23rd
Day After Thanksgiving

Low Income Home Energy Assistance Program (LIHEAP)



What is LIHEAP?

• LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.

SRII-NA CHEE-YASH-'E
EAGLE
High in Sky Bird

• LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

(Continued on page 8)

Restoration Pow-Wow
Nov 17th, 2018
For More Details See
Page 16

Important Dates

- 11/1, LIHEAP Opens for All Tribal Members
- Sat, 11/3, General Council—1 PM
- Thur., 11/15 Regular Council—8 AM
- Sat, 11/17 CTSI, Restoration Celebration
- Sun., 11/18, Elders Council—1 PM

Community News

Portland Area Office Beading Group

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

**Tuesday, Nov 5th, 2018
10 AM—2 PM**

For more information, Please call Verdene McGuire at (503) 238-1512.



Elders Potluck at PAO

Ch'ay-yii-ne Ghu'-'alh

Please bring a potluck dish to share:

Mon., Nov. 26th, 5:30 PM — 7 PM

For more information or to request a ride/carpool, please contact the Kay Steele (503) 760-4746.

Elder's Shopping Days

The next elders shopping day will be:

Nov. 6th & 20th - 10 AM

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



2018 Portland Fix-It Fair



**Saturday Nov. 17th 9:30AM—2:30PM
Madison High School**

2735 NE 82nd Ave, Portland, OR 97220

This is a FREE event hosted by the City of Portland. Learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy. For more information visit:

www.portlandoregon.gov/bps/FIF

NAYA Homeownership Program Orientation

Do you want to own a home but aren't sure where to start? Start with the NAYA Homeownership Program Orientation

**Thurs., Nov. 1st, 6:00 to 7:30PM at
5135 NE Columbia Blvd.**

Join us to learn about NAYA Family Center's Homeownership Program, including our culturally specific classes and coaching. At this FREE event, you'll learn about:

- The steps to becoming a homeowner
- Resources that can help you

- Ways that NAYA can support you

Questions? Contact Daniela Macias at (503) 288-8177 X 273 or e-mail at:

danielam@nayapdx.org

Chemawa School Veteran's Pow-wow

Sat., Nov., 10th, 2018

Grand Entry at Noon & 6PM, event ending at 9 PM. Location: Chemawa Indian School 3700 Chemawa Rd. NE Salem, OR 97305

Final Ribbon Skirt Classes

For those who are already participating in the ribbon skirt making project, our final classes will be on: **November 7th & 8th & 15th; from 5:30 to 8 PM at the Portland Area Office.**

Contract Health Services

Are you a tribal member?

You can get help with your medical bills if you participate in Contract Health Services (CHS). Follow these steps:

- Update every year with the Siletz Community Health Clinic.
- If you do not have any health insurance, call Benefits at (541) 444-9611 and we will help you sign up for no cost health care.
- Call 1-800-628-5720, within 24 hours of your Dental, Optometry, any Medical: office visit, labs, radiology, etc... appointments and get an authorization number.

Take your insurance cards and your authorization number to your appointments. Each appointment needs a different number. CHS

can help pay your copays and patient responsibility if you follow these easy steps.

Should you go to the ER or the walk in Clinic?

Call 1-800-628-5720. A gatekeeper will help you 24hours a day!

Did you have an emergency?

You have 72 hours to call CHS if you use the ER or an Ambulance.

Are you going to see a specialist?

Have your Doctor fax a request for a specialist & chart notes to the CHS fax number (541) 444-9645 by Noon on Tuesdays. Every Wednesday the Gatekeepers meet and will approve or defer treatments.

Denial Letters:

In the last 12 months, 471 medical claims were denied because the appointments were not called in. Call us. It takes 2 minutes to get an authorization number.

Did you know you can appeal a denial letter?

Submit a letter to contract health explaining the circumstances and request an appeal. We can help if you call us!

Confederated Tribes of Siletz Indians

**P.O. Box 320, Siletz, OR 97380
(541) 444-1236 or 1-800-628-5720**

How to Get an Authorization Number

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.

Gail Barker	A-G X1329
Chrissy Marceau	H-O X1622
Joella Strong	P-Z X1649

Diabetes Support Group



October Diabetes Support Group will be providing a healthy meal. All tribal and family members are welcome.

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

Safe Kids Oregon!

Fire Safety

Home fires can start and spread quickly, which is why we all need to be careful and educated when it comes to fire safety. Just a little bit of planning can make a big difference for your family.



The Hard Facts

In 2013, 334 children died in home fires. Eighty-seven percent of all fire-related deaths are due to home fires, which spread rapidly and can leave families as little as two minutes to escape once an alarm sounds. Fires are not just a problem in the United States. In 2008, nearly 61,000 children around the world died due to a fire or burn.

Top Tips:

1. Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent. They are a critical first step for staying safe, but in order to be effective, they have to be working properly. For the best protection, install smoke alarms on every level of your home and in every sleeping area.
2. Teach kids never to play with matches and lighters. Make a habit of placing these items up and away from young children.
3. Create and practice a home fire escape plan with two ways out of every room in case of a fire. Get a stopwatch and time how fast your family can escape. The kids will love it. Here's a handy worksheet to help get you started.
4. Children should know how to respond to the sound of a smoke alarm. Teach them to get low and get out when they hear it. A child who is coached properly ahead of time will have a better chance to be safe.
5. Use common sense in the kitchen. Limit distractions when cooking and don't leave a hot oven or stovetop unattended.
6. Blow out candles before you leave the room or before you go to sleep.

Fire safety is a complex issue, so prepare for any burns and scalds that result from cooking in the kitchen, work to prevent unintentional childhood injury, the number one cause of death for children in the United States. Safe Kids Oregon is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury. Safe Kids Oregon was founded in 1995 and is proudly led by Oregon Child Development Coalition.

A \$7,000 tribal benefit ... Do you know what it is?

Will your loved one benefit from it?

Obviously, none of us wants to think about passing away and our funeral. Inevitably, it will happen...to all of us. We should do our best to make sure we have arranged what we can. One simple thing you can do, submit your Designation of Death Benefit Beneficiary form to the Enrollment Department.

The Siletz Tribe provides death benefits to all enrolled Tribal members, including children, for funeral and burial costs. As of 10/10/2018 there are 1,468 tribal members that have no beneficiary listed for this benefit. Of those, 848 are children and 44 are Elders. For those who have a designated death beneficiary on file there are 1,077 who have not updated their beneficiary and/or the contact information for the beneficiary in the last ten years. Are you, a family member or your children one of them? Please check with your family members to see if they have submitted their paperwork for this important benefit. If it has already been submitted, when was the last time it was updated for contact information for the beneficiary? Do you know whom you have listed as your beneficiary? Are your children over the age of 18 now? They need to update their beneficiary and you can now update your form to name them as a beneficiary. If you have had any changes in your life; a marriage, a divorce, the passing of your previously named beneficiary; you should update your Designation of Death Benefit Beneficiary form.

There is a \$1,000 benefit that is paid directly to the designated Death Benefit Beneficiary

that is not used for the funeral and burial costs. There is no "default beneficiary" such as a spouse if married or parents if it is a minor child that should pass. The form is used for the Tribal member or their guardian to designate the person they want to receive the Death Benefit beneficiary amount. Anyone over the age of 18, (Tribal member or non-tribal) family member or not, can be listed as the Death Benefit Beneficiary.

The Tribe provides coverage for up to \$6,000 for funeral and burial costs at this time. The funeral and burial costs will be provided regardless if the Designation of Death Benefit Beneficiary form is on file or not.

If the funeral expenses are less than \$6,000, then the unused balance of the death benefit for funeral and burial goes directly to the beneficiary. If the funeral and burial expenses are over \$6,000, the balance of the expenses is the responsibility of the person making the funeral arrangements.

It is suggested to list at least two beneficiaries as most people travel with the person named as beneficiary #1 and may be involved in an accident together.

To name more than three (3) beneficiaries, attach an additional paper listing #4 through however many additional names you want.

This Form can be updated with the Enrollment Department as often as needed; both for designation of the Death Benefit Beneficiary and contact information. The form is REQUIRED to be notarized to ensure the Tribal member/their guardian completed

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477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The Creative-And-Native (CAN) is a supportive/informational meeting that focuses on work, education, family and goals. These meetings are mandatory.

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

Date: Thurs., Nov. 8th, 2018

Time: 1:30 to 3:00 PM

Location: Siletz Portland Area Office

Mark Your calendar. The 477 Self Sufficiency Program's (SSP) upcoming CAN meeting for December:

To Be Announced

These mandatory monthly meetings will allow clients to talk and share what is happening on their journey to self sufficiency. This will support clients in knowing that they are not alone and they have the same issue, concerns, questions and struggles as others. This will empower clients to talk with each other and come up with solutions together.

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, 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

Your Success is Important to Us

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville X1412, or Tamra Russell X1411.

Athabaskan Language

The culture department will be hosting two events at the Portland Area office on: (541) 444-8320 or (800) 922-1399 ext. 1320.

Sponsored by the Education and Culture Departments.

Nuu-wee-ya'
(Our Words)



Tuesday, Nov. 13th
5:00 – 8:00 PM
Portland Area Office

Culture Craft Night
Dentalium Stringing Class
5:00 to 7:00 PM



Siletz Tribal Members are invited to come and learn how to string Dentalium. All ages are welcome. Young people under the age of 10 need an adult to accompany and assist them. The Siletz Culture department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane at budl@ctsi.nsn.us;

We will still be hosting our regularly scheduled monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web sites:

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

Natural Resources

2018/2019 Hunting, Fishing & Gathering Incentives

Reminder to all Siletz Tribal Members. Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

Hunting Incentive:

Cabelas Gift Cards \$100, \$75, \$50

Fishing Incentive: \$50 Cabelas Gift Card

Shellfish Incentive: \$50 Cabelas Gift Card

Please report all harvests to Mike Kennedy at (541) 444-8232 or Denise Garrett at (541) 444-8227.

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 X1400.

Confederated Tribes of Siletz Indians of Oregon
Tribal Identification
Siletz Tribal Roll: #99999
DOB: 09/01/2006 BQ: 4/4
Issue Date: 3/18/2016
Expiration Date: 3/18/2016
Height: 5' 10" Weight: 150 lbs.
Elected Per Resolution 2016-086 effective 3/18/2016
Siletz Valley Charter School
245 NW James Frank Ave, Siletz, OR
PO Box 123456
Siletz, OR 97380-9999

A & D Program

Addictions and Procrastination

This topic is always a good one, because almost everyone does it at one time or another, but in addictions, it is dangerous. The definition of procrastination is as follows; an automatic, negative, problem habit of needlessly postponing and delaying a timely and relevant activity until another day or time. It always includes a diversionary activity. This behavior always involves procrastination thinking of "I'll fix the problem later". In addictions this kind of thinking can be very dangerous because before you know it this thinking becomes a strong habit and if you don't follow through with the commitments or plans you set out for your recovery the more likely you are to relapse or stay in your addiction all together. Procrastination usually starts with negative thinking or mood or other negative states such as anxiety, depression, impulse control challenges, organizational challenges or distractibility. Although this is a tough habit to break the end results will almost always be positive for your recovery. A way to help with procrastination is to get support around emotional resilience this is tied into having stress tolerance skills and positive coping skills for everyday life. This is offered from your addiction program. So it's even more imperative for you to keep your recovery appointments, to gain the tools you can use for your recovery process. Remember, your recovery matters.

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.

Services Include:

- Evaluation/Assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Cultural/traditional Individual, group, or family counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy
- Urinalysis/saliva testing
- DUII rehabilitation services



Generally, PAO Counselor Andulia WhiteElk Hours are:

Salem Office	Monday, Tuesday 8—4:30PM Wed. (8AM –Noon)
Portland Office	Wed. (Noon-4:30) Thursday and Friday 8— 4:30PM

Behavior Health

The Rain is Here:

While the leaves around us have turned to pretty colors, the rains have also increased. These rains have been great to finish off wildfires, but they also bring about gray days that can feel gloomy.

Ways to cope with rainy day blues:

1. **Watch a movie:** get on Netflix, rent a movie at your local library, or use a "Red-Box". Fill those rainy hours with some light entertainment.
2. **Be good to yourself:** Go get a manicure or pedicure, or some sort of pampering treatment, and, if you can't afford it, do one at home. The Dollar Tree has pampering products on the inexpensive side.
3. **Don't wait for spring cleaning:** a rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've been putting off. Mental health bonus: The more clean and organized your house, is the better you feel in your head!

The Portland Area office also has a mental Health Specialist, Rachel Adams who is here to assist with a variety of mental health services.

Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.



Photo of Tribal youth at our 2017 Youth Conference.

Coming up this November:

The Youth Conference will be held by the tribe on Saturday November 10 thru Monday November 12th. It's always such a turnout! Word is, the youth can enjoy their time, with activities such as archery, native crafts, and several different fun games. Rachel will facilitate some sort of art activity for those youth wishing for a mental health break.

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way. Don't forget about the Restoration activities and Powwow coming!

Rachel Adam's Schedule and Contact Info:

Portland Area Office	Salem Area Office
Mondays & Tuesdays	Wednesdays & Thursdays
(503) 238-1512 X1417	1-(503) 390-9494 x1864

November 2018

SUN

MON

TUE

WED

THU

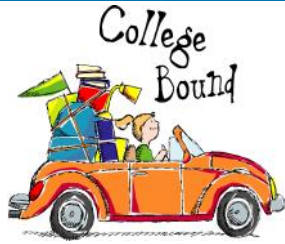
FRI

SAT

Inclement Weather Conditions: 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.

				1 LIHEAP Opens: For All Siletz Tribal Members	2	3 General Tribal Council 1 PM
4	5 Beading Group 10 AM—2 PM	6 Elder's Shopping Day 10 AM	7 Ribbon Skirt Class 5:30—8 PM	8 SSP: CAN Meeting 1:30—3:00 PM Ribbon Skirt Class 5:30—8 PM	9	10
11	12 All CTSI Offices Closed Veterans Day Holiday	13 Dentalium Stringing & Language Class 5—8 PM	14 Diabetic Support Group 12—2 PM	15 Regular Tribal Council 8 AM Ribbon Skirt Class 5:30—8 PM	16	17 Restoration Celebration 10 AM-2:30 PM Restoration Pow-Wow 6 PM
18 Elders Council 1 PM—Ace's Grill	19 All CTSI Offices Closed Siletz Restoration Day	20 Elder's Shopping Day 10 AM	21	22 All CTSI Offices Closed Thanksgiving Day	23 All CTSI Offices Closed Day After Thanksgiving	24
25	26 Elders Potluck 5:30—7 PM	27	28 Family Craft Night 6-8 PM	29	30	

Education and Youth Update



College Bound?

If you are currently a senior in high school or an adult who is considering attending college or will be a returning student in the 2019-2020 school year you can **now complete your Free Application for Federal Student Aid at this time.** This is one of the requirements for Tribal funding. For assistance or if you would like to know more about the college process and tribal funding contact Katy at the Portland area office. You can fill out your FAFSA at www.fafsa.ed.gov. or visit <https://Student.ed.gov> for more information. This is also a requirement for Siletz college students to do for Tribal funding. Please make an appointment with Katy at (503) 238-1512 for assistance.

College Websites Students Should Check Out:

Some of the best web sites for students to utilize for college information is the following:

- www.oregongoestocollege.org
- www.oregonstudentaid.org

Family Craft Night at the Portland Area Office

**Wednesday, November 28th
6:00—8:00 PM
Portland Area Office**

Native families are invited to join us for a fun evening of crafts, games and a light dinner. We will also be doing a raffle for those who attend. If there is something specific you would like to learn to do or available please contact Katy. Brought to you through the Johnson O'Malley Program Supplemental Education Program.

Native Family Day & Market Place at Mt. Scott

**Saturday, November 24th
10AM—5 PM**

**Mt. Scott Community Center
5530 SE 72nd and Harold**

- **Free Swimming** 1—6 PM
- **Free Roller Skating Noon—3 PM (bring socks)**
- **Indian Taco Fundraiser**
- **Crafts Table for kids**
- **Lots of Native Vendors on site for youth and families,** provided through the City of Portland, Portland Parks and Recreation. Swimming opens up at noon.

Johnson O'Malley Youth Program

Funding Is Available for Youth

Families can apply for funding for youth sports registration, theatre classes, camps, 7

academic programs and school programs and more. For an application or if you would like more information about the program you can email Katy at kat-

yh@ctsi.nsn.us or call at (503)238-1512. The Siletz Tribe also a Youth Activity Program that serves our tribal member.

Things to Do in November:

2018 Tree Lighting Ceremony; 5:30-6:30 PM, Nov. 26th downtown Pioneer Courthouse Square & Lake Oswego .

Veterans Parade—Honor our Veterans; 9:30am, Sat., Nov. 11th; near 40th & NE Tillamook and 48th & NE Sandy Blvd.

Turkey Trot—One at the Oregon Zoo (Nov. 22rd), 8am , & the other at Oregon International Raceway. under the light lights of the Sunshine Division Winter Wonderland.

USDA Distribution Dates

Siletz	Thursday	November 1	9 AM — 3 PM
	Friday	November 2	9 AM — 3 PM
	Monday	November 5	9 AM — 3 PM
	Tuesday	November 6	9 AM — 3 PM
	Wednesday	November 7	9 AM — 3 PM
Salem	Monday	November 12	HOLIDAY
	Tuesday	November 13	1:30 — 6:30 PM
	Wednesday	November 14	9 AM — 6:30 PM
	Thursday	November 15	9 AM — 6:30 PM
	Friday	November 16	By Appointment Only

It is the time of year when we have a lot of holidays. It is difficult to get in a full week for distribution at either warehouse. Clients need to show up for scheduled appointments because it will be impossible to reschedule. If you haven't named an authorized representative to pick your food up for you, maybe it is time to do that. You can send a note with your rep or call and we will note it on your application. We will soon have the bonus ham for the holidays, so make sure to come in.

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

Joyce Retherford FDP
Director (541) 444-8393

Lisa Paul FDP Clerk/ Warehouse
(541) 444-8279

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.

ated 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 transferred to the office nearest you that is listed below.

Salem Area Office:

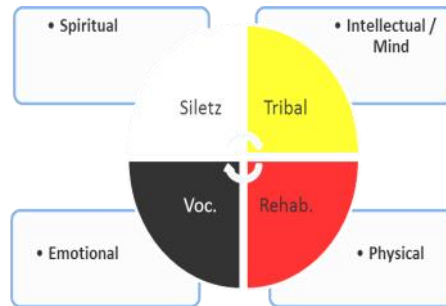
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramic 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



Tobacco Prevention Education Program (TPEP)

What are e-cigarettes?

E-cigarettes are a form of a Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and

other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-

(Continued on page 9)

LIHEAP

(LIHEAP Continued from page 1)

What Help does LIHEAP provide?

- Heating Assistance
- Crisis Assistance (Shut off or Final Notice)

To Qualify

The applicant, or a member/child residing in the household, must be an enrolled Siletz tribal member.

Residence Location

The residence must be located within the 11 county service-area.

Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

When can I apply?

October 1st—Siletz Tribal Elders and Disabled Tribal Members

November 1st—Other Siletz Tribal Households

Program Key-points:

LIHEAP is divided into two categories: First is heating (A regular bill) and Second, is crisis (Shut-off, disconnect, owing more than you can pay).

Awards will vary depending on family size, income and need. When making your appointment for assistance, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time. Required documentation includes, but is not limited to:

- Social Security Cards for ALL household members (there are no exceptions)
- Most recent utility bill
- Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Total Gross Household Income Cannot Exceed:

# Household Members	Income Limit
1	\$23,095.00
2	\$30,201.00
3	\$37,308.00
4	\$44,414.00
5	\$51,520.00
6	\$58,626.00
7	\$59,958.00

Contact your service area for appointment times available. If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

Notice To Applicants

The applicant is responsible for providing their own documentation at the time of the appointment, i.e. SS card, tribal ID or CIB, income documentation and current utility bill.

Applications without complete documentation at the time of appointment will be rescheduled.

Save The Date!

Portland Area Office Annual Christmas Party

Thurs., Dec. 6th, 2018

5:30 PM - 8:00 PM

At the NARA Wellness Center



Confederated Tribes of Siletz Indians

41st Annual Restoration Pow-Wow

On Saturday,
Nov. 17, 2018

The Confederated
Tribes of Siletz Indians
of Oregon Invites you
to celebrate with us
at our 41st Annual
Restoration Pow-Wow
to be held at:



Grand Entry: 6 pm

Whip Man: Tony Whitehead
Whip Woman: Shirley Walker
MC: Nick Sixkiller

All Drums and Dancers Welcome

Information: Buddy Lane: 1-800-922-1399 ext. 1230 or 541-444-8230

This is a family event; drugs and alcohol will not be tolerated.
The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort
are not responsible for injuries and lost or stolen items

Chinook Winds
CASINO RESORT

1777 NW 44th Street,
Lincoln City, Oregon

(Tobacco Prevention Continued from page 8)

cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now:

- Most e-cigarettes contain nicotine, which has known health effects.
- Nicotine is highly addictive.
- Nicotine can harm adolescent brain development, which continues into the early to mid-20's.



- Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.

(Enrollment Continued from page 3)

the form. Per the Tribal Confidentiality Policy, Tribal Staff cannot share the name or contact information of the Beneficiary with anyone other than the Beneficiary.

The original Form must be returned to the Enrollment Department. A copy of the Form should be kept with other legal documents such as the Last Will & Testament. A copy of the Form should also be given to the Beneficiaries as well as a copy of this guide.

If you don't know who you have designated as your Death Benefit Beneficiary or their contact information may have changed, complete an updated form!

If there is no beneficiary listed, the funeral and burial expenses are still paid and the Enrollment will work with the family and the funeral home. However, any unused balance of the death benefit and the \$1,000

will go unpaid to anyone.

The Tribe has caskets on hand that have the Tribal Pendleton blanket as the liner that can be purchased with death benefits or directly. If you have specific wishes for your burial, please let your family members know this. You may also want to research costs for plots and fees if you wish to be buried someplace other than at the Siletz cemetery.

If you want to preplan your funeral, there is a tool available on the Enrollment page of the Tribal website that you can complete and keep with your other important papers. This tool is for your family to use when making your funeral arrangements. The tool does not need to be returned to the Enrollment Department. The form is available on the Tribal website, www.ctsi.nsn.us, under Government Listing then Enrollment. If you have questions about Death Benefits, Tribal caskets or completing the form, please contact Angela Ramirez, Enrollment Officer.

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**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

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Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



BEAR SV-GVS



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.

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.



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., next to our building.

Portland Area Office Staff:

Name/ Title	Contact Information
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
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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 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 HS Program	(800)922-1399 X1510
Angela Ramirez Enrollment Clerk	(800)922-1399 X 1258	Kay Steele Portland Elder's Rep	(503) 760-4746
Angelina Artiago Portland Elder's Rep	(503) 760-3899		