

# The Eugene Area Office Newsletter December 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 2022

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](http://www.ctsi.nsn.us)

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list:

Siletz (1, 2, 3, 4 bedroom)  
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](http://www.ctsi.nsn.us)

2022

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: Casey Godwin

541-444-8311 [caseyg@ctsi.nsn.us](mailto:caseyg@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](mailto:noraw@ctsi.nsn.us)

Chinook Winds Casino Resort

Sign up for an electronic newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)



# Siletz Elders News - December 2021

Hi Everyone,

November was a month of family gatherings, where we all stopped and reflected on how blessed we are as Siletz Tribal members.

We like to bake salmon, root vegetables, potatoes and homemade bread and jams.

It was so nice that the COVID Booster was offer at all the area offices in November.

The Eugene Area Office still has salmon fillets left for Siletz Tribal members only. If you have not picked up yours, please come by the office. (Salmon is packaged and frozen)

Siletz Tribal Elders Book Club update: Since the month of November dates fell on holidays, the book club was put on hold. The book club will resume on December 9<sup>th</sup>, discussing chapter 3 of "The People are Dancing Again". Please join in even if you have not finished the chapter or have a book yet. For more information on how to receive a zoom meeting invite/link, contact person: Brian Crump, [brianc@ctsi.nsn](mailto:brianc@ctsi.nsn) or 541-580-94107. Everyone is welcome to join.

Elders Christmas Party is set for Thursday, December 16<sup>th</sup>. You need to sign up for the party by December 5<sup>th</sup>. For two night stay you will need to sign up by December 1<sup>st</sup>. This year's party will be at the Chinook Winds Casino. Please contact Anita Bailor at [anitab@ctsi.nsn.us](mailto:anitab@ctsi.nsn.us) or call 503-545-0434 to sign up.

Portland Trail Blazer tickets for Siletz Tribal Elders; tickets tentatively set for December 29<sup>th</sup>. If you would like to attend, you will need to sign up by December 5<sup>th</sup>. Please contact Anita Bailor at [anitab@ctsi.nsn.us](mailto:anitab@ctsi.nsn.us) or call 503-545-0434 to sign up.

Truly, Verdene McGuire  
Eugene Area Office Elders Rep., (Lane, Linn & Benton Counties)  
[Vdenie101@gmail.com](mailto:Vdenie101@gmail.com)



Candace Hill, Education Specialist

[candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)

(541) 484-4234 x1763

(541) 270 - 0037

# Education – December 2021

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

## Upcoming Virtual Education Events

- **CTSI Youth Conference** - Our annual Youth Conference this year will be held via zoom December 28th & 29th. This event is for Siletz Tribal Youth (7th-12th Grades). The conference will begin each day at 10am and run until 3pm (with a lunch break in the middle). There will also be evening sessions. Contact Candace for more information.
- **School Supplies/PPE Stipend** – JOM enrolled students are eligible to apply for a School Supply/PPE stipend for the remainder of the current academic school year to ensure students can purchase traditional school supplies and the necessary PPE to continue being safe in schools, on busses, and in after school programs. Completed applications must be received by January 26<sup>th</sup>, 2022 at 4:30pm and the necessary Microsoft Form must be completed by January 28<sup>th</sup>, 2022 at 4:30pm. Contact Candace to request an application.



## Education Program Opportunities

While our area office remains closed to the public, we are still committed to supporting Tribal members during this time. Our activities remain virtual. Below are this month's highlights. If you are interested please call or email Candace to sign up for the Youth Activities email list or check out the CTSI youth Facebook page and the CTSI website for up-to-date announcements about online events, at home activities and more.

- **JOM Fall Activities Send Out** – Do you want to receive fun and educational activities for the rest of 2021? December is our final month of this activity series. Registration opens the first of the month and closes December 14<sup>th</sup>. It is open to JOM registered youth who live in the 11-county service area. Contact Candace to register.
- **JOM** – Johnson O'Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs available in communities.
- **Siletz Tribal Youth Activity Fund** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- **Online Tutoring** – We realize that schooling has experienced some difficulties regarding consistency. We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

## Higher Ed/AVT Reminders

- The Free Application for Federal Student Aid aka FAFSA opened on Friday, October 1<sup>st</sup>, 2021. You can fill out your application at [financialaid.gov](https://financialaid.gov). If you are interested in applying to Higher Ed or certain AVT programs, FAFSA needs to be done no later than June 30<sup>th</sup>, 2022. Early bird gets the worm!
- Adult Education and AVT applications for clock hour schools/programs (such as beauty schools and truck driving programs) can be turned in at any point. If you are interested in applying to these programs, contact Candace for more information.



## Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic achievements. Help celebrate your child's graduation or grade promotion by submitting a copy of their diploma, GED, or report card showing the change in grade. All Higher Ed/AVT students who graduate also need to send in their diploma or certificate. Email Candace for a graduation incentive application.

PreK – 12 Achievement	Incentive	Higher Ed/ Achievement	AVT	Incentive
Headstart/Preschool	\$10	One Year AVT		\$100
Kindergarten	\$10	Two Year AVT		\$200
Elementary School	\$20	AA, AS, AAOT		\$200
Middle School	\$50	BA/BS		\$75 plus a Pendleton blanket
High school/GED	\$100	MA		\$300
		PhD		\$300 plus a Pendleton blanket

## Upcoming Events and Deadlines

- 12/14 @4:30pm – December Fall Activity Send Out Registrations Due
- 12/28 and 29 – CTSI Youth Conference (open to youth grades 7-12)



Thinking of attending college during the  
2022-2023 Academic year?  
Here's what you need to know

↗ FAFSA Opens for Applications Oct. 1st  
(at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

↗ CTSI Higher Education Grant Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

↗ CTSI Graduate Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))
- American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene AlissaL@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.



## 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](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.



# EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-SSP

## Eviction

Are you being evicted or facing homelessness?

## Utility Shut Off

Have received shut off notice for utilities (electric, water, sewer)

## Native American

Enrolled Siletz Tribal Member and reside in the CTSI service area.

## Exhausted all Resources

You have utilized all other funding sources i.e. Housing Dept. LIHEAP, other Community agencies.

## 100% of Federal Poverty Level

Not sure what your poverty level is? Call one of the area offices.

## Taking Action

CTSI Area Offices:

Siletz Administration Office: Jamie (541) 444-8266

Salem Area Office: Angelica (503) 390-9494

Portland Area Office: Anna (503) 238-1512

Eugene Area Office: Jen (541) 484-4234

\*\*other criteria may apply.



CONFEDERATED TRIBES OF SILETZ INDIANS



# CLASSROOM TRAINING

FOR FEDERALLY RECOGNIZED TRIBAL MEMBERS AND DESCENDANTS

**APPLY TODAY!!**

HIGHER EDUCATION ASSISTANCE

VOCATIONAL EDUCATION/OCCUPATIONAL TRAINING

GED/ADULT BASIC EDUCATION



- ASSISTANCE WITH ENROLLMENT
- TUITION ASSISTANCE
- SUPPORT SERVICES FOR BOOKS, SUPPLIES, FEES, ETC
- CLASSROOM-TRAINING STIPEND (LIMITED TO 15 HOURS EACH WEEK)

SILETZ ADMINISTRATION OFFICE: JAMIE (541) 444-8266

PORTLAND AREA OFFICE: TAMRA (503) 238-1512

SALEM AREA OFFICE: ANGELICA (503) 390-9494

EUGENE AREA OFFICE: CATHY (541) 484-4234

MUST MEET ELIGIBILITY CRITERIA AND SERVICES ARE AVAILABLE ON A BUDGETARY BASIS



# Siletz Home Visiting Program



## Home Visiting Provides:

- **Parenting and life skills for successful and positive parenting**
- **Support and encouragement**
- **Resources and referrals**
- **A culturally sensitive, evidence based curriculum**
- **Ongoing services from prenatal until child is 3 years old**

**Visits can be done virtually or outside in person using proper precautions.**

## Eligibility requirements:

- **Live in 11-County Service Area**
- **Family is expecting or has an infant under twelve months of age.**
- **Enrolled Siletz Tribal member head of household or dependent child and meet one of the following criteria—**
  - **Income below 300% federal poverty level for last 30 days**
  - **Household that resides in rural location that has limited employment opportunities**
  - **First time parent**
  - **Household with at least one adult without a post-secondary certificate**
  - **Family experienced trauma, chemical dependency or mental health barriers.**
- **Other eligibility criteria may apply**

**For more information contact  
Danelle Smith**

**541-444-9603 or**

**1-800-922-1399**

**[danelles@ctsi.nsn.us](mailto:danelles@ctsi.nsn.us)**

**Or**

**Lori Christy**

**503-390-9494**

**[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)**

**go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us) home  
visiting to view past success  
stories**



Having Christmas traditions with your children can be quite fun. Traditions bring with them a sense of belonging, create memories and share the story of what is important to your family. You may already have established traditions that you plan to do again this year and that is great. With young children in the home you may find it fun to try out some new activities and discover some that go on to become new traditions. Here are a few you may want to try.



**Ornaments** – Make or buy a new ornament each year for the tree. When your child grows up and has their own home they may want to take those ornaments with them for their own tree.

**Christmas Movie Fridays**- Pick a Friday night in December or choose every Friday night to be Christmas movie night. Gather round as a family, grab a blanket, a favorite snack and settle in for a Christmas movie.

**Christmas Tree Campout** – Have a family campout by the Christmas tree one night. Build a fort or bring out the sleeping bags and spend time by the tree. Enjoy a cup of hot chocolate, read some Christmas stories and fall asleep by the glow of Christmas lights.

**Cookie Bake** – Make Christmas cookies together. You may have a favorite family recipe or two to make, if not try rolling out some sugar cookies, use a cutter to cut out Christmas shapes and decorate with frosting and sprinkles. Save some for the family and take some to a neighbor or elder.

**Reindeer Food** – Make some reindeer food with dried oats and some glitter. Sprinkle some in the yard on Christmas Eve for Santa’s reindeer.

**Christmas Letter** – Write a letter or card to your child each Christmas. Tell them what you like about them, the things you see them learning, what you hope for them in the coming year. Maybe you want to make a box that you put the letter in each year and place under the tree. This can be a timeline of love and memories for your child.

**Home Visiting** is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve native 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. If you would like more information about Home Visiting please contact, Cathy Ray in the Eugene Area Office at 541-484-4234.

# 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

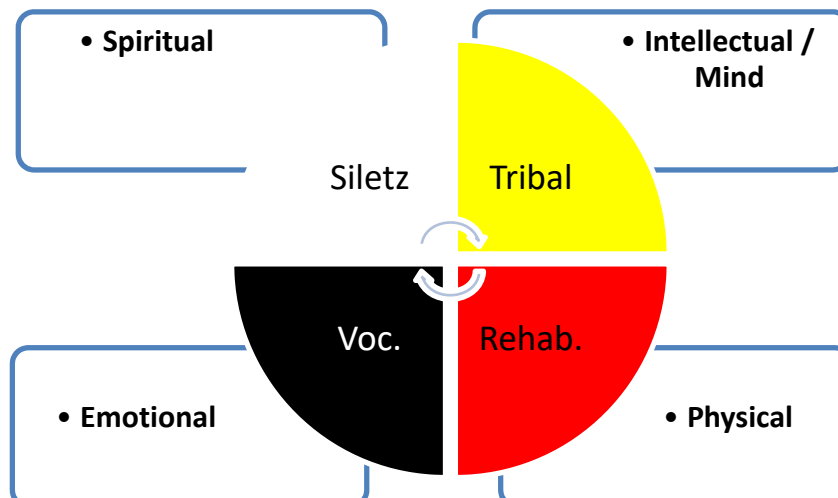
3160 Blossom Dr. NE, Ste. 105  
Salem, OR 97305

### SILETZ ADMIN. OFFICE

201 SE Swan Ave  
Siletz, OR 97380

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

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





AIDS (Acquired Immunodeficiency Syndrome – HIV (Human Immunodeficiency Virus) is a complex disease that compromises an individual’s immune system. It is a sexually transmitted disease. It can also be caused by needles and syringes that are contaminated with infected blood; or from mother to child during pregnancy, childbirth, or breast-feeding. AIDS has been in existence since 1988, yet there is still no cure.

In the American Indian and Alaska native communities, HIV/AIDS is increasing and there needs to be more awareness and outreach. As many as **34%** of AI/NA are living with HIV infection and may not know it. People who don’t know they are living with HIV do not seek medical care. Overcoming stigma of any sort is key to successful healing of individuals with AIDS and their communities. Participation in healing traditions and/or cultural activities helps them transition and accept their situation with dignity and resolve.

#### Signs and Symptoms:

- ❖ Fatigue
- ❖ swollen lymph nodes
- ❖ fevers
- ❖ weight loss
- ❖ diarrhea
- ❖ thrush on the tongue or throat
- ❖ memory loss
- ❖ confusion
- ❖ disorientation.

**Getting appropriate medical treatment for HIV can slow down the process of getting AIDS. By following a strong medication regimen, individuals can prolong their health and wellness and avoid full-blown AIDS.**

**An individual with HIV-AIDS,** may struggle to get or keep employment. For instance, they may experience fatigue which limits the types of jobs and how long they can work. Some accommodations are placing the employee in a modified job with limitation of tasks, i.e., no lifting or carrying. Providing a warm office space with a heater and recliner so that the individual can adjust to changes in body temperature.

If you or a loved one’s work performance is impacted, then inquire of Siletz Vocational Rehabilitation Program staff who may be able to assist you with workplace accommodations. Feel free to contact:

**Tamra Russell, SSP/Vocational Rehabilitation Counselor/Job Developer(Part-Time) - Portland (503) 238-1512, ext. 1414 or Toni Lejja, Vocational Rehabilitation Counselor/Job Developer - Salem (503) 390-9494, ext. 1861.**

**HAPPY HOLIDAYS – STAY SAFE!**

# 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:

**Jamie Boe**  
**Community Health Advocate**  
**541-484-4234**  
[JamieBoe@ctsi.nsn.us](mailto:JamieBoe@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](http://www.OregonHealthCare.gov)  
Telephone 1-800-699-9075

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

**Contact Jamie Boe,**  
**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 Jamie, Community Health Advocate at 541-484-4234



# December

## National Safe Toys & Gifts Month



Jamie Boe, Community Health Advocate

We all love to see the smiles on our loved ones faces when they open that special gift on Christmas each year, so let us look at a few safety tips to keep gift giving safe for families with children.



- **Balloons:** Choking hazards. Broken or deflated balloons should be discarded immediately. Keep deflated balloons away from children younger than 8 years old.
- **Small Toys & Parts:** More choking hazards. Keep small toys with parts that are removable or could easily break off away from children younger than 3 years old.
- **Magnets:** Keep high powered magnets, or toys that contain them, away from small children. If swallowed, these can be especially dangerous.
- **Batteries:** Button or lithium coin batteries can be deadly choking hazards, especially for children under the age of 4 due to their smaller airways. Batteries also contain hazardous chemicals that can leak or explode if not handled properly. Adults should be in charge of batteries.
- **Bicycles, Skateboards, Scooters:** Avoid scrapes, bruises, and head injuries. If it's a toy or gift that a child can ride, be sure children have a properly fitted \*helmet to protect their heads. Protective pads for knees, elbows, and wrists are also a good idea.

\*Tribal members with children or dependents ages 3-17 can request a helmet by calling the Eugene CTSI Office at 541-484-4234. Ask for Jamie Boe, Community Health Advocate.

- After opening gifts, immediately discard all plastic and packaging which could cause suffocation in small children.
- Keep toys for older kids away from younger children.
- Adults should charge toys that are rechargeable. Chargers and adapters can overheat and pose the risk of thermal burns.
- Be sure to remind family, friends, and Santa to bring gifts & toys that are age appropriate.

Sourced in part from: <https://child-familyservices.org/>



## Is smokeless tobacco safer than smoking?

**Smoking** is a serious health risk and one that can have countless negative impacts on our health. Of course everyone would stop if they could, but the unfortunate reality is that smoking is also addictive and sometimes this can make it seem impossible to quit. One solution many people turn to is to try something different. It isn't the smoking itself that is addictive you see, rather it is the nicotine which causes a release of dopamine in the brain and encourages neurotransmission resulting in a 'high' that we begin to crave. One strategy that some people will use themselves is chewing tobacco – which contains nicotine but doesn't involve inhaling anything into your lungs.

**Types of Chewing Tobacco**—Chewing tobacco goes by many names: smokeless tobacco, chew, snuff, snus, pinch, dip and more.

### Is Chewing Tobacco a Safe Alternative?

The addiction to cigarettes is deeper than just the physical addiction to tobacco – it's also a psychological addiction. It becomes a habit and it becomes a crutch that many use to lean on emotionally. If you are used to going outside for a ten minute break and lighting the end of a match then you will be used to the warmth this creates, to the feel of the cigarette in your mouth – generally to the entire rigmarole and culture and not just the chemical kick. You can change to chewing tobacco and think that you're curing yourself of smoking, but in fact you are just replacing one dangerous and damaging habit for another.



### Addiction

The big problem with chewing tobacco is that it actually results in your taking in more tobacco than a cigarette. This occurs because you leave the chew in your mouth for a longer time, this causes you to get a steady stream of nicotine throughout the day. In other words your body becomes accustomed to getting more nicotine and getting a constant flow of it.

### Cancer

There are over thirty different cancer-causing agents in chewing tobacco. You will be less likely to experience lung cancer because these won't make it to your lungs, but the chances of getting it in your mouth, throat, cheek, gums, lips or jaw are increased as the substance will spend much time here. This can be fatal, or if you have to have it removed it can result in serious disfigurement. Pancreatic cancer and kidney cancer are also more likely. To drive home just how dangerous chewing tobacco is, look inside your mouth. If you already chew tobacco then you might see that there are some tiny white lesions there. These tiny white lesions are called leukoplakia and are 'precancerous' and if you continue these lesions can grow and become cancerous.

### Heart Problems

Chewing tobacco speeds up your heart rate and increases your blood pressure. This then increases your chances of heart problems and circulatory diseases. You are more likely to experience poor circulation leading to nerve damage, and you are more likely to suffer a heart attack or stroke.

### Conclusion

Neither chewing tobacco nor smoking are advised and both can lead to serious problems. They are both addictive, unattractive, unsociable and frankly expensive. More importantly both can lead to various forms of cancer and heart disease. While you won't get tar in your lungs or blood stream with chewing tobacco, higher amounts of nicotine and the long amount of time the substance spends in your mouth means that addiction and mouth cancer is actually even more likely.

**Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available (option 7) 1-800-784-8669**

# JOM FALL ACTIVITIES

Open to JOM registered youth in the 11-  
county service area.

Register each month by the due dates below to receive  
a fun activity package!

Contact your local Education Specialist to sign up.

Candace Hill  
Eugene Area Office  
541-484-4234

CandaceH@ctsi.nsn.us

Alissa Lane-Keene  
Siletz Area  
541-444-8373

AlissaL@ctsi.nsn.us

Katy Holland  
Portland Area Office  
503-238-1512

KatyH@ctsi.nsn.us

Sonya Moody-Jurado  
Salem Area Office  
503-390-9494

SonyaMJ@ctsi.nsn.us

## DATES

- October: Opens 10/1  
and closes 10/14
- November: Opens 11/1  
and closes 11/15
- December: Opens 12/1  
and closes 12/14

Enrolled JOM Student

# School Supply/PPE Stipend Program



Enrolled JOM Students are eligible to apply for a School Supply/PPE  
stipend for the remainder of the current academic year.

*These funds are to ensure students can purchase traditional school supplies and the necessary PPE  
(masks, sanitizer, wipes, etc.) to continue being safe in schools, on buses and in after school programs.*

Completed applications must be received by the following deadlines: January 26, 2022  
by 4:30 PM. Microsoft form must be completed by January 28, 2022 @ 4:30 PM.

Contact the Education Specialist in your service area to request an application.

Candace Hill  
Eugene Area Office  
(541) 484-4234  
CandaceH@ctsi.nsn.us

Katy Holland  
Portland Area Office  
(503) 238-1512  
KatyH@ctsi.nsn.us

Sonya Moody-Jurado  
Salem Area Office  
(503) 390-9494  
SonyaMJ@ctsi.nsn.us

Jeff Sweet  
Siletz Area  
(541) 444-8207  
JeffS@ctsi.nsn.us

## LOOK WHAT WE ARE DOING IN DECEMBER

Since we cannot gather for our Annual Soup Night event, the Eugene Area Office is offering Soup in a jar and activity to those who are interested.

RSVP BY NOV. 26, 2021



**Activities: Abalone Shell Dreamcatchers, Keychain, and Holiday craft.**  
You will be entered into a drawing by sending a picture of your project.

Pick-up week of 12/06/2021 thru 12/10/2021

RSVP to Jessica Hibler or Nora Williams

(541) 484-4234

for Future event follow us on Facebook at  
Confederated Tribes of Siletz Indians Eugene Area  
Office





**SIGN UP TODAY FOR FALL SESSION  
ON-LINE LANGUAGE CLASSES**

**LEARN  
NUU-WEE-YA!**

**TUESDAYS OCTOBER 12-DECEMBER 7  
5:00 PM-BEGINNING CONVERSATION**

**THURSDAYS OCTOBER 14-DECEMBER 9  
5:00 PM-CONTINUING CONVERSATION**

**SATURDAYS 11/13 AND 12/4  
11:00 AM- IMMERSION SPEAKING GROUP**

**Please contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us))  
with questions and to sign up**



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## ***Upcoming Dates:***

***December 8 at 6 pm: Spruce Root***

***January 12 at 6 pm : Pine Nuts***

***February 9 at 6 pm: Hazel***

Sponsored by the Education and Culture Departments.

Contact Nick Viles at 1-800-922-1399 x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for log in information



# We're Back!

Calling all Gamers, K-12

## CTSI

### Minecraft Gathering

**DECEMBER 11,  
2021 @ 10:30 AM**

## Contact:

[elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us)

for registration

**LAST CHANCE TO REGISTER - 12/20**



**DECEMBER 28TH AND 29TH**

HOSTED ON ZOOM

LIMITED SPOTS AVAILABLE

RAFFLES — GUEST SPEAKERS — ACTIVITIES

**YOUTH SIGNED UP AFTER THE NOV 15TH  
DEADLINE ARE NOT GUARANTEED A GIFT BAG**

**SIGN UP BY AREA**

**SILETZ**

JACOB REID

JACOB@CTSI.NSN.US

**PORTLAND**

KATY HOLLAND

KATYH@CTSI.NSN.US

**OUT-OF-AREA**

NORA WILLIAMS

NORAW@CTSI.NSN.US

**SALEM**

SONYA MOODY-JURADO

SONYAMJ@CTSI.NSN.US

**EUGENE**

CANDACE HILL

CANDACEH@CTSI.NSN.US

**7<sup>TH</sup>-12<sup>TH</sup> GRADE  
SILETZ TRIBAL YOUTH**

# 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/Eugene Area 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. 11<sup>th</sup> 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 December 2021

## Siletz

Wednesday	December 1st	9 AM – 3 PM
Thursday	December 2nd	9 AM – 3 PM
Friday	December 3rd	9 AM – 3 PM
Monday	December 6th	9 AM – 3 PM
Tuesday	December 7th	9 AM – 3 PM

## Salem

Monday	December 13th	1:30 – 6:30 PM
Tuesday	December 14th	9 AM – 6:30 PM
Wednesday	December 15th	9 AM – 6:30 PM
Thursday	December 16th	<b>By Appt Only</b>

## PUMPKIN ROLL PREHEAT OVEN TO 375\*

### INGREDIENTS: 3 EGGS

- 1 TEASPOON LEMON JUICE
- 2/3-CUP PUMPKIN
- 1-TEASPOON BAKING SODA
- 1-TEASPOON NUTMEG
- 3/4-CUP FLOUR
- 1-CUP SUGAR
- 1-TEASPOON BAKING POWDER
- 2 TEASPOONS CINNAMON
- 1-TEASPOON GINGER



Mix together all dry ingredients in a small bowl. Set aside.

Beat 3 eggs for 5 minutes until fluffy (do not skimp). Mix in the pumpkin and lemon juice until well blended. Slowly add the dry ingredients. Mix well.

Line a jellyroll pan with waxed paper that has been greased and floured. Pour cake mixture evenly in pan. Bake for 15 minutes. Do not over-bake.

Sprinkle powdered sugar on a linen cloth and turn the cake out on it. Roll the cake up as a jellyroll and let cool.

### FILLING

- 4 TABLESPOONS MARGARINE
- 1 TEASPOON VANILLA
- 8 OUNCES SOFTENED CREAM CHEESE
- 1 TEASPOON LEMON JUICE
- 1 CUP POWDERED SUGAR

Mix together all ingredients until smooth. Unroll cake and spread the filling evenly. Re-roll the cake and sprinkle with a light dusting of powdered sugar. Serve the cake chilled, preferably overnight.

**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.

Sammy Hall, Warehouseman/Clerk  
[sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us)

Phone: 541-444-8279 FAX: 541-444-8306 or 503-391-4296



Sun

Mon

Tue

Wed

Thu

Fri

Sat

28	29	30 Time Sheets Due  Language Class Beginning Conversation 5pm  Produce Plus Food 2-4pm	1 USDA Distribution Siletz 9-3pm  JOM Fall Activity Sign-Up  Produce Plus Food 9-4pm	2 USDA Distribution Siletz 9-3pm  Language Class Continuing Conversation 5pm  Produce Plus Food 9-4pm	3 USDA Distribution Siletz 9-3pm  Produce Plus Food 9-4pm	4 Immersion Speaking Group @ 11am
5	6  USDA Distribution Siletz 9-3pm  Drive by Pick Up Soup in Jar Craft Activity	7 Produce Plus Food 2-4pm  USDA Distribution Siletz 9-3pm  Drive by Pick Up Soup in Jar Craft Activity  Language Class Beginning Conversation 5pm	8 Produce Plus Food 9-4pm  Virtual Culture Night Spruce Root 6pm  Drive by Pick Up Soup in Jar Craft Activity	9  Drive by Pick Up Soup in Jar Craft Activity  Language Class Continuing Conversation 5pm	10 Pay Day  Produce Plus Food 9-4pm  Drive by Pick Up Soup in Jar Craft Activity	11 Minecraft Gathering 10:30am (See Flyer)  Elders Meeting Zoom 1pm
12	13  USDA Distribution Salem 1:30-6:30pm	14 Time Sheets Due  Produce Plus Food 2-4pm  USDA Distribution Salem 9-6:30pm  JOM Fall Activity Sign-Up	15 Produce Plus Food 9-4pm  USDA Distribution Salem 9-6:30pm	16 Elders Christmas Party  USDA Distribution Salem By Appt. ONLY	17 Produce Plus Food 9-4pm	18
19	20	21 Produce Plus Food 2-4pm	22 Produce Plus Food 9-4pm	23 Pay Day  Produce Plus Food 9-4pm	24 Christmas Eve Holiday All Siletz Tribal Offices CLOSED	25 
26	27	28 Time Sheets Due  Produce Plus Food 2-4pm  Virtual Youth Conference	29  Virtual Youth Conference	30	31 CLOSED 	

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

Jessica Hibler, Supervisor x1751 [jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)  
Candace Hill, Education Specialist x1763 [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
Nick Viles, Language and Traditional Arts Instructor x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
Jenifer Jackson, Tribal Service Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
Cathy Ray, Intake Specialist/Job Coach x1756 [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753 [jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us)  
Nora N Williams-Wood, Clerk x1750 [noraw@ctsi.nsn.us](mailto:noraw@ctsi.nsn.us)  
Verdene McGuire, EAO Elders [VDenie101@gmail.com](mailto:VDenie101@gmail.com)  
Vacant, Elders On-Call Transport

All our dreams can come true,  
If we have the courage to pursue them...



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

**2021/2022  
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 Cabelas Gift Card incentives.

**HUNTING INCENTIVES**

\$100    \$75    \$50

CABELAS GIFT CARDS

**FISHING INCENTIVE**

\$50

CABELAS GIFT CARD

**SHELLFISH INCENTIVE**

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Denise Garrett at

541-444-8227

[deniseq@ctsi.nsn.us](mailto:deniseq@ctsi.nsn.us)