



## Salem Area Office Staff

Beverly A. Owen  
Andulia White Elk  
Andrew Eddings  
Angelica Espino  
Antonia Leija  
Cecilia Tolentino  
Dana Rodriguez  
Lori Christy  
Lydia Kentta  
Rachel Adams  
Sonya Moody Jurado

Salem Area Office Supervisor  
Addictions Counselor  
Peer Recovery Mentor  
Tribal Services Specialist  
Voc. Rehab. Job Developer  
Community Health Advocate  
Voc. Rehab. Clerk  
Tribal Services Home Visiting program  
Transporter  
Mental Health Counselor  
Education Specialist

## Announcements & News

### Get It Done Group

We have had requests to begin a group where we can gather, support one another and get our projects completed. Participants are really making progress on their projects! If you would like to bring your project and enjoy the encouragement of others please plan to attend the group meets on Thursdays from 5:00 pm to 7:30 pm Please call Beverly if you have questions at 503-390-9494

**Elder Information** Elder concert tickets will now be available for pick up 1 week prior to concert date. For more information contact Donna or Lydia.

**Hotel Rates** Siletz Tribe hotel rates all year round! No longer do you have to guess what your rate is and worry about higher rates in the summer. Tribal rate is now \$79.00 plus tax for a standard room and \$99.00 plus tax for a junior suite. You must show tribal Id on arrival.



Here Fishy, Fishy



**REMINDER**

**Early Season Archery Tags**

**Deer and Elk**

**Available Starting**

**August 5, 2019 8:00 AM**

Natural Resources Office

First Come First Served

Available via mail starting August 6th

Call Natural Resources Manager Mike

Kennedy at 541-444-8232

if you have questions.

**REMINDER**

**Elder Antlerless**

**Deer Hunt**

**Applications Due**

**September 6, 2019**

Applications available at

the Natural Resources

office and on the Tribal

website under Natural

Resources

Open to Tribal Elders

age 55 and older.

**REMINDER**

**Deer General**

**Rifle Tags**

**Available Starting**

**August 19, 2019**

Natural Resources Office

First Come First Served

Call Natural Resources Manager

Mike Kennedy at 541-444-8232

if you have questions.

**REMINDER**

**Youth Antlerless**

**Deer Hunt**

**Applications Due**

**September 6, 2019**

Applications available at

the Natural Resources

office and on the Tribal

website under Natural Re-

sources. Open to Tribal

youth ages 12-17 who have

a valid Hunter Safety Card.

# EDUCATION NEWS

Sonya Moody-Jurado-Education Specialist

August 2019

## EDUCATION PROGRAM COMPONENTS

-Higher Education    -Adult Vocational Training (AVT)    -Adult Education  
-Supplemental Education (JOM)    -Tribal Youth Employment & Education (TYEE)

## JOM

My office hours are Monday-Thursday 8:00 – 4:30pm.

### Beach Trip

We will be going to the beach on August 21, 2019. We will be leaving at 9:00am. We will have limited transportation available on the vans and youth must be 9 years old to ride on the van without a chaperone. Please call Sonya by August 14, 2019 to sign up.

### Petroglyphs

August 15th, 2019 Leaving 8:30am—4pm

Day Field Trip to the Columbia Gorge to Columbia Hills Historical State Park/Horse thief Lake Petroglyphs. “She Who Watches”. Ed Edmo will be our guide and story teller.

### RAFTING-RESCHEDULED

Middle & High School Students. We will have limited slots to go white water rafting on the McKenzie River on August 13, 2019. Please call and sign up by July 7, 2019.

### SHAKESPEAREAN FESTIVAL

August 28th—August 30, 2019.

Attention Teens—Your Invited to Join us for Two Night Trip To Ashland Shakespearean Festival—to see “Between Two Knees” Play and Tour Oregon’s Southern University in Ashland, Oregon. We will drive to Eugene and meet up with all of the other areas and all of us will board a bus in Eugene to travel to Ashland — if you are interested in attending this please contact Sonya, space is limited. Transportation, meals, tickets to the plays will all be provided.

### STATE FAIR

We will have tickets for families to attend the Oregon State Fair. **These tickets are for JOM eligible families only.** You must pre-register for tickets. They are general admission tickets. **The deadline to sign up for tickets will be August 9, 2019; no additional tickets will be purchased after the deadline.** Each parent will need to call to sign up his or her own children. **You cannot call and sign up for tickets for other people, only your children.**

### SCHOOL SUPPLIES

We will be distributing school supplies to JOM students. When calling in let us know the name of your students and what grades they will be going into. **The deadline to**

**call in for school supplies will be August 9, 2019. After that date orders will be filled by the supplies we have remaining.** Please leave a phone number where you can be reached, so that we can call and let you know when you may pick up your supplies. **We will be distributing the supplies August 20-22, 2019**

## **RUN TO THE ROGUE**

September 6-8, 2019

## **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 me at (503) 390-9494.

## **STUDENT INCENTIVE PROGRAM for Siletz Tribal Graduates**

The Tribe has an incentives program for Tribal members reaching milestones in their education from Head Start (Can only receive incentive for 1 year), elementary school, middle school, high school, Adult Vocational Training program and bachelor degree, master degree and doctoral degree. If you have reached one of these milestones, please call Sonya at the Salem area office to request a student incentive form.

# **Here Fishy, Fishy!**

Many Tribal Members have called to get the status of our Fish Distribution, which has been around the first week of July in recent years. What we have been told by our Natural Resources Manager is that the "Salmon have been very slow to return this year and our usual hatchery source is not operational this year.

So due to that fact we are not sure when we will have our Salmon. The Natural Resources department is doing an excellent job of keeping us informed and as soon as there is a update we will get the word out to the community. If you have any questions please call Beverly at 503-390-9494

## USDA distribution dates for **AUGUST** 2019

### Siletz

THURSDAY	AUGUST 1	9:00 AM-3:00 PM
FRIDAY	AUGUST 2	9:00 AM-3:00 PM
MONDAY	AUGUST 5	9:00 AM-3:00 PM
TUESDAY	AUGUST 6	9:00 AM-3:00 PM
WEDNESDAY	AUGUST 7	9:00 AM-3:00 PM

### Salem

MONDAY	AUGUST 19	1:30 PM – 6:30 PM
TUESDAY	AUGUST 20	9:00 AM – 6:30 PM
WEDNESDAY	AUGUST 21	9:00 AM – 6:30 PM
THURSDAY	AUGUST 22	<b>BY APPOINTMENT ONLY</b>

## CHICKEN ADOBO

### Ingredients:

- 1 chicken cut up\* ( you can use thighs or whatever you like)
- 2 lb pork ribs (bone in)
- Soy sauce & white vinegar (3:1)
- Cayenne pepper (2 tsp. or to taste)
- Garlic (5-10 cloves)
- Peppercorns (small palm full)
- Brown sugar (1/4 cup)
- 1 bag white rice\*

### Preparation:

Put everything in a big pot and bring to a boil. Reduce heat to medium and simmer for ½ hour to 45 minutes, turning over every 5 minutes. After meat is cooked through, remove the bones and add a little flour to thicken juice. Serve over white rice.

**Prep Time: 5 minutes**

**Cook Time: 1 hr minutes**

**Total Time: 1 hr 5 minutes**

**Serves: 6-8**

**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



## Beaded Ornaments & Stocking Class Results



**Beautiful!**



Everyone had such a wonderful time concentrating,  
counting, stringing, creating beautiful work while helping  
and encouraging each other!  
Thanks to everyone who attended!

Sadie (pictured above)  
is our summer youth  
office aid. Sadie did a  
wonderful job of  
making demo's of the  
projects for us!  
Thanks Sadie!



## Volunteers Are Still Needed!

The Natural Resources Department is still in need of Volunteers willing to cut tribal firewood for Elders in our community. Natural Resources will be keeping a list of volunteers willing to cut wood as well as a list of our tribal members who are in need of assistance. This is a great opportunity to do something really rewarding by volunteering your time and energy. Please contact Denise Garrett or Mike Kennedy at 1-800-922-1399 Staff can then pair up volunteer cutters with Elders in need. This is a Volunteer activity, no one will be paid to perform this service and Elders cannot be charged to receive the firewood. A tribal firewood permit for the Elder in need is required and would be issued by the Natural Resources

## Home Visiting News

Adrianna Huerta Maravilla  
graduates from Home Visiting

Adrianna with two of her children, Rodrigo Lopez Huerta and Rey Maravilla



Congratulations Adrianna!

For more information on Home Visiting please contact Lori Christy,  
Home visitor, at 503-390-9494

Congratulations to Adrianna Huerta Maravilla for graduating from Home Visiting!

Adrianna began Home Visiting in June 2016 right before the birth of her son Rey, participating until July of this year when Rey turned three. While in the program Adrianna moved, got married and managed a household of busy children. Throughout this time Adrianna was an eager participant, unafraid to ask questions, learning, growing and gaining confidence as a parent.

When asked what she valued most about the program Adrianna said, "Just being able to have company and someone to talk to. I still had a lot to learn." She thinks it is a good program and recommends it to other parents.

# 477-Self Sufficiency Program

# August

ANGELICA ESPINO  
Tribal Service Specialist  
[angelicae@ctsi.nsn.us](mailto:angelicae@ctsi.nsn.us)  
503-390-9494 x1853

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

## Wisdom Warriors

Ongoing monthly support meetings for **ANYONE** with a chronic illness or those caring for someone with a chronic illness.

Topics include: Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider.

**Wisdom Warrior Meeting, 8/21/19**

**Time. 11.00 am – 1.00 pm**

**Location. Hee Hee Illahee RV Resort**

## Important Dates To Remember

**August 1<sup>st</sup>-5<sup>th</sup>**

Monthly Contact Appointments

**August 5<sup>th</sup>**

Monthly Report Forms, SSA Time Sheets, and Job Search Forms are due

**August 9<sup>th</sup> - 11<sup>th</sup>**

Siletz Nesika Illahee Powwow

**August 21<sup>st</sup>**

Monthly Training: Wisdom Warriors

Time: 11.00 am – 1.00 pm

Location: Hee Hee Illahee RV Resort

## IMPORTANT REMINDERS FOR 477/SSP CLIENTS

- 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 AND CONFIRM YOUR CHECK HAS ARRIVED PRIOR TO COMING TO THE OFFICE**

## Frequently Requested Phone Numbers and Web Addresses

- UNEMPLOYMENT OFFICE: 1-877-345-3484    [WWW.OREGON.GOV/EMPLOY/UNEMPLOYMENT](http://WWW.OREGON.GOV/EMPLOY/UNEMPLOYMENT)
- SOCIAL SECURITY OFFICE: 1-800-772-1213    [WWW.SSA.GOV](http://WWW.SSA.GOV)
- WORK SOURCE 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    [HTTPS://OREGON.WD5.MYWORKDAYJOBS.COM/SOR\\_EXTERNAL\\_CAREER\\_SITE](https://OREGON.WD5.MYWORKDAYJOBS.COM/SOR_EXTERNAL_CAREER_SITE)



## Community Health News

Cecilia Tolentino, CHA  
503-390-9494 X185

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



Build a two-week emergency kit for your home and make smaller kits for your car and work. Make a plan with your family now so, you're prepared when disaster hits.

Emergency management officials recommend preparing to be on your own for two weeks in case first responders can't get to you. Bridges could be knocked down, cell service could be nonexistent, and first responders will need to prioritize who they aid.

Kits should include:

- 1 gallon of water per person per day
- nonperishable food
- medical equipment, medications, and spare pair of glasses
- first aid supplies
- personal hygiene items
- toilet paper
- warm clothes
- sturdy shoes
- extra batteries
- fire extinguisher
- NOAA alert radio
- flashlight
- can opener
- tools
- ID and important documents
- cash
- comfort and entertainment items

## *Tobacco as Tradition*

**Traditional Tobacco** is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. Many Tribes maintain teachings and stories on the origin of tobacco. These teachings address tobacco in its purest form, today known as the tobacco plant *Nicotiana rustica*, and may include mixtures of other native plants.

One common teaching involves the importance of having good attitudes and thoughts while working with traditional tobacco.

Traditional tobacco is a medicine, which can be used in a prescribed way to promote physical, spiritual, emotional, and community well-being. It may be used as an offering to the Creator or to another person, place, or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

**Here are a few other examples of how tobacco was/is used for traditional purposes:**

**For our Hunters,** traditional tobacco would be used when our people would kill an elk or deer or when we would catch a salmon or trout. Tobacco would be placed at the location or close by so we can communicate with the creator and give our thanks and appreciation “thank you for this elk or salmon as we will use it to feed our family”.



**For our Gatherers,** traditional tobacco would be used when our people would gather supplies so that we may use them to make our baskets, or gather traditional medicines as we use it to heal. Tobacco would be placed at the location or close by so that we can communicate to the creator and give our thanks and appreciation “thank you creator for these sticks or medicines that we may use them for our baskets or medicines to help us heal”.

***Tobacco is a powerful medicine, keep it traditional.***



### **COHO Pharmacy Insurance Plan**

**The Siletz Community Health Clinic offers a 50% discount on all prescription co-pays.**

**The pharmacy also offers mail-order services (excluding refrigerated items) for those of you that live outside of the Siletz area.**

**To see if the pharmacy call fill your medications, please call SCHC pharmacy staff at 544-444-9625 and START saving now.**



### **MAT SERVICES COMING TO SALEM**

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-Natives 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, CADCI, @ 541-444-9697**



Confederated Tribes of Siletz  
Salem Area Office  
3160 Blossom Dr N Suite 105  
Salem, Oregon 97305



Coming Soon

We are in the process of creating a New Facebook page.

Our page will be announced as soon as possible!

