

Portland Potlatch

SEPTEMBER 2018

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Portland Area Office Closures

Labor Day, Monday, Sept 3rd

AND

All Treaty Day, Monday, Sept 10th

2018 Siletz Run to the Rogue:

Has Been Cancelled

Below is an important message from CTSI, General Manager, Brenda Bremner:

"I am sorry to once again report that we are announcing the cancellation of the 2018 Run to the Rogue event. This historical event was scheduled for Friday, Sept. 7th through Sunday, Sept. 9th. The confederated Tribes of Siletz Indians started the annual run to the Rogue event in 1994 and this year's run would have been our 23rd Annual return to our ancestral homelands.

The Klondike fire is currently burning in the area of Agness Oregon, very near the Run's finish area. The fire stands at 89,579 acres and is at 37% containment, but is growing on the western side. The evacuation level was raised to level 2 in the Agness zone at 3 PM on 8/26 by Curry county Sheriff, John Ward due to safety and health concerns for near by residents.

As such, we feel it is necessary to make a decision to cancel the run again this year for the health and safety of all the participants. Current air quality is unstable and dependent on wind patterns and with the ongoing risk of the fire continuing to spread, we are forced to cancel the event. We look forward to seeing everyone next year".

Brenda Bremner,
CTSI, General Manager.

Important Dates

- Th., 9/21, Regular Council—8 AM
- Sat., 9/22, Elders Council—1 PM
- Wed., 9/26, Diabetes Support Group, Noon—2 PM

Community News

Portland Area Office

Beading Group

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

September 4th
10 AM—2 PM



Elders Shopping Day

The next elders shopping days will be:

Sept. 5th & 19th at 10:00 AM

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

Congratulations Sherry, You will be Missed!



Sherry Addis, Supervisor for the Tribe's Portland Area Office (PAO) is leaving us and will be starting a new chapter in her life, her last day will be Tuesday, September 11th.

In the 10 years Sherry has been supervisor, she has looked out for the wellbeing of our Tribal members, community members and PAO staff. To put it in her own words, "My two primary goals for myself and staff are to treat every person who walks thru our doors like they are our favorite cousin *and* to create and host events that will draw our tribal members who live throughout our three County service area, to PAO, forming a strong, tight knit community

within the larger Metro community."

Sherry's accomplishments include: Hosting our monthly beading group, representing our tribe at major events, participating as a member of Portland Indian Leaders Roundtable (PILR), and providing Siletz tribal history presentations at community meetings. In addition, she created the first Area Office history wall and indigenous plant garden, which reconnect our tribal families with our rich history and plants that were used by our ancestor for food and medicine. She has led PAO's Healthy Traditions program establishing the Gilbert Heights Community Garden and Garden Club which encourages home gardening and provides our tribal families with access to free, fresh, and organic fruits and vegetables. Sherry will be moving to the Eugene area this fall to be closer to her family, more active in her faith and to raise her son, Charlie.

All community members are welcome to stop by anytime on September 11th and join staff in thanking her and to wish her well in her future endeavors.

CTSI Ongoing Job

Announcement

Position: Elders Transporter (On-Call)

Location (s): Portland

Supervision: Area Office Supervisor/
Elders Program Coordinator.

Salary: \$12.00/ Hourly

For more information please contact:

Siletz Elders program: Cecilia DeAnda:
(800) 922-1399
X 1212 and E-mail: ceceliad@ctsi.nsn.us

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

Pow-Wows and Events

The Neerchokikoo Honoring Pow-wow



Sept. 15th at 1:00—10 PM

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

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

"Dancing in the Square" Pow-Wow



**Northwest Portland Area
Indian Health Board**
Indian Leadership for Indian Health

Fri., Sept. 7th, 12 PM—7 PM

The NW Portland Area Indian

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

<http://www.npaihb.org>

2018 Annual Jim Pepper Native Arts Festival

Sept. 29th & 30th

Founded in 2013, this festival honors the memory of Jim Pepper, a contemporary Native American jazz musician raised in Portland who was an innovator in jazz-rock fusion as well as world music. The lineup features his collaborators from far and near. The annual Jim Pepper Native Arts Festival will take place on Saturday, and Sunday, September 29th & 30th.

Event time and location TBA. For more information go to:

www.jimpepperfest.net

Healthy Traditions (HT)

September 2018 Planting Guide

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

<u>Seed Outdoors:</u>	Kale
* Indicates	Onions (sets)*
Cover Crops:	Radish*
Arugula*	Salad greens*
Asian greens*	Shallots (bulb)*
Beets	
Cabbage (for spring)	<u>Plant Starts</u>
Endive	Kale
Fava beans*	Lettuce
Garlic (cloves)*	Salad greens
Lettuce*	Sorrel

Edible weeds Rival Kale for Nutrition

Researchers see wealth of ignored nutrition options in urban areas.

By Robin Shreeves

Just because chickweed has 'weed' in its name, doesn't mean it's not useful.



(Photo: avoferten/Shutterstock)

When you think of foraging, what image

comes to mind? Do you imagine hipsters on a professionally led foraging tour of the local park? Farm-to-table chefs waking early to head into the woods to forage for today's menu items? Yourself, grabbing the dandelion leaves from your yard?

What you probably don't imagine are residents of poor urban areas searching for edible weeds. But a new study suggests there's a wealth of nutritious food in such urban food deserts that gets overlooked, and that wealth comes in the form of weeds.

Researchers from the University of California, Berkeley, collected wild, edible greens from three poor, urban areas of San Francisco, according to Cosmos magazine. Each of the areas was the equivalent of nine city blocks and surrounded by busy roads and industrial zones. Each area was farther than one mile from the nearest store selling fresh produce.

Putting weeds to the test

(Photo: MaryAnne Campbell/Shutterstock)

If you ran across this weed called dock, would you know it's edible and even nutritious?



What researchers found were several edible weeds that rivaled the nutrition of kale. They harvested chickweed, dandelion, dock, mallow and nasturtium, and each of the wild edibles had more "dietary fibre, protein, vitamin A, sodium, calcium, iron and vitamin K, and provided more energy" than kale. (Kale did win out when it came to vitamin C.)

The researchers identified and documented a total of 52 wild edibles, many of them able to survive drought conditions. It would seem the weeds' proximity to busy streets and industrial buildings would mean they would be full of toxins like pesticides and heavy metals, but once the weeds were washed, they showed no detectable levels of the toxins they were tested for. You can read the full results of their work at BioRxiv.

These wild flowers aren't dandelions, they're catsear, and they are edible, nutritious and one of the 52 varieties of edible weeds found in urban food deserts in San Francisco.

(Photo: Przemyslaw Muszynski/Shutterstock)

In areas like the ones researchers studied, there aren't enough vegetables available for everyone to get the recommended



daily amount of vitamins and minerals. These wild edibles could fill some of that nutrition gap — but only if people knew to harvest them.

The key, of course, is education. Fortunately there are books, websites and videos dedicated to identifying wild edibles and offering recipes to utilize them. The Plant Portrait channel on YouTube gives detailed information about many wild edibles, like the video below about chickweed.

For anyone looking for a physical guide, "Nature's Garden, A Guide to Identifying, Harvesting and Preparing Wild Edible Plants" covers over 120 wild edibles, many of them found in urban areas.

Community Health



Diabetes Support Group

Temporary Date Change

For September, our Diabetes Support Group will be held on the last Wednesday of the month. As usual, we will be providing healthy salads, fruits and veggies. All tribal members are welcome.

Wed., Sept. 26th 2018
Noon to 2:00 PM

Wisdom Warriors Support

We will be meeting on Wednesday Sept. 26th from 10:30–11:50AM followed by Diabetes support group at noon. For October we will resume our regular 2nd Wednesday of each month on Oct. 10th You are all welcome to join us for a healthy yummy lunch too.

Tobacco Cessation Resources and Request Forms

If you struggle with nicotine dependency and are ready to stop, Siletz Tobacco Prevention

Education Programs (IPEP) has resources to help.

Are you ready to quit smoking or using tobacco? The new Siletz coordinator Cory Strong, has provided PAO with quit kits to help. It is intended to assist those who want to live a healthier way of life. Make the decision to stop with help from a free, seven-week tobacco cessation class, designed by the American Lung Association. For more information call 1-800-922-1399 and ask for Cory Strong. You can do it!

Eating Healthy is not just for our Elders

There are many ways to make all those great family recipes taste healthier. Start by reducing the bad fats with healthier fats; extra virgin olive oil for example. Ask yourself: What else can I add that will benefit me? We benefit more from plant foods than from anything else, which is all fresh veggies and fresh fruits; especially the ones in season, because they're fresh and good tasting. Some fatty fish, like salmon, are good for your weekly diet.

In the end it comes down to what you personally enjoy doing. It must be a delight, or you won't eat it. But let it nourish you as well as being delicious.

Come join us for healthy and nutritious meal on the 26th. Here at the PAO.

PAO Mini Culture Camp, August 2018

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

This year the CTSI-PAO Picnic was scheduled for August 22nd at Mt. Scott Community Park. However, with the poor air quality, the weather proved to be unsafe for elders and families in the metro area. In place of the Pic-

nic, PAO staff re-organized the event to be held at the office with ample activities and crafts for youth, elders and families. Every participant had a wonderful time.

We want to thank everyone who came to our mini culture camp; tribal members, visiting guests and especially our staff who diligently worked before, during and after the event to ensure another success!

Please enjoy the below pictorial reminder of this year's event.



Behavior Health

Summer Activities to Enjoy in Recovery

Take a Hike

Get outside and enjoy the sunshine! Pack up a healthy snack and plenty of water before hitting a local park or a hiking trail near you. Be sure to apply plenty of sunscreen to protect your skin. This is an activity you can enjoy on your own (be sure to let someone know where you will be going and what time you expect to return) or with a group of friends.

Learn a Summer Sport

There are plenty of summer sports to help you stay in shape. Try a yoga or tai chi class in the park or sign up for a few golf or tennis lessons. You may even decide to take up rollerblading, surfing or waterskiing.

Plant a Garden

There is still time to plant flowers and tend to them in the summer. If you are living in an apartment or have limited space in your back yard, consider placing your flowers in some decorative containers. You still get the satisfaction of growing and nurturing your flowers, albeit in a smaller area.

Visit a Museum or Art Gallery

Play tourist and visit a museum or art gallery in your city. Check out the website in advance for special exhibits and discount days when you can get a price break on admission.

Go to a Concert in the Park

Many cities feature open-air concerts during

the summer months. You can find information on your city's official website or in local community newspapers. Take a lawn chair or a blanket to sit on during the concert, and be sure to include a sweater or jacket if the concert is taking place in the evening.

Visit a Summer Festival

There are plenty of festivals taking place during the summer. Some of them celebrate a particular culture, while others focus on a town or region's history, or a particular food. You can find a neighborhood festival in your city or venture further afield to a village or town nearby.

Festivals feature an assortment of music, food and entertainment. Plan to enjoy a summer afternoon or day enjoying everything the festival has to offer.

Go on a Picnic

Food always tastes better outdoors. You can go solo or invite some family members or friends to join you on your picnic. Look for some easy picnic recipes online that are tasty and don't involve a great deal of prep time.

Volunteer your Time

"Regular" volunteers may be in short supply due to family commitments or scheduled vacations during the summer. This may mean more opportunities to volunteer your time in your community.

Remember recovery also means enjoying life and learning new things while maintaining support for your recovery. So go out and try new things, who knows you may just find a new passion for life.

Behavioral Health

Summer comes to a close:

It's starting to cool down, though the fires in surrounding areas have caused some breathing troubles as air quality has been dangerous. School is starting back up, and emotions are mixed as some parents are happy to have the added structure of school in their children's lives, while many children are wishing summer lasted longer...

Summer experiences:

Many activities continue to be held by various programs in the Siletz tribe. Activities I've been involved in lately include a couple Culture in the Park events, where we did cultural activities and took youth swimming at the Sellwood pool, and a trip up to Mt. Hood to explore the adventure park.

Mental Health Specialist services include:

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

Traditional Coping

September is a good time to start gathering wood for our Elders for the winter, which Youth Council participants will be doing on September 15th.

Rafting trips are coming to a close, but I'll get to do my first one as a guide for the Men's TLC residents, September 13th! As always, smudging, sweat lodges, talking circles and prayer are all traditional ways to connect with the Creator and feel re-centered.



(Swinging at Sellwood Park)



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



(Ceramic mask-making, Lesson: The Whistler)

(Mt. Hood Adventure Park Alpine Slide Lift)

**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**

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.

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:

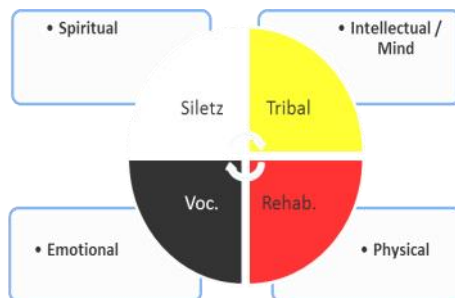
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
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



Have You Heard About Section 184 Home Loans?

Who is Eligible?

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

Also...

- Credit is important, but you are not judged on your credit score
- Low down payment (can come from

savings, tribal down payment assistance programs, flexible approval processes.

For more information visit:

www.tribal.com or call
(503) 610-5387

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

477 Self-Sufficiency Program

Creative And Native (CAN)

The 477 SSP monthly CAN meeting will be on:

**September's CAN Meeting is:
Thursday, September 13th 2018
1:30—3 PM**

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, 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

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

Most Often Requested Numbers

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

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.

September 2018

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3 Labor Day All CTSI Office's Closed	4 Beading Group 10 AM—2 PM	5 Elders Shopping Day 10 AM	6	7	8
9	10 All Treaty Day All CTSI Office's Closed	11 Language Class 6—8 PM	12	13 SSP CAN Mtg. 1:30—3 PM	14	15 Youth Council/ Elder's Wood Cut 9:45 AM—2:30 PM
16	17	18	19 Elders Shopping Day 10 AM	20	21 Regular Council 8AM	22 Elder's Council 1 PM
23	24	25	26 Wisdom Warriors 10:30—11:50 AM Diabetic Lunch 12 PM—2 PM	27	28	29
30						

Education and Youth Update

The Siletz JOM & Supplemental Education Program

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



Join the Siletz Tribal Youth Council!

Youth from the Tribe who would like to get involved more with the Tribe are encouraged to attend our Siletz Youth Council meetings. Youth ages 12 to 24 have the opportunity to meet one another from all of the areas (Portland, Salem, Eugene and Siletz). Youth meet at least every other month and plan events together, do community service activity and take part in fun activities. Each year youth who are 15 years old have also had the opportunity to attend the National Unity Conference to meet youth from across the

United States. Please see the flyer for our next event in Siletz—helping our elders with cutting wood.

Enrichment Classes at Saturday Academy

Open in all areas with free tuition waivers are available

So many classes are available during evening and weekends at Saturday Academy—, in computer technology, engineering, math, science, media classes, SAT and ACT Prep, Writing Essays, Math Help for SAT and college prep will begin fall term in September at Saturday Academy at various locations and for a variety of ages throughout Portland. To see all the classes available please visit their web site at www.saturdayacademy.org. Classes in science, art, acting, math, Legos, and more for all ages are also offered. For a catalogue please call (503)-200-5558. If you are planning to register for a class please contact Katy to access a waiver form to take a class.

Adult Education

The Adult Education Program assists tribal members within the 11-county service area with skill development classes and General Education Development (GED) classes to obtain and retain employment. The program may provide funding for special interest, cultural and education classes. The program coordinates with other service providers to establish continuity for Adult Education. Applications are available at the four tribal area offices. For more information how this program can assist you please call Katy at the Portland area office (503) 238-1512.

Siletz Tribal Youth Council Meeting



The Siletz Tribal Youth Council will volunteer at the Elder's Wood Cut, with a meeting to follow. All youth ages 12-24 are welcome to attend on: Saturday, Sept. 15, 2018 in Siletz, OR.

Tentative Schedule:

- 9:45 a.m. - Meet at Siletz Behavioral Health
- 10:00 a.m. - Arrive at Elders Wood Cut
- Noon - Lunch (provided)
- 1:30 p.m. - Youth Council Meeting
- 2:30 p.m. - Depart for home

For transportation: Youth carpools are available from all of the area offices. Contact your local area office as soon as possible to join.

Area Office Contact Numbers:

- Eugene: Nora Williams-Woods or Nick Viles, 541-484-4234
- Portland: Katy Holland, 503-238-1512
- Salem: Sonya Moody-Jurado, 503-390-9494
- Siletz: Dee Butler, 541-444-8618

Youth Council Objective

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

Natural Resources

Last Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the last “Cut Wood For The Elders Day” of the year on Saturday, September 15th. The woodcut will be held on the Tribe’s Logsdan Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at 8:00 AM and go until 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 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter. This is the last woodcut of the year!

2018 Elk Tag Drawing Info

The annual drawing for the Tribe’s elk rifle tags will be held on Monday, October 1st at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 4th and are due September 21st in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe’s website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 9 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 X1232.

2018-2019 Hunting and Fishing Tags

Distribution Schedule

* No early calls to “save” an archery tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for Youth ages 12-17 is 9/29 - 11/4 (2 additional days at end of general season)

*** Minus number of tags issued in Deer Early Bow Season.

NOTE 1:A Tribal member may obtain only ONE elk tag in their name during the 2018 -2019 hunting season (bow, bull and cow

tags all count towards the one tag), except as noted below.

NOTE 2:*First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags) *Second Distribution:* For any eligible hunter, regardless of what other tags they have received.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	General Rifle	375	9/29-11/2**	8/20	First Come First Served
	Late Archery	50***	11/17-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Elk	1 st Season Rifle	25	11/10-11/13	Lottery applications available 9/4; due 9/21 ; drawing 10/1; tags issued 10/2 (see Note 1 below)	Lottery
	2 nd Season Rifle	25	11/17-11/23		
	Antlerless	9	Various seasons beginning 1/1/19	Lottery applications available 9/4; due 9/21 ; drawing 10/1; tags issued 12/3	Lottery
	Late Archery Antlerless	56	11/24-12/9	<i>First Distribution:</i> 10/15 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/29 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	9/4	First Come First Served

Athabaskan Language

Nuu-wee-ya'
(Our Words)



**Tues., Sept. 11th 2018
6—8 PM**

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

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane.

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

www.ctsi.nsn.us

Body Parts

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

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

www.siletzlanguage.org

Tobacco Prevention Education Program

Early History of Tobacco

Tobacco was first discovered by the native people of Mesoamerica and South America and later introduced to Europe and the rest of the world.

Tobacco had already long been used in the Americas by the time European settlers arrived and took the practice to Europe, where it became popular. Eastern North American tribes have historically carried tobacco in pouches as a readily accepted trade item, as well as smoking it in pipe ceremonies, whether for sacred ceremonies or those to seal a treaty or agreement. Tobacco is considered a gift from the Creator, and tobacco smoke is seen as carrying one's thoughts and prayers to the spirits.

In addition to its use in spiritual ceremonies, tobacco is also used in ethno botany for medicinal treatment of physical conditions. As a pain killer it has been used for earache and tooth-

ache and occasionally as a poultice. Some indigenous peoples in California have used tobacco as one ingredient in smoking mixtures for treating colds; usually it is mixed with the leaves of the small desert sage, *Salvia dorrii*, or the root of Indian balsam or cough root, *Lep-totaenia multifida* (the addition of which was thought to be particularly good for asthma and tuberculosis). In addition to its traditional medicinal uses, tobacco was also used as a form of currency between Native Americans and Colonists from the 1620s on.

Religious use of tobacco is still common among many indigenous peoples, particularly in the Americas. Among the Cree and Ojibwe of Canada and the north-central United States, it is offered to the Creator, with prayers, and is used in sweat lodges, pipe ceremonies, and is presented as a gift. A gift of tobacco is traditional when asking an Ojibwe elder a question of a spiritual nature.



Wildland Firefighter Apprenticeship Hiring

Now Hiring:

The USDA Forest Service is hiring wildland firefighter apprentices across the country. Wildland fire suppression and fuel management is performed in primitive, backcountry conditions. Apprentices will complete a residential firefighting academy at the Wildland Fire Training Center in McClellan Park, CA.

This paid training program leads to permanent employment with the Forest Service. The program is open to applicants ages 18-37.

Apply Online:

USAJOBS.gov

August 1 – October 15, 2018

Eligibility Requirements:

Applicants must be a US citizen or US national, must possess and maintain a valid driver's license, position requires a Work Capacity Test (WCT) and is subject to a negative drug test prior to entrance on duty. Visit the Forest Service website for full eligibility requirements.

Find Out More:

Full details and position locations can be found at: www.fs.fed.us/fsjobs-events.



VANILLA PUDDING FRUIT SALAD

1 CAN DICED PEACHES*	1 CAN FRUIT COCKTAIL*
1 LB CHERRIES HALVED/	1 LB GRAPES HALVED*
2 GOLDEN DELICIOUS APPLES	2 GRANNY SMITH APPLES DICED*
2 GALA APPLES DICED*	2 BOXES VANILLA INSTANT PUD-
2 CONTAINERS OF COOLWHIP	JUICE OF 1 LEMON*

1. Rinse all the canned fruit and let it drain while you dice the apples.
2. Dice the peaches and cherries and put them in a big bowl.
3. Add all the other fruit and the lemon juice. The lemon juice keeps the apples fresh longer.
4. Sprinkle the vanilla pudding over the top and mix in the 2 containers of cool whip.
5. Mix well and serve.

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/Warehouseman
541-444-8279

HeadStart

Siletz Tribal Head Start Enrolling Now!

Applications are now being accepted for the 2018-2019 school year. We have Head Start Centers in Portland, Siletz, Lincoln City and Salem. See page 7 for application.

If you know a child who will be 3-4 years old by September 1, 2018, application are available at your local Siletz Area Office, or by

calling: (541) 444-8376 or 1 (800) 922-1399.
Send in your application as soon as possible.
See page 21 for more information.

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

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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Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.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.



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 kathy@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 CTSI 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			