



# THE DRUMBEAT

October 2018 Newsletter  
Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

Beverly Owen, Area Office Supervisor

Cindy Jackson, Area office Secretary

## Here's What's Going On This Month...

### News & Announcements

Community Health

Education

Elders

SSP

USDA

Tutoring

Head Start

Behavioral Health

Voc Rehab

Language Class



# Announcements & Community News

## In the Spotlight

**Each month we will spotlight a particular style of powwow dance.**



### Men's Southern Straight

A "gentlemen's" dance, Men's Southern Straight has a lot in common with Men's Traditional by means of similar footwork, but in regards to regalia, a whole lot more subdued. It's a graceful dance, the slowest of the men's style's and often overlooked. It shouldn't be though, because it's a gesture of old ways and a great source of Native American history through movements that do such things as mimicking hunting tactics by watching the ground, looking into the distance for any evidence, and pointing out tracks.



Advocate: Kim Lane  
Outreach: Kira Woosley  
Sexual Assault Advocate: Delina John  
Domestic Violence Advocate: Jen Metcalf

[kiml@ctsi.nsn.us](mailto:kiml@ctsi.nsn.us)  
[kiraw@ctsi.nsn.us](mailto:kiraw@ctsi.nsn.us)  
[delinaj@ctsi.nsn.us](mailto:delinaj@ctsi.nsn.us)  
[jenm@ctsi.nsn.us](mailto:jenm@ctsi.nsn.us)

**TOLL FREE: 1-800-648-0449**



The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

Tribal Members can now go into any Area Office to have a picture taken for a Tribal ID done. Your picture and signature will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bev to schedule an appointment.



### FREQUENTLY CALLED NUMBERS

Siletz Office	800-922-1399	Portland Area Office	503-238-1512
Siletz Clinic	800-648-0449	Eugene Area Office	541-484-4234
Contract Health	800-628-5720	RV Resort	503-463-6641
Grand Ronde Clinic	503-879-2236	Chinook Winds	888-244-6665
Salem Head Start	503-393-6942	Salem USDA	503-391-5760





## Elders

### Elder Meeting

October 13<sup>TH</sup>

### Elder Shopping Days

*unavailable*



## Mending Broken Hearts

### Intergenerational Trauma and Grief



Addictions Services will be opening a Talking Circle here at the Salem Area Office. The group focuses on Native American intergenerational trauma with the White Bison Curriculum and grief. Space is limited. If you have any questions please feel free to call Andulia at 503-390-9494.

Monday Nights  
5:00 – 6:30pm  
Salem Area Office  
3160 Blossom Dr N  
Salem



**If you have any questions, please feel free to call:**

**Andulia WhiteElk 503-390-9494**

### 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 INCENTIVES

\$100 ~ \$75 ~ \$50  
CABELAS GIFT CARDS

#### FISHING INCENTIVE

\$50  
CABELAS GIFT CARD

#### SHELLFISH INCENTIVE

\$50  
CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy  
541-444-8232

[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Denise Garrett at  
541-444-8227

[deniseg@ctsi.nsn.us](mailto:deniseg@ctsi.nsn.us)



## NATURAL RESOURCES DEPARTMENT

### 2018 ARCHERY TAGS LATE SEASON

Deer and Elk

#### First Distribution

October 15 – October 28, 2018

Issued to those who have not received a deer archery tag or any elk tag in 2018

#### Second Distribution

October 29 – December 9, 2018

Remaining tags issued to any eligible Siletz Tribal member

Questions please contact:

Mike Kennedy  
541-444-8232

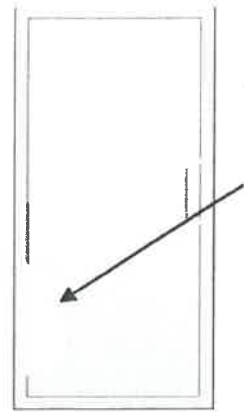
[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)



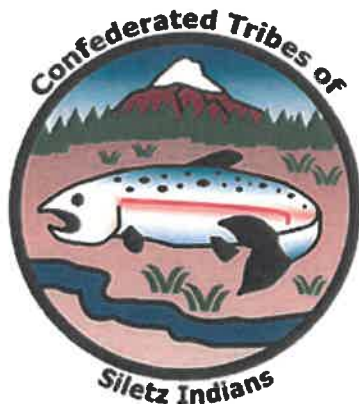


## CONGRATULATIONS!

Salem Area Tribal  
Member Login Hartt  
graduated from  
Western Oregon  
University! Great job  
Login!!



We have a slot in our front door you can use if it's after hours or on a holiday and you need to drop off paperwork.



## Seeking Siletz Tribal Members to Join the Community Visioning Team

The Confederated Tribes of Siletz Indians is launching a collaborative community engagement process to gather valuable input for the next comprehensive plan. This comprehensive plan is the official document for guiding Tribal Government and leadership through decisions they will make throughout the next ten years.

We are seeking members to join the Community Visioning Team (CVT) to create the community engagement plan that will inform the comprehensive plan. Responsibilities include:

- attending up to 6 meetings over the next 6 months (either in person or virtual) and associated tasks (the first meeting will be on November 27, 2018 in the evening; location TBD with call-in/video option)
- sharing your ideas and insights on how to engage the whole tribal community,
- sharing the activities and outcomes of the CVT with the membership, and
- holding the value of securing historical and future lifeways.

Our goal is to have broad representation of up to 30 people from throughout the entire tribal community--youth, elders, parents, and more!

Nominate yourself or others by **October 12, 2018:**

- Going to the Community Visioning Team website at <https://tinyurl.com/2018CTS1>
- Complete a Nomination Form at your Area Tribal Office
- Email Project Coordinator Shadiin Garcia at [shadiin@thinkshorelines.com](mailto:shadiin@thinkshorelines.com)
- Call Project Coordinator Jeneen Hartley at 612.250.9949

*The Sign Up forms for this are available in the Salem Office as well as on the Salem Office Facebook page.*





We are planning a trip to the Bauman pumpkin patch on Sunday, October 14th to celebrate the beginning of fall and so children can participate in the farm physical activities and farm animal petting and feeding opportunities. Space is limited so we will start taking sign ups at 9:00 am on Wednesday, October 3rd. You can sign up yourself, your children. You may not sign up members of other households or children of family members. This is for the parent permission and safety of children attending the event. In the event of extremely poor weather the date may change.

Contact Beverly at 503-390-9494 for additional information.



Our card making group last year was a huge success and based on some feedback from participants we are getting an early start to the holiday projects this year! You can enjoy them in the holiday season or use your finished projects for gift giving, as some have suggested.

Thursday, October 25th Fabric Ornaments

Thursday, November 1st Fabric Ornaments

Wednesday, November 7th Ribbon Ornaments

Please call to sign up with Beverly at 503-390-9494 no later than October 12th as space is limited and so we can be sure to have supplies available for everyone.

We will have additional activity dates announced in the November News letter.



# LANGUAGE AND CULTURE

Bud Lane  
1-800-922-1399  
ext 1320



## Nuu-wee-ya' (Our Words)

When: 2<sup>nd</sup> Tuesday of every month from 6:00 – 8:00 pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.



# USDA SALEM WAREHOUSE

JOYCE RETHERFORD  
CTSI FDP Director  
LISA PAUL  
CTSI FDP Clerk  
503-391-5760 (Salem)

## Distribution Dates & Times

Monday October 15 <sup>th</sup>	1:30pm – 6:30 pm
Tuesday October 16 <sup>th</sup>	9:00 am – 6:30 pm
Wednesday October 17 <sup>th</sup>	9:00 am – 6:30 pm
Thursday October 18 <sup>th</sup>	<b>BY APPOINTMENT ONLY</b>

 Like Us On  
Facebook  
SILETZ TRIBAL  
FDPIR

We would like to see more people sharing their recipes on our Facebook page.

### FDPIR INCOME GUIDERATE EFFECTIVE 10/01/2018

HH SIZE	NET MONTHLY INCOME STANDARD
1	\$ 1,176
2	\$ 1,536
3	\$ 1,896
4	\$ 2,266
5	\$ 2,656
6	\$ 3,046
7	\$ 3,406
8	\$ 3,766
EACH ADDITIONAL MEMBER ===== \$360	

Once again, the USDA Food and Nutrition Services has increased the income guide rate to receive foods from our program. If you think you might be eligible, call our offices and we can help you.



# 477/SSP

ANGELICA ESPINO  
Tribal Service Specialist  
angelicae@ctsi.nsn.us

Office Hours: Monday – Friday 8:00am – 4:30pm

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

## IMPORTANT DATES TO REMEMBER



October 1<sup>st</sup> - 5<sup>th</sup>  
October 5<sup>th</sup>

Monthly Contact Appointments **(MANDATORY)**  
Job Search/Monthly Report forms due for Cash Assistance

I Y S

Tuesday October 23<sup>rd</sup> & Wednesday October 24<sup>th</sup>  
Aldersgate in Turner



## COMMUNITY ACTIVITIES OF INTEREST

**Tutoring:** Tuesdays 4:30-6:30pm  
**USDA Salem:** October 15<sup>th</sup> – 18<sup>th</sup>  
**Talking Circle:** Mondays 5:00-6:30pm  
**Language:** 2<sup>nd</sup> Tuesday of the month 6:00-8:00pm  
**Bauman's Harvest Festival & Ornament Making Classes**

### FREQUENTLY REQUESTED PHONE NUMBERS AND WEB ADDRESSES

 **UNEMPLOYMENT OFFICE 1-877-345-3484**

 [www.emp.state.or.us](http://www.emp.state.or.us)

 **SOCIAL SECURITY 1-800-772-1213**

 [SSA.gov](http://SSA.gov)

**WORKSOURCE OREGON EMPLOYMENT LISTINGS**

 [www.emp.state.or.us/jobs](http://www.emp.state.or.us/jobs)

**MARION COUNTY EMPLOYMENT LISTINGS**

 [www.governmentjobs.com/careers/marion](http://www.governmentjobs.com/careers/marion)

**STATE OF OREGON EMPLOYMENT LISTINGS**

 [www.governmentjobs.com/careers/oregon](http://www.governmentjobs.com/careers/oregon)

### **IMPORTANT REMINDERS FOR 477/SSP**

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- YOU **MUST** COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.

**PLEASE CALL BEFORE COMING ALL THE WAY  
HERE FOR YOUR CHECK.**



# COMMUNITY HEALTH

## Community Health News

Cecilia Tolentino, CHA

503-390-9494 X1854

[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)

Monday-Friday

8am-4:30pm

## HALLOWEEN SAFETY TIPS

Halloween is one of the most exciting times of the year for children, but sometimes hectic for parents and guardians. This Halloween, take a moment to consider basic safety precautions to help make your children's Halloween a safer night of fun.

### Before Halloween

- Choose bright costumes, and have children carry flashlights or glow sticks so they are easily visible. (Hint - Try adding reflective tape to costumes and candy bags!)
- Plan a trick-or-treating route in familiar neighborhoods with well-lit streets.
- Make sure children know your cellphone number, their home telephone number, and address in case you get separated. Consider giving them a cellphone so they can reach you easily.
- Teach children how to call 911 in an emergency.
- Teach children to say "NO!" in a loud voice if someone tries to get them to go somewhere, accept anything other than a treat, or leave with them. Tell them to try everything they can to escape, including yelling, hitting, and kicking.

### On Halloween

- Make sure older children take friends and stay together while trick-or-treating.
- Never send younger children out alone - they should be with a parent, guardian, or another trusted adult.
- Always walk younger children to the door to receive treats.
- Don't let children enter a home unless you are with them.
- Be sure children do not approach any vehicle, occupied or not, unless you are with them.

HAPPY  
HALLOWEEN!

To learn more about protecting your child, visit [missingkids.com/families](http://missingkids.com/families).

### No Bake Pumpkin Oatmeal Energy Bites

Author: Melissa Griffiths  
Prep time: 5 mins Total time: 5 mins  
Makes: 20

Quick healthy pumpkin oatmeal energy bites that taste like cookies but are good for you!

#### Ingredients

- 1½ to 2 cups dry, uncooked oatmeal
- ½ cup all-natural peanut butter or other nut or sun butter
- ½ cup pumpkin puree
- ¼ cup chia seeds
- ¼ cup quality honey
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon or pumpkin pie spice
- ½ cup mini dark chocolate chips

#### Instructions

1. In a medium bowl add 1 and ½ cups oats, peanut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon. Stir to combine well. You want the mixture to be soft but not too sticky. If you pick up a generous spoonful, you should be able to roll it into a ball and only make a minimal mess (it should stick together when rolled but still feel tacky on your hands). Depending on the type of oats you used (old-fashioned or quick oats), you may need to add up to a half cup more oats and stir until you reach the desired consistency. Again, it's ok if it's a little sticky because the oats will absorb some of the moisture after a little time passes, but unworkable sticky isn't the goal.
2. When the mixture is workable, add the chocolate chips and stir to combine. Scoop a large spoonful into your hand and roll into balls. Repeat with remaining dough. Keep these in the fridge for up to a week, or in the freezer for much longer.

Recipe by Bless This Mess at <http://www.blessthismess.com/2018/09/no-bake-pumpkin-oatmeal-energy-bites.html>





# EDUCATION

SONYA MOODY-JURADO  
Education Specialist  
sonyamj@ctsi.nsn.us

Office Hours: Monday - Thursday 8:00am - 4:30pm

**EDUCATION PROGRAM COMPONENTS:** Higher Ed ♦ Adult Vocational Training (AVT) ♦ Adult Education ♦ Supplemental Education ♦ (JOM) ♦ Tribal Youth Employment & Education (TYEE)

***I will be out of the office October 8 - 14***

## JOM

When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

**Tutoring:** Tutoring will start back on October 16<sup>th</sup>. Tutoring is held Tuesdays from 4:30 - 6:30 pm

### **Siletz Tribal Youth Conference November 10-12, 2018**

Join your fellow Siletz Tribal Youth (7<sup>th</sup> - 12<sup>th</sup> grades) for 2 days of getting to know each other, learn more about Siletz Tribal culture and history, hear about important topics for teens and have a great time with Siletz Tribal Youth from all areas.

**Who Is Going:** Enrolled Siletz Tribal Youth, grades 7 - 12, regardless of residence

**Location:** B'nai B'rith Camp in Lincoln City, OR

**Applications:** Will be mailed directly to the youth in this age group

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

**The deadline to apply for Fall Term 2018 was June 30, 2018. The next deadline to apply is June 31, 2019. It is a requirement that you complete your FAFSA by January 31, 2019 to be eligible to receive tribal assistance.**

**The applications for FAFSA (Free Application for Federal Student Aid) open on October 1, 2018. The Tribal deadline to complete your FAFSA will remain January 31, 2019. Federal money is on a first come first serve basis and given out until gone. Without completing your FAFSA by the January 31<sup>st</sup> deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.**

### ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call **SONYA** at (503) 390-9494.

### **Siletz Tribal Youth Activity Fund**

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.



# A & D

Andulia White Elk  
Addictions Counselor

*M, T Salem Office Th, F Portland (503-238-1512)*  
*M (eve) "Mending Broken Hearts Group - Salem"*



## Addiction Education Heroin

Heroin is a dangerous and illegal drug with a high addictive potential. Heroin belongs to the opioid family of drugs, such as morphine and codeine, which are natural products of the opium poppy.

Heroin is made from morphine that has been chemically processed, giving it a stronger and more immediate effect. Heroin is converted back into morphine in the brain.

In its pure form, heroin is a fine, white, bitter-tasting crystalline powder that dissolves in water. When it is sold on the street, its color and consistency vary, depending on the manufacturing process and what additives it has been mixed, or "cut," with. Street heroin may come in the form of a white powder, a brown, sometimes grainy substance or a dark brown sticky gum.

The most common ways of using heroin are:

- Injection – either into a vein, muscle or under the skin
- Snorting – inhaling the powder through the nostril
- Inhaling or smoking – this method is also referred to as "chasing the dragon," and involves gently heating the heroin on aluminum foil and inhaling the smoke and vapors through a tube
- The unknown purity of the drug. Ironically, many overdoses are due to increases in the quality of the drug sold on the street
- Injection, because the drug reaches the brain more quickly than by other ways of taking the drug, and because the dose is taken all at once
- Combining heroin with other sedating drugs, such as alcohol, benzodiazepines and methadone
- Heroin dependence, and the medical, social and legal complications that often result from heroin use, can be devastating to the lives of the people who use the drug.
- Research using brain scans has revealed that long-term regular use of heroin results in changes in the way the brain works. While the effect of these changes is not fully understood, this research has shown that it may take months or years for the brain to return to normal functioning after heroin use is stopped.
- Methadone maintenance treatment, which prevents heroin withdrawal and reduces or eliminates drug cravings, is the most effective treatment for heroin dependence currently available.

If you know anyone that needs support in their addiction or recovery, please call our Outpatient services. There is hope and people do recover.



# PEER RECOVERY MENTOR

Andrew Eddings  
Peer Recovery Mentor  
541-270-9717

The Peer Recovery Mentor assists A/D and Mental Health clients getting service through the Siletz Tribe. Assistance includes, but is not limited to: Meeting individuals where they are at to discover opportunities which may change their lives; working with individuals to identify any barriers to recovery they may have and develop a working plan to overcome these barriers; outreach services obtaining A&D assessment and referrals for medically assisted substance treatment, residential substance treatment, outpatient substance treatment services; act as liaison to other CTSI programs – SSP, Vocational-Rehab, Education, medical and cultural programs; walk with individuals through Legal and DHS providing moral support; assist in locating recovery based housing; attending self-help meetings with individuals and groups; assist in getting a sponsor; and integrating individuals into a positive peer recovery community.

I am available to meet with individuals who are incarcerated and will soon be released.



# MENTAL HEALTH

Rachel Adams, LPC  
Mental Health Counselor

*M, T*    *Portland (503-238-1512)*    *W, Th*    *Salem*

## Last days of summer:

With the smoke quality being poor at the end of August, the PAO summer picnic got moved from Mt. Scott Park to the office. There was good food to be had by all and activities kept everyone busy. I spent my time helping youth make magnets, and hand prints in Plaster of Paris. To end out the summer, the area offices headed to the Tillamook Cheese Factory, and Oceanside. Pictured are tribal members gathered for prayer before the meal, NickViles saying the prayer in Athabaskan, and youth burying a peer in the sand.



## Heading into fall:

As we head into fall, it is a good time to be more mindful of how we spend our daylight hours, as they are starting to shorten. Getting outside is important to get the natural vitamin D our bodies often lack in Oregon. In October, I will get the chance to present about the Mental Health services I provide at the SSP Conference in Turner. If you're curious about this event, contact your local SSP representative for information! I haven't been before but it sounds like a great opportunity.



## 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

October is a good time to continue gathering wood for our Elders for the winter, which Youth Council participants helped with on September 15th. The rafting trip on September 13th happened, though I stayed behind to give room to clients. Run for the Rogue was canceled for the second year in a row, which is a big ache for the tribe though necessary for health and safety. As always, smudging, sweat lodges, talking circles and prayer are all traditional ways to connect with the Creator and feel re-centered.





# VOC REHAB

JERAMIE MARTIN 800-922-1399 x1385  
TONI LEIJA antonial@ctsi.nsn.us  
DANA RODRIGUEZ danar@ctsi.nsn.us

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

## Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



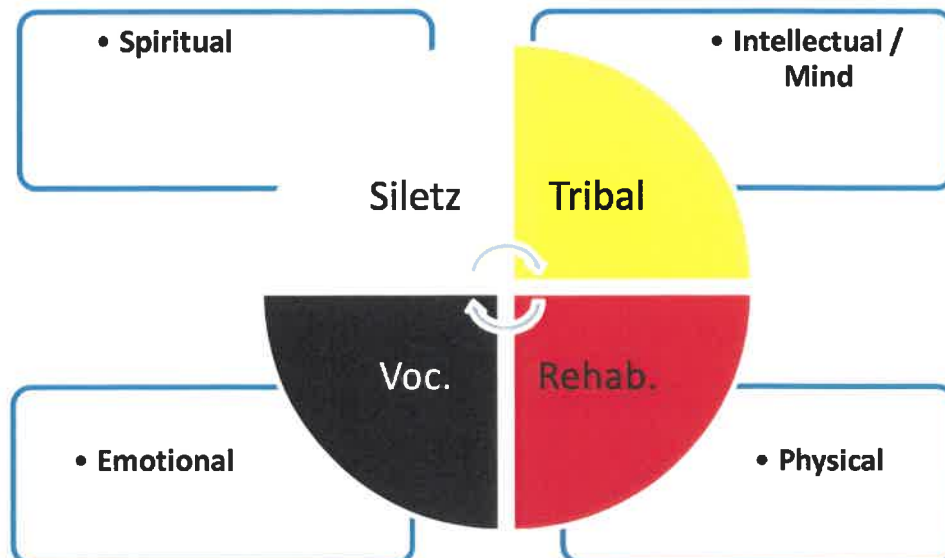
For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

<b>EUGENE AREA OFFICE</b> 2468 West 11 <sup>th</sup> Eugene, OR 97402	<b>SALEM AREA OFFICE</b> 3160 Blossom Dr NE, Ste 105 Salem, OR 97305	<b>SILETZ ADMIN. OFFICE</b> 201 SE Swan Ave Siletz, OR 97380
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**EUGENE OFFICE** – JERAMIE MARTIN, Program Director

**SALEM OFFICE** - DANA RODRIGUEZ, Program Aide; TONI LEIJA, Counselor/Job Developer

**SILETZ** – RACHELLE ENDRES, Counselor/Job Developer





**September** was a fun filled month for us here at Head Start! Our families were able to participate in a Parent Meeting Hot Dog Feed. For September we learned about class and bus safety rules; self including emotions, the 5 senses, friendships; and children's interests. Our students also learned about the Run for the Rogue.

For the month of **October** our students will be learning about Fall, apples, pumpkins, trees, clothing, balls, and children's interests. We are looking forward to our seasons changing and welcome Fall.

Teacher Jen and Teacher Jennifer  
Salem Head Start Staff



Thank you for our in-kind classroom supplies that have been donated. We really appreciate all of the help to keep our school running smoothly.

WE ♥ OUR  
volunteers

If you are interested in volunteering at our school, please let us know!





# Salem Area Office Staff

503-390-9494

Beverly Owen  
Cindy Jackson  
Angelica Espino  
Cecilia Tolentino  
Andulia White Elk  
Rachel Adams  
Andrew Eddings  
Sonya Moody-Jurado  
Dana Rodriguez  
Toni Leija  
Jeramie Martin

Salem Area Office Supervisor  
Area Office Secretary  
Tribal Service Specialist  
Community Health Advocate  
Addictions Counselor  
Mental Health Counselor  
Peer Recovery Mentor  
Education Specialist  
VocRehab Aide  
VocRehab Job Developer  
VocRehab Director



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Confederated Tribes of Siletz  
Salem Area Office  
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