

Address: 2468 West 11th Avenue Eugene OR 97402
Telephone: 541-484-4234 Fax: 541-484-4583

The Confederated Tribes of Siletz Indians

The Eugene Area Office Newsletter

December 2019

Office hours: Monday through Friday, 8:00 - 4:30
OPEN THROUGH LUNCH HOUR



We are here to help you with your concerns and answer your questions.

However:

Persons under the influence of drugs or alcohol are not permitted on CTSI property or at Tribally sponsored activities.

Physical or verbal abuse, harassment, the use of foul language or intimidation will not be tolerated. Threatening phone calls are reported immediately to supervisors and to the police.

Anyone choosing to exhibit any of the above behaviors maybe refused services and, when warranted, will be asked to leave premises.

Thank you for your cooperation...

Tribal Administration

Nuu-wee-ya'
(Our Words)

Introduction into the Athabaskan Language

Open to all Tribal Members of all ages

Location, Dates, times:

Siletz Language Class	December 2 nd	6-8pm
EAO Language Class	December 3 rd	6-8pm
PAO Language Class	December 9 th	6-8pm
SAO Language Class	December 10 th	6-8pm

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. For more information call:

Bud Lane at the Siletz Cultural Department
(541) 444-8320 or 800-922-1399 ext. 1320; or email budl@ctsi.nsn.us

EMERGENCY HOUSING ASSISTANCE FUNDING FOR 2019

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices

2020

**Low-Income Energy Assistance Program
(LIHEAP)**

~OPEN~

Elderly and Disabled-October 1st

Crisis/Regular heating- December 1st

All Siletz Tribal Households

Crisis/Shut-off/Regular OPENS

Siletz Tribal Members and households

**Please contact Nora Williams-Wood for more information or to make an appointment:
541-484-4234 or 1-800-922-1399 Ext 1750**

Tribal children are in need

Of foster parents for:

Permanent care,

Temporary foster care,

OR Short-term emergency care.

Contact: Debra Brown

Foster Family Coordinator

CTSI – Siletz Indian Child Welfare

541-444-8336

debrab@ctsi.nsn.us

Returnable Bottle Deposit

Are you tired of having to stand and put your bottle and cans into a machine!

You can donate your bottles and cans to the Siletz Youth Tribal Council at the EAO

Contact Nora or Nick @ 541-484-4234

Thank you to those that have donated their bottle returns. It is so much appreciated



EAO Mini Library

Available: Native Books to checkout

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list in Siletz (1,2,3,4 bedroom) and Lincoln City (2, 3 bedroom) - Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or access on-line from the tribal website, www.ctsi.nsn.us follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions call
1-800-922-1399 Ext 1322 or (541) 444-8322
FAX (541) 444- 8313

!!MAIL ORDER SERVICE AVAILABLE!!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO

ALL SILETZ TRIBAL MEMBERS:

LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

The Siletz Community Health Clinic will be offering Medication Assistance Treatment (MAT) in Salem, Oregon soon. The clinic is contracting with a local provider, Eric Davis, MSW, BCD, LCSW, QMHP, MAC, CADC III, and JD Health and Wellness, to offer MAT services. MAT services to be provided include: medication treatment (SUBOXONE®/VIVITROL®/Antabuse), mental health counseling, and A&D counseling.

What is MAT: MAT is the use of medications with counseling and behavioral therapies to treat substance use disorders and prevent opioid overdose. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. (SAMHSA)

Who is eligible for services at the Salem MAT clinic: Siletz tribal members, other Natives, and non-Native with close family ties. Initially, the program is able to accept 25 patients.

When will services be available: June 2019 (tentatively). For more information about the Salem MAT program, contact Delina John, CADC I, @ 541-444-9697.

Chinook Winds Casino Resort
Sign up for an electronic
newsletter: www.chinookwindscasino.com

Do you need assistance working in Oregon's legal marijuana industry?

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.

Notary Public (Free Service)

Call to set up an appointment

Contact: Nora Williams-Wood

Siletz/Eugene AO

541-484-4234 or 1-800-922-1399 Ext. 1750

Please make sure document is completely filled out, except for your signature and what Notary fills out. Current ID required

Lane County Veterans Service Office

Providing services: to Veterans, dependents and their survivors. Providing advocacy and facilitating access to benefits including for Disability compensation, Widows/Survivors Benefits, Non-Service Connected Pensions, Education benefits, and access to VA Medical services.

Address: 165 E 7th Avenue, Suite 200 Eugene Oregon 97404

Telephone: (541) 682-4191

Website: <http://www.lanecounty.org/HSC/veteranservice.htm>

Oregon Telephone Assistance Program

<http://www.puc.state.or.us/PUC/rspf/otapapps.shtml>

You can fill out online or mail application in.

If, you or know someone who receives:
Food Stamps, TANF, SSI or OHP they may be eligible for a reduction on their telephone bill.

Email Reminders

If anyone would like reminders of special meetings, cultural classes or special events, etc. at Eugene Area Office, please contact Nora to be put on email list or email her. (541) 484-4234 or email: noraw@ctsi.nsn.us

Join us at the Eugene Area Office for

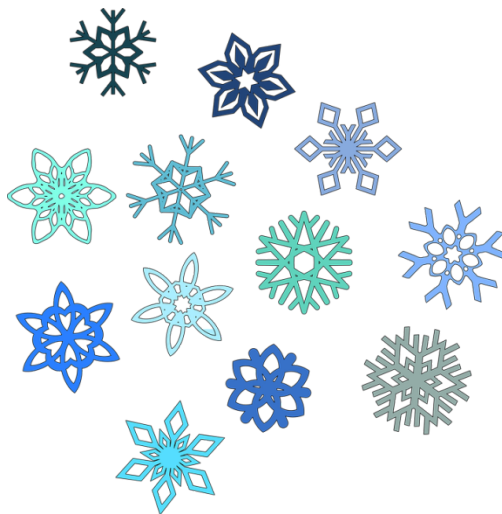
Winter Craft Night and Open House

Come for a fun night of crafts, activities, and

Potato Bar Dinner

December 19, 2019

4:30pm-7:00pm



For more information contact Nora Williams-Wood at (541) 484-4234

Co-sponsored by the Eugene Area Office, Tribal Home Visiting, and JOM

SILETZ ELDER NEWS

Use this number to contact the Elders Program, **541-444-8225**, be sure to leave your name, phone number and brief message and you will get a call from the Elder staff.

The next Introduction to the Athabaskan Language Class for the Eugene Area Office will be held Tuesday December 3, 2019. Classes will be held from 5:00 pm until 8:00 pm. A light meal will be provided. There will also be an opportunity to practice the Feather Dance which has been handed down to us from our ancestors.

December 5, 2019 is the Elders Holiday Lunch. Contact your Elders program for more information.

The next Elder's Council Meeting is scheduled for Saturday, December 14, 2018 at 1:00 pm, and will be held in the Shasta Room at the Casino.

December 19, 2019, the Eugene Area Office will be hosting a Winter Craft and Open House. Come for a fun night of Crafts, Activities and Potato Bar 4:30 – 7pm. Contact EAO for questions

The Chinook Winds entertainment for December, 2019 is Phil Vassar and Lonestar. They will be at the casino on December 6th and 7th. Their shows will start at 8:00 pm. Contact Chinook Winds Casino Resort Winners Circle to request tickets, 1-888-244-6665. You may also request tickets for Comedy on the Coast on December 27th or 28th. Shows start at 8:00 pm.

Cultural Site Fishing Season is open through December 16th. Healthy traditions can provide a net to help you catch your fish! Transportation provided from Siletz to a fishing site for Tribal members and their families. For more information contact Kathy Kentta 541-444-9627.

The Eugene Area Office will be closed on December 13th, and 25th. This is a good time to remind you that offices might be closed at this time of year due to inclement weather. So, call ahead before you travel.

Jim Swanson, 541-683-8766

jimswanson38@comcast.net



JOM: Youth News and Notes

Winter Break Movies:

Relax at the movies with other JOM students and families—the JOM program will purchase tickets. Call or email before event for information about the exact movie and times. Rides are available.

Monday, December 23, 2019

Regal-VRC

500 Valley River Center

Eugene, OR 97401

December Youth Activity Calendar

Dec 19: Winter Craft Night, 4:30-7:00 pm, EAO

Dec 23: Winter Break Movie, time and movie TBA

Please Note: Tutor Night will resume in January—call for individual sessions during December

Sign up for the Youth Events Email List for updates. Contact: nickv@ctsi.nsn.us

Winter Craft Night

-Thursday December 19, 4:30-7:00 p.m.

-Eugene Area Office

-JOM, Home Visiting, and Siletz Community Members are invited to a night of crafts and activities. Potato bar, refreshments, and all crafting supplies will be provided. Call Jessica Philips or Nick Viles (541-484-4234) for more information or check out the flyer.

Extracurricular Opportunities:

JOM: JOM offers money to help pay for extracurricular activities, sports fees, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund: Offers up to \$75 per year to cover costs for extra-curricular activities as well as cultural activities or supplies for Siletz tribal members. Call for details.

Higher Ed/AVT: News and Reminders

Adult Education

The Adult Education Program offers Siletz tribal members not already enrolled in a formal education program funding to assist with the cost of GED classes and testing, professional licenses, and other employment enhancement classes. There is no application deadline. Call or email for more information.

Higher Education and AVT Grants

Higher Ed and Adult Vocational Training (AVT) grants provide funding to attend an accredited college, university, or training program.

Applications for the 2020-2021 school year for both new and continuing Higher Ed and AVT students are due **JUNE 30, 2020** but to be eligible for funding you must complete a federal financial aid application (FAFSA) by **January 31, 2020**. **DO NOT MISS THIS IMPORTANT DEADLINE!**

If you have any questions about filing out the FAFSA, signing up for the SAT/ACT, finding schools or training programs, applying to schools, additional scholarships, and/or how to apply for tribal assistance please don't hesitate to make an appointment today.

Note: Applications for clock-hour schools (i.e. truck driving school or cosmetology programs) have no deadline and are handled on a case-by-case basis.

Applying to college or university? Do not forget these three important steps:

1. Fill out FAFSA

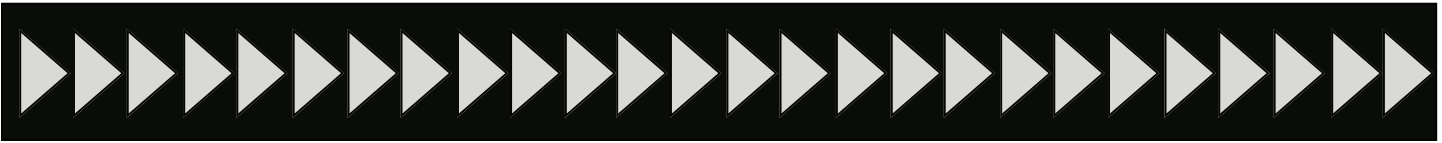
Applications for FAFSA opened on October 1. Apply online: www.fafsa.gov before January 31, 2020 to be eligible for tribal aid.

2. Apply to College/University

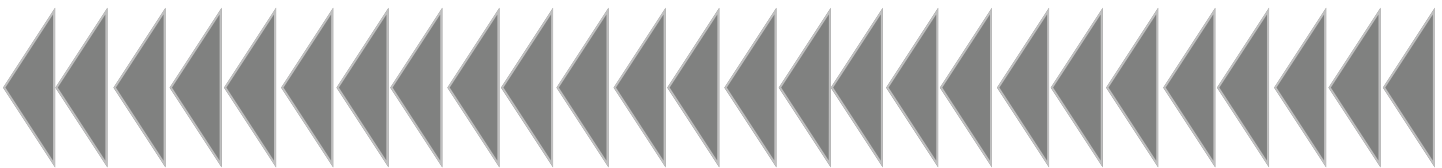
Be sure to pay attention to application deadlines at college and universities. Many schools have deadlines in January and February, less than six weeks away!

3. Apply for Outside Scholarships

Oregon Student Assistant Commission (OSAC) applications are now open. Apply for over 500 separate scholarships with one simple application. Early deadline Feb. 15; final deadline March 1. Apply online at : <https://app.oregonstudentaid.gov>



Nuu Wee-ya' Lhetlh-xat



Weekly Dee-ni Language Speaking Group

*DECEMBER DATES: Tuesdays December 10 and 17 5:00-6:00 pm

*Eugene Area Office

***All ages welcome, infants to elders** *No prior knowledge needed

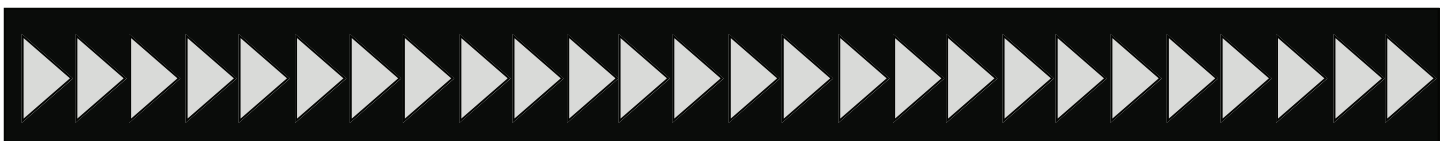
*Light Meal Provided

*Learn How to Use In-Home Based Language Learning Methods

*Help Build Your Speaking Community

Interested in More Information?

Contact Nick Viles at x1757 or nickv@ctsi.nsn.us for more information or to receive scheduling updates and materials



477/SSP Siletz Tribal Home Visiting Program is coordinating monthly Trainings/Presentations on a variety of topics each month in all of our area offices. These are open to the community and anyone is welcome to join.

December 2019 – Presentation by the Siletz Housing Department, they will be providing an overview of programs and services.

10am-12pm Light snacks will be served

December 2nd Portland Area Office

December 3rd Salem Area Office

December 4th Eugene Area Office

December 5th Siletz Area Office (Housing conference room)

January 2020- Presentation by Kathy Kentta-Robinson with Healthy Traditions

1pm-3pm Light snacks will be provided

January 7th Eugene Area Office

January 14th Salem Area Office

January 21st Portland Area Office

January 28th Siletz Community Center

February 2020- Presentation by Eli Grove on Emergency Preparedness

10am-12pm Light snacks provided

February 6th Eugene Area Office

February- 13th Portland Area Office

February 20th Salem Area Office

February 27th Siletz Community Center

Please contact Jessica Hibler, 477/SSP coordinator I (541) 484-4234 if you have any questions

Siletz Tribal Vocational Rehabilitation Program (STVRP)

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

Examples of Services:

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



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

EUGENE AREA OFFICE

2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

3160 Blossom Dr NE, Ste 105
Salem, OR 97305

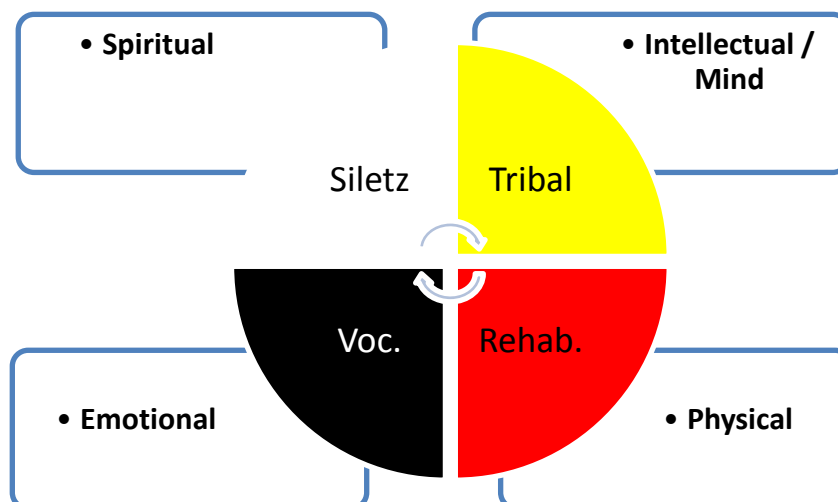
SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

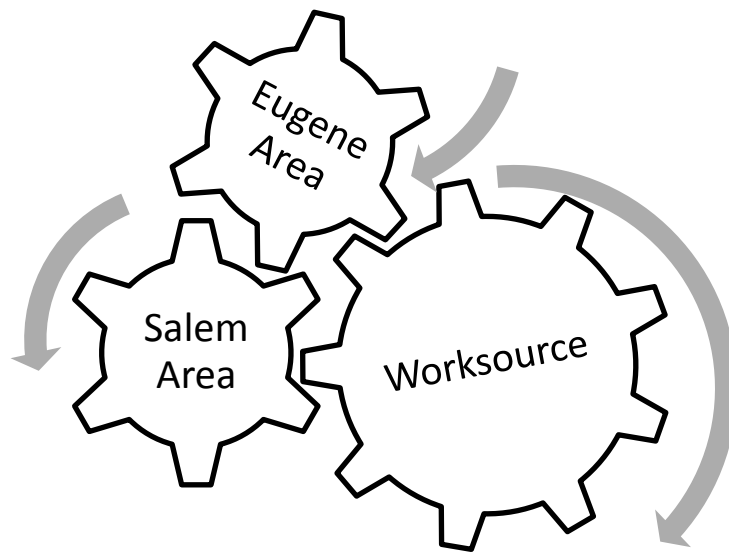
EUGENE – JERAMIE MARTIN, Program Director

SALEM - Toni Leija, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer



Connectivity through Accessibility



Worksource Oregon in Albany has partnered with Self-Sufficiency (477) and Siletz Tribal Vocational Rehabilitation Program to provide direct service access to federally enrolled tribal members. There will be a Siletz employee from the two programs at this office location on:

Thursdays from 9-12:30pm:

Albany Worksource
139 4th Ave SE
Albany, OR 97321

This service is to provide connectivity to Tribal members through accessibility, ease of access, and advocacy. Please visit during the above times to obtain information, seek services, and/or visit with us. If you have further questions please contact Jeramie Martin at 541-444-8385 or simply visit the center.



Kate Brown, Governor

**OREGON
COMMISSION
FOR THE
BLIND**

535 SE 12th Avenue
Portland, OR 97214
(971) 673-1588
1(888) 202-5463
TTY (971) 673-1577

<http://oregon.gov/Blind/>

The Oregon Commission for the Blind (OCB) is proud to help Oregonians who are blind establish career paths and work to support themselves and their families. When provided access to opportunities, training, and tools, Oregonians who are blind can be successful in any job of their choosing.

OCB's experienced counselors, teachers and employment specialists provide highly specialized training and services including job readiness and everyday living skills to qualified Oregonians all across the state.

If you are an employer interested in diversifying your workforce by hiring a qualified job seeker who is blind, or by offering job exploration opportunities to someone who is blind entering the workforce for the first time, please reach out to us! We provide our participants with paid internships at NO cost to employers, and cover workers compensation insurance for OCB clients in a Work Experience. A diverse, skilled workforce is stronger and can deliver more for your business and the community that you serve.

In addition to providing job readiness training and services, the OCB Independent Living Program for the Older Blind program serves people 55 and older with vision loss who are at retirement age or not interested in working; it is not necessary to be legally blind to participate. We also have an Independent Living program for participants under 55 who do not wish to work, but they must be legally blind in order to qualify. Both programs cover the entire State of Oregon and are totally free!

How the Independent Living Program works: experienced teachers will come to your home to do a low-vision assessment and make specific recommendations to make it more accessible. Teachers share techniques on how to perform the daily tasks you need most, including travelling safely, using household appliances, using technology for planning and communication, keeping organized and doing daily tasks, and more.

If you or someone you know is experiencing vision loss, please contact your local OCB office today to learn more about our great services!

Portland: (971) 673-1588

Salem: (503) 378-8479

Eugene: (541) 686-7990

Medford: (541) 776-6047

Central/Eastern Oregon (541) 699-5090

Email: ocb.mail@state.or.us

Website: oregon.gov/blind

If you are an employer interested in diversifying your workforce, please contact our Business Relations specialists: Business.Relations@cfb.state.or.us

"Expanding Opportunities for Oregonians with Vision Loss"

477 Self-Sufficiency Program

Jenifer Jackson, Tribal Services Specialist x 1755

The Confederated Tribes of Siletz Indians 477 Self-Sufficiency Program offers Work-Experience (WEX), On-the-Job Training (OJT), Classroom Training (CRT) and Direct Placement (DP), General Assistance (GA) and Temporary Assistance for Needy Families (TANF) services to eligible clients. If you are interested in any of the above programs please contact Jen to schedule an appointment at x1756.

**“It’s easier to build up a child than it is to repair an adult
Your words and actions have power in your child’s life use
them wisely”**

**TSS staff administrative hours
Monday through Friday
8:00am - 9:30am**

Phone calls will be passed to their voice mail during this time unless previous arrangements have been made.

Phone Messages:

As a reminder when you leave a phone message please leave your name and number, SSP staff will return your call as soon as they are able, unless you are experiencing an emergency and arrangements can be made to assist you.

Long Distance Calls:

You may now reach SSP staff through the 1-800-922-1399 number, please ask to be transferred to Jen **x1755**

Schedules:

Jens hours: M-F 8-4:30pm
Work Experience, Summer Youth Employment, On-the-Job Training, Classroom Training, Direct Placement, Emergency Assistance, TANF Youth Services, General Assistance and TANF

* Lou Carey x1751 will be available to assist clients with some needs when Jenifer is out.

Please remember that 477-SSP staff may be out of the office at other times than listed above to meet with employers, complete home visits, client support services, etc... so please call to schedule an appointment.

**Clients are required:
To meet with Tribal Services Specialists each month
You will need to call and set up an appointment**

WEX/Grant Assistance
Dates to remember in December 2019

Friday	November 29 th	TANF/GAF
Tuesday	December 3 rd	Time Sheets Due
Tuesday	December 3 rd	EAO Language/Culture Class 6-8pm
Wednesday	December 4 th	Siletz Tribal Housing Presentation 10-12pm
Thursday	December 5 th	Self-Sufficiency documentation due
Thursday	December 5 th	Elders Holiday Party
Thursday	December 13 th	Payday
Friday	December 13 th	Tribal Offices CLOSED
Saturday	December 14 th	Elders Meeting
Tuesday	December 17 th	Time Sheets Due
Thursday	December 19 th	OpenHouse Craft/Baked Potato Bar 4:30-7pm
Monday	December 23 rd	Movie Night – VRC
Wednesday	December 25 th	Holiday - Christmas
Friday	December 27 th	WEX Payday
Wednesday	December 31 st	Time Sheets Due

All CRT and childcare timesheets are due a day early the week before a holiday

Services available to eligible enrolled federally recognized tribal members and descendants:

Please contact Jen at 541-484-4234 or 1-800-922-1399 x1755 to discuss programs, eligibility or to schedule appointment

All components are offered on a budgetary basis

Classroom Training (CRT)

CRT services are available for Vocational Training, GED completion, a term of Higher Ed.

Direct Placement

DP is available to any tribal member who has obtained full time employment and applies within seven days of the hire date. Service provides clothing and tools necessary for work.

On-the-Job Training (OJT)

OJT is available to any tribal member seeking employment. It is a reimbursement to an employer for half of a hired employee's wages, up to \$4,500.00 or 6 months, whichever comes first.

Work Experience (WEX)

WEX can be used to obtain current training and skills to be a valued employee. 480 hours paid at minimum wage.

Produce Plus Food Rescue



Siletz Tribal Members:

If you or your family would like to share in some *FREE*, fresh produce, you may pick it up at the Siletz office on Tuesdays between 2:00 and 4:15 pm.

Any produce that is not picked up at this time can be picked up later on in the week; it just will not be as fresh.

Available right now are a variety of fall vegetables like winter squash, onions, potatoes, apples, and more. A staff person will be on hand to distribute what we receive.

Please bring your own bags or cooler to transport your food.

You may call ahead and check on the availability of food.

Siletz Office: 541-484-4234
2468 W. 11th Avenue, Eugene, OR

This food is collected and distributed by Food For Lane County, Eugene, OR. The Siletz tribe and FFLC are working in a joint effort to alleviate hunger in our community.

Siletz Community Health



Siletz 1-800 Numbers

Siletz Central Office	1-800-922-1399
Siletz Community Health Clinic	1-800-648-0449
Purchased Referred Care	1-800-628-5720
Siletz Behavioral Health	1-800-600-5599

Siletz Community Health Clinic registration forms and Chemawa Indian Health Center applications are available at the Eugene Area Office. If you have questions regarding eligibility for services, you may contact:

Adrienne Crookes
Community Health Advocate
541-484-4234

Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office

You may qualify for the Oregon Health Plan! OHP provides health care coverage to eligible, low income Oregonians. If you would like to apply, you may stop by and pick up an application, or apply online at OregonHealthCare.gov
Telephone 1-800-699-9075

We are here to assist you with any questions that you may have about OHP.

Contact Adrienne Crookes,
Community Health Advocate, at 541-484-4234

Siletz Mail Order Pharmacy

If you need a prescription refill, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and to mail it to you.

Call **1-800-648-0449** and enter **ext 1624**. Follow the voicemail instructions. If you need assistance, you may call Adrienne Crookes, Community Health Advocate at 541-484-4234

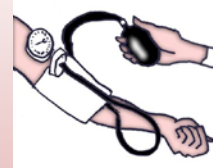
Siletz Community Health

Blood Pressure Screenings



At the Siletz Eugene Area Office

Have you had your blood pressure checked lately? High blood pressure puts you at risk for heart attack, stroke, and other health problems.



Feel free to come in and get it checked.

To make an appointment with Adrienne Crookes, CHA, call 541-484-4234.



Bicycle Helmets

Are available at the Eugene Area Office

Parents, protect your little ones! Siletz household member children who are between the ages of 3-17 are eligible to receive a free helmet. Children who are not the legal dependents are not eligible for this service. Youth are encouraged to take care of their helmet and to return for a new one every other year or earlier if they:

- 1.) Need a larger size
- 2.) Sustain a fall that causes the helmet to hit the ground.

To be fitted for a helmet you may contact Adrienne Crookes, CHA, at 541-484-4234

Attention Tribal Parents and Child Care Givers!

Did you know 3 out of 4 child safety seats are used incorrectly?



If you are unsure if your child's car seat is installed correctly, you may stop by the Siletz office and have it checked by a CTSI Child Passenger Safety Seat Technician.

Free car seats are available to the legal dependents of Siletz tribal members.

To make an appointment with Adrienne Crookes, call 541-484-4234. She will be available to provide information and assist in properly installing your car seat.



Twelve Ways to Have a Healthy Holiday Season

Adrienne Crookes, Community Health Advocate

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy--and ready to enjoy the holidays.

1. **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
5. **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items and other objects out of children's reach.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active at least 2 ½ hours a week. Help kids to be active at least 1 hour a day.

Have a safe and healthy holiday!

December: Safe Toys & Gifts Month

Adrienne Crookes, Community Health Advocate

With the holiday season approaching, your thoughts may be turning to shopping for toys and gifts. You'll want to get the children in your life their favorite toys, and there are thousands of toys to choose from in stores and online. Before you make those purchases remember to consider the safety and age-range of the toys. In the past few years alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. Also, there were over 200,000 toy-related injuries.

To prevent injuries, choose toys that are safe for the age of the child. Look for labels to help you judge which toys might not be safe, especially for infants and children under age three. For children of all ages, consider if the toys are suited to their skills and abilities.

Focus On: Selecting Safe Toys

- Look for toys that have a solid design and a sturdy construction.
- Check to see if the instructions are clear.
- Read the labels to see if there are any fire hazards.
- Look for labels that assure you the toys have passed a safety inspection – **ASTM** means the toy has met the American Society for Testing and Materials standards.

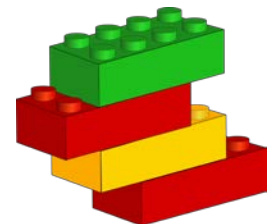
Kinds of Toys to Avoid in Order to Prevent Possible Injuries:

- Toys with small parts and sharp edges and points.
- Guns and other toys that shoot flying objects.
- Crayons and markers that are not labeled non-toxic.
- Toys that could shatter into fragments if broken.
- Toys with ropes and cords.
- Electric toys with heating elements.

Prevention Tips: Keeping Kids Safe from Lead in Toys

Toys imported from other countries and older toys may have high levels of lead in the paint or in the plastic. Because of normal hand-to-mouth activity, children can expose themselves to lead paint or dust. Even small amounts of lead can be harmful to your child. Here are a few tips to help you protect your kids from lead exposure from toys:

- Educate yourself about lead exposure from toys.
- Have your children wash their hands frequently.
- Before shopping, look to see what kinds of toys have been recalled.
- Be aware that old toys may contain lead in the paint.



Call your health care provider if you suspect that your child has been exposed to lead. Most children have no symptoms, but some children may be irritable, show aggressive behavior, have little appetite or energy, or complain of headaches. Children exposed to a high dose of lead may have abdominal pain or cramps.

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



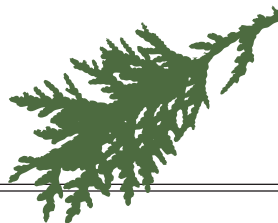
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! More than **one of every four** home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes **one in every four** of the fires.



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

Tobacco's impact on early American history

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard which meant that there was an established conversion rate from tobacco to gold.

The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the Civil war. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of indentured servitude in the Americas. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, fungible labor that they needed to keep up with increasing production.



Commercial Tobacco Quitline 1-800-QUIT-NOW



2019 Cultural Salmon Season Open

October 18 to December 16, 2019
Tribal License and Tag REQUIRED

Tribal salmon tags may only be used to fish with DIP NET, GAFF HOOK, or SPEAR in posted areas at:

- ◆ Euchre Creek Falls (off Hwy 229)
- ◆ Little Rock Creek (above Hatchery off Logsden Road)
- ◆ Drift Creek (off Hwy 101)

License/Tags are available at:

CTSI Natural Resources Department 541-444-8227


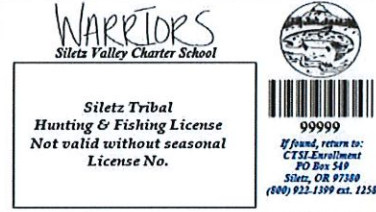
Request Your Siletz Tribal ID Card Today!

If you are unable to make it to the Administration building in Siletz to obtain or replace your Siletz Tribal ID card you are now able to request one at on of the three Area Offices; Eugene, Salem and Portland. They will take your photo and obtain your signature then send it to the Enrollment Department in Siletz. Your Tribal ID will then be mailed by CERTIFIED mail to your address on file or to the Area Office where you made your request.

If you have family that do not live in the 11-county service area or are not able to make it to a Tribal office during work hours, there is a form on the Tribal website under Government Listings > Enrollment and the tab marked "Enrollment Forms." Tribal members can print the form titled "Siletz Tribal Identification (ID) Request" and follow the directions regarding the digital photo specifications, identity verification and signature verification then mail the form to the Enrollment Department.

If you have not updated or replaced your Tribal ID card since April 1, 2016 there is a new format and more information on the card that makes it more acceptable as a form of identification with many more places. The expiration date is 10 years from the issue date. When you update your address, send in your Tribal ID card and we will mail you an updated card with your new address.

Sample of Siletz Tribal ID card using our local school's mascot and some fictitious information.

 <p>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. <small>Enacted Per Resolution 2016-088 effective 3/18/2016</small></p> <p>Siletz Valley Charter School 245 NW James Frank Ave, Siletz, OR PO Box 123456 Siletz, OR 97380-9999</p>	 <p style="text-align: center;">WARRIORS Siletz Valley Charter School</p> <p style="text-align: center;">Siletz Tribal Hunting & Fishing License Not valid without seasonal License No.</p> <p style="text-align: center;">99999</p> <p style="text-align: center;"><small>If found, return to: CTSI Enrollment PO Box 549 Siletz, OR 97380 (800) 922-1399 ext. 1258</small></p>
<i>Front of ID Card</i>	<i>Back of ID Card</i>

If you need to replace your card with no changes (for example address or name) within the same calendar year it was issued, there is a \$5.00 replacement fee (per Tribal Resolution #2016-087). You can obtain up to one new Tribal ID card per calendar year at no charge. Call the Enrollment Department at (800) 922-1399 ext. 1258 if you have questions about this fee.

We Are All
Related





Portland Street Art Alliance (PSAA) seeks statewide artists for three murals painted as part of the Viaduct Arts initiative in the Central Eastside Industrial District of Portland. This initiative aims to establish new connections for diverse artists to push their creative boundaries and increase representation in Portland's public art landscape.

The Oregon Community Foundation Creative Heights grant that is supporting this work aims to address geographic disparities, specifically the lack of access to large-scale outdoor painting opportunities in the city. Therefore, this call to artists is for Oregon-based artists, specifically those living outside of the Portland Metro Area. PSAA encourages everyone to apply, but preference will be given to those who are a part of underrepresented communities (BIPOC+, LGBTQ, Women, Disabled, Low SES, etc.). If needed, selected artists can be paired with a mentor, who will help guide them through the mural-making process (design, mock-ups,

planning logistics, supply purchases, and painting). The goal of the mentorship program is to support artists in taking risks, developing their public practice, and expanding their skill-sets.

Viaduct Arts is being supported by a grant from the Oregon Community Foundation, public donations, and support from local businesses and property owners. Viaduct Arts is a district-wide project that is being coordinated in collaboration with the Central Eastside Industrial Council, Regional Arts and Culture Council, and the City of Portland's Office of Community and Civic Life.

Central Eastside Industrial District

Drawing inspiration from the district's acronym "CEID," Viaduct Arts intends to "seed" art making as an integral part of the district's identity as a hub for innovation and culture. The Central Eastside is long-time industrial sanctuary. In the early 1900s, thanks to the fertile Willamette Valley, Italian immigrants established fruit and vegetable wholesale distribution and transportation networks. This new riverside industrial district became known as "Produce Row."

At the heart of this historic industrial area, are two parallel loading dock streets - 2nd & 3rd Avenues. These thoroughfares transect three viaducts - the Hawthorne Bridge, Morrison Bridge, and Burnside Bridge that create deep cavern-like spaces cutting through the Central Eastside. This unique built environment created opportunities for large-scale work. With recent changes in zoning, and increased interest in development, this area is rapidly changing. Viaduct Arts aims ensure that street art stays an integral part of the district and future development.

Portland Street Art Alliance

Portland Street Art Alliance is a 501(c)3 non-profit organization. PSAA was founded in 2012 as a community advocacy group. Today, PSAA provides access to resources, networking platforms, and professional development opportunities for Pacific Northwest street artists. In the past two years, PSAA has facilitated commissioned work resulting in over \$200,000 paid to working artists. Since its founding, PSAA has managed over 100 private and publicly-funded projects, collaborating with hundreds of artists in the region. We aim to actively transform the public art landscape by developing more inclusive place-based programs which aim to increase access to art for everyone.

Artist Scope of Work

PSAA seeks to hire three artists to create original, two-dimensional mural artwork. Selected muralists will be assigned to secured walls in the Central Eastside.

Mural painting will occur the week of June 15-21, 2020. All applicants must be available during this time to be considered for this opportunity.

Artists will each design unique pieces of artwork in partnership with PSAA, mentors, business tenants, and property owners of each respective wall. The design development process will occur over email and scheduled phone call meetings. At these meetings, artist vision and specific site-based considerations will be discussed. PSAA and mentors will assist with planning for mural painting, including supply ordering, lift rentals (if needed), and setting up painting area. Artists will be expected to participate in the promotion of this project.

Budget

- There is no application fee.
- Paint supplies and equipment rentals will be covered by PSAA, with support from Miller Paint, Metro Paint, and Kobra/Clash Paint partnerships.
- Hotel lodging accommodations will be provided by PSAA, as needed.
- Each of the three awarded artists will be provided a stipend for covering their labor and travel expenses.

Stipends vary depending on the wall assigned to each artist.

Stipend average: \$3,500

Project Timeline

- Call to Artists | Nov 1, 2019
- Applications Due | Dec 20, 2019
- Artist Selection | Feb 1, 2020
- Design & Review Phase | Feb - Mar 2020
- Logistics Planning | Apr - May 2020
- Mural Painting | June 15-21, 2020

Artist Selection

A committee consisting of members of PSAA, artists, advocates, and community stakeholders will independently score submissions and select finalists. PSAA will announce the selected artists on February 1st, 2020. Wall assignments and budgets will be determined in March 2020, before the Design & Review Phase.

Application Process

Complete Application: www.ViaductArts.org

Applications are due no later than 5pm December 20th, 2019
PSAA will announce the selected artists on February 1st, 2020

USDA distribution dates for **DECEMBER 2019**

Siletz

Monday	December 2	9:00 Am-3:00 Pm
Tuesday	December 3	9:00 Am-3:00 Pm
Wednesday	December 4	9:00 Am-3:00 Pm
Thursday	December 5	9:00 Am-3:00 Pm
Friday	December 6	9:00 Am-3:00 Pm

Salem

Monday	Dec 16	1:30 Pm – 6:30 Pm
Tuesday	Dec 17	9:00 Am – 6:30 Pm
Wednesday	Dec 18	9:00 Am – 6:30 Pm
Thursday	Dec 19	BY APPOINTMENT ONLY

In November, Sammy and I made pulled pork with bbq sause. I made the sauce out of the canned cranberry sauce and it was so good. He followed the directions on the package of pork and then added the sauce.

CRANBERRY BBQ SAUCE

1 CAN CRANBERRY SAUCE*	½ CUP BROWN SUGAR
1 SMALL ONION, DICED	½ TEASPOON CHIPOTLE POWDER
¼ TEASPOON SALT	½ TEASPOON LIQUID SMOKE
1 TABLESPOON GARLIC POWDER	1 CUP TOMATO SAUCE*
2 TABLESPOONS RICE VINEGAR	

DIRECTIONS:

1. Sauté onion in a little butter until soft.
2. Place the cranberry sauce, tomato sauce, sugar, smoke, vinegar & garlic powder in a saucepan over medium heat.
3. Once the mixture is warm, add the onion and let it simmer for about ½ hour.
4. Place the mixture into a blender carafe and blend until smooth.
5. Put it in a jar to sit for at least a day.

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

Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Waehouseman/Clerk
541-444-8279

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> USDA Distribution Siletz 9-3pm Culture/Language Siletz 5-8pm	<i>3</i> USDA Distribution Siletz 9-3pm Time Sheets Dues Culture/Language EAO 5-8pm	<i>4</i> USDA Distribution Siletz 9-3pm Siletz Tribal Housing Presentation 10-12pm	<i>5</i> USDA Distribution Siletz 9-3pm Elders Holiday Party Siletz	<i>6</i> USDA Distribution Siletz 9-3pm	<i>7</i>
<i>8</i>	<i>9</i> Culture/Language PAO 5-8pm	<i>10</i> Culture/Language SAO 5-8pm	<i>11</i>	<i>12</i>	<i>13</i> Payday Winter All Staff All Tribal Offices CLOSED	<i>14</i> Elders Meeting 1pm Shasta Rm Casino
<i>15</i>	<i>16</i> USDA Distribution Salem 1:30-6:30pm	<i>17</i> USDA Distribution Salem 9:30-6:30pm Time Sheets Dues	<i>18</i> USDA Distribution Salem 9:30-6:30pm	<i>19</i> USDA Distribution Salem By Appt. Only Open House Craft Night and Potato Bar 4:30-7pm	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i> JOM Movie Night @ VRC	<i>24</i>	<i>25</i> HOLIDAY Christmas	<i>26</i>	<i>27</i> Payday	<i>28</i>
<i>29</i>	<i>30</i>	<i>31</i> Time Sheets Dues				

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234 1-800-922-1399

Lou Carey, A/O Supervisor x1751

Nick Viles, Education Specialist/JOM x1757

Jessica Hibler, Coordinator 1/477/SSP x1752

Jeramie Martin, Program Director/STVRP x1385

Jenifer Jackson, Tribal Service Specialist/477SSP x1755

Adrienne Crookes, Community Health Advocate x1753

Sherry Addis, Elders Wex

Nora N Williams-Wood, Clerk x1750

Vacant, Elders On-Call Transport

The Confederated Tribes of Siletz Indians
Eugene Area Office
2468 W 11th Avenue
Eugene Oregon 97402

