

Inside This Issue:

Community News	1-2
Behavioral Health	3
A&D	4
477-SSP	5
Education	8-9
Calendar	10-11
Community Health	14-15
Natural Resources	16
Summer Internship	18
Staff Directory	19



ARE YOU PREPARED?

February 13th, Eli Grove came to the PAO to give a presentation on Emergency Preparedness. Eli is the Emergency Preparedness Coordinator for CTSI. What a great presentation! He gave an overview and general information on Emergency Preparedness. Eli talked about what items are good to have in your go-bag, how we can prepare our family, the importance of having an emergency plan and an open discussion.

What is a go-bag? A go-bag is a bag or backpack with emergency supplies for use in an emergency evacuation and kept in a readily accessible location. A go-bag is easy to assemble and prepare, here is a short list of things to include:

- Water and a water filtration system
- A change of warm clothes and gloves
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert (extra batteries for both)
- Flashlight (and extra batteries)
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities
- Manual can opener
- Local maps
- Cell phone with charges
- Compass



Elders Shopping Days!

Continued from page 1

March 11th & 25th at 10am

Please call your area elders representative, Angelina Artiago (503) 760-3899 at a minimum of 48 hours prior or earlier to reserve your seat on the bus.

- Hard copy of important documents and telephone numbers in a waterproof container
- Prescription medications and glasses
- Matches in waterproof container or lighters
- Cash and cards
- Duct tape
- Tarps
- Mylar blanket
- Hatchet or saw
- Multi-tool
- Hand sanitizer
- Personal hygiene items (toothbrush, toothpaste, soap, etc.)
- Small foldable propane stove with extra propane tanks
- Aluminum beverage container which can also be used to heat water up in or cook in.

You can pick up many of these useful items at your local store.

We are looking forward to having Eli Grove back for another presentation in the future!

Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz Tribal Members, Staff and Visitors. Overflow parking is available on SE 128th Ave.

Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177



Odd ways to boost your mental health:

- 1) Drink a cup of tea every day.
- 2) Hug a tree, or yourself, for 3 minutes.
- 3) Brush your teeth every day.
- 4) Don't watch the news, or limit this activity to times when you are not alone.
- 5) Put down your electronic device more.
- 6) Learn how to show yourself compassion like you would a dear friend.

Preparing for Spring:

Along with the rain, comes regrowth and new blossoms. Spring is a time to recover from our winter blues, and re-center for the summer months to come. It is a great time to start a garden, and gardening can greatly boost our mental health.

Activities for mental health in the spring:

- 1) Spring is a good time to start getting outdoors more. This is Oregon, so it may be raining, but weather is warming and the exercise is a great mental boost.
- 2) Grow a garden, or even just plant a few plants in a planter box to tend. Weeding is hard work, but great relief for the mind.
- 3) Don't forget about spring cleaning—get rid of that clutter and feel the relief in your head.
- 4) Toss out one bad habit, and replace it with something healthier. It takes 21 days to make a habit stick, so keep up the hard work and it will pay off!

Traditional Coping

For the people of the Siletz tribe, spring is a time to get outdoors and be in nature. It is a time for rope courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, and collecting herbs and grasses for healing and smudging.



Mental Health Specialist Rachel has current openings. Now is a good time to come in and talk about ways to create a fresh start!

Portland Area Office
Mondays & Tuesdays
(503) 238-1512
X1417

Salem Area Office
Wednesdays & Thursdays
1-(503) 390-9494
x1864

The Relationship between Seasonal Affective Disorder and Substance Abuse

Seasonal affective disorder, or SAD, is a form of depression that affects some people at about the same time each year, usually beginning in the late fall or early winter and dissipating in the spring or summer.¹ SAD is associated with biochemical brain changes that occur with decreased sunlight and changes to a person's internal clock (also known as their circadian rhythm).² When the dark days come, and the symptoms of SAD present themselves, some people may self-medicate with substances. A lack of energy may cause some to turn to stimulants. Others may seek to numb the pain of depression with drugs like opioids or alcohol. Research has shown that some individuals with alcoholism misuse alcohol seasonally, so they may be self-medicating SAD.⁷ Approximately 50% of all people who struggle with a mental health disorder will also experience a substance use disorder at some point.

Self-medicating with substances may lead to addiction. Additionally, the use of alcohol and drugs may worsen the symptoms of SAD,⁸ so while self-medicating may feel like it's effective in the moment, it may worsen depressive symptoms overall and set the person on a path to a substance use disorder.

Per the Anxiety and Depression Association of America, about 20% of Americans with an anxiety or mood disorder, such as SAD, also struggle with a substance use disorder, and vice versa.⁹ According to the National Institute on Drug Abuse, approximately 50% of all people who struggle with a mental health disorder will also experience a substance use disorder at some point.¹⁰ The American Psychiatric Association, about 5% of adults in the U.S. suffer from seasonal affective disorder, and they usually experience symptoms roughly 40% of the year; however, SAD occurs less often in people who live in places with more hours of sunlight in the winter. Generally, the farther one lives from the

equator, the more likely they are to develop SAD. According to one study, less than 2% of people surveyed in Florida experienced SAD, as opposed to almost 10% of those surveyed who lived in New Hampshire.³

While anyone who thinks they may have SAD should seek professional treatment, there are some things you can do to help relieve symptoms.^{8,12}

- **Get outside.** Aim to get more natural sunlight.
- **Open the blinds.** Try to get more sunlight in your home and work environments as well, opening up the blinds and shades to let the maximum amount of light in.
- **Eat a balanced diet.** Although more research is needed, eating a diet high in vegetables, fruits, and fish may decrease the likelihood of feeling depressed.¹⁸
- **Get moving.** Several studies have indicated that exercise may be beneficial for individuals with SAD.¹⁹
- **Seek out support.** Lean on friends and family when possible. Seasonal affective disorder often leaves people with the urge to withdraw socially, but it's usually better to spend time with others and let them help you. Having a trusted loved one to talk to may help improve your mood.

It is common to feel a reduction in energy and change in mood during the winter months, but if your mood is affecting your ability to take pleasure in life, or you feel like you don't have the energy to get through your day, or if you are suffering or struggling in other ways, talk to a medical professional about seasonal affective disorder. If you are misusing drugs or alcohol to alleviate your symptoms and you can't stop, don't wait to get help. Treatment programs exist that treat comorbid substance use and mood disorders.

**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**

Creative And Native (CAN)

**March's CAN Meeting is:
Thursday, March 12th, 2020**

1:30—3 PM

Come learn how to write a resume and cover letter to land that job!

Light snacks and coffee are served.

If you have any questions please call the program staff at PAO and speak with Tamra Russell or Anna Renville at (503) 238- 1512.

477 Self Sufficiency 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 Families
- Native American

- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

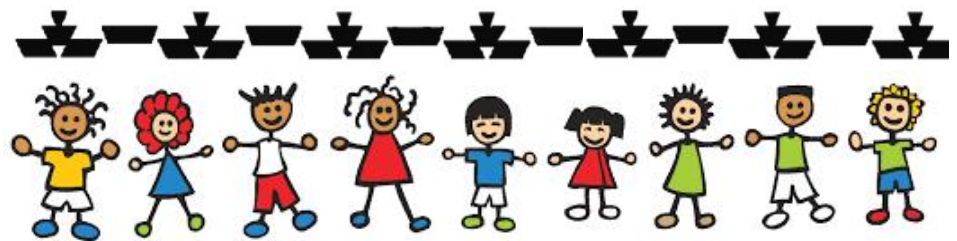
The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.



CTSI Childcare Assistance Program

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents of enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call DeAnn Brown at 541-444-2450 or 1-800-922-1399.

Vocational Rehabilitation (STVRP)

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



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:

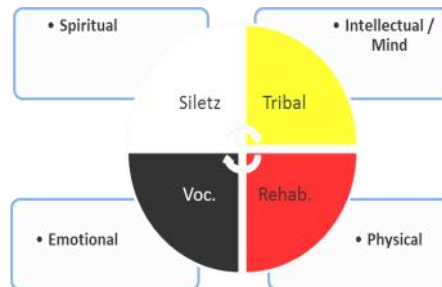
(503) 390-9494
Toni Leja, Counselor/Job Developer
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th, Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endres, Counselor/Job Developer
201 SE Swan Ave, Siletz, OR 97380



Athabaskan Language

Nuu-wee-ya' (Our Words)

Language class will be held on **Monday, March 9th, 6-8pm.**

However, if you want to learn more, many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

www.ctsi.nsn.us

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

www.siletzlanguage.org



**Kingfisher
Tr'uu-luu-ne**

Culture Craft Night

Dentalium Stringing Class

Monday, March 9th from 5-7pm

Siletz Tribal Members of all ages are welcome. Young people under age ten need an adult to accompany and assist them. The Siletz Culture Department will provide material and instructions. If you have your own materials, please bring them.

Contact Bud Lane, budl@ctsi.nsn.us; (541)444-8320 or 1-800-922-1399



Purchased Referred Care (PRC)

Need to Call Purchased Referred Care (PRC)?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned PRC technician. Please call (800) 628-5720. A technician is assigned to you by your last name. Please refer to the list

below to determine who you need to speak with when contacting contract health.

Gail Barker A—G X 1329

Chrissy Marceau H—O X 1622

Joella Strong P—Z X 1329

Siletz Community Health Clinic

Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Consent for Treatment" and "Release of Information" forms. This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call the Siletz Community Health Clinic at (541) 444-1030 or (800) 648-0449.



Native Youth & Families Are Invited to Join in the JOM Youth Activities For Spring Movie Time at OMSI Empirical Theater.

Join us to watch:

Adrenaline Rush: The Science of Risk.

10am, March 25th

Transportation can be arranged.

PLEASE RSVP WITH: Katy or Rachel at (503)238-1512

katyh@ctsi.nsn.us

Have Fun Playing Laser Tag at UltraZone

A non-contact sport, for all ages and skill levels. Experience movable walls, popping lights, eerie glowing rocks, a room of reflections, ramps and mazes. There are challenges around every corner!

2pm, March 25, 2020

Please RSVP by March 15th, 2020 by calling Katy or Rachel at the Portland area office.



Native youth and families are invited to join us as we visit Portland's Audubon Wildlife Sanctuary.

10:30am, Thursday, March 26th

Explore and learn more about wildlife in our own backyard.

Just 10 minutes from downtown Portland, with over four miles of trails through forest habitat, a pond, Balch Creek and Bones Creek and even a stand of old growth trees.



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, training, and other employment-related enhancement classes. There is no deadline. Call or email Katy.



Check these scholarships out!!

- Veryl & Dorothy Miller Scholarship—for vocational Training.
- Cobell Scholarship: Opportunities available for graduate, undergraduate, and vocational training. Deadline: March 31, 2020 (undergraduate) May 31, 2020 (vocational training) Apply online: <http://cobellscholar.org/> -
- American Indian College Fund: - American Indian Graduate Center: Graduate and Undergraduate Scholarships for Graduate Students Deadline: May 31, 2020 Deadline: Varies (most in early spring) Apply online: <https://collegefund.org>

Funding Available for Youth Extracurricular Activities

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 **\$125** per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students.

TAX SOFTWARE AVAILABLE

Tax Software: Tax software is once again available for use at the Portland Area Office beginning March 1, 2020. Please call ahead of time to check availability.



Attention Middle School Youth (Grades 6th through 8th):

Portland Parks and Recreation is now accepting applications for the GRUNT program for this summer.

GRUNT is a FREE outdoor program that connects youth to environmental science, life skills, mentorship and future job opportunities.

GRUNT begins this summer; July 7th or July 28th. It is a long term mentorship program. Youth participate year round through their middle school years with many continuing to work with Portland Parks and Recreation. GRUNT meets at East Portland Community Center (740 SE 106th Ave.) and take daily field trips into nature. Application for the summer program are due by April 15th.

If you would like to know more about this program please contact Katy at (503) 238-1512.

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Culture Craft Night 5-7pm Language Class 6-8pm	10	11 Elders Shopping 10am	12 SSP/CAN Meeting 1:30-3pm	13	14
15	16	17	18 Wellness Luncheon 12-2pm	19	20	21
22	23	24	25 Elders Shopping 10am -Youth Activity – Movie at OMSI & Laser Tag 10am	26 - Youth Activity - Audubon Trip 10:30am	27	28
29	30	31 Siletz Tribal Elders Gathering 12n-4pm				

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

- » Typical age-related changes.
- » Common warning signs of Alzheimer's.
- » How to approach someone about memory concerns.
- » Early detection, the benefits of a diagnosis and the diagnostic process.
- » Alzheimer's Association resources.

Tuesday, March 10 | 2-4 p.m.

**Hee Hee Illahee RV Resort
4751 Astoria St NE, Salem 97305
RV @ The Meeting Room
RSVP Salem Area Office Contact:
Toni Leija, (503)390-9494
ext. 1861 or 1-800-922-1399**

Visit alz.org/CRF to register online and explore additional education programs in your area.

alzheimer's  association®

Tobacco Prevention Education Program

Native Quit Line now available in Oregon

The Confederated Tribe of Siletz Indians is proud to join other Tribal communities in Oregon to say NO to commercial tobacco. If you or someone you know needs help to quit smoking, vaping or chewing commercial tobacco, call **1-800-QUIT-NOW** and press “7” for the Native Quit Line. This is a free service that draws on indigenous values to help you quit. Below are a few answers to questions you may have.

Q: How much does the Native Quit Line service cost?

A: The service is free of charge.

Q: Are there any pay out-of-pocket costs? What if I don't have insurance, or my insurance does not cover this?

A: This is a free program for all Tribal community members living in Oregon. All program materials, including coaching calls and medications, are free.

Q: how often can I use the Native Quit Line?

A: You will have seven (7) schedule sessions with a Quit Coach, and unlimited calls to the Native Quit Line for additional support. You

can re-enroll for free if you need help again in the future.

Q: How old do you have to be to use the Native Quit Line?

A: This program is for people 18 years or older. For youth under 18, the Oregon Quit Line provides support tailored specifically for young people ages 13—17 years old.

Q: What medications does the Native Quit Line use to help people quit commercial tobacco?

A: We use nicotine gum and the nicotine patch. These are safe and proven to help people quit commercial tobacco. When combined with Native Quit Line services and support, your chances of success increase even further. Medications are provided free of charge when you sign up for the Native Quit Line program. It takes 7—10 days for the medication to arrive. For all other FDA-approved tobacco cessation medications, please reach out to your health care providers.

Commercial Tobacco Quit line:

1-800-QUIT-NOW

AI/AN Line now available:

1-800-784-8669 (option 7)

Natural Resources

2019/2020 Hunting, Fishing & Gathering Incentives

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's Gift Card Incentives.

HUNTING INCENTIVE

\$100 - \$75 - \$50 CABELA'S GIFT CARDS

FISHING INCENTIVE

\$50 CABELA'S GIFT CARD

SHELLFISH INCENTIVE

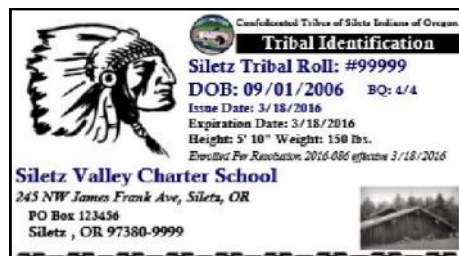
\$50 CABELA'S GIFT CARD

Please report all harvest to:
Mike Kennedy (541)444-8232
mikek@ctsi.nsn.us
Or
Denise Garrett (541)444-8227
deniseg@ctsi.nsn.us

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





Wellness Lunch

On the 3rd Wednesday of every month, we provide a yummy diabetic friendly meal and focus our discussions/conversations on Health, wellness and a variety of related topics. Questions? Call your Portland Community Health Advocate, Andrew Johanson at (503) 238-1512

All tribal members and their families are welcome to join us on:

Wed., Mar. 18th. 2020
Noon to 2:00 PM

What is Community Health?

And what programs do you offer?

As Health Advocates we are frequently asked questions like this, and are always more than happy to share information about what we do and what we have available to Siletz Tribal members.

Below is a list of what programs we assist with or have available:

- Monthly Wellness Lunch
- Health Promotion and Safety
- Dental Hygiene Supplies (toothbrushes, toothpaste, floss, etc.)
- Health Advocacy (i.e. talking with medical providers as needed, making referrals to local medical providers the tribe currently works with).
- Alternative Health Benefit
- Over the Counter Medications

(Program)

- Home Wellness Checks
- Bicycle Helmets
- Child Safety Seats
- Elder Home Visits
- Medical Transportation

If you have questions about the program, please feel free to call your Portland Area Community Health Advocate, Andrew Johanson at (503) 238-1512 X 1413.

March is Nutrition Month:

20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

- Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.

- Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.

- Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes. 20 Ways to Enjoy More Fruits and Vegetables Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day. Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

- Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
- "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and

tomato as fillings.

- Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
- Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
- Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

The above article comes from Eatright.org and the Academy of Nutrition and Dietetics:

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>



Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2020-2021 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	State LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2020 and a 2021 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alesa, South Alesa and Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 6th at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM April 3, 2020**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

Home Visiting Program

Home Visiting

Do you need some ideas to keep your toddler active, engaged and safe while you are in the kitchen? Try some of these simple and fun high-chair activities.

Utensil Drums – Give your baby some kitchen utensils such as spatulas or wooden spoons. Let them “drum” and bang to their little hearts content. This one is noisy!



Rings – The metal rings on canning jars are the perfect size for baby to play with. They can put them on their wrists and wear them or bang them!



Tape – Use masking tape and tape some toys to the tray. Your child will have fun pulling on the tape to free the toy. Skip the toy and just put pieces of tape on the tray to pull off.

Muffin Tin Play – Put 8 or 9 objects in a muffin tin. The object can be anything safe that fits into the tins such as blocks or balls. You will want to leave a few of the spaces empty so they can transfer the objects from one space to another. Or try taping the toys in as pictured



Water Bottles – Take an empty water bottle and some straws and let your child put the straws in and out. You also can fill an empty water bottle with anything colorful that fits, feathers, buttons, toys, colored water and glitter and seal securely with tape or hot melt glue. These are fun to shake and roll.

Flour – If you are in the middle of baking let baby get involved by sprinkling a bit of flour or corn meal on the high-chair tray for them to push around. This will be messy, they will probably get it all over themselves and the floor.



Siletz Tribal Home Visiting is for parents of infants and toddlers. The program offers support and encouragement while providing parenting and life skills for successful and positive parenting. We serve Siletz families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. For more information contact Lori Christy, Home Visitor at 503-390-9494.



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



EAGLE t'a'-lhki


**2020 COLLEGE STUDENTS
 SUMMER INTERNSHIP
 PROGRAM DEADLINE**

Students attending college can apply for the Tribe's 2020 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 Tina Retasket 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. Up to Ten slots are available for 2020.

Students can work up to 300 hours at Tribal minimum wage (currently \$12.75/hour) and can be placed within or outside of the Tribe.

Students 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 Sept. 30, 2020.

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

By Mail
 CTSI
 Attn: College Internship Program
 P.O. Box 549
 Siletz, OR 97380-0549

By Email
 collegeinterns@ctsi.nsn.us

By Fax
 541-444-2307

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 13, 2020.**



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 Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400/ diannae@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. Program	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Anita Bailor—Programs I Director/ Elders Program	800-922-1399 X1220	Angelina Artiago Portland Elder's Rep	(503) 760-3899
Rachel Adams Mental Health Specialist	(503)390-9494 X1864 Salem X 1417 Portland	Kay Steele Portland Elder's Rep	(503) 760-4746
Angela Ramirez Enrollment Clerk	(800)922-1399 X 1258	DeAnn Brown Siletz HS Program	(800)922-1399 X1510



**Confederated Tribes of Siletz Indians
Portland Area Office**

12970 SE Stark Street Suite 102
Portland , OR 97233