

Portland Potlatch

FEBRUARY 2019

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February Closure:

All Siletz Tribal offices and CTSI Head Starts will be closed on:

Monday, February 18, 2019
President's Day



Free Tax Resources for Low-Income Households

It's tax season again! Which means it's that time of the year to start preparing your tax return. This year, all income eligible households will be able to receive assistance filing for their tax returns from "Cash Oregon". Cash Oregon volunteers are trained and certified to prepare most individual tax returns and limited self-employment returns. Please consult with Cash Oregon by calling (503) 243-7765 or visiting their website for more information at:

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

www.cashoregon.org

Important Dates

- Sat. 2/2, General Council—1 PM
- Sat., 2/9, Elders Council—1 PM
- Fri., 2/15, Regular TC—8 AM

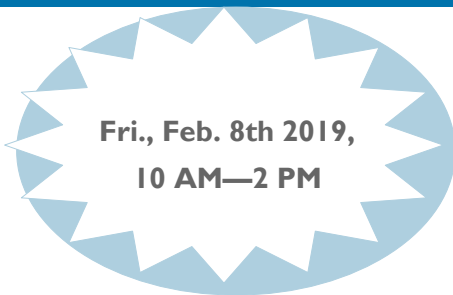
Energy Assistance
program (LIHEAP)
Still Open

(See Page 16 for details)

Community News

Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Generally, each participant self supplies their own beading materials. For more information, Please call Verdene McGuire.



Free Fix-It Fair

Many exhibitors will be at the Fix-It Fair to share information on water and energy savings, safe and healthy homes, food

and nutrition, community resources, home weatherization, Gardening and much more!

Date: Saturday, Feb. 23rd 2019

Time: 9:30 AM—2:30 PM

Location: Floyd Light Middle School, 10800 SE Washington St, Portland, OR 97216

There will also be a bike repair for students & families. You can find more information about Fix-It Fairs at:

www.portlandoregon.gov/bps/41892

Spay N' Save, Pet Assistance



Spay & Save is a Portland metro area-wide program that aims to assist low income families and their cats by offering affordable spay & neuter surgeries for those who qualify. They serve the following four counties: Multnomah, Washington, Clackamas or Clark County.

Individuals receiving qualifying government assistance programs such as Medicaid, food stamps, SSI, TANF, General Assistance, etc. May qualify for the \$10 cat spay or neuter: For more information about other qualifying programs please call (503) 802-6755 or visit:

www.asapmetro.org



Portland's Rebuilding Center!

Do you have an aspiring building project such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. It provides resources that make home repairs affordable to everyone, with the goal of promoting the reuse of salvaged and reclaimed materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops. For more information, visit or call:

Portland Rebuilding Center - 3625 N. Mississippi Ave. (503) 331-1877.

NAYA Homeownership Program

**February 7th from 6—7:30 PM
NAYA**

5135 NE Columbia BLVD Portland, OR 97218

The Homeownership Program invites all members of Portland's Native American community to our Homeownership Program Orientation. Would you like to know more

about our Homeownership Services, including Homebuyer Education, Homeownership Coaching, program resources and referrals? If so, this session is the first step in finding out how we can support you on your path to homeownership. Questions? Please call Daniela Macias at (503) 288-177 X 273 or Email:



danielam@nayapdx.org

Garden Club (HT)

February is Our First Meeting of the Year!

Our first meeting of the year will be held:

Fri., Feb 22nd

5:00—7:00 PM



February in Portland; the weather can run the full gambit from cold and wintery to lovely spring days. It also signals the beginning of the gardening season, with things to keep gardeners busy. For example, attend the "home and garden shows" to get inspiration, sharpen tools, start seedlings indoors and out, and attend Garden Club.

At each meeting:

We share a light meal, feature gardening information, and host a garden activity to support your home gardens and our community garden. If you would like more information, please call Andrew Johanson or Verdene McGuire.

Have Gardening Questions?

If you have questions about gardening, Garden Club is a perfect opportunity to come and learn new gardening skills or just ask questions.



Our area office clerk, Andrew Johanson, has now completed his Master Gardener certification through the OSU extension service. In 2018, he completed a 7-week training course and volunteered time to the OSU program to become a Master Gardener. We are proud of his commitment to Garden Club and are looking forward to a prosperous 2019 gardening year. Congratulations Andrew!

Elders News



PAO Elders Potluck

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

Weather permitting, we will next meet:

**Mon., Feb 25th
5:30 PM — 7 PM**

PAO Community Room

Please bring a potluck dish to share. Rides are available, first come first serve.

Elder's Shopping Day



**Feb 5th & 20th
At 10 AM**

Please call Elders Representatives Kay Steele (503) 760-4746 or Cookie Fernandez (503)863-4310 if you would like to join the group.

Home Visiting Program

We are excited to inform you that the home visiting program has moved under the 477-SSP program and will continue to serve Siletz Tribal families. There however have been a few minor changes made to the program under the new funding source. The two areas that you will notice changes in are "Eligibility" and "Incentives".

Eligibility

The Siletz Tribal Home Visiting program will now be following new eligibility guidelines.

To be eligible for the program, families must meet the criteria below:

Siletz Tribal Head of household or dependent child;

Family must be considered "at risk" and these factors include:

- Income below 300% federal poverty level for last 30 days
- Households that reside in rural locations that have limited employment opportunities
- First time parent
- Households with at least one adult with-

out a post-secondary certificate

- Family experienced trauma, chemical dependency or mental health barriers

Note:

Effective January 1, 2019, these guidelines pertain to all newly enrolled families.

Incentives

Effective January 2019, families will no longer receive incentives in the form of gift cards for their participation in the home visiting program. Families will receive incentives in the form of a point system for attending home visits and family activity nights. You then use the points to "buy an item". This will be evaluated after six months to assure the program can continue sustaining the new incentive system dependent on funding.

Families receive one Siletz THV bucks for successfully completing each scheduled home visit and two for attending a family activity night. The home visiting bucks are valued at \$5. These Bucks can be used to buy items off our Siletz incentive sheet.

(Continued on page 7)

Community Health



Diabetes Support Group

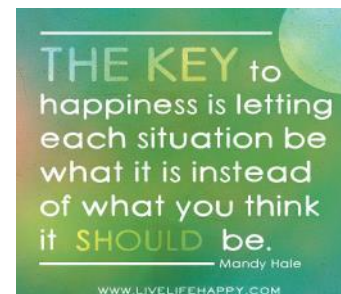
We usually serve a light lunch of fresh fruits, salad, soups, and lean meats on occasion. All tribal members and their families are welcome. Please join us.

**Wed., Feb. 13th. 2019
Noon to 2:00 PM**

Verdene's Schedule 2019

My current office hours for 2019 are 10 AM to 4:30 PM, Monday to Friday. Please call with any questions.(503) 238-1512 X 1413.

Your Monthly Affirmation



First of 8 Simple Daily Meditations By Emma Haak

Meditation sounds so easy: just sit still as long as it takes to let your mind go blank, and feelings of negativity or distress will drift away. But, who has such limitless amounts of time?

And can one generic exercise really relieve all the ways we get overwhelmed? We asked 3 meditation gurus to confront these nagging questions. It resulted in 8 simple meditations to change 8 common, troublesome mind-sets *in just 10 minutes.*



Get ready to solve the problems in front of you one breath at a time. Each month for the next 8 months we will address an issue that meditation can help you with. Our 1st Issue: "Help I can't focus."

Your Meditation: Sit in a comfortable place close your eyes and, breathe naturally, and settle your attention on your breath. With each inhale and exhale, mentally repeat the words "in" and "out". If your mind wanders, don't worry. Just let go, without judgment of whatever is taking you away from the breath, and bring your attention back to it. Do it as long as feels comfortable each day till you can meditate for a full 10 minutes.—Sharon Salzberg, Expert & author of Real Happiness: The Power of Meditation.

Your New Year Smile

Things you can do today to help your teeth stay bright all year long!

Whether you have never tried teeth whitening or you just had your teeth whitened for the

(Continued on page 4)

holidays, there are many ways to help prevent staining and keep your smile looking bright. Keeping up with brushing and flossing not only helps maintain your dental health, but it can also help prevent staining. Certain foods and drinks also tend to cause teeth stains, such as coffee, tea, candy, and berries, so reducing the amount of time your teeth have contact with them can help reduce your teeth from getting new stains.

These simple changes can help keep your smile brighter, but there are many reasons

that teeth become stained or discolored.

If you have further questions, contact your dental office today, and they will be happy to help you with your questions and oral health. Healthy mouth is the key to a healthy you!

Be Happy Be Healthy in 2019!



Education & Youth Update



Family Culture Night at the Portland Area Office “Moccasin Making” Weds., February 13, 2019 5:30—7:30 PM

This class will require some people to attend at least 2 (and maybe 3 classes to complete a pair of moccasins). If you are interested in learning the basics of making a pair of moccasins please let Katy know you would like to join us in this activity at the Portland area Tribal office (503) 238-1512 or email at katyh@ctsi.nsn.us. Valentine crafts for our younger youth will also be available

Highlighted Scholarships 2019-2020 School Year:

Oregon Student Assistant Commission (OSAC)

Apply for over 500 separate scholarships with one simple application. Deadline: March 1, 2019

Apply online www.oregonstudentaid.gov.

Cobell Scholarship:

Opportunities available for graduate, undergraduate, and vocational training as well as fellowships and internships for students.

Check these opportunities out.

Deadline: March 31, 2019

Apply online: www.cobellscholar.org

American Indian College Fund:

Deadline: May 31, 2019

Apply online: www.collegefund.org

Veryl & Dorothy Miller Scholarship

A vocational scholarship specifically for Native American students.

Deadline March 1, 2019

Howard Vollum American Indian Scholarship

Established to support Native American residents of Clackamas, Multnomah, Washington and Clark (WA) counties seeking postsecondary education or training in science, technology, engineering or mathematics for up to 5 years. Accessible through the Oregon Community Foundation

The Deadline: March 1, 2019.

Apply at www.oregoncf.org/scholarships

For more scholarship information please contact Katy at the Portland Area Office.

Youth Opportunities

Johnson O'Malley Program JOM

JOM has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students from any federally recognized tribe.

Siletz Youth Activity Fund

Offers up to \$75 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz Tribal students. Call or email for more information. Katyh@ctsi.nsn.us

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 & testing, professional licenses, and training, and other employment enhancement classes. There is no deadline. Call or email Katy.

Story Telling with Ed Edmo & Puppets

Preschool Children are invited to hear stories by Ed at the Portland area Head Start

**Wednesday, Feb. 27th, 2019 at 10 AM
12727 SE Market Street, Portland
OR 97233**

Call Katy if you are in need of transportation.

Attention Siletz Youth!

We are Seeking Siletz Teens who can volunteer alongside the Siletz Youth Council

To assist with handing out care packages to Portland's homeless Population.

Saturday, Feb. 9th

Meeting at The Portland Area Office at 11AM. Call Katy at (503)-238-1512 for more information.

Turbo Tax Software Available at Portland Office

The 2018 Turbo Tax software for 2019 will be available for use at the Portland Area office. Drops ins are welcome but do call ahead to check for availability.

NARA Youth Activity Night

Every Thursday NARA will be hosting a family culture night at their Gresham location from 5:30—8:30 PM at 620 NE 2nd Street St. Gresham, OR 97030.

Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or (800)-922-1399, or visit at:

www.ctsi.nsn.us/icw.html

Behavioral Health—Alcohol & Drug Program



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

Philosophy:

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

Services Include:

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



Generally, PAO Counselor Andulia WhiteElk Hours are:

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

Behavioral Health—Mental Health

Not All Talks Are Easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of becoming overwhelming for folks. And remember, even too much stress, or eustress caused by happy events, can be overwhelming. In the midst of holidays and winter, some people start having thoughts of ending their lives. If you or a loved one has these thoughts, please know that you are not alone. Many people have these thoughts from time to time, and what is important is to take action against them.

- Multnomah County: (503) 988-4888
 - Clackamas County: (503) 655-8585
 - Washington County: (503) 291-9111
4. Reach out to family, seek the services of a counselor, talk to someone trusted.



Signs of suicidal thinking and planning:

1. Giving away your prized possessions/ animals . (Not the same as creating a will)
2. Calling up people you haven't talked to in a while to tell them goodbye or reminisce about times past.
3. Thinking about how much pain you are in and wishing you did not exist.
4. Increased drug/ alcohol use.

It's hard, but, talking openly about suicide saves lives. Don't be afraid to ask, "Are we talking about suicide?"

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they've experienced most, if not all, of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their own lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people also.

What to do about suicidal thoughts or risk:

1. Call the national suicide prevention line: 1-(800) 273-8255
1. Text the national suicide prevention line: Text "TALK" to 741741 (it really works!)
2. Call a crisis line:
 - After hours through the Siletz Tribe: 1-(800) 600-5599
 - 24/7 county suicide prevention lines:

Rachel's Work Days/Hours	
Portland Area Office	Salem Area Office
Mon & Tues (503) 238-1512	Wed. & Thurs. 1 (503) 390-9494

**Recognize
Acknowledge
Forgive
Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Turtle
Ts'ee-nntelh



February 2019

SUN

MON

TUE

WED

THU

FRI

SAT

Inclement Weather Conditions

This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.

1

2

General Tribal Council—1PM

3

4

5

Elder's Shopping Day—10AM

6

7

8

Beading Group
10 AM—2 PM

9

Elders Council
1 PM
Youth Council Donation Event (see pg. 7 for more details)

10

11

Tule Mat & Language Class
5 – 8 PM

12

13

Diabetic Lunch
Noon– 2 PM
Moccasin Making Class 5:30—7:30 PM

14

SSP—CAN Meeting
1:30— 3 PM

15

Regular Tribal Council—8AM

16

17

18

Holiday
All CTSI Offices Closed
President's Day

19

20

Elder's Shopping Day—10AM

21

22

Garden Club
5—7 PM

23

24

25

Elder's Potluck
5:30—7 PM

26

27

Ed Edmo Storytelling at Portland HeadStart—10 AM

28

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 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

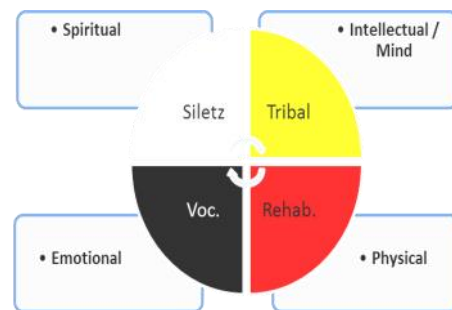
Jeramie Martin, Program Director

2468 West 11th

Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399



Rachelle Endress, Counselor/Job Developer

201 SE Swan Ave

Siletz, OR 97380



Bipolar Disorder

The following information from the Job Accommodation Network (JAN) contains symptoms and possible workplace accommodations for bipolar disorder. STVRP may be able to advocate for or assist eligible program participants with some of these accommodations. These symptoms and their possible accommodations contain partial lists and therefore are not comprehensive. For more information, visit the JAN website. According to the Job Accommodation Network, bipolar disorder is

a brain disorder marked by periods of elevated mood (mania), and prolonged periods of sadness and hopelessness (depression). These shifts in mood are severe as compared to the average person.

Symptom:

Attentiveness/Concentration

Possible Accommodation:

Modified Workspace, Alternative Lighting, Apps for Memory, Electronic Organizers, White Noise Machine, Noise Canceling Headsets, Flexible Schedule, Modified Break Schedule, Timers and Watches, Verbal Cues, Wall Calendars and Planners, Written Instructions

Symptom:

Decreased Stamina/Fatigue

Possible Accommodation:

Job Restructuring, Periodic Rest Breaks, Stand-lean Stools, Work from Home/Working Remotely.

Symptom:

Organizing/Planning/Prioritizing

Possible Accommodation:

Time Management, Ergonomic Equipment, Job Coach/On-site Mentoring, Reminders, Supervisory Methods, Wall Calendars and Planners, Written Instructions

Symptom:

Stress Intolerance

Possible Accommodation:

Apps for Anxiety and Stress, Behavior Modification Techniques, Counseling/Therapy, Environmental Sound Machines/White Noise Machines, Support Animal/Person, Modified Break Schedule, Job Restructuring.

This content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, or questions, seek the advice a qualified health professional.



(Home Visiting Continued from page 3)

If you have questions or would like more information about the Home Visiting Program please contact Lori Christy, Home Visitor, (503)390-9494.

Congratulations Allison!

Allison Cook is a recent graduate from the Siletz Home Visiting Program. Allison entered the program in January of 2016 just weeks before the birth of her daughter Eden and graduated January of 2019 when Eden turned three. During the course of those three years Allison and her partner experienced many life events including moving, surgeries, a job change and the birth of another child. Yet through it all Allison remained calm, supportive and engaged as a mother. When asked what she valued most

from participating in the Siletz Home Visiting program Allison said "It reinforced my parenting skills. It helped to know I am doing it right."

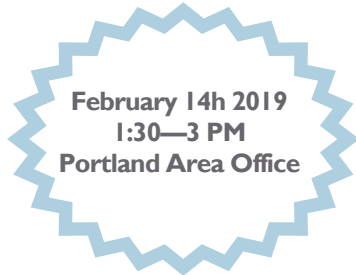


Pictured Above: Allison Cook and her daughters Eden and Eva.

477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



This 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.

Athabaskan Language

The culture department will be hosting two events at the Portland Area office on:

Monday, Jan. 11th
5:00 – 8:00 PM
Portland Area Office

Culture Craft Night

Tule Mat Making
5:00 to 7:00 PM



Siletz Tribal Members and their families are invited to come and learn to make Tule mats. All ages are welcome.

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

(541) 444-8320 or (800) 922-1399 ext. 1320. Sponsored by the Education and Culture Departments.

Nuu-wee-ya' (Our Words)

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

www.siletzlanguage.org



Most Often Requested Numbers

Siletz Administration	(800) 922-1399	Salem Office	(503) 390-9494
Eugene Office	(541) 484-4234	Siletz Community Health Clinic	(800) 648-0449
Pharmacy Refill Line	(800) 648-0449 X 1625	Siletz Behavioral Health	(800) 600-5599
Chemawa Health Clinic	(800) 452-7823	Grand Ronde Health Center	(800) 775-0095
NARA Clinic	(503) 230-9875	NARA Dental Clinic	(971) 347-3009

Need A New Tribal ID? Let PAO Help

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member, and have **NOT** applied for, or received assistance for Heating between October 2018 to present, you may be eligible to apply for funding.

Generally Funds are available from October/November until exhausted.

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

Tobacco Prevention

National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?



With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not

just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.

It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that

and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Doing something is better than doing nothing at all. Every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!



2019 Summer Internship Program

College Students' Internship Program Deadline

4:30 PM on March 15, 2019.

Students attending college can apply for the Tribe's 2019 College Students Summer Internship Program. To be eligible you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

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

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2019. Students may work up to 328 hours at tribal minimum wage (currently at \$12/hour) and can be placed within or outside of the Tribe. Stu-

dents selected for the program must complete an orientation, criminal history background check, and drug screening (Note: the Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana). Placements can begin in June, but must be completed by September 30, 2019.

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

By Mail to CTSI:

Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380

By E-Mail:

collegeinterns@ctsi.nsn.us

By Fax:

(541)444-2307

Deadline for applications to be received at the Siletz Central Administration building is **4:30 PM on March 15, 2019.**

Natural Resources

Woodcut Volunteers Needed

The Natural Resources Department periodically receives inquiries from Tribal elders asking if there is anyone who would be willing to cut tribal firewood for them. We are starting a list of volunteers willing to cut firewood for Tribal elders and a list of elders wanting someone to cut firewood for them. If you fit either category, please call the Natural Resources Department (Denise Garrett at 541-444-8227 or Mike Kennedy at 541-444-8232). We will then pair up volunteer firewood cutters and elders in need. Please note, this is a volunteer activity. No one will be paid to perform this service and elders should not be charged anything to receive firewood. A tribal firewood permit is required and would be issued by Natural Resources.

Published by the
**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97233

Phone: (503) 238-1512
Fax: (503) 238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



BEAR SV-GVS



How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.

Is Your Newsletter Coming to the Right Address?



We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.



Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

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