



Siletz News  
Confederated Tribes of  
Siletz Indians  
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Confederated Tribes of Siletz Indians  
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## A Story of Siletz

By George Thompson (submitted by the Siletz Tribal Arts & Heritage Society; reprinted from the March 1992 issue of Siletz News)

The following is the text of a manuscript dated Feb. 5, 1950, by George Thompson. It deals with the history of the Siletz Reservation, which was part of Benton County until 1893, and reads as follows:

"About the year 1855 there was a great unrest throughout a section of Southern Oregon where a number of Indian tribes were living. Among the tribes were the Chetco, To-To-To-neys, Coquelles, and other Rogue River bands. All of these Indians were going to be moved to a new home, and after a brief war among the Indians and white settlers and soldiers of the United States, a man by the name of Joel Palmer made treaties with various bands of Indians.

In these treaties the Government agreed to give all the Indians land, a home made of lumber, horses, cattle, and machinery if they would move to the new location. Some Indians agreed, but many did not want to go, because they knew no other lands except their home where there was plenty of game and fish and acorns. When some Indians refused to go the soldiers were summoned and they were forced and in many instances killed in front of their loved ones to show that the Government meant business. What was the poor Indian to do, but go.

In the meantime the Congress of the United States failed to ratify these treaties made by Mr. Palmer, so now, today, the Indians who were forced to move by those

treaties, have been allowed a recovery of 16 and one half million dollars for the wrongs done to them by the unratified treaties of Joel Palmer, agent of the U.S. Government.

I am a Coquelle Indian, my father is a Coquelle, and his father was one of the original signers of the treaty. He had to sign because he was a tribal chief. He was named after our first president, Washington, only the Indians called it Wah-sheetoon-ya. So, at my father's passing I shall inherit the honor of being the Chief of the Coquelles, the title held at present by my father. I will tell you now the story of how my grandfather was moved up here to become one of the first Indians at Siletz about 95 years ago. I repeat his words:

"It was summer time, we were all herded down to the edge of the ocean at Port Orford, Oregon by the soldiers of the Government. Some people were crying, others were just quiet - nobody talked. Each person was allowed only one package or pack, generally made up in a basket. Naturally the Indians took mostly something to eat, as they did not know where they were going. The only clothes were what they wore; later on the Government did give us a blanket a piece. We left behind many of the fine canoes, home, tanned hides and other belongings found in an Indian colony at the time.

We were all heart sick, someone said they were going to shoot us and throw us into the ocean - but my father would speak to them and assure them that the whites meant no harm. We were to camp at Port Orford for one night and during that night many Indians disappeared and were never heard of again.

The next day about eleven o'clock we saw a large boat with many sails on it coming straight in from the ocean. It came to within 300 yards from the shore and anchored. Boats were let down and came ashore. Then began the task of loading all the Indians on this ship that had just landed.

After several hours the Captain gave the word that the loading was completed and we were ready to sail. It was our first night at sea; many of the Indians got seasick. Some tried even to jump overboard and swim back. It was an awful night, many were sick and could not eat. As day broke we could not see land then all were afraid, we begged the Captain to turn around, and the sea was getting angry also and the boat seemed to almost capsize with each swell. This went on for five days and nights.

Then one morning when daylight came we could see the land - all were happy again. The water was smooth - we did not know it then but we were in the Columbia River. We sailed up the river to Portland, Oregon, only few large buildings at that time. Here we got off the boat, we were fed and transported to Dayton, Oregon for our last part of the trip.

From Dayton we traveled by ox-team to Grande Ronde, Oregon. Some of the people stayed at Grande Ronde and the rest of us went up to Salmon River. The

Government had provided stations along the way so food was quite plentiful and we could always get soldiers' hardtack. When we reached Salmon River it must have been about September because there was an abundance of fish in the river, someone killed a deer, while others got mussels from the rocks.

Winter was beginning to draw near and my father was anxious to get shelter for his people. When he inquired about the houses for his people the Captain only laughed and said, "You Indians don't know how to live in houses, what do you want with a house?" This made my father angry and he gathered his followers and started south, hoping that maybe we could find some place to build a long house so we could withstand the rain and cold wind.

Then came the measles. It killed many of our people. When spring came we had only a handful of people left, 16 in all. We started up the Siletz River (at that time it was Se-la-Gees) and finally stopped at Euchre Creek and built a longhouse and other small huts so that another winter would find us prepared. There was plenty of camas, fish and deer, and my father said, "we will stay here."

In the meantime the Government was opening up more territory west of Fort Hoskins and it wasn't but a little while

See Story on page 4

**Memorial Day**  
**Virtual Community Sharing Night**

May 25, 2022 at 6 pm via Zoom

Sponsored by the Education and Culture Departments  
Contact Nick Viles (nickv@ctsi.nsn.us) or Buddy Lane (buddyl@ctsi.nsn.us) to sign up

**Chinook Winds CASINO RESORT**

# Job Fair

**Saturday, April 9**  
**10 AM - 3 PM**

**WHERE: CHINOOK WINDS CASINO RESORT CONVENTION CENTER**

**ON-THE-SPOT INTERVIEWS WILL BE CONDUCTED**

**FULL-TIME & PART-TIME POSITIONS**

**STARTING MINIMUM WAGE: \$15 PER HOUR**

**"EMPLOYMENT IS BETTER AT THE BEACH"**

**COMPANY BENEFITS**

- Paid Time Off**
  - Accrued Bi-Weekly
  - SELL BACK OPTION
- Employer Paid**
  - 25k Life Insurance
  - Short-Term Disability
  - Long-Term Disability
  - Employee Discounts
  - Discounted Rate for Fitness Center Membership
- FREEBIES**
  - Paid Breaks
  - Flu Shot
  - Health Screening
  - Paid Jury Duty
  - Employee Shuttle
  - Golf
  - On-Site Check Cashing
  - Employee Assistance Program
  - Employee Dining Room

**B**e Passionate and Determined **E**mbrace Change **A**ccountability **C**ustomer Service **H**appiness

**Salem casino update**

Tribal members and anyone else have until April 8 to get letters of support into the Bureau of Indian Affairs (BIA) in support of our Salem casino project's Draft Environmental Assessment.

If the BIA determines based on public comments that an Environmental Impact Statement (EIS) is needed, the BIA will schedule a public hearing on the proposed action and develop a draft EIS.

Once the draft is available, the BIA will publish notice and once again the public will be given the opportunity to comment. The BIA will then issue a final EIS. When this is completed, the Secretary of Interior will issue her decision.

When the secretary approves the decision, the governor of Oregon is then asked to concur. The governor has one year to concur or object. During that time, the public will have another opportunity to provide input.

This has been a lengthy project but a very worthwhile one. Many meetings have taken place with the community and we have received lots of support.

**Siletz Tribe Consent Decree**

A presentation on the Tribe's hunting and fishing agreement, the Consent Decree, will be made at the General Council meeting in May. The Tribal negotiating team continues to meet with officials from the governor's office and with the Oregon Department of Fish and Wildlife.

**COVID-19**

We still are not free from COVID infections although the numbers have decreased significantly. The Tribal Council will make important decisions on re-opening at some time in the future.

Oregon has lifted the mask mandate but studies conducted by Oregon

State University on Siletz waste water shows high levels of COVID still present in Siletz.

Chinook Winds Casino is welcoming guests back without masks, but we have asked staff to continue wearing them for safety reasons.

**Congressional support in legislation**

The Tribe has been helped significantly by legislation that our elected congressional delegation has passed in Congress. We are very grateful for all their assistance.

**Oregon Tribes meeting**

The Oregon Tribes have met several times in the past few weeks to talk about issues that are important to us all. While we don't agree on all issues, we strive to listen to each other and move forward on the many issues that affect us all.



Delores Pigsley

**DAY 47 OF QUITTING**

**SMOKING A PACK A DAY? THAT'S \$3,000 A YEAR. QUITTING IS FREE.**

1-800-QUIT-NOW or QUITNOW.NET/OREGON SMOKEFREE oregon

**Elders Council Meeting**

The Elders Council will hold a virtual Zoom meeting on Saturday, April 9, 2022, at 1 p.m.

If you are interested in participating in the virtual meeting from your phone, computer or smart phone, please contact the Elders Program at 541-444-8233 by Wednesday, April 6, 2022.

Siletz News is free to enrolled Siletz Tribal members. For all others, a \$12 annual subscription fee applies. Please make checks payable to CTSI and mail to Siletz News.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Change of address:** Tribal members – contact the Enrollment Department at 541-444-8258; 800-922-1399, ext. 1258; or enrollment@ctsi.nsn.us. All others – call the newspaper office.

**Send information to:**

Siletz News  
P.O. Box 549  
Siletz, OR 97380-0549  
541-444-8291 or 800-922-1399, ext. 1291  
Fax: 541-444-2307  
Email: pias@ctsi.nsn.us

**Deadline for the May issue is April 11.**

Submission of articles and photos is encouraged.

Please see the Passages Policy on page 20 when submitting items for Passages.

Member of the Native American Journalists Association

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

**LEARN NUU-WEE-YA'**

**TUESDAYS APRIL 12-JUNE 14**  
5:00 PM-BEGINNING CONVERSATION 1  
5:45 PM- BEGINNING CONVERSATION 2

**THURSDAYS APRIL 14-JUNE 16**  
5:00 PM-ONGOING CONVERSATION

**SATURDAYS 5/7, 5/21, 6/11**  
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR X1757

# Energy Assistance – LIHEAP/LIHWAP

## What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally funded program that helps low-income households with their home energy bills. This can be electric and/or natural gas.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems, such as illness, fire or eviction.

## What assistance does LIHEAP provide?

- Heating assistance (applicants must only have a Tribal member in the household and be income eligible.)
- Crisis assistance (shut-off or final notice exceeding base award)

## What is LIHWAP?

- LIHWAP (Low-Income Household Water Assistance Program) is a federally funded program that helps low-income households with their clean water bill.
- LIHWAP can help keep clean and safe water in the home.

**Enrolled Siletz Tribal Member** – The applicant, or a child residing in the household, must be an enrolled Siletz Tribal member.

**Residence Location** – The residence must be located within the 11-county service-area.

**Income Eligible** – The applicant/family must meet annual income guidelines as determined at the time of intake.

## Program Keypoints

- LIHEAP is divided into two categories: 1) Heating and 2) Crisis. The maximum award is \$800 per household.
- LIHWAP is a single-payment program. Qualified households will have a one-time payment made on their behalf directly to the water supplier in the amount of \$500.
- Not all households will qualify for the maximum LIHEAP amount. LIHEAP awards will depend on family size, income and need.
- When returning an application, please be sure to have all necessary documentation beforehand or be able to have required documents before appointment time.
- Required documentation includes, but is not limited to:
  - o Social Security cards for **all** household members (**no exceptions!**)
  - o Tribal ID/CIB
  - o Most recent billing statement
  - o Current income documents for each adult household member (e.g., Social Security award letter, unemployment printout, paystubs, etc.)
- If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Applications are available via email or U.S. Postal Service upon request.

If you have any additional questions, please don't hesitate to call Casey Godwin in the Siletz Tribal Housing Department at 541-444-8311 or 541-270-0194.

## Important Notice Regarding 2022 Per Capita

If you believe you are going to have a per capita garnishment either for a debt to the Tribe or for child support, you will receive a notice and the protest forms in the mail. Please keep your address current with the Enrollment Department.

**Monies owed to the Tribe:** There will be no hearings. Your written protest is your due process in accordance with the ordinance.

**Child Support:** If you do **not** submit a written protest you will **not** have a hearing scheduled. If you do not submit a **written** protest within the 14-day timeframe, you will not be allowed to do so via phone.

**Tribal Court will accept requests to be present via telephone (child support only) in your written request.**

Ordinances are created by Tribal Council. Changes in ordinances must be directed to the Tribal Council.



## Home Visiting Program supports families

April is National Child Abuse Prevention Month. Thriving families depend on strong support systems. Support can come from family, friends, neighbors and others in the community. Learn what it takes to invest in families.

- #ChildAbusePreventionMonth
- #ThrivingFamilies <https://www.childwelfare.gov/topics/preventing/prevention-month/resources/conversation-guides/>

Everyone has a role to play in helping the families in our communities be resilient and access support. Learn more about protective factors – prevention starts with you!

- <https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

The Siletz Home Visiting Program is a great way for families of young children to gain knowledge and support. Siletz Home Visiting provides parenting and life skills for successful and positive parenting.

The model and curriculum we use is Family Spirit developed by the Johns Hopkins Center for American Indian Health. Family Spirit is the only evidence-based home visiting program designed specifically for American Indian families.

We serve all federally recognized and Alaskan Native families in our 11-county service area who meet the eligibility requirements. Program starts prenatally or before child turns 1 year old and continues until child turns 3

For more information, contact one of our home visitors:

**Siletz and Coast Range:** Danelle Smith, 541-444-9603 or 800-922-1399, danelles@ctsi.nsn.us

**Salem, Portland and Surrounding Areas:** Lori Christy, 503-390-9494, loric@ctsi.nsn.us

**Eugene and Surrounding Areas:** Cathy Ray, 541-484-4234, catheriner@ctsi.nsn.us

## CTSI Jobs

Employment information is available at [ctsi.nsn.us](https://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## Upcoming Dates:

**April 13 at 6 pm: Shellfish**

**May 11 at 6 pm: Camas**

**June 8 at 6 pm: Tule and Cattail**

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or x1757 to sign up

## USDA distribution dates for April

### Siletz

Monday	April 4	9 a.m. – 3 p.m.
Tuesday	April 5	9 a.m. – 3 p.m.
Wednesday	April 6	9 a.m. – 3 p.m.
Thursday	April 7	9 a.m. – 3 p.m.
Friday	April 8	9 a.m. – 3 p.m.

### Salem

Monday	April 18	1:30 – 6:30 p.m.
Tuesday	April 19	9 a.m. – 6:30 p.m.
Wednesday	April 20	By appt only

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.



Sammy Hall, USDA Program Director  
541-444-8279, sammyh@ctsi.nsn.us  
Fax: 541-444-8306 or 503-391-4296

## Williams presents research revealing river otters

At the 20<sup>th</sup> Annual Kansas IDEa (Institutional Development Awards) Network of Biomedical Research Excellence (K-INBRE) Symposium, Garrett Williams and 16 other undergraduates were honored for their scientific research presentations.

Garrett is a senior majoring in environmental sciences at Haskell Indian Nations University. His presentation was titled *Community Based Research: Camera Trappings of Vertebrates in the Haskell Wetlands Reveals the Return of River Otters*.

Ten campuses in Kansas and Oklahoma were involved in the symposium, where 66 presentations were given by those representing the various schools. The network is led by the University of Kansas Medical Center.



Story, continued from page 1

until they came as far west as the Siletz River at about where the town of Siletz now is. They found some Indians on the Siletz River – as near as I can remember my father told me that did not come with us, but were here all the time.

When the soldiers found this nice valley and river with Indians already here they merely presumed that the Indians were some that were brought from Southern Oregon. However this was not true because my father understood that they were always there. When the agent wanted to know their name they told him Se-la-Gees – the agent just called it Siletz after his own pronunciation. Consequently the birth of a name, a tribe and an Indian reservation all the same time.

Siletz now stands as an old Indian Agency town with many stories connected with its name. Now the white man has made it a town or a city with laws and a city council and everything goes to make up a modern city.

(Reference MSS-1507 Oregon Historical Society)

For information about the Siletz Tribe, visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Strong bones are built in childhood, part 2: Lifestyle, environment factor in

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

In part 1, we covered the role of nutrition in building strong bones early in life to avoid osteoporosis. We highlighted exercise, calcium, Vitamin D and Vitamin K. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families.

Nutrition focuses on what to eat, as well as what to avoid. Bone health is also impacted by lifestyle and environmental factors. In today's world that isn't easy to navigate. In this month's article, I will continue with bone health by addressing some of the hazards, with recommendations to minimize harm.

The not-so-sweet news is that excess sugar and carbonated beverages can hurt bones. Sugar can be addictive and can crowd out other nutritious foods. Furthermore, sugar and excess dairy are associated with inflammation and can reduce absorption of nutrients.

Sugar can increase levels of cortisol (stress hormone) and that is associated with bone loss. Sodas or soft drinks not only add to the sugar load, they also contain phosphorous. When we don't get enough calcium in relation to phosphorous, this can hurt bone growth.

Poor bone-health is also associated with high blood sugar, which is found in diabetes and other metabolic issues, including obesity. Therefore, it is best to limit sugary foods and beverages in childhood because this is when bone strength is established.

Certain medical conditions and medicines can increase osteoporosis risk. Eating disorders are high on that list, as are other diseases that interfere with nutrient absorption, such as celiac. Asthma medicines and prednisone can weaken bones. These are conditions that are known to cause an osteoporosis diagnosis early in life.

The increased demands of prolonged stress, trauma, infection and toxins can

interfere with healthy bones. Chronic stress increases cortisol and nor-adrenalin hormones, and metabolic pathways are impacted when stress hormones stay high for long periods.

Infection from bacteria and fungi burdens the living tissues and mineral bank of our bones. Toxic heavy metals can replace healthy bone minerals, weakening bones. Be aware and talk with your health care providers when you or your children face medical conditions or medicines that interfere with strong bone growth.

In today's world, new environmental hazards exist that have not received much attention yet because they have less history. Glyphosate and EMFs are big environmental risks to bone. Glyphosate is the active ingredient in the herbicide Roundup. For our purpose here, EMFs refer to electromagnetic fields that are man-made.

There is alarming evidence that glyphosate interferes with bone health. Stephanie Seneff, Ph.D., has done extensive research on glyphosate. In addition to the connections she has found with autism, she also notes bone loss.

High levels of glyphosate are found in Roundup-ready crops, including sugar beets, corn, canola, soy, alfalfa and cotton. These listed crops find their way into processed food products.

Glyphosate is now sprayed directly onto crops to kill the crop and dry the seeds right before harvesting legumes and grains, such as garbanzo beans, oats and wheat. This results in high glyphosate concentration in legumes and grains that are not organic. Our government does not monitor glyphosate levels.

Dr. Seneff's work is connecting the dots and associating health conditions with glyphosate. She is digging deep in to science and finding shocking ways that this herbicide interferes with many of our body's pathways.

Glyphosate kills bacteria in the gut that are needed for enzymes, the uptake of minerals and a healthy microbiome. Glyphosate interferes with pathways and

DNA coding. The science is deep and difficult to understand, yet the consequences are devastating and bone is only one of many problems.

In her book, *Toxic Legacy*, Dr. Seneff suggests changing to an organic diet, getting Vitamin D from sunlight, using apple cider vinegar, and consuming nutrient-dense foods and fermented foods. Apparently the levels of glyphosate are highest in the U.S. compared to anywhere in the world. Glyphosate could be a new root cause for bone issues (as well as liver problems and autism).

Another modern hazard for our bones is EMFs (electro-magnetic fields). There is controversy in how to interpret risk.

The difference in risk between ionizing and non-ionizing radiation appears to be clear. Our need to protect ourselves from X-rays and other ionizing medical equipment is familiar. We are told that non-ionizing blue-tooth, wireless, cell phone and TV frequencies in our homes are safe.

The dose is cumulative, however, and increasing research shows the non-ionizing exposures are nearly identical to the ionizing ones on a cellular level. What this means, in our day-to-day lives, is that the safety line for our overall exposure is unclear. Undoubtedly, there are economic interests attempting to downplay the science.

Lloyd Burrell studies how EMFs impact health and he has added bone health to his list of concerns. His website is [electricsense.com](http://electricsense.com). He states that everyone is impacted, whether they feel the effects or not.

He became interested in the topic because he became quite sensitive and could not ignore the burning and other symptoms he felt. I, too, am aware of my sensitivity and have worked hard with my habits to protect myself as much as possible.

Many people don't feel the effects, but they do experience symptoms like headaches, chronic fatigue, ringing in ears, anxiety, depression, sleep problems, and

sinus and digestive issues. There may be increases in bone fractures in areas close to where cell phones are carried or held close to the body.

Long-term exposure to high-voltage electrical lines is associated with decreased bone density and thyroid function. An estimated 2/3 of homes have wiring errors and dirty electricity, creating additional daily burden for our bodies.

EMF exposure reduces melatonin production at night. Melatonin is a hormone secreted by the pineal gland that serves a master hormone role in immune system and sleep.

Suggested health tips to reducing EMF exposure: Never hold your cell phone to your ear; instead, use the speakerphone or air tube headset. Learn to put your cell phone in airplane mode when not in use, especially at night.

Limit WI-FI use; consider ether-net connections at home or at least turn WI-FI off at night. Create an EMF-free sleep sanctuary in the bedroom to allow deep sleep and recovery at night.

I conclude with actions you can take to minimize hazards to building strong bones. Limit sugary foods and beverages. Talk with your health care providers when you or your children face medical conditions or medicines that may interfere with bone growth.

Consume nutrient-dense organic foods, including fermented foods and apple cider vinegar. Get Vitamin D from sunlight. Limit WI-FI use, especially at night. Limit cell phone exposure by keeping the phone away from your head and don't carry it close to your body unless using airplane mode.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.

# Celebrating Our First Foods!

The co-managed site where we can access nettle shoots and other plant medicines is within the area we have tended the hazel stick patch. Tribal members and their families may contact me for further info. I cannot transport anyone due to COVID restrictions.

Healthy Traditions  
541-444-9627 (office)  
or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)



## “New” Garden Box Application

### 11-County Service Area - Garden Beds!

Criteria: You must be a Siletz tribal member/Siletz tribal household residing within the 11-county service area and you did not get approved for the previous Lincoln County Garden Beds application. You must have your application in by April 19, 2022.

Grant funds are limited and we will order boxes online to be delivered to your home, which you will need to assemble.

Please email your application to: [Htgardenboxes@ctsi.nsn.us](mailto:Htgardenboxes@ctsi.nsn.us). If you have any questions please call **541-272-1705**. We will notify you of your application being accepted.

#### Applicant Information

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First M.I.*

Address: \_\_\_\_\_  
*Street Address Apartment/Unit #*

\_\_\_\_\_  
*City State ZIP Code*

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Siletz Tribal Roll Number: \_\_\_\_\_

Since we are ordering online to be delivered directly to your home, the size and materials can vary based on supplier and availability. Some assembly will be required.

Your application must be complete and we must be able to contact you or your application will not be accepted.

Please be sure your application is complete.

We must be able to contact you or your application will not be accepted.

Thank you.  
Diabetes and  
Community  
Health  
Program  
Staff



# Siletz Community

Find us on Facebook! Siletz Community Health Department

## EVENTS

CARE Virtual Shawl Making  
Tuesday, April 5 and 12  
4:00 - 6:00pm

Healing and Wellness Event  
Starts April 10

Denim Day - April 27

Virtual Talking Circle  
April 14  
5:30pm

Virtual Book Club  
Every Wednesday  
At 3:30pm

For more information: 541-444-9638

### SILETZ COMMUNITY HEALTH RESOURCE LINE

RESOURCE PHONE NUMBER 541-444-9613

200 GWEE SHUT ROAD, SILETZ for pick up of supplies

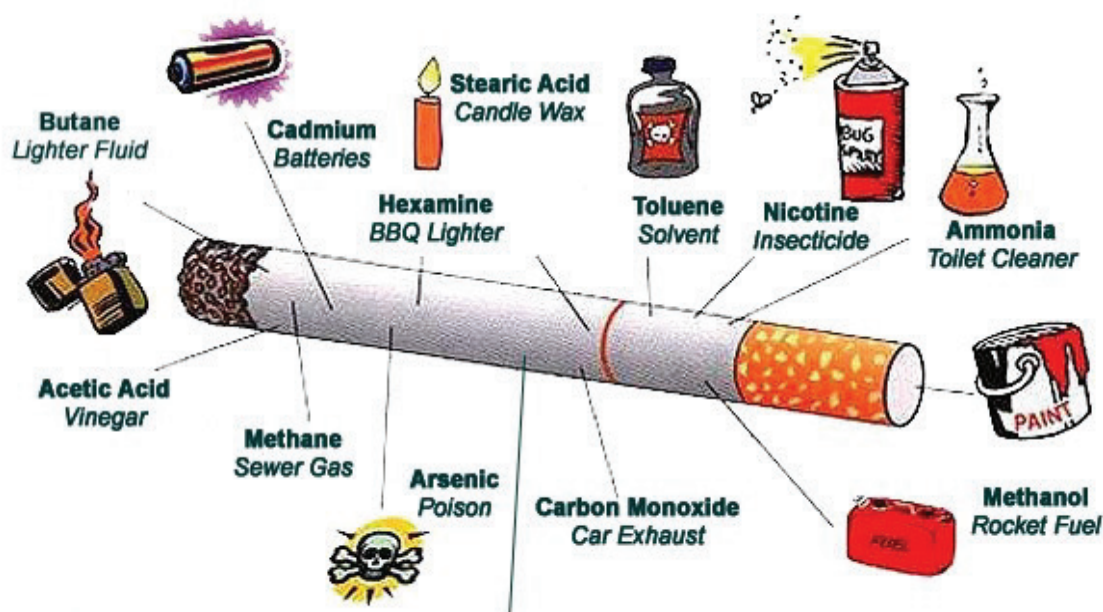
Please call the community health resource line for COVID supplies; this includes...

Masks (surgical, KN95, and N95), face shields, gloves, hand sanitizer, Clorox wipes, first aid kits, thermometers and home COVID test kits.

If you test positive, please call this number. Additional resources are available, such as pulse oximeter used to check oxygen level in COVID positive patients at higher risk of complications.



## Tobacco: More than just Nicotine



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



**comfort station**  
shower facilities  
MONDAY 10AM-12PM  
WEDNESDAY 2PM-4PM  
FRIDAY 8AM-10AM  
CALL: (541)444-9672  
TO SCHEDULE AN APPOINTMENT

### Tobacco-Related Cancers for 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 the 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  
AI/AN Line now available (option 7) 1-800-784-8669



Virtual Talking Circle  
The Siletz CARE Program hosts a Virtual Talking Circle on the third Thursday of each month:  
April 21, 2022 - 5:30 PM  
FMI: 541-444-9638



# Health Department



## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

### TEAL TUESDAYS

Every Tuesday in April send a text to Rachelle Endres at (541)270-7168 with the word “CONSENT” and include a photo of yourself wearing teal in honor of sexual assault survivors.

### DENIM DAY—April 27, 2022

Wear denim all day to show support for survivors.

## April Is STD Awareness Month

STDs are at a record high in the United States. Use condoms and get tested today. Getting tested for STDs is a basic part of staying healthy.

If you are in need of safe sex supplies,  
Contact Shawnee @ (541)270-6732

### HEALING AND WELLNESS EVENT

**BELIEVE  
SURVIVORS  
CHANGE  
THE CULTURE**  
#SAAM

Event Begins on April 10th, 2022  
Through May 25th, 2022

The CARE and Diabetes Program are coming together to offer an amazing event for our community.

Activities will include

- Fitness Challenges
- Virtual Fun
- Prizes and Giveaways
- 5K Walk/Run
- Ceremonies and more..



Please Register For Event at

[https://2022ibelievesurvivors.  
eventbrite.com](https://2022ibelievesurvivors.eventbrite.com)

Using Same App As R2R  
COME CHECK IT OUT



### Transportation Program

The program provides non-emergency medical transportation for Siletz tribal members in the

11-county service area.

To request a transport, please call

Richard Faber at  
541 444-9633.

**ALL REQUESTS MUST  
BE MADE 48 HOURS  
AHEAD OF TIME**

# CTSI Education Department – 2021 & 2022 Successes

The Siletz Tribal Education Department has four education specialists located in each of our service areas (Siletz – Jeff Sweet; Salem – Sonya Moody-Jurado; Eugene – Candace Hill and Portland – Katy Holland).

The vision of the education team is to support and improve educational opportunities and outcomes for Tribal members throughout their life.

Collectively, the Tribal education specialists work with 79 school districts and 841 schools within the 11-county service area (for services pertaining to primary and secondary grades).

Education specialists provide service to Tribal students from preschool to the 12th grade through our JOM, Youth Activity Fund and the Student Incentive program. Services include meaningful consultation with school districts, student advocacy, academic support, cultural enhancement, and support services for extracurricular activities.

In addition, each education specialist works with enrolled adult Siletz Tribal members within the 11-county service area and beyond through the Adult Education, Adult Vocational Training, Higher Education and Graduate Student programs.

Education specialists share a collective mission to provide opportunities for all Tribal members to reach their full potential, establish independence and improve the quality of their life through education and lifelong learning.

It is the distinct pleasure of our team to work directly with the Tribal membership. We believe that our successes are your successes, so it is in that spirit we would like to share our 2021 and 2022 program highlights with you.

## 2021 Education Summary Statistics

- 142 students served through the Higher Education program
- 28 students served through the Adult Vocational Training program
- 10 students served through the Graduate funding program
- 17 students served through the Adult Education program
- 1,425 students served through the JOM program
- 127 youth served through the Youth Activity program
- 71 students served through the Student Incentive program
- 269 students served through the COVID-19 Youth Assistance Program
- 422 students served through the BIA/CARES School Supply/PPE Fall 2021
- 927 youth served through the CARES COVID-19 STREAM Education Kits
- 9 students awarded Tribal Education Committee Scholarships

## 2022 Education Summary Statistics

- 330 students served through the BIA/CARES School Supply/PPE Winter 2022
- 191 students served through January JOM send-home family engagement activities
- 205 students served through February JOM send-home family engagement activities
- 102 Higher Education students winter term/spring semester 2022
- 11 Adult Vocational Training students winter term/spring semester 2022
- 515 active enrolled JOM students as of March 2022
- 24 students are currently utilizing TutorMe services

## Apply 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.

We offer services to promote children's school readiness skills and assist families with supporting their child's lifelong learning. Classrooms offer 3½ hours of service per day, Monday-Thursday, round-trip transportation and developmentally appropriate activities to promote each child's success. To qualify, children must be age 3 or 4 by the local school district's age cut-off date, and income limits may apply.

Head Start applications can be found on the Siletz Tribal website or can be requested by calling 541-444-2450 or 800-922-1399 and asking for Head Start.


## Childcare Assistance Program expands eligibility for Tribal families in service area

The Tribal Childcare Assistance Program has received an increase in funding from the CCDF Coronavirus Relief and Response Supplemental Act. With this increase in funding, we requested approval from the Office of Child Care to temporarily waive the income eligibility requirement for all Tribal families living in the 11-county service area and to increase payment rates for family home providers.

The approval to waive the income eligibility will be in affect while the state and/or Tribe is in a declared emergency and can continue for three months following the suspension of the declared emergency as long as funding is sufficient.

Families must meet other eligibility requirements, which include living in the 11-county service area; parents must be working, engaged in education or in a job training program; and children must be enrolled Siletz Tribal members or eligible to enroll Siletz, or be the descendant or dependent of an enrolled Siletz Tribal member.

To request an application, contact DeAnn Brown by email at [deannb@ctsi.nsn.us](mailto:deannb@ctsi.nsn.us) or by telephone at 541-444-2450.



**We're Back!**  
Calling all Gamers, K-12

**CTSI**  
**Minecraft Gathering**

**APRIL 23, 2022 @ 10:30 AM**

**Contact:**  
[elizabethm@ctsi.nsn.us](mailto:elizabethm@ctsi.nsn.us)  
for registration

## 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	Eugene Area	Portland Area & Washington	Salem Area
Alissa Lane-Keene	Candace Hill	Katy Holland	Sonya Moody-Jurado
<a href="mailto:AlissaL@ctsi.nsn.us">AlissaL@ctsi.nsn.us</a>	<a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a>	<a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a>	<a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a>
541-444-8373	541-484-4234	503-238-1512	503-390-9494

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.



# Affordable Connectivity Program can help pay broadband costs if you are eligible

The Affordable Connectivity Program (ACP) is a Federal Communications Commission benefit program that helps ensure that households can afford the broadband they need for work, school, health care and more.

Eligible low-income households can receive a discount of up to \$30 per month toward Internet service and **up to \$75 per month for eligible households on Tribal lands**. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet from participating providers if the

household contributes more than \$10 and less than \$50 toward the purchase price.

A household is eligible for the program if the household income is at or below 200% of the federal poverty guidelines or if a member of the household meets at least one of the criteria below:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC or Lifeline
- Participates in Tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal

TANE or Food Distribution Program on Indian Reservations

- Eligible to participate in the National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision
- Received a federal Pell Grant during the current award year
- Meets the eligibility criteria for a participating broadband provider's existing low-income Internet program

## Two Steps to Enroll

1. Go to [ACPBenefit.org](http://ACPBenefit.org) to submit an

application or print out a mail-in application.

2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

If you need to talk to someone about your eligibility or application status, call the ACP Support Center at 877-384-2575.

# Top court will hear challenge to ICWA

*From the Native American Rights Fund*

WASHINGTON – The U.S. Supreme Court has announced that it will hear a challenge to the Indian Child Welfare Act (ICWA), a 44-year-old law that has long been considered the gold standard in child welfare policy. The far-reaching consequences of this case will be felt for generations.

ICWA is widely supported by an impressive array of stakeholders within and outside of Indian Country. At the lower court, 486 Tribal Nations, 59 Native organizations, 31 child welfare organizations, 26 states plus Washington, D.C., and 77 members of Congress offered support for ICWA.

These supporters recognize that ICWA is firmly in the best interests of Native children. In keeping children connected to their extended family and cultural identity, the positive outcomes are far-reaching and include higher self-esteem and academic achievement. Further, they recognize that collaboration between sovereign Tribal

nations and state child welfare systems is effective and just governance.

ICWA supporters are immersed in the historical background and present-day application of this law, which cannot be said of the few opponents who wish to overturn the law. In a coordinated, well-financed and direct attack, Texas and other opponents aim to simultaneously exploit Native children and undermine Tribal rights. Their goal – weakened protections for Native children – would be a certain outcome of dismantling ICWA, clearing the way for bad actors to grow their control of Native land, Native industry and Native futures.

Our opponents do not represent the best interests of Native children, families or peoples; in fact, they seek to undermine them. ICWA is a cornerstone to our Tribal nations and the Protect ICWA campaign will continue to defend ICWA in the interest of Native children and the future of Tribal nations.

For more information about STAHS, visit [siletzartsheritage.org](http://siletzartsheritage.org).

## Siletz Home Visiting Program

Now serving all federally recognized and Alaskan Native families who meet eligibility criteria!

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
- Virtual visits currently

For more information contact:

Danelle Smith  
Siletz and Coast Range  
541-444-9603 or  
800-922-1399  
[danelles@ctsi.nsn.us](mailto:danelles@ctsi.nsn.us)

Lori Christy  
Salem, Portland and Surrounding Areas  
503-390-9494  
[loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us)

Cathy Ray  
Eugene and Surrounding Areas  
541-484-4234  
[catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)

Go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us) Home Visiting to view past success stories.

Eligibility requirements:

- Live in 11-county service area
- Family is expecting or has an infant under 12 months of age.
- American Indian/Alaskan Native head of household or dependent child and meet one of the following criteria:
  - Income below 300% of federal poverty level for last 30 days
  - Household 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, so contact our staff if you have questions.

## 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 or enrolled in a federally recognized Indian Tribe and reside in the CTSI service area.

### Exhausted All Resources

You have utilized all other funding resources, i.e., Housing Department, LIHEAP, and 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

# PURCHASE/REFERRED CARE UPDATES

# COMMONLY ASKED QUESTIONS

What to expect when calling PRC: You'll get a voicemail and we'll ask you to leave a message.

## Need an Authorization Number

Your message should include:

- \* Your name
- \* Your date of birth
- \* Your phone #
- \* Date of appointment
- \* Provider or facility name and type of appointment (dental, medical, optometry, etc.)

PRC staff will call you as soon as possible with the goal of same day but no more than 1 business day.

## PRC general questions or status of claim

Your message should include:

- \* Your name
- \* Your date of birth
- \* Your phone #
- \* Reason for call

PRC staff will call you as soon as possible but no more than 3 business days.

We sincerely apologize for the change in services and we hope to return to answering phones (live) as soon as possible. Thank you for the kindness and support you've shown staff. It's greatly appreciated.

### 1. Why didn't PRC pay a bill I mailed to them (or dropped off at clinic)?

- a. The facility MUST bill PRC directly. The facility will send the bill on a medical claim form that provides necessary details to process a claim. If you get a bill, please contact the facility and ask them to bill PRC as your secondary (or primary) insurance. Although PRC is a benefit and not an insurance, the billing process is exactly like an insurance.
- b. PRC staff calls and mails the facility requesting they bill PRC directly, but this doesn't always happen or happen timely.

### 2. Why does it take so long for PRC to pay my bill? My doctor's office said they've sent 3 claims?

- a. There should only be a delay if we've never paid the provider before. PRC requires a W-9 from the facility. PRC cannot pay a claim without a W-9 on file and this can cause delays. Staff work very hard to get W-9s, but obtaining the W-9 isn't always easy, especially for out-of-state facilities.
- b. Sometimes the billing process is slow and it's months before PRC receives a claim.

### 3. What do I do if I get a bill that PRC should pay – I have an authorization #?

- a. Notify the facility that they need to bill PRC - ASAP. You may also provide information to PRC to assist you.

Purchased/Referred Care (PRC)  
PO Box 320, Siletz, OR 97380  
PRC Phone: 541-444-1236 PRC Fax: 541-444-9645

## Tribal Council expands alternative health care to include naturopath services

In addition to acupuncture, chiropractic and massage services, Tribal members now can use the alternative health care funding to access naturopath services.

The program remains the same – up to \$75 per visit for a maximum of three visits per quarter.

Contact PRC for more information at 541-444-1236; it may take a few days to get a response due to current staffing challenges (see information at left).

Thank you for your patience and kindness as we work through these challenges.

## Siletz Community Health Clinic offers dental implants; are you a good candidate?

Millions of people in the U.S. have lost at least one tooth. If you're one of them, you may be considering the surgical procedure of dental implants but are unsure whether implants are right for you.

Good dental implant candidates are in good health and have a fully developed jaw. Ideally, you should also have a sufficient

quantity of quality bone in your jaw to anchor the implant.

To be a good candidate for dental implants, you have to commit to a high level of oral hygiene to look after your implanted teeth and surrounding gums. Regular brushing and flossing are imperative as are periodic checkups and professional cleanings.

To determine whether dental implants are right for you, the Siletz Community Dental Clinic can carry out a thorough evaluation of your mouth and jaw. This will include a CT (computed tomography) scan.

A CT scan produces a two-dimensional image but we have special technology that turns it into 3D. This helps us identify any areas of bone loss and assess your sinuses and location of nerves – critical information ahead of a dental implant.

Medical conditions that could mean you're not an ideal dental implant candidate include:

- Connective-tissue disorder
- Hemophilia, which impedes blood clotting

### You may still be a good dental implant candidate if you have a medical condition.

It depends on the severity and extent of the ailment. We'll need to carefully evaluate your situation and may need to work with you and your physician to improve your overall health.

Other factors that may raise questions about your suitability for implants are:

- You have undergone high-dose radiation treatment to the neck or head.
- You are pregnant. The American Pregnancy Association says high stress levels in an expectant mother can affect the development of her baby. Any

Implants, continued on next page



## SILETZ TRIBAL MEMBER MEDICARE REIMBURSEMENT INFORMATION

**What:** The Siletz Tribe reimburses any Siletz Tribal member for their Medicare B (hospital) and D (pharmacy) premiums.

**How:** Forward a copy of the letter you receive from Social Security or your Part D coverage provider that states how much they will deduct or you will have to pay monthly for your premium to:

Siletz Community Health Clinic  
Attn: Sara Bell-Tellez  
P.O. Box 320  
Siletz, OR 97380  
Or email to: [sarab@ctsi.nsn.us](mailto:sarab@ctsi.nsn.us)  
Or fax to: 541-444-9678

Once you have submitted your paperwork, you will receive your reimbursement on the first of the following month however you receive your elder's stipend – paper check or direct deposit. (If you are not an elder, please let Sara know how you would like to be reimbursed. If you would like direct deposit, please include a blank "voided" check with your letter.)

**\*\*\*In case of any change in cost of premium, you must provide a copy of your new letter with updated premium information.\*\*\***

### Frequently Asked Questions

- Do you back reimburse?
  - No, we do not back pay. Reimbursement starts the month after paperwork is submitted.
- Do you reimburse for Medicare supplements?
  - No, only for the cost of the Medicare B and D premiums.
- Will I receive a 1099 for taxes?
  - No, it is a reimbursement program and not a payment, per capita, etc., so a 1099 is not needed.

## OPTOMETRY ACCESS TEMPORARILY EXPANDED



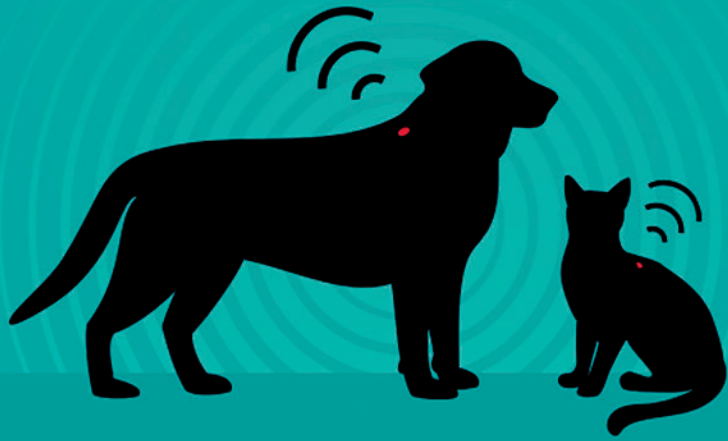
Due to access concerns, you may see an optometrist outside of the Siletz Clinic or I.H.S. facility for as long as the Clinic remains in Phase I.

PRC-eligible patients living within 40-miles of the Siletz clinic or an I.H.S. facility are now eligible to obtain services at an outside optometry facility. Your annual/bi-annual benefit applies.

Please contact PRC for additional information at 541-444-1236

# Want to help your pet get home to you?

Microchip your pet today, so you and your pet can be easily reunited after a disaster.



[READY.GOV/PETS](https://www.ready.gov/pets)

# Ready, set, selfie with your pet!

Have a current photo of you with your pet in case you are separated during a disaster.



[READY.GOV/PETS](https://www.ready.gov/pets)

## Implants, continued from previous page

surgery is likely to heighten anxiousness during an already stressful time.

- If you are prone to excessive teeth clenching or grinding, this could put too much pressure on implants, causing long-term damage.
- If you take certain medications, including steroids or drugs that suppress the immune system.
- You're a smoker/vaper. This will hinder healing, reducing the likelihood of a satisfactory implant procedure.
- You are a young person whose jaw bone is still growing.

If you think you might be a good dental implant candidate, we can perform a detailed examination to determine whether implants are your best option.

Call 541-444-1030 or 800-648-0449 to schedule your examination today.

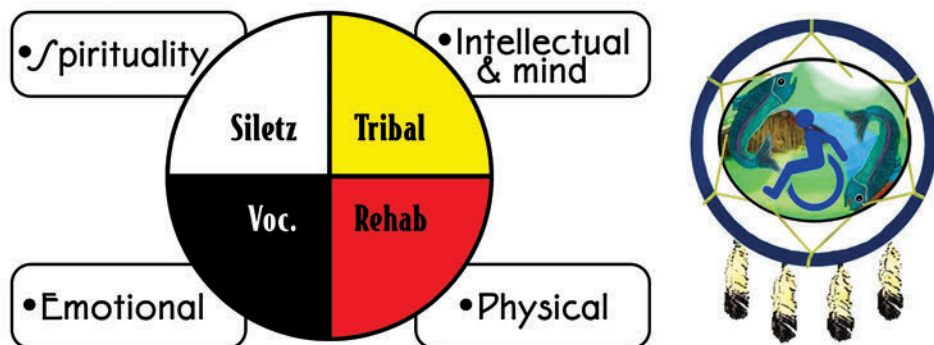
**Be safe.  
Get vaccinated.  
Get boosted.  
Stay well.**

## Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of ANY federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

### Examples of Services

- Guidance and counseling
- Referral to employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

**Makayla Jackson**  
Job Developer/Counselor  
Eugene Area Office  
2468 W 11th Ave.  
Eugene, OR 97402  
541-484-4234, ext. 1752

**Toni Leija**  
Job Developer/Counselor  
Salem Area Office  
3160 Blossom Drive NE, STE 105  
Salem, OR 97305  
503-390-9494, ext. 1861

**Tamra Russell**  
Job Developer/Counselor/TSS 1  
Portland Area Office  
12790 SE Stark St., STE 102  
Portland, OR 97233  
503-238-1512, ext. 1411

**Jamie Bokuro**  
Intake Specialist/Job Coach  
Siletz Area Office  
201 SE Swan Ave.  
Siletz, OR 97380  
541-444-8266

## SILETZ TRIBE VOCATIONAL REHABILITATION PROGRAM

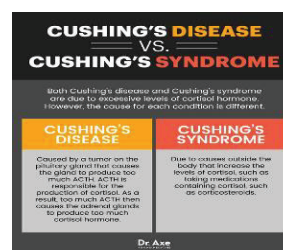
### Cushing's Disease vs. Cushing's Syndrome – APRIL AWARENESS

Cushing's syndrome is a disorder that occurs when your body makes too much cortisol (hormone) from overuse of certain medications over a long period of time. Cushing's disease is caused by an overproduction of cortisol from the adrenal glands and causes tumor (pituitary) growth in the brain.

Cortisol is sometimes called the "stress hormone" because it helps your body respond to stress and helps: 1) maintain blood pressure; 2) regulate blood sugar; 3) reduce inflammation; and 4) turn the food you eat into energy. Cushing's syndrome affects adults between ages 30 to 50, but it can also occur in children. It affects about three times as many women as men

#### Cushing's syndrome may cause other health problems such as:

- Heart attack or stroke
- Blood clots in the legs and lungs
- Infections
- Bone loss or fractures
- Type 2 diabetes
- High blood pressure
- Unhealthy cholesterol levels
- Depression or other mood changes
- Memory loss or trouble concentrating
- Insulin resistance and prediabetes



#### Signs and Symptoms:

- Weight gain
- A round face
- Increased fat around the base of the neck
- A fatty hump between the shoulders
- Easy bruising
- Thin arms and legs
- Wide purple stretch marks on the stomach, breasts, hips and under the arms
- Weak muscles

If you or someone you love is exhibiting symptoms, contact your medical provider for an exam. Siletz Vocational Rehab staff is available to assist you with your vocational needs.

Some accommodations: A flexible work schedule, financial assistance or telework.

References: [Cushing's Syndrome and Cushing Disease | Endocrine Society](#) – Jan 2022  
[Cushings Booklet English.pdf \(pituitarysociety.org\)](#) – 2013

**Jamie Bokuro, Intake Specialist/Job Coach** 541-444-8266  
**Tamra Russell, VRC/Job Developer & TSS (Portland)** 503-238-1512, ext. 1411  
**Makayla Jackson, VRC/Job Developer (Eugene)** 541-484-4234, ext. 1752  
**Toni Leija, VRC/Job Developer (Salem)** 503-390-9494, ext. 1861

## Ken Staggs – 1949-2022

The foundation of our family, Ken Staggs, 73, passed away from cardiac arrest on Feb. 26, 2022, at Kootenai Medical Center in Coeur d'Alene, Idaho. He was surrounded by his wife and children.

Ken was the second of five children born to Gladys (Tom) and Charles "Chuck" Staggs in Salem, Ore., on Feb. 11, 1949. He was a proud member of the Confederated Tribes of Siletz Indians, descended from the Mikonotunne and Kwatami Bands of the Tutuni Indians and the Shasta Band of the Rogue Indians.

His childhood was spent on the Siletz Reservation as well as in a logging camp. He was able to learn and thrive under any circumstance put in front of him. His adventures would lead to learning and teaching experiences that he used to help others later in life.

He graduated from Springfield High School in 1967 and served two years in the Army. A few years later, he relocated to Coeur d'Alene

Through the years, Ken's work ethic could be seen in the several jobs he held. He worked as a floor layer, a cemetery director at Forest Cemetery and later ran five departments at the CDA Resort.

Ready to make a change, Ken decided to fulfill his dream of influencing Native youth in a positive way. He went to college and graduated from Gonzaga University in 1995 with a bachelor's degree in secondary education. That year he was awarded Student of the Year in the first unanimous decision for that award.

He started his teaching career as a history teacher in Plummer, Idaho. Over the years, you could find Ken heavily involved in his surrounding community as a dedicated coach, umpire and referee. To stay active, Ken enjoyed playing the sports he coached recreationally, as well as golf and cribbage.

Ken was many different things to so many people. He was a loving husband, father, brother, grandpa (Apa), uncle, nephew, caring neighbor, teacher, coach, mentor, veteran and **friend**.



Throughout his life he had many hobbies. He collected old baseball and football cards. Ken was a classic car enthusiast, but his soft spot was for any of the 1956 Chevys.

Ken never met a stranger. He was always quick to find out what made someone open up and was a natural at making people feel at ease. He is remembered by his uncanny ability to teach through humor, sarcasm and witty dialog, as well as his ability to pass on wisdom through storytelling and "outside-the-box" thinking.

Ken would always use this quote: "The only thing you leave behind when you die is what you teach your children." But for Ken, it was not only his children, whom he cherished, it was his students and the athletes he coached.

Ken is survived by his wife, Wilma Staggs; his four children, Duke Staggs (Wendy), Heather "Shy" Rice, Abraham "Horse" Staggs (Tyia) and Dalton Staggs (Ami); brother, Tom Staggs (Connie); sisters, Sue Langstaff, Cheryl Ben and Julie Hodges; 11 grandchildren, Lincoln, Lawney, Casey, Kiana, Mike, Caleb, Ben, Alexis, Kyla, Kade and Kole; one great-grandchild, Maverick; and his very large Native family.

A Celebration of Life will take place April 23, in Oregon, time and place to be announced.



## Richene Jo Johnson – 1952-2022

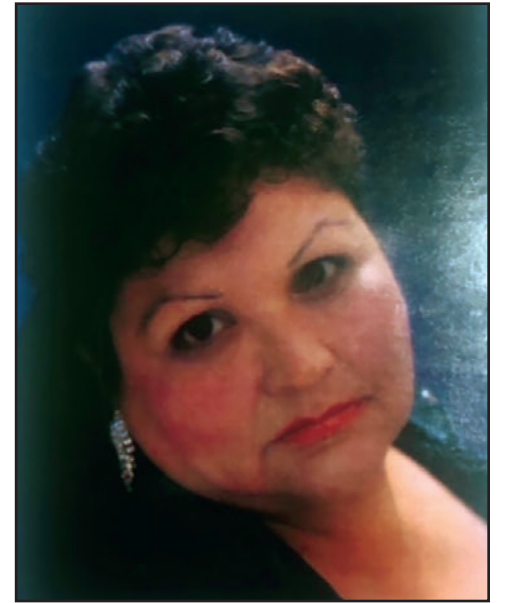
Richene Jo Johnson, 69, of Elkton, Ore., was born Aug. 14, 1952, in Toledo, Ore., to George Richard Bennet Sr. and Irene Mae Meyers.

She married Mickey Johnson and had three children – Bill Roberts of Washington; Cathy Roberts of Sheridan, Ore.; and Tудie Roberts of Sheridan.

She had many siblings – Richard Bennet Jr., Delmer Butler Jr., Kent, Brent, Barry, Todd Butler, Ella Butler, Carol Kuykendall and Susie Kasemeyer. She died peacefully on Feb. 21, 2022, in her daughter Cathy Jo's home as per her wish.

She had 11 grandchildren and 13 great-grandchildren. Richene had touched so many lives and loved so many. She had taken in many children and raised them and loved them as her own. Richene is truly going to be missed, but never forgotten.

Luv U ♥



## Paul Davis – 1959-2022

Born: July 17, 1959, in Klamath Falls, Ore.

Passed: Jan. 12, 2022, in Albany, Ore., at age 62

Paul was born and raised in Klamath Falls, the seventh of 10 children to Elnathan Davis and Minnie Davis.

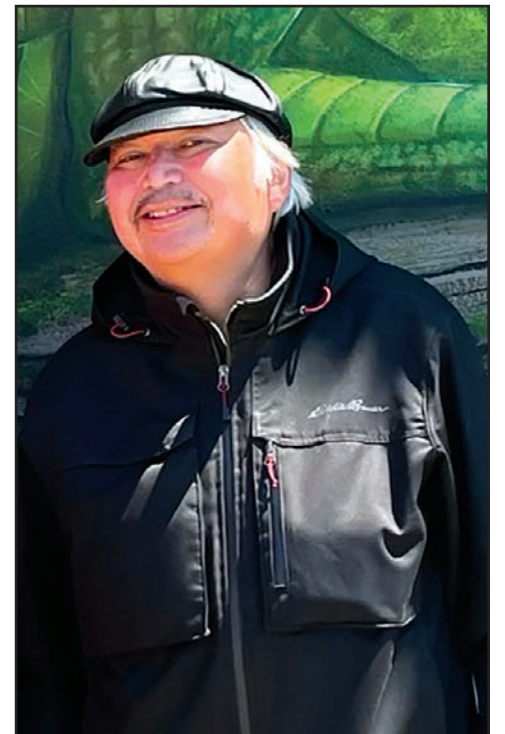
Growing up, Paul followed in the steps of his older siblings and attended Sacred Heart Academy in Klamath Falls. Paul was a member of the Sacred Heart Academy 1977 state champion baseball team and enjoyed running sports.

Following high school, Paul served a short time in the U.S. Army. Following that, Paul worked at both Sprit Mountain Casino and Chinook Winds Casino, residing for a time in Grande Ronde, Ore.; McMinnville, Ore.; and Lincoln City, Ore.

It was while living in Lincoln City that Paul met and married Special Surprise Hayes. In 2018 Paul and Special got married and made their home in Lincoln City. After only being married a short time, Special passed away unexpectedly on Oct. 18, 2019.

Paul is survived by his sister, Minnie Kay Herbert, and brother, Mark Davis.

In addition to being predeceased by his wife, Paul is predeceased by his parents; his siblings, Helen Ani, Marvin Davis, Rita Clow, Elnathan Davis, Peter Davis and the twins, Ruby and Ruth Davis; and many cousins, nieces and nephews.



Paul was especially thankful for the friendship and love shown to him by his cousins Kimberly Campbell and Annette Andrews.

The family is thankful for the Siletz Tribe and the many wonderful people of the Tribe who have supported Paul since the passing of his wife, Special.

A private family service was held Feb. 12, 2022, in Newport, Ore. A memorial to Paul will be placed in the Paul Washington Cemetery in Siletz, Ore.

Be safe. Get vaccinated. Get boosted. Stay well.

# 2022

## Summer Research Training Institute

for American Indian and Alaska Native Health Professionals

### Registration Now Open!

Virtual

For more information, visit [npaihb.org/northwest-native-american-research-center-for-health-nw-narch/](http://npaihb.org/northwest-native-american-research-center-for-health-nw-narch/)

Sponsored by:  
NIGMS under Award Number 1S06GM141002  
Native American Research Centers for Health  
Northwest Portland Area Indian Health Board

NW NATIVE AMERICAN  
RESEARCH CENTER FOR HEALTH

Legal Aid Services of Oregon and the Oregon Law Center, civil legal service providers for low-income Oregonians, operate a **public benefits hotline** where low-income Oregonians can talk to lawyers and paralegals to get advice on public benefits, including unemployment benefits:

**800-520-5292**

**Oregonlawhelp.org.**



## Delores Ben – 1932-2022

The Siletz Tribe lost a friend and supporter Feb. 18 when Delores Ben, wife of Edmond Ben, passed. She and Ed were married in 1948 and lived in Siletz, Ore., until termination time when they moved to Salem, Ore., to raise their family.

Married for almost 74 years, Delores supported Ed in the effort to regain federal Tribal recognition. She traveled with the Archie Ben dancers, helping preserve cultural connections and preparing food for the meetings held by the group working toward restoration.

After restoration, she would attend meeting with Ed and participated in any activity she was asked to help with, including working with the Restoration Pow-Wow Committee stuffing goodie bags or whatever was needed.

Delores is survived by her husband, Ed; her sons, Gerald and his wife Jackie, and Ed Ben Jr. and his wife Alice; grandkids, Christopher (Virginia), Crystal (Justin), Brandy (Jai), David, Jennifer, Michael, Channel (Andrew), Leanne, Fawn and Brook (Shawn); great-grandkids, Isaiah, Spencer, Cori, Crystin, Khloe, Mason, Kody, Faith, Hope, Jai Jr., Lennon, Livia, Clara, Evelyn, Destiny and Carley; and great-great-grandson, Bryan. She was preceded in death by her son, Rod (Cheryl).

**Tribal employment information is available  
at [ctsi.nsn.us](http://ctsi.nsn.us).**



## Pilcrow Foundation awards grant to Siletz Library, Tribe helps with books

The Siletz Public Library was recently awarded the Children's Book Project grant award from the Pilcrow Foundation, which provides quality children's books to rural public libraries through a competitive grant process to encourage active engagement within the community and lifelong learning. Forty-two small and rural libraries across the United States were selected for the latest grant distribution.

The library received 121 children's books with a focus on diversity, American Indian authors and illustrators, STEM and health. The books have a value of more than \$1,600 and include picture books, board books, fiction and nonfiction.

The grant was made possible by Pilcrow Foundation supporters Dr. Bill Strawbridge, Dr. Meg Wallhagen, Mr. and Mrs. Hal Berenson, and Mrs. Laura Ackerman. The Confederated Tribes of Siletz Indians donated an additional 14 books.

The local match of \$400 was made possible by Siletz Valley Friends of the Library.

The Pilcrow Foundation books will greatly enrich our children's book collection. These are critically acclaimed titles, well-recognized by librarians and educators. We are very grateful to the Pilcrow Foundation, its supporters and our local donors.

All of the new books have been added to the collection and Siletz Public Library invites our patrons and local residents to visit and borrow from the collection.

## Interior Department announces next steps to remove "sq\_\_\_" from federal lands

WASHINGTON— The Department of the Interior has announced a list of candidate replacement names for more than 660 geographic features with the name "squaw," which was officially declared a derogatory term as a result of Secretary's Order 3404. The department has initiated Tribal consultations and an opportunity for public comment to recommend and review proposed replacement names.

Secretary's Order 3404 established the 13-member Derogatory Geographic Names Task Force, which includes representatives from the department's Bureau of Indian Affairs; Bureau of Land Management; Bureau of Safety and Environmental Enforcement; National Park Service; Office of Diversity, Inclusion and Civil Rights; Office of Surface Mining Reclamation; and U.S. Geological Survey. The

Department of Agriculture's U.S. Forest Service is also a member.

The task force's first action was to finalize a decision to replace a full spelling of the derogatory term with "sq\_\_\_" for all official related communications.

"Words matter, particularly in our work to make our nation's public lands and waters accessible and welcoming to people of all backgrounds. Consideration

of these replacements is a big step forward in our efforts to remove derogatory terms whose expiration dates are long overdue," said Secretary Deb Haaland. "Throughout this process, broad engagement with Tribes, stakeholders and the general public will help us advance our goals of equity and inclusion."

Prior to the implementation of the task force, changes to derogatory names for geographic features were submitted as a proposal to the Board on Geographic Names, which then worked through its deliberative process. The BGN has received 261 proposals to replace geographic features with sq\_\_\_ in the name in the past 20 years.

Under SO 3404, the task force will recommend replacements for more than 660 geographic features to the BGN in a matter of months, starting from a list of five candidate names for each individual feature. This process stands to significantly advance and accelerate the name change process across the nation.

The Tribal consultations and public comment period announced in the Federal Register on Feb. 22 will give the task force the chance to seek additional candidate names and feedback from Tribes and the public. The task force will prioritize these names in its review and provide a final recommendation for the BGN to vote on when it convenes later this year.

## White House Council on Native American Affairs discusses effort to protect, increase access to Indigenous sacred sites

WASHINGTON – The White House Council on Native American Affairs (WHCNA) convened an engagement session with Tribal leaders and Native Hawaiian organizations on March 9 focused on implementing a new inter-agency initiative to improve the protection of and access to Indigenous sacred sites through enhanced and improved inter-departmental coordination, collaboration and action.

Eight federal agencies signed a Memorandum of Understanding (MOU) during the 2021 White House Tribal Nations Summit to increase collaboration with Tribes to ensure stewardship and access to sites, and incorporate traditional ecological knowledge into management, treatment and protection procedures.

The listening session was led by WHCNA Executive Director Morgan Rodman, who was joined by the Department of the Interior Assistant Secretary for Indian Affairs Bryan Newland and representatives from the U.S. Departments of Agriculture, Transportation and Energy; Environmental Protection Agency; White House Council on Environmental Quality; Advisory Council on Historic Preservation; and the Tennessee Valley Authority.

During the session, government officials encouraged traditional cultural practitioners, Tribal elders and those with traditional ecological knowledge expertise to provide comments and share their perspectives about the MOU and its implementation, including how to improve

the protection of and access to Tribal, Alaska Native and Native Hawaiian sacred sites. Newly identified goals also include, but are not limited to:

- Establishing an interagency working group to enhance interagency collaboration and coordination
- Integrating consideration of sacred sites early into the decision-making, regulatory and consultation processes to ensure that agency actions acknowledge and honor the importance of sacred sites
- Enhancing public outreach that focuses on the importance of maintaining the integrity of sacred sites and the need for public stewardship to protect and preserve them.

# SERVICES AVAILABLE

## Mental Health Services & Life Alert

### Mental Health Services

➤ **What services are available?**

- Counseling Services – individual or family
- Psychiatry Services
- Psychology Services
- Up to 8-visits annually (more if medically necessary)

➤ **Who's eligible?**

- Siletz Tribal members eligible for Purchased/Referred Care (PRC), formerly Contract Health Services (CHS).

➤ **How do I get benefits?**

- CALL PRC at 800-628-5720 or

541-444-9648 to speak with a PRC representative.

- Prior to making an appointment with a provider – confirm the provider will accept PRC as payment.
- Benefits are limited, first-come, first-served.

➤ **What you need to know:**

- After calling PRC for benefits, the patient will receive a letter with program details. The letter also provides information that the patient can give to their provider for payment processing information.
- You will not be required to use other resources first. This will allow you to go to a provider who does not accept Oregon Health Plan/Medicaid or your private insurance.

### Life Alert

- Please contact your local community health advocate (CHA) if you think you or another Tribal elder could benefit from Life Alert.

• Eligibility Criteria:

- Enrolled Tribal member eligible for PRC
- Work with CHA to determine need/apply for local services

➤ **Steps to get Life Alert:**

- Contact your local CHA –
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)

- The CHA will assist you in applying for Life Alert at no cost through community options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

➤ **You can reach the community health advocates at:**

- Siletz – Jeffrey Green at 541-444-1030
- Salem – Cecilia Tolentino at 503-390-9494
- Eugene – James Boe at 541-484-4234
- Portland – 503-238-1512



**Hello All JOM Families in Lincoln & Tillamook Counties**

My Name is Jeffery Sweet and I am the new Education Specialist for the Siletz Area.

Many of you may be familiar with me as a local coach and as the former Youth Services Coordinator. I look forward to stepping into this position and working with Tribal JOM families & students here in Lincoln & Tillamook counties and Higher Education students throughout the nation.

Feel free to reach out to me with any questions about our programs.

Email: [JeffS@ctsi.nsn.us](mailto:JeffS@ctsi.nsn.us)  
 Cell Phone: 541-270-5624    Office Phone: 541-444-8207

# JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

**Email your local Education Specialist to be added to our email list.**

Portland Area Office	Siletz Area	Salem Area Office	Eugene Area Office
Katy Holland (503) 238-1512 <a href="mailto:katyh@ctsi.nsn.us">katyh@ctsi.nsn.us</a>	Alissa Lane-Keene (541) 444-8373 <a href="mailto:alissal@ctsi.nsn.us">alissal@ctsi.nsn.us</a>	Sonya Moody-Jurado (503) 390-9494 <a href="mailto:sonyamj@ctsi.nsn.us">sonyamj@ctsi.nsn.us</a>	Candace Hill (541) 484-4234 <a href="mailto:candaceh@ctsi.nsn.us">candaceh@ctsi.nsn.us</a>



**“Hi, I can help with OHP.”**

**Do you need help with OHP?**

You don't have to leave your home to apply!  
 Applications can now be done online or over the phone.

Shop for health plans at <https://or.checkbookhealth.org/> or call direct at 855-268-9767.

**541-444-9611**

### Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional Living Center

Siletz: 800-600-5599 or 541-444-8286	Narcotics Anonymous Toll-Free Help Line – 877-233-4287
Eugene: 541-484-4234	For information on Alcoholics Anonymous: <a href="http://aa-oregon.org">aa-oregon.org</a>
Salem: 503-390-9494	
Portland: 503-238-1512	

## CTSI VIRTUAL COLLEGE INFORMATION NIGHT PART III

Join the CTSI Education team on **April 21st @ 6pm via Zoom**

Topics:

- CTSI Higher Education and AVT applications and deadlines
- Siletz Tribal Housing Department Student Housing Assistance application
- Understanding and accepting your financial aid packet
- Meet college representatives

**CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP**

<b>Katy Holland</b> Portland Area (503) 238-1512 <a href="mailto:katyh@ctsi.nsn.us">katyh@ctsi.nsn.us</a>	<b>Sonya Moody-Jurado</b> Salem Area (503) 390-9494 <a href="mailto:sonyamj@ctsi.nsn.us">sonyamj@ctsi.nsn.us</a>
<b>Alissa Lane-Keene</b> Siletz Area/Out of Area (541) 444-8373 <a href="mailto:alissal@ctsi.nsn.us">alissal@ctsi.nsn.us</a>	<b>Candace Hill</b> Eugene Area (541) 484-4234 <a href="mailto:candaceh@ctsi.nsn.us">candaceh@ctsi.nsn.us</a>

## Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- Lebanon Community Hospital Foundation Scholarships  
Deadline: April 30, 2022
- NAJA-Facebook Journalism Project Scholarship  
Deadline: April 30, 2022
- Oregon Native American Chamber Scholarships  
Deadline: July 30, 2022
- AIS Scholarship  
Deadline: Varies
- Open Education Database Graduate and Ph.D. Scholarships  
Deadline: Varies
- Tribal College and University Scholarships  
Deadline: Ongoing
- American Indian Service Scholarships  
Deadline: Ongoing
- American Indian Science and Engineering Society (AISES) Scholarships  
Deadline: Ongoing
- American Meteorological Society Minority Scholarships  
Deadline: Ongoing
- Army Emergency Relief Scholarships  
Deadline: Ongoing
- Catching the Dream Scholarships  
Deadline: Ongoing
- College Board Scholarship  
Deadline: Ongoing
- National Action Council for Minorities in Engineering  
Deadline: Varies
- NOAA Scholarships  
Deadline: Ongoing

**For information about the Siletz Tribal language program, visit [siletzlanguage.org](http://siletzlanguage.org).**

## Other Opportunities

- Changing Climate Residency  
Deadline: April 10, 2022
- Amber Grants  
Deadline: Rolling
- NAYA Ninth Grade Counts  
Deadline: Rolling
- Dept. of Energy Scholars Program  
Deadline: Ongoing
- National Park Service Tribal Stewards Inclusion Program  
Deadline: Ongoing
- Center for Native American Youth at the Aspen Institute – Generation Indigenous Network Youth Ambassador
- National Youth Leadership Forum STEM Program Nomination Form  
Deadline: Various
- The Student Conservation Association
- Northwest Youth Corps
- Saturday Academy - FREE Classes for Native American Students
- ON TRACK OHSU!
- The SMART Competition

### Outside Scholarships for NATIVE AMERICAN STUDENTS

**Cobell Scholarship**  
<http://cobellscholar.org/>  
various scholarships available  
\*essay required  
Open to descendants/enrolled members

**American Indian Services**  
<https://www.americanindiandiservices.org/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

**American Indian College Fund**  
<http://www.collegefund.org/>  
various scholarships available  
\*essay required  
Open to descendants/enrolled members

**Bureau of Indian Education**  
<http://www.bie.edu/ParentsStudents/Grants/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

**Native American Scholarship Fund**  
<http://catchingthedream.org/>  
various scholarships available  
\*essay may be required  
Open to descendants/enrolled members

## Fellowships

- Native American Journalism Fellowship  
Deadline: April 30, 2022
- Institute for Citizens and Scholars Fellowships  
Deadline: Various
- American Indian Graduate Center  
Deadline: Ongoing
- NOAA Fellowships  
Deadline: Ongoing
- Master of Forest Resources Fellowships  
Deadline: Open until filled
- NW Native American Research Centers for Health Research Support Fellowship  
Deadline: Rolling
- Northwestern University's Center for Native American and Indigenous Research Undergraduate Fellowships  
Deadline: Rolling
- Fred Hutchinson Cancer Research Center Post-Doctoral Research Fellow  
Deadline: Multiple

## Important information for college-bound Tribal seniors

### April

- Send thank you notes to people who have helped you.
- Make final decision about which college or university you will attend.
- If you decide to decline enrollment to a college or university to which you have been accepted, send notice indicating this to the college's admissions office.

### May

- This is the deadline for final decisions for universities.
- Send letter of intent to registrar.
- Line up a summer job.
- Attend your Senior Awards Night.
- Review any award letters and be sure you understand the terms and conditions that accompany each type of aid.
- If necessary, arrange for housing and a meal plan (at school).
- Send thank you notes to any person/committee from which you received a scholarship.

## Internships

- Habitat Restoration Internship  
Deadline: Various
- Meta (Facebook) Data Center Engineering Internships  
Deadline: Various
- Public Lands Internship Program  
Deadline: Various
- NOAA Internships  
Deadline: Ongoing
- Code Switch Internship  
Deadline: Various
- HP 3D Printing Engineering Intern  
Deadline: Open until filled
- WOTE Agricultural Incubator Internship  
Deadline: Various
- Saturday Academy Internships  
Deadline: Multiple
- EPA Environ. Research/Bus. Support  
Deadline: Multiple
- National Science Foundation Research Experiences for Undergraduates  
Deadline: Multiple
- Indian Land Tenure Foundation  
Deadline: Multiple
- Environmental Protection Agency  
Deadline: Multiple
- American Fisheries Society  
Deadlines: Multiple
- Oregon Museum of Science & Industry (OMSI)  
Deadline: Multiple

**Visit [OregonStudentAid.gov](http://OregonStudentAid.gov) – 500+ grant/scholarship opportunities.**

## Siletz Tribal Members Online Academic Support

### Free Virtual Tutoring!

**\* 24/7 On-Demand Access to Online Professional Tutors**

**\* GED Support**

**\* All Subjects and Grade Levels- From Kindergarten through College/University**

**\* Individualized Help in All Subjects**

**\* SAT & ACT Prep; College Course Level Help and More**

**\* All Tribal Students Eligible to Apply, Regardless of Residence.**

Contact your local Education Specialist to sign up:

Siletz & Out-of-Area  
Alissa- [AlissaL@ctsi.nsn.us](mailto:AlissaL@ctsi.nsn.us)

Salem  
Sonya- [SonyaMJ@ctsi.nsn.us](mailto:SonyaMJ@ctsi.nsn.us)

Portland  
Katy- [KatyH@ctsi.nsn.us](mailto:KatyH@ctsi.nsn.us)

Eugene  
Candace- [CandaceH@ctsi.nsn.us](mailto:CandaceH@ctsi.nsn.us)

### Please Note:

**Students MUST complete a Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available.**

# Tribal Council Timesheets for February 2022

## Frank Aspria – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl		
3.25	3,25	.5			2/1-4	Special TC, email	
		4	6		2/7-9	STBC email/packet/mtg, packets	
1.5	1.5	1.5			2/10	Eugene community mtg, email, reports	
		9			2/11	Special TC–gaming, email, reports	
.5	.5			3	4	2/14-15	Salem chamber mtg, email, notes
.75	.75			.5		2/16	Hunting/fishing, ORC mtg
4.75	4.75					2/17	Meet w/ Coquille Tribe, packets
2.5	2.5					2/18	Regular TC
3.75	3.75	1				2/22	Enrollment packets/wkshp, gaming wkshp, HR wkshp
.25	.25					2/23	Meet w/ City of Toledo
1	1	.5		.5		2/24-28	Email, reports

## Lillie Butler – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
7	6.75				2/1-4	Education, packets
3.5	3.5				2/5	Health, Housing, General Council

## Lorraine Y. Butler – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
2.75	2.75				2/2-4	Special TC, packets
3	3				2/5	Health, Housing, General Council
.25	.25				2/6	Special TC
1.5	1.5			1	2/7	Natural Resources Comm, Salem casino, packets
.75	.75		2		2/8	Culture Comm, STBC packet
2	2		2.5		2/9-10	STBC mtg, CPT, packets
1.5	1.5	2.5			2/11-15	Special TC – gaming, packets
1.75	1.75				2/17	Meet w/ Coquille Tribe, packets
4.75	4.75				2/18-21	Regular TC, packets
1.75	1.75	1			2/22	Enrollment & gaming wkshps
.75	.75				2/27	Packets

## Sharon Edenfield – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.5				2/2	Webinar, minutes, packets
3.25	3.25				2/5	Health, Housing, General Council
.25				1	2/6-7	Special TC, Salem econ dev
.5	.5				2/8	Meet w/ City of Siletz
.5	.5				2/9	Minutes, packets
1.5	1.5				2/10	Treasury Dept. consultation, Eugene community mtg
		2.5			2/11	Special TC – gaming
1	1			.5	2/14-15	Salem econ dev, minutes, packets
1.5	1.5				2/16	Meet w/ Coquille Tribe, packets
2.5	2.5				2/18	Regular TC
				.5	2/21	Salem econ dev
2	2	1			2/22	Enrollment wkshp, HR wkshp, gaming wkshp
.25	.25				2/23	Meet w/ City of Toledo
1.5	1.75				2/24	Special TC, Consent Decree/ ODFW

## Bonnie Petersen – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5			2	2/6-7	Special TC, ED project, email
1	1		2.5		2/8-9	Orientation w/ exec sec & IT, STBC mtg prep/mtg, email
1.5	1.5				2/10	Eugene community mtg, email, gaming mtg prep

2.5					2/11	Special TC – gaming
1.5	1.5				2/12-13	Email, packets
.5	.5				2/14	Email, office – HR, payroll, exec sec
1.25	1.25				2/15	EA hearing, SB13 review, email
1.75	1.75				2/16-17	SIAC hearing, OR Racing Comm mtg, email, mtg prep
2.5	2.5				2/18	Regular TC
1.5	1.5				2/19-21	Enrollment notebook, email
1.75	1.75				2/22	Enrollment wkshp, email
.75	.75				2/23	Meet w/ City of Toledo, email
.5	.5				2/24-25	Special TC, email
.25	.25	.25		.25	2/28	Salem econ dev, email, reports

## Delores Pigsley – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl		
.5	.5	2			2/1	OR Tribal Gaming mtg, Tribal conf call, mail	
1.75	1.75	.5			2/2	Education video, mail, prep for cncl	
2.25	2.25				2/3-4	Special TC, mail, prep for council	
3.5	3.5				2/5	Health, Housing, General Council, mail	
2	2				4	2/6-8	Special TC, mail, agenda items
1	1		2.5		2/9	STBC mtg, Investment Comm, mail	
1.5	1.5	1			2.5	2/10	Mail, agenda items, personnel
.5	.5	2.5		.5	2/11	Special TC – gaming, mail, agenda items	
1.25	1.25				2/12-13	Mail, prep for chamber mtg	
.5	.5			3	2/14	Salem Chamber mtg, mail, agenda items	
1	1				2/15	OR Tribes mtg, mail, prep for cncl	
2.5	2.5				2/16	Congressional hearing, consultation w/ ORC, mail	
1.25	1.25	.5			2/17	Meet w/ Coquille Tribe	
2.75	2.75				2/18	Regular TC, mail	
2	2				2/19-21	Mail, prep for council	
2.5	2.5	1			2/22	Enrollment & financial wkshps, mail	
1.25	1.25				2/23	Meet w/ City of Toledo, mail, agenda	
2.25	2.25	.5			2/24	Meet w/ ODFW, Salem community mtg, Special TC, mail	
2.25	2.25				2.5	2/25-28	Mail, agenda, docs

## Angela Ramirez – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
.75	.75				2/3-4	Special TC, mtg prep, read docs
3	2.75				2/5	Health, Housing, General Council
2.25	2.25				2/6	Special TC, STAHS
.75	.75				2/8	AAAHC @ clinic, email
1.75	1.75	.5	2.25		2/9-10	STBC mtg, STAHS, email, packets
		3		.25	2/11-14	Special TC – gaming, email, packets
1.25	1.25				2/16	View Senate testimony, reports, email, packets
1	1				2/17	Meet w/ Coquille Tribe
2.75	3				2/18	Regular TC, email, packets
.25	.25	.5		.75	2/19-21	Email, packets
2	2.25				2/22	Workshop
.25	.25				2/23	Meet w/ City of Toledo
1	1.25			1	2/24	Salem Chamber mtg, TC mtg, Siletz community mtg
.5	.5	.5		.25	2/25-28	STAHS, email, packets

See remaining timesheet on page 19



# Chinook Winds

## CASINO RESORT

### Purple Bingo Revolution

APRIL 30, 2022 AT 6PM

BINGO SESSION PAYS OUT \$1,800 - NO-HOST BAR

with a Prince Tribute Show!



\$60 PAPER & MACHINE BUY-IN INCLUDES 1 MAIN BINGO PACK, 1 BLACKOUT GAME & ADMISSION TO THE PURPLE XPERIENCE SHOW!  
CALL 541-996-5761 TO BUY-IN NOW!

Late Night Edition

### Comedy on the Coast

APRIL 8 & 9  
9:30PM • \$15

Tickets available at the Chinook Winds Casino Resort Box Office. Buy by phone at 1-888-MAIN-ACT (1-888-624-6228), 541-996-5776 or online. 21 and over event, doors open at 9pm with a no-host bar.



HEADLINER  
**Tammy Pescatelli**



FEATURING  
**Chris Young**



HOST  
**Carl Lee**

# \$100,000

# NO FOLIN'

This April,  
winning **BIG BUCKS**  
at Chinook Winds  
is **NO JOKE!**

If you're drawn to face the "Board of Fools," you get \$1,000 CASH plus, you can pick out lucky spots for a share of \$100,000! But look out - behind some of the spots lurk fools that will end your cash collection early!

**DRAWINGS**  
Sundays at 5pm, 6pm & 7pm

Collect **FREE** entries weekly when you play "Nobody's Fool" on our promotional kiosks with your Winners Circle Card beginning March 28.

	MEMBER: WIN 1 to 100 FREE ENTRIES		MVP: WIN 2 to 100 FREE ENTRIES		PREMIER: WIN 3 to 100 FREE ENTRIES		ELITE: WIN 4 to 100 FREE ENTRIES
--	---	--	--------------------------------------	--	--	--	--

GATHER EVEN MORE ENTRIES WITH EVERY 100 POINTS EARNED ON SLOTS, TABLES, BINGO, KENO AND SPORTS WAGERING.



Activate your entries starting one hour before each drawing up until each drawing time by inserting your Winners Circle card in any slot machine or swiping into any promotional kiosk, and activating the "Nobody's Fool" entries on the Promotions tab.

Complete rules at Winners Circle. Sports Wagering entries will be applied 24 hours after ticket has closed. Management reserves the right to alter or withdraw promotion at any time.

### FIFTH FRIDAY

# FRUIT FRENZY

## SLOT TOURNAMENTS

### APRIL 29

SLASH YOUR WAY TO THE TOP 10  
AND WIN A SHARE OF \$1,000 IN FREE SLOT PLAY!

REGISTER AT ANY PROMOTIONAL KIOSK STARTING AT 6PM, SESSIONS RUN 7PM - 9PM



chinookwinds.com • 1-888-CHINOOK • Lincoln City



## Home composters also benefit from curbside services

By Lincoln County Solid Waste District

Using curbside mixed compostable recycling and curbside yard debris recycling collection services are a great way to keep the home compost piles free of unwanted materials.

Home composting is like any recipe – great things can be achieved when the right ingredients, time and effort are used. Because home composting is done on a small scale, some common garden debris can become problematic if it gets into the mix. If not removed from the home compost pile, these items can cause odors, slow the processing down or germinate unwanted plants in your garden.

Fortunately, most of them are not a problem for commercial composting processes. Here is a short list of materials we recommend **not** be put into your home compost, but instead can be placed into a yard debris/mixed compostable recycling cart:

### Seed heads, invasive plants, weeds

Many plant seeds and cuttings can survive through the entire process of a typically maintained home compost pile. The seeds and unwanted sprouts can then spread back into your garden with the finished home compost. By removing these undesirables – placing seed heads, invasive plants, weed roots, etc. into your roll cart – your home compost will sprout far fewer unwanted plants in next year's garden.

Commercial composting operates at high temperatures and destroys almost all unwanted seed heads, so these materials are not a problem when they are placed into curbside programs.

### Pumpkins

There are a few garden items, such as pumpkins, that just smell bad when they decompose and may not be the best fit for all residential home compost piles. Pumpkins are an example of an optional item to keep out of the home compost pile, especially if your compost pile is upwind of a neighbor's window.

Pumpkins can go into commercial composting without issue and hence can be placed into curbside programs.

## Chinook Winds Casino Resort

### Calling all Tribal member business owners

If you would like to be on the preferred Tribal members business list with Chinook Winds, please fax, mail, email or drop off your business card, brochures, or business information to:

Chinook Winds Casino Resort  
Attn: Purchasing Dept.  
1777 NW 44<sup>th</sup> St.  
Lincoln City, OR 97367  
Phone: 541-996-5853  
Fax: 541-996-3847  
erica@cwresort.com



If you want to be part of a great team and looking for a new career opportunity,

Please call Human Resources at (541) 996-5800 or (541) 996-5806.

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

Office Hours: Monday through Friday 8am-4:30pm

### Too many greens

One dilemma of home composting is maintaining a proper mixture of greens (grass clippings and plant clippings) and browns (old sticks, dry brown grass, etc.). The ratio is about 1:4 (1 part green to 4 parts brown).

Many home composters struggle with keeping enough browns to prevent issues. Having too heavy of a mix of greens, such as a large pile of only grass, can lead to some troublesome results and foul odors. The roll cart serves as an outlet for over-ages of excess greens.

### Branches larger than a thumb's width

For the home compost pile, larger branches need to be chipped, chopped or shredded for them to successfully decompose in a timely manner. Commercial composting can handle branches without issue because they shred the woody debris in commercial tub-grinders.

The roll cart offers home composters a convenient outlet for branches up to 4" in diameter, which only need to be cut down in length to fit the cart and close the lid. This goes for holiday trees as well.

Below is short list of items that **never** go into home compost:\*\*\*

- Meats, bones and fats
- Dairy and buttery items
- Breads, pastas and rice

\*\*\* Thompson Sanitary Service and North Lincoln Sanitary customers can place meats, dairies and breads into their mixed compostable recycling cart. The commercial compost process is set up to accept these items

### Lastly, keep all plastics out!

Critical to the success of composting is keeping all plastics out of it. Even so-called "bio-degradable" plastics can cause problems in compost.

Do not put plastics or use plastic bags in your home compost and do not put any plastics into your mixed compostable roll cart or yard debris roll cart.



## Navigating the next stage of the pandemic

- 1 Vaccination**  
Stay up to date with vaccines and boosters.  
If you can't get vaccinated, you may qualify for Evusheld, a treatment that prevents COVID-19 infection.
- 2 Information**  
Know the risk of COVID-19 in your community.  
Be aware of your personal risks and the risks of those around you.
- 3 Preparation**  
Keep COVID-19 tests, your vaccination record, and supplies on hand.
- 4 Protection**  
Consider wearing a high-quality and well-fitting mask to protect yourself or the people around you in some situations.  
If you get infected, check with your health care provider if you can get treatment.
- 5 Isolation**  
If you get sick with COVID-19, stay away from others for five days and wear a mask for five days afterward. Avoid exposing others to the virus.



**Are you experiencing social isolation and loneliness?**  
You may qualify for a free tablet, computer or robotic pet!

### If you or a loved one:

- Is experiencing social isolation or loneliness and
- Is over the age of 60 and/or has a disability and
- Could benefit from the companionship of a robotic pet or
- Needs a computer or a tablet to connect with community, friends and family, medical appointments or meetings,

### The Aging and Disability Resource Connection can help!

The Aging and Disability Resource Connection (ADRC) of Oregon in partnership with Access Technologies, Inc. is providing free computers, tablets and robotic pets to eligible participants.

### This free technology can:

- Improve social connection and support
- Improve individual health and wellness, and
- Provide companionship

Participants will complete a survey once per month for six months to give feedback on how the technology has improved their wellbeing. There is no cost to participate in this program and participants may keep the computer, tablet or robotic pet.

**For more information contact the ADRC:**  
1-855-ORE-ADRC  
(673-2372) toll-free



[www.Oregon.gov/DHS/APD](http://www.Oregon.gov/DHS/APD)



[www.ADRCoforegon.org](http://www.ADRCoforegon.org)



[www.AccessTechnologiesInc.org](http://www.AccessTechnologiesInc.org)

You can get this document in other languages, large print, braille or a format you prefer. Contact the Aging and Disability Resource Connection at 1-855-ORE-ADRC (673-2372) or by email at [ADRC.info@dhsosha.state.or.us](mailto:ADRC.info@dhsosha.state.or.us). We accept all relay calls or you can dial 711.

ODHS 7373 LP (01/2022)



# Therapeutic Treatments for Covid-19

## New Treatments

Newly authorized treatments for COVID-19 are becoming available to help people who are susceptible to developing severe coronavirus disease. We want to help you understand these new medications so you can determine if they might be helpful for you or someone you know.

### Two Types

There are two main types of treatments for COVID-19: **antivirals and monoclonal antibodies**. They each work differently and are given at slightly different stages of infection or are given *before exposure to COVID-19* to people who cannot receive the vaccine or are immunocompromised. Both types of treatments are intended for people with a high risk for progression to severe COVID-19 disease, including hospitalization or death.

- **Antivirals** are medicines that fight COVID-19 directly by changing parts of the virus so it cannot replicate properly in your body.<sup>1</sup>
- **Monoclonal antibodies**, also called mAbs, are man-made antibodies that help your immune system block the virus from entering the cells in your body.<sup>2</sup>

### Time is of the essence

To be most effective, both mAbs and antivirals **need to be started shortly after symptoms of COVID-19 begin**, or even before exposure. Antivirals need to be started within five days or seven days after symptoms start and monoclonal antibodies within seven days.<sup>3</sup>

## Antiviral Treatments

Several antivirals have been authorized by the Federal Drug Administration (FDA) for use in different situations including: out-patient oral medications and infusions given to patients in hospital or clinics. Each has specific requirements regarding to whom they can and cannot be prescribed. Current COVID-19 antivirals include:



**Paxlovid** – for **non-hospitalized patients** 12 years and older weighing at least 88 pounds with mild to moderate disease. These pills are taken twice a day for five days and must be started within **five days** of the start of symptoms.

**Molnupiravir** – for **non-hospitalized patients** 18 years and older weighing at least 88 pounds with mild to moderate disease. These pills are taken every 12 hours for five days and must be started within **five days** of the start of symptoms.

**Remdesivir** – for **hospitalized or non-hospitalized patients** 12 years and older weighing at least 88 pounds. Under certain circumstances, Remdesivir may also be prescribed to patients under 12 years of age. This is administered by intravenous infusion over several days in a hospital or outpatient clinic setting. Must be started within **seven days** of the start of symptoms.

<sup>1</sup> <https://combatcovid.hhs.gov/what-are-oral-antivirals>

<sup>2</sup> <https://combatcovid.hhs.gov/what-are-monoclonal-antibodies>

<sup>3</sup> <https://www.covid19treatmentguidelines.nih.gov/therapies/statement-on-bebetlovimab/>

## Monoclonal Antibody Treatments

There are two types of monoclonal antibodies available; those for the **treatment** of mild to moderate COVID-19 disease and those for the **prevention** of COVID-19 disease in immunocompromised people.

**Monoclonal antibodies for the treatment of COVID-19** are given as an infusion in a clinic setting and must be started within **seven days** of the onset of symptoms.

- **Sotrovimab** – for patients 12 years and older weighing at least 88 pounds with positive results of coronavirus testing, and who are at high risk for progression to severe COVID-19, including hospitalization or death.
- **Bebtelovimab** – for patients 12 years and older weighing at least 88 pounds and who are at high risk for progression to severe COVID-19, including hospitalization or death, and for whom alternative COVID-19 treatment options approved or authorized by the FDA are not available or clinically appropriate.

### Monoclonal Antibodies for the prevention of COVID-19:

**Evusheld** – for **moderately or severely immunocompromised people** (due to a medical condition or are receiving medications that suppress the immune system), 12 years and older weighing at least 88 pounds **and**:

- Who are not currently infected with the coronavirus and who have not had a known recent exposure to an individual infected with the coronavirus **and**
- Who may not mount an adequate immune response to COVID-19 vaccination **or**
- For whom vaccination with any COVID-19 vaccine is not recommended due to a history of severe adverse reaction to a COVID-19 vaccine(s) and/or COVID-19 vaccine component(s).<sup>4</sup>

Evusheld is given in two injections, one right after another, in your doctor's office. To be most effective, it is administered every few months.<sup>5</sup>

### How do I know if I'm eligible for mAbs or antivirals?

Because these medications are currently in short supply, they are usually reserved for people who are at high risk for getting very sick with COVID-19. This includes elders, pregnant people, and people with certain conditions, such as diabetes, cardiovascular disease, or chronic kidney disease, and others.

Your primary care provider or clinic can determine if you are a good candidate for one of these medications. Several factors will be considered including: your age, health status, medications you are taking, and the availability of either the antivirals or mAbs.

### Are there any side-effects to antivirals and mAbs?

Side effects to both types of medications have been reported. The most common antiviral side-effects are dizziness, nausea, diarrhea, impaired sense of taste and muscle aches. Antivirals may also interfere with other medications. Side-effects with mAbs include: fever, tiredness, confusion, weakness, nausea, and difficulty breathing.



### If I receive an antiviral or mAbs, should I still be vaccinated?

**YES!** Antivirals and mAbs are short-term treatments. When the treatment fades away, so does your protection. Vaccines teach your body how to fight COVID-19.<sup>6</sup>

Research has shown that unvaccinated people are more than twice as likely to get re-infected with COVID-19<sup>7</sup> and as much as 23 times more likely to be hospitalized compared to those who are fully vaccinated.<sup>8</sup>

**If you are eligible, your best protection is to get your vaccine and booster shots.**

<sup>4</sup> <https://www.covid19treatmentguidelines.nih.gov/about-the-guidelines/whats-new/>

<sup>5</sup> <https://www.fda.gov/drugs/drug-safety-and-availability/fda-authorizes-revisions-evusheld-dosing>

<sup>6</sup> <https://www.nebraskamed.com/COVID/covid-19-treatments-what-are-the-options-and-are-they-better-than-vaccines>

<sup>7</sup> [https://www.cdc.gov/mmwr/volumes/70/wr/mm7032e1.htm?\\_cid=mm7032e1\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7032e1.htm?_cid=mm7032e1_w)

<sup>8</sup> [https://www.cdc.gov/mmwr/volumes/71/wr/mm7105e1.htm?\\_cid=mm7105e1\\_w](https://www.cdc.gov/mmwr/volumes/71/wr/mm7105e1.htm?_cid=mm7105e1_w)



Courtesy photo

One of four COVID Clinics held at the Coastal Range Food Bank located in Blodgett/Nashville, Ore.

To the editor:

### Acknowledgement from Coastal Range Food Bank, Inc. to Confederated Tribes of Siletz Indians

CRFB's Assistance & Nutrition Program has been able to provide the highest quality organic foods because we were awarded \$2,000. by the Confederated Tribes of the Siletz Indians. This grant paid for a variety of organic brands that our shoppers recognize, assuring them they are not giving up their eating preferences.

We are extremely proud of the progress we've made in removing any stigma of shopping at a food bank and redefining what food bank food really is.

Our program isn't a one size fits all, we aren't only addressing temporary or chronic emergency food insecurity – we've stepped up during the pandemic. With the help of the Confederated Tribes of Siletz Indians, we are managing these complicated issues and finding we are stronger than we thought.

During COVID, new clients have said they were sure they would never be on the receiving end of a food bank. Thank you, Confederated Tribes of Siletz Indians, for believing in us.

Sincerely, C. Adams

### Timesheets, continued from page 16

## Selene Rilatos – 2/1/22-2/28/22

TC	Ind	Gmg	STBC	ED	Tvl	
3.5	3.5				2/1-3	Jl, COVID, email, Echo, Special TC
3.5	3.5				2/5	Health, Housing, General Council, email
.75	.75			1	2/6	Special TC, email
4	4			1	2/7-8	Econ dev, Jl, email, packets, AAAHC
2.75	2.75		2.5		2/9-10	STBC mtg, Eugene community mtg, Jl, email, packets
3.25	3.25	2.5			2/11-13	Special TC – gaming, OHA mtg, email, packets
3	3			7.5 3	2/14-15	Salem Chamber mtg, email, packets, COVID mtg, interviews
1.25	1.25				2/16	OR Racing Comm mtg, packets
1	1				2/17	Meet w/ Coquille Tribe, email
5	5				2/18-20	Regular TC, email, packets
1.75	1.75				2/22	Enrollment wkshp, email
1	1				2/23	Meet w/ City of Toledo, email
4	4				2/24-27	Special TC, Salem community mtg, email, TICCC, packets
1.25	1			.25	2/28	Econ dev, email

## Siletz News Letters Policy

*Siletz News*, a publication of the Confederated Tribes of Siletz Indians, is published once a month. Our editorial policy encourages input from readers about stories printed in *Siletz News* and other Tribal issues.

All letters must include the author's signature, address, and phone number in order to be considered for publication. *Siletz News* reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of *Siletz News*.

Editor-in-Chief: Kurtis Barker  
Editor: Diane Rodriguez  
Assistant: Andy Taylor

## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).



Happy 8<sup>th</sup> Birthday to the most handsome, smart, kind and funny twins! Happy Belated Birthday, Elijah and Noah, on March 4. Poppa and I love you two very much.



I would like to wish the sweetest little girl, Miss Bailey Mae, who blesses her auntie and all those around her so much, the Happiest 8<sup>th</sup> Birthday! Happy Birthday, Bailey! I love you so much!

Love always, Auntie Amber



Princess Ari – Poppa and I want to wish you Happy 4<sup>th</sup> Birthday! Honey girl, you are your mommy's mini, yet have your own fierce personality that we absolutely love! You're so tough it's scary. And so sweet, loving and the most beautiful girl in the world! We love you, sissy!

Always, Poppa and Mima



Congratulations to my little sister on graduating from OHSU (Oregon Health & Science University), passing your licensing exam and landing your dream job!

## General Council Meeting

Saturday, May 7, 2022 • 1 p.m.

Siletz, Oregon

- Call to Order
- Invocation
- Flag Salute
- Roll Call
- Approval of Agenda
- Approval of Minutes
- Special Presentation
- Consent Decree
- Tribal Member Concerns
- Chairman's Report
- Announcements
- Adjourn

## Use Amazon Smile to donate to STAHS

Here's how you can donate to the Siletz Tribal Arts and Heritage Society (STAHS) painlessly and effortlessly.

It's as easy as 1,2,3,4.

Thank you!

1--Go to Amazon.com.

2--In the Department drop down box, type Amazon Smile.

3--See Amazon Smile – You shop. Amazon Gives.

4--Follow the easy directions.



Congratulations to Tadee (Bill) Hatfield on his first elk! Great job, we're all so proud of you!

**Free child ID kits from the Oregon State Police**  
**503-934-0188 or 800-282-7155;**  
**child.idkits@state.or.us**



Happy (Belated) Birthday to my favorite Elder Statesman on Feb. 23.

## Lincoln County Jail seeks volunteers

The Lincoln County Jail in Newport, Ore., is seeking additional cultural practitioners to provide services to American Indians who are incarcerated. They are seeking both female and male practitioners to provide online, one-on-one and group guidance (once it is safe to hold in-person meetings).

If you have questions, please contact Lisa Norton at [lisan@ctsi.nsn.us](mailto:lisan@ctsi.nsn.us). If you want to volunteer, contact Dennis Buckmaster ([dbuckmaster@co.lincoln.or.us](mailto:dbuckmaster@co.lincoln.or.us)) to start the process.

This process does include a background check, but all situations will be considered individually.

## Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section.

Siletz News reserves the right to edit any submission for clarity and length.

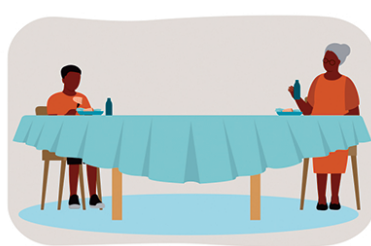
Not all submissions are guaranteed publication upon submission.

Please type or write legibly and submit via e-mail when possible.

## Living in a multi-generational house during COVID-19



If someone in the house has (or is suspected of having) COVID-19, everybody should wear a snug-fitting mask when around others in the home.



Unvaccinated children should maintain distance from elders and high-risk family members in the home. Don't share eating utensils or drink out of the same glass.



Keep windows open for better ventilation and disinfect often touched surfaces. Wash hands with soap and water throughout the day for at least 20 seconds, especially when you return home from school, work or being in public.



Choose one or two members of the household who are not at high risk, and who are vaccinated (and boosted if eligible), to do all of the shopping. Always mask in crowded outdoor spaces.



Keep celebrations virtual, small or outdoors. If indoors, try to keep it small and only with those vaccinated (and boosted if eligible).



Stay healthy! Spend quality time with family members outdoors.