

The Eugene Area Office Newsletter
April 2021

All Siletz Tribal Offices Closed to public to limit the spread of the COVID-19 (Coronavirus). All Staff are operating on a limited basis and will return calls or emails within 48 hours. If you call, please leave a clear message with your name and phone number. The health and safety of employees, tribal members, clients and the community is important to us and we appreciate your patience during this time. Be Safe! Thank You!

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today
Siletz Tribal Indian Child Welfare Department 541-444-8272

Pharmacy 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

EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2021
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
www.ctsi.nsn.us

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 on-line from the tribal website, follow links; Tribal Services-Housing-Low Rent Apartments & Home Ownership. For any questions call:
1-800-922-1399 Ext 1322
(541) 444-8322
FAX (541) 444- 8313
www.ctsi.nsn.us

2021
Low-Income Energy Assistance Program (LIHEAP)
~OPEN~
Crisis/ Regular heating
All Siletz Tribal Households
Crisis/Shut-off/Regular OPEN
Siletz Tribal Members and households
Contact: Nora Williams-Wood
541-484-4234 noraw@ctsi.nsn.us

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

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

Apply now for Siletz Tribal Head Start
The Siletz Tribal Head Start program is accepting applications now for the 2021 -2022 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children’s school readiness skills and to assist families with supporting their child’s lifelong learning. Classrooms offer 3 ½ hours of service per day, Monday –Thursday, roundtrip transportation, and developmentally appropriate activities to promote each child’s success. To qualify children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 or 1-800-922-1399 and asking for Head Start.

JOM: Youth News and Notes

April Youth Activity Calendar Update

Youth activities will remain virtual while tribal offices are closed. Check out the April highlights below and then call/email to sign up for the Youth Activities Email List or check out the CTSI Youth Facebook Page for up-to-date announcements:

Mindfulness Mondays: (Mondays at 4 pm) Students ages 12-17 can log on for games, guided meditation, mindfulness activities, and sharing. Email or call for signup information

Drum Class: (Tuesdays at 4 pm) Come learn, pow wow songs, round dance songs, and more. Email for login information

Read Team: (Wednesdays at 4 pm) K-12 students can still sign up to receive free books and attend weekly meet-ups with tribal staff and other tribal youth

Youth Culture Night: (Thursday, April 15 at 6 pm) Cultural sharing night for tribal youth of all ages. See flyer for more details

Family Board Game Night: (Friday, April 30 at 4 pm) Family Board Game Night is back. Sign up to receive a board game to play at home with your family and then log onto Zoom to play with other tribal families and staff. See flyer for details

Extracurricular Opportunities:

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 \$150 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students.

Nuu-wee-ya' Speaking Groups

Speaking Groups are continuing on-line in April on Mondays at 5 pm. Open to all ages and experience levels, come and help grow our local speaking community and learn fun at-home language revitalization techniques. Also, check out beginning conversation classes Thursdays at 5 pm. Get started learning our language today with other interested learners from the community! See flyer for more details and information about how to sign-up.

Tutoring Opportunities

Spring term tutoring will continue with individually scheduled sessions. Please call or email to set up an appointment.

Higher Ed/AVT: News and Reminders

Outside Scholarships Are Still Available

-American Indian Education Fund:

Deadline: April 4, 2021

Apply online: http://www.nativepartnership.org/site/PageServer?pagename=aief_home

-American Indian College Fund:

Deadline: May 31, 2021

Apply online: <https://collegefund.org/>

-Cobell Vocational Training Scholarship:

Deadline: April 30, 2021

Apply online: <https://cobellscholar.academicworks.com/>

-American Indian Graduate Center:

Deadline: various

Apply online: <https://www.aigcs.org/>

Higher Education and AVT Grants

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

2021-2022 applications for new and continuing Higher Ed and AVT students will be due **JUNE 30, 2021**. To be eligible for funding you must have completed the 2021-2022 Federal Application for Financial Aid (FAFSA) by January 31, 2021.

If you have any questions about attending a college or training program and/or how to apply for tribal assistance 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.

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.

Virtual Home Visiting

Have you been thinking about Home Visiting but have concerns about someone coming to your home due to COVID? No worries! We can do virtual visits. During this COVID season we are not meeting in the home or office. We can meet by phone, FaceTime, Google Duo or the like. When weather permits we can meet outside if you prefer following all the safety protocols, wearing masks and staying 6 feet apart.

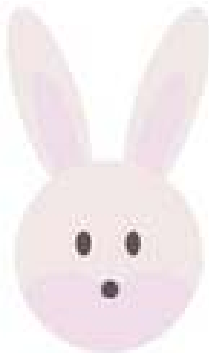
So who is Home Visiting for?

We serve Siletz families who are expecting a baby or have a baby under one year of age (continuing till the child is three). Our Family Spirit curriculum, developed by the John Hopkins Center for American Indian Health, is evidence based and culturally sensitive to native families. Some of the aims are to increase parenting knowledge and skills; promote optimal physical, cognitive, social/emotional development for children birth to three years; prepare children for early school success; link families to community services to address specific needs; and promote parent's and children's life skills and behavioral outcomes across the life span. Bottom line – we want to help provide parenting and life skills for you to have a successful and positive parenting experience.

For more information please contact Jessica Hibler, 477-SSP Coordinator I at 541-484-4234

Easter Word Search

E A T R C H O C O L A T E G H
G J G E G E A S T E R J E B N
S G E S A T L H H O D A Y S U
T F A L N G D E C O R A T E D
R L E R L A D A B I P O Y S C
G O G G R Y A C A R R O T E H
D W E S G I B B U N A N Y S I
U E P A R A D E J E L T S P C
C R J L A I N S A H O L I Y K
K S G E S J R S U N D A Y O A
L C A R S T A S B A S K E T N
I K S H J H B U N N Y E G S I
N G S A U I B L A T I P G S N
G I N J E N I J E L S O N G G
S P R I N G T U L I P A G D S



BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED

DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT

JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP



477-Self Sufficiency Program – Essential Services during COVID

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

Core Services

477-SSP Program

Need assistance with finding a JOB!!

Core Services is what you need.

Services:

- ◆ Job Referrals
- ◆ Resumes
- ◆ Cover Letter
- ◆ Employment Counseling/Coaching
- ◆ Job Search Assistance
- ◆ Mock interview

Support Services :

- ◆ Interview Clothing
 - ◆ Transportation
- Directly tied to job opportunity*

Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis



Confederated Tribes of Siletz Indians

Siletz Administration Office

Lincoln & Tillamook
PO Box 549
Siletz, OR 97380
Phone: (541) 444-2532

Salem Area Office

Marion, Polk, & Yamhill
3160 Blossom Dr. NE Suite
105
Salem, OR 97305
Phone: (503) 390-9494

Portland Area Office

Clackamas, Multnomah, &
Washington
12790 SE Stark Suite 102
Portland, OR 97233
Phone: (503) 238-1512

Eugene Area Office

Benton, Lane, & Linn
2468 West 11th Ave
Eugene, OR 97402
Phone: 484-4234

Confederated Tribes of Siletz Indians

Classroom Training

For federally Recognized Tribal members and descendants



Higher Education Assistance:

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Education stipend (limited to 15 paid hours per week)

Vocational Education / Occupational Training

- ◆ Vocational degrees / certifications from accredited institutions
- ◆ Pre-apprenticeship / apprenticeship programs
- ◆ Occupation specific certifications / trainings

GED / Adult Basic Education

- ◆ Assistance with enrollment
- ◆ Tuition assistance
- ◆ Support Services for books, supplies, fees, etc.
- ◆ Classroom-training stipend (limited to 15 paid hours each week)

Apply Today!!

Must meet eligibility criteria and services are available on a budgetary basis.

Siletz Administration Office

Eugene Area Office

Benton, Lane, & Linn

2468 West 11th

Eugene, OR 97402

Phone: (541) 484-4234

Fax: (541) 484-4583

For more information call

Cathy Ray

catheriner@ctsi.nsn.us



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.

SALEM AREA OFFICE

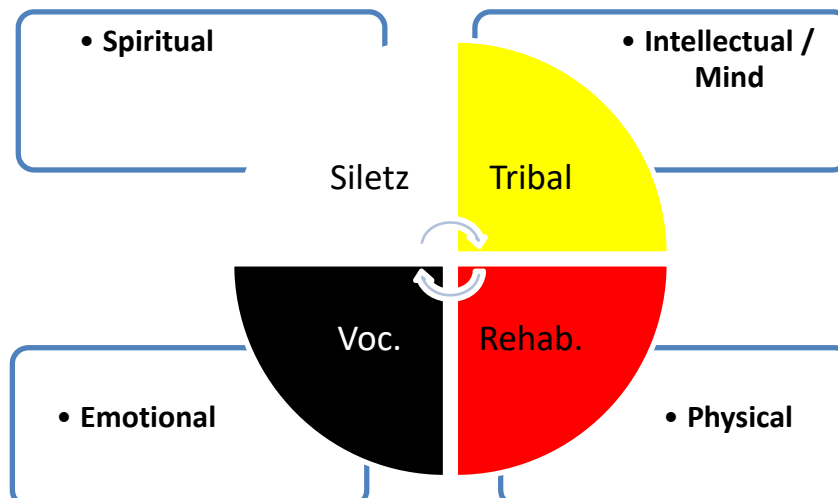
3160 Blossom Dr. NE, Ste. 105
Salem, OR 97305

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380

SALEM - **Toni Leija**, Counselor/Job Developer

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



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
adriennec@ctsi.nsn.us

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 www.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

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

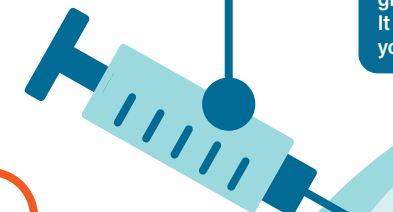
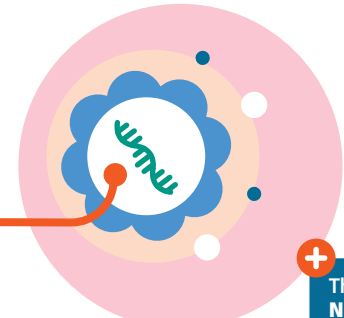
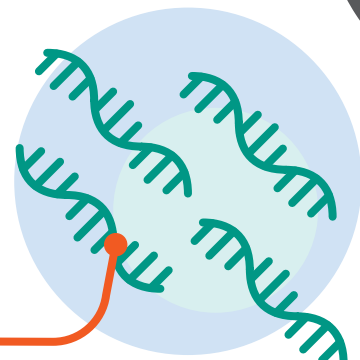
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+ The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

+ When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.

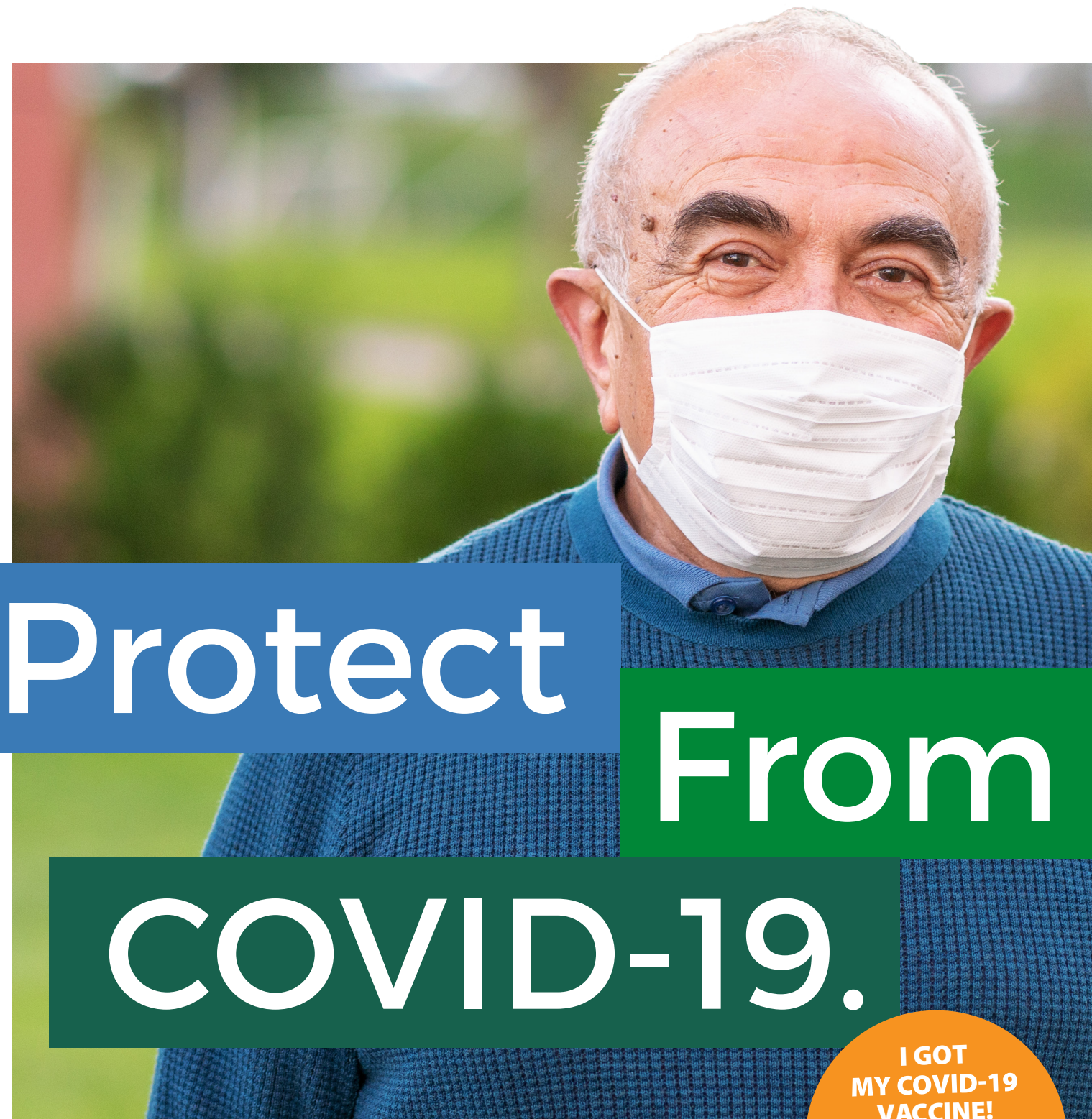
+ After the mRNA delivers the instructions, your cells break it down and get rid of it.

Antibody

GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)





Protect

From

COVID-19.

I GOT
MY COVID-19
VACCINE!



Getting a COVID-19 vaccine adds one more layer of protection.



A safe and effective vaccine to protect against COVID-19 is now available.
Learn more: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

April is Sports Eye Safety Awareness Month

Adrienne Crookes, Community Health Advocate

Everyone knows that taking care of your eyes and preventing eye injuries is important. And many times we are more concerned with eye safety at work than we are with the safety of our eyes when we're engaged in recreational activities.

Interestingly, there are certain sports where eye injuries occur more often, such as: basketball, baseball and sports where a racket is used (tennis, racquetball, etc.). Full contact sports like boxing and martial arts pose a high risk of serious eye injury that may lead to the injured person becoming blind.



Eye Injury Prevention

The best ways to protect and prevent eye injuries while enjoying your favorite sports:

1. Wear a face mask with a shatterproof shield during sports such as hockey, baseball and football.
2. Wear goggles or other protective eye wear for sports that include the use of a racket, basketball, field hockey and soccer. This not only protects your eyes from flying objects, but can also reduce sun glare when tinted.
3. Choose eye protectors that have been tested and adhere to the American Society of Testing and Materials (ASTM) standards.
4. Invest in sport-specific eyewear.
5. Choose protective eye wear that fits well (not too tight or too loose) and that is padded along the brow and bridge of the nose (to prevent cutting into the skin).
6. If you wear contact lenses, wear soft contacts when possible, and make sure you have a backup pair.
7. If you sustain an eye injury, make sure you see an ophthalmologist immediately to determine the severity of the injury.

Thousands of people experience an eye injury while playing sports each year. And, it is estimated that at least 42,000 people visit the emergency room each year because of eye injuries. You can avoid your chances of being another eye injury statistic by adhering to these seven tips listed above.

Source: www.theemergencycenter.com/sportseyesafteyawarenessmonth



April is National Distracted Driving Awareness Month

Adrienne Crookes, Community Health Advocate

Pay attention, save a life: Ditch the distractions

More than 80 percent of people say they feel uncomfortable riding with a distracted driver. ODOT and partner agencies, Oregon State Police and AAA Oregon are emphasizing the importance of focusing on driving when you're behind the wheel.

Ditch the distractions:

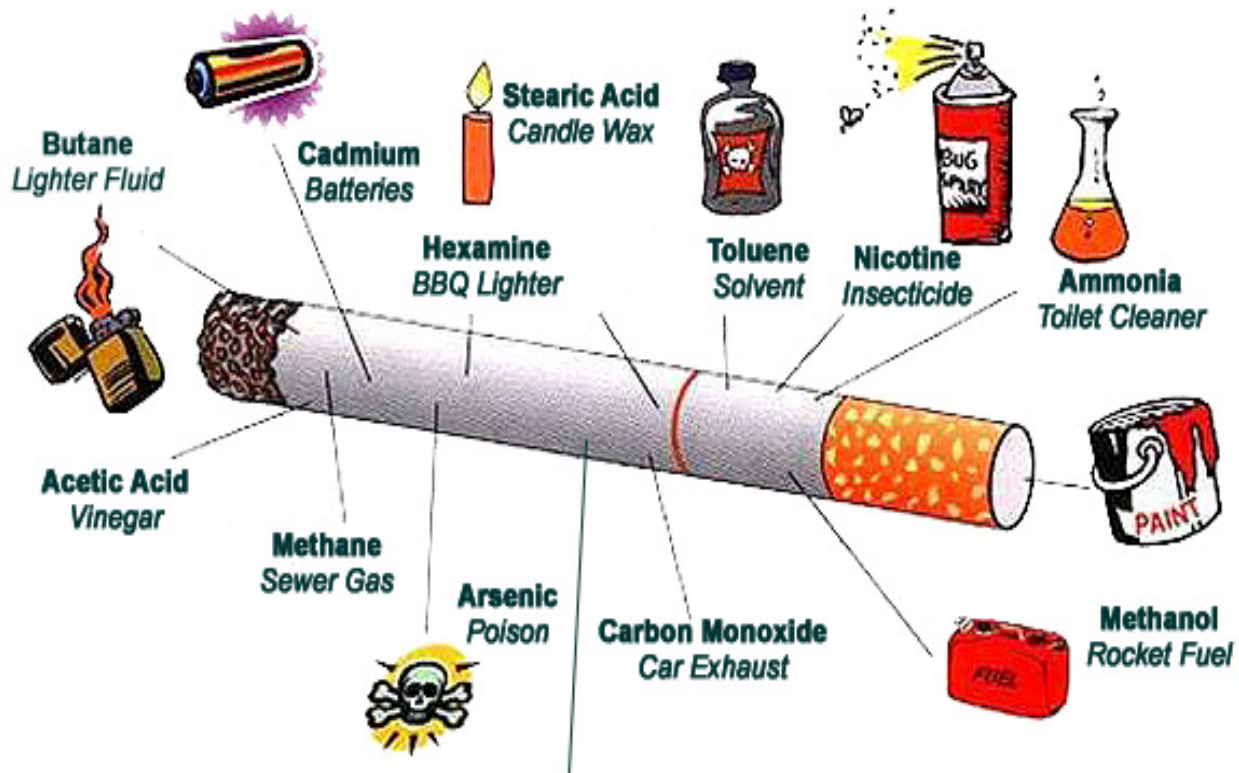
1. **Turn off your cell phone and stow it.** Turn your phone off or switch to silent mode before you get in the car. Then stow it away where it's out of reach.
2. **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road.
3. **Install an app.** Apps can help you avoid texting while driving. Go to your app store and search for "distracted driving."
4. **Pull over.** If you need to make a call, pull over to a safe area first.
5. **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
6. **X the text.** Don't ever text and drive, browse online or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk free.
7. **Know the law.** Familiarize yourself with the state and local laws before you get in the car. Oregon prohibits the use of hand-held cell phones in addition to texting.
8. **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you or pull over to a safe location to review your map.
9. **Secure your pets.** Unsecured pets can be a big distraction in the car.
10. **Mind the kids.** Pull over to a safe place to address situations involving children.
11. **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road. *Research shows that hands-free phones are just as distracting as hand-held phones.*

Teenagers Are At The Most Risk! How Can Parents Help?

- Talk to your teens.
- Set clear "House Rules."
- Remind your teen that driving is a privilege – a privilege they will lose if they don't drive by your rules.
- Be a good example—show responsible driving behaviors starting when your children are young.



Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Tobacco Related Cancers for the Month of April



Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus, the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Commercial Tobacco Quitline 1-800-QUIT-NOW
Native Quit Line now available 1-800-784-8663 (option 7)



**ONLINE LANGUAGE CLASSES AND
SPEAKING GROUPS ARE
CONTINUING INTO APRIL 2021**

**LEARN
NUU-WEE-YA'**

MONDAYS AT 5:00 PM

DROP-IN

SPEAKING GROUP

THURSDAYS AT 5:00 PM

BEGINNING

CONVERSATION

Please contact Nick Viles (nickv@ctsi.nsn.us)
with questions and to sign up



CONSCIOUS DISCIPLINE
CURRICULUM

PARENTING
WORKSHOP
SERIES

GUEST PRESENTER

WEDNESDAYS 6:30PM-7:30PM

STARTING

MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

RSVP – NO LATER THAN MARCH 11TH, 2021

JESSICA HIBLER – 541-484-4234

A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians





CTSI COMMUNITY DRUM CLASS

Now Starting 4:00pm on Tuesdays

**& Every Second Saturday of the
Month at 11 am**

ZOOM ID: 815-0349-3819

Email jacobr@ctsi.nsn.us for Password

Come Join Us for Mindfulness Monday!

Starting February 22nd 2021!



*Event for CTSI Youth Ages 12-17
(Parents/Guardians of ages 5-11 youth please
register and we can work out a different time)*

This event will take place on Mondays via Zoom from
4:00 pm to 5:00pm

Guided Meditation, Mindfulness Activities, and more!

Register by emailing:

Elizabeth Madden-
elizabethm@ctsi.nsn.us

**WE HELP
YOU SHAPE
YOUR
FUTURE**

Leadership Academy 2021-2022

Apply by April 9th online at agsci.oregonstate.edu/leadershipacademy



Academy Components:

- ✓ Year-long program
- ✓ Community service project
- ✓ Seminar 1x week
- ✓ Paired with a faculty mentor
- ✓ Over \$14,000 in scholarships available

Requirements:

- ✓ On-campus CAS or CoF
- ✓ Sophomore or above by Fall
- ✓ No minimum GPA
- ✓ Willing to learn, grow and support your peers

Oregon State University in Corvallis, OR is located within the traditional homelands of the Mary's River or Ampinefu Band of Kalapuya. Following the Willamette Valley Treaty of 1855 (Kalapuya etc. Treaty), Kalapuya people were forcibly removed to reservations in Western Oregon. Today, living descendants of these people are a part of the Confederated Tribes of Grand Ronde Community of Oregon (<https://www.grandronde.org>) and the Confederated Tribes of the Siletz Indians (<https://ctsi.nsn.us>).



**CTSI Youth
Cultural
Sharing Night**

MONTHLY/VIRTUAL

3/18, 4/15, 5/20, 6/17
6-8pm

Storytelling
Art
Poetry
Music
Modern
Traditional
Nuu-Wee-ya'

TO REGISTER EMAIL
JACOBR@CTSI.NSN.US
OR USE QR CODE:



For CTSI Families with Youth Age 18 and Under

If sending a video, please limit it to 10-20 seconds. You can send in your submissions by messaging us on the CTSI Youth Facebook page or by emailing Kat at katrinah@ctsi.nsn.us.

Your submission will be used in a special Earth Day video posted on the CTSI Youth page! If you would like to opt out of the video and only receive the packet, please let us know when sending in your photo or video.

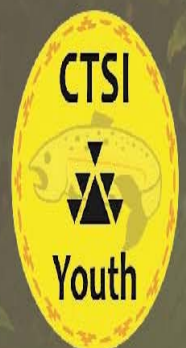
Earth Day

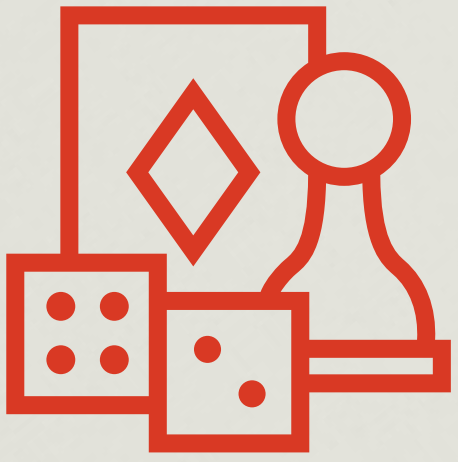
April 22nd

Send us a video or picture of ways your family is honoring the earth by April 19th and receive a free earth packet!

Your submission will be used in a special Earth Day video posted on the CTSI Youth Facebook page.

Follow us on Facebook:
[@CTSIYouth](https://www.facebook.com/CTSIYouth)





To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by
April 22 and receive a board game for your family

FAMILY BOARD GAME NIGHT IS BACK

*Play at home and then join us on Zoom
Friday April 30, 2021 @ 4 pm
for a virtual game night*

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 2021-2022 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	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2021 and a 2022 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 during the Natural Resources Committee Meeting to be held on April 5th at 4:45 PM. Applications are available on the Tribal website, in the kiosk at the back door of the Tribal Admin building in Siletz, or by calling the number below. Completed applications must be received by the Natural Resources office by **4:30 PM April 2, 2021**. 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.

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 4:00 pm. Any produce that is not picked up at this time can be picked up later on in the week from 9 am-4pm. It just will not be as fresh.

Since our tribal office remains closed to the public during the COVID-19 pandemic, the food distribution will take place outside the building. Face masks and social distancing are required. If you don't have a mask, one will be provided.

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.

USDA distribution dates for April 2021

Siletz

Monday	April 5	9 a.m. – 3 p.m.
Tuesday	April 6	9 a.m. – 3 p.m.
Wednesday	April 7	9 a.m. – 3 p.m.
Thursday	April 8	9 a.m. – 3 p.m.
Friday	April 9	9 a.m. – 3 p.m.

Salem

Monday	April 19	1:30 – 6:30 p.m.
Tuesday	April 20	9 a.m. – 6:30 p.m.
Wednesday	April 21	9 a.m. – 6:30 p.m.
Thursday	April 22	By appt only

CHEESEBURGER MACARONNI

- ❖ 1 lb. hamburger*
- ❖ 1 onion*
- ❖ 1 can diced tomatoes*
- ❖ Small can tomato sauce*
- ❖ 1 Tablespoon butter or margarine*
- ❖ 2 lbs cheese*
- ❖ 1 bag elbow macaroni*
- ❖ ½ teaspoon mesquite seasoning
- ❖ Salt and pepper
- ❖ Flour (enough to make a rue)*
- ❖ 1 ½ C. milk*

Brown hamburger and onion in skillet along with the salt, pepper and mesquite. Add tomatoes and tomato sauce. Let this simmer.

Cook noodles according to package directions. Drain and rinse the noodles.

Melt butter in saucepan over medium heat and add enough flour to make a good paste. Add the milk and whisk until hot. Add ¾ of the shredded cheese and whisk until smooth.

Add all ingredients, including the meat sauce to a baking dish and top with the remaining cheese.

Bake at 400 degrees for about 10 minutes or until brown on top.

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 joycer@ctsi.nsn.us
Sammy Hall, Warehouseman/Clerk, 541-444-8279 sammyh@ctsi.nsn.us
FAX: 541-444-8306 or 503-391-4296

EUGENE AREA OFFICE CALENDAR

APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Pay day	3
4 Easter 	5 USDA Distribution Siletz 9-3pm Mindfulness Mondays Via ZOOM 4-5pm Online language classes 5pm	6 USDA Distribution Siletz 9-3pm Time Sheets Due Produce Plus/Food 2-4pm Drum Classes Via ZOOM 4pm	7 USDA Distribution Siletz 9-3pm Produce Plus/Food 9-4pm Call Read Team K-12 4pm Parenting Workshop Series ZOOM	8 USDA Distribution Siletz 9-3pm Produce Plus/Food 9-4pm Call Online language Beginning classes 5pm	9 USDA Distribution Siletz 9-3pm Produce Plus/Food 9-4pm Call Leadership Academy 2021-2022 Online	10 Elders Meeting 1pm via ZOOM
11	12 Mindfulness Mondays Via ZOOM 4-5pm Online language classes 5pm	13 Produce Plus/Food 2-4pm Drum Classes Via ZOOM 4pm	14 Produce Plus/Food 9-4pm Call Read Team K-12 4pm Parenting Workshop Series ZOOM 6:30-7:30PM	15 Youth Culture Sharing Night (See Flyer) Produce Plus/Food 9-4pm Call Online language Beginning classes 5pm	16 Pay day Produce Plus/Food 9-4pm Call	17
18	19 USDA Distribution Salem 1:30-6:30pm Mindfulness Mondays Via ZOOM 4-5pm Online language classes 5pm	20 USDA Distribution Salem 9-6:30pm Time Sheets Due Produce Plus/Food 2-4pm Drum Classes Via ZOOM 4pm	21 USDA Distribution Salem 9-6:30pm Produce Plus/Food 9-4pm Call Read Team K-12 4pm Parenting Workshop Series ZOOM	22 USDA Distribution Salem By Appt. only Produce Plus/Food 9-4pm Call Online language Beginning classes 5pm Earth Day (See Flyer)	23 Produce Plus/Food 9-4pm Call	24
25	26 Mindfulness Mondays Via ZOOM 4-5pm Online language classes 5pm	27 Produce Plus/Food 2-4pm Drum Classes Via ZOOM 4pm	28 Produce Plus/Food 9-4pm Call Read Team K-12 4pm Parenting Workshop Series ZOOM 6:30-7:30PM	29 Produce Plus/Food 9-4pm Call Online Online language Beginning classes 5pm	30 Produce Plus/Food 9-4pm Call Pay day Board Game Night (See Flyer)	

The Confederated Tribes of Siletz Indians
The Eugene Area Office Staff
541-484-4234 1-800-922-1399

Jessica Hibler, Acting Supervisor/Coordinator 1/477/SSP x1752 jessicaH@ctsi.nsn.us
Vacant, Education Specialist

Nick Viles, Language and Traditional Arts Instructor x1757 nickv@ctsi.nsn.us

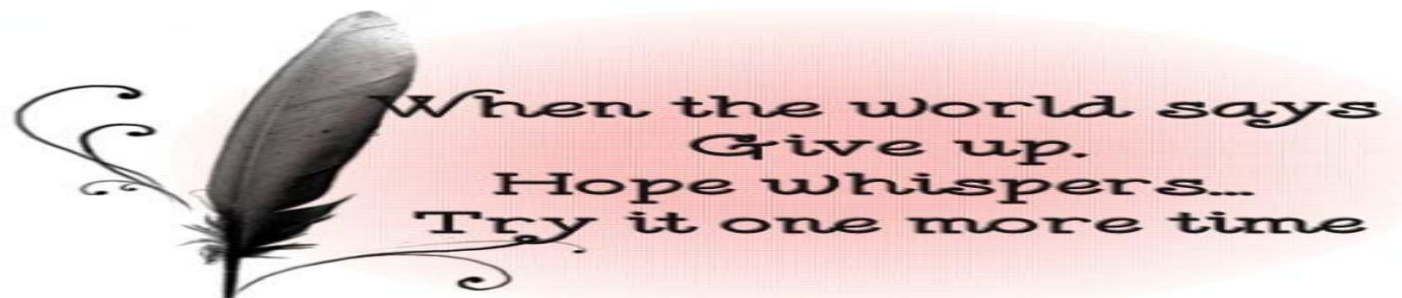
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 jeniferj@ctsi.nsn.us

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Adrienne Crookes, Community Health Advocate x1753 adriennec@ctsi.nsn.us

Nora N Williams-Wood, Clerk x1750 noraw@ctsi.nsn.us

Vacant, Elders On-Call Transport



The Confederated Tribes of Siletz Indians
Eugene Area Office
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