



Williams returns to Siletz as new health director

We welcome Miranda Williams as the new Siletz Tribal health director. Miranda is a member of the Confederated Tribes of Siletz Indians. **She honors the importance of introductions to respect our Tribal elders and understands how introductions bring kinship to one another and family connections to the community.**

Her parents are Nora Williams-Wood and Kent Strickler. On Miranda's maternal side, her late grandmother, a Grand Ronde Tribal member, is Carol Williams and late grandfather, a Siletz Tribal member, is Eugene Williams, Sr.

On her paternal side, her grandmother is Siletz Tribal member Charolette Noble and her late grandfather is Darrell Strickler. She has five children (three sons and two daughters), all enrolled Siletz Tribal members who are Navajo on their paternal side.

Miranda proudly served as the community health advocate at the Siletz Tribal Eugene Area Office before moving to Arizona to continue her college education in 2003. She received a bachelor's degree in science in nutrition (focus: dietetics) from Arizona State University and obtained a master of public health (focus: management of health systems) from the University of Liverpool in partnership with the University of California, San Francisco.

In 2018, she completed a two-year HEAL (Health, Equity, Action, Leadership) Fellowship with the University of California, Berkeley/San Francisco. Through this fellowship, she received advanced training and experience in global health care systems by applying principles of equity, justice and solidarity to understand achievement of health in vulnerable populations globally.

Prior to returning home to Siletz, Miranda was the supervisory public health advisor for the Navajo Nation at the Navajo Area Indian Health Service, Chinle Service Unit, for the past 11+ years. She was responsible for coordinating diabetes prevention, management and treatment services and care across three health care facilities with a total user population of more than 35,000 people from 31 communities.

See Williams on page 12

Siletz Tribal offices will be closed:

- **Friday, Nov. 11, for Veterans Day**
- **Friday, Nov. 18, for the Tribal Restoration Holiday**
- **Thursday and Friday, Nov. 24-25, for Thanksgiving**

Tribe invites community to annual Restoration Pow-Wow

The public is invited to join the Confederated Tribes of Siletz Indians on Saturday, Nov. 19, as it holds its annual Restoration Pow-Wow at Chinook Winds Casino Resort in Lincoln City, Ore., for the first time since 2019.

This free event, canceled the last two years because of the COVID-19 pandemic, begins with a grand entry at 6 p.m. American Indian vendors with jewelry, beadwork and other items for sale will be available throughout the day.

This is the 45th year that the Siletz Tribe has celebrated the signing of Public Law 95-195, which re-established government-to-government relations between the Confederated Tribes of Siletz Indians and the federal government. The Siletz Tribe was terminated from federal recognition in August 1954.

In the late 1960s, it became apparent that the only way to preserve and revitalize

Siletz Tribal sovereignty, community and culture was for the Siletz Tribe to regain its status as a Tribe recognized by the United States.

In November 1977, after years of intense lobbying, Congress and President Jimmy Carter approved Public Law 95-195, which reinstated recognition of the Siletz as a federal Indian Tribe. The Siletz Tribe was the second in the nation – and the first in Oregon – to achieve restoration.

Dedicated to improving the quality of life of its more than 5,600 members, the Tribe puts strong emphasis on the education, health and social well-being of all its members.

Significant Tribal accomplishments since Restoration include opening the original health clinic in 1991 and a new much larger clinic in 2010; building more than 150 homes and multiple dwellings for Tribal members, including 28 units at Neachesna Village in Lincoln City that

have opened since 2009, 19 apartments in Siletz that opened in 2010 and 20 homes in the Tillamook subdivision in Siletz that have opened since 2013; and 10 Workforce Housing townhouses in Lincoln City that opened in 2021; completing the Siletz Dance House in 1996; opening the Tenas Illahee Child Care Center in 2003; opening the Tillicum Fitness Center and a new USDA food distribution warehouse in Siletz in 2008; and opening the Siletz Rec Center in 2009.

Through its economic development division, the Siletz Tribal Business Corporation, the Tribe purchased the Lincoln Shores office complex in Lincoln City in 2001 and opened the Siletz Gas & Mini-Mart in Siletz in 2004, the Logan Road RV Park in Lincoln City in 2004 and the Hee Hee Illahee RV Resort in Salem in 2006. Tribal offices in Portland, Salem

See Restoration on page 10



Photo by Andrea Taylor

Community members admire the basket display at the new STAHS Gift Shop and Museum in Siletz, Ore., on Oct. 10. The building was open for Indigenous Peoples Day to celebrate Tribal heritage and bring attention to the completion of fundraising to build the new Tribal museum on Government Hill. Drawings and a raffle took place throughout the day and those attending indulged in fry bread to their heart's content.

The Siletz Tribal Arts and Heritage Society completed its \$2.5 million capital campaign earlier this year for the construction of Ghii Dee-Ne Dvn, A Place for the People.



WHAT IS THE FASTER INTERNET OREGON SPEED TEST CAMPAIGN?

The Faster Internet Oregon speed test campaign is a statewide broadband mapping effort for Oregonians to report Internet speeds or a lack of connection at home.

The Faster Internet Oregon project will provide decision-makers with data that will:

- Identify Oregon homes that lack high-speed Internet;
- Clarify which households don't have an Internet connection and why;
- Provide cost estimates and assess competitive viability of a variety of technical solutions for areas with identified gaps.

This campaign will help secure infrastructure funding across the state and ensure the funding is equitably allocated so that everyone has access to fast, affordable Internet service.

Please help us identify Oregon's areas with the greatest need for high-speed broadband by using this link: www.FasterInternetOregon.org. It takes less than 1 minute!

FREQUENTLY ASKED QUESTIONS

What information are you collecting?

We are ONLY collecting information on whether you have an Internet connection, the speed of that connection if you do, and your address. We do not ask for your name or contact information.

What about privacy?

Privacy is of the utmost importance to the campaign. No personally identifiable information will be stored beyond the address that residents provide. Information will NOT be used for commercial or marketing purposes. Only campaign partners and decision-makers who sign a data use agreement will have access to the household-level data.

Did you know? Through the federal Affordable Connectivity Program, eligible households may qualify for a discount on Internet service of up to \$30 per month and up to \$75 per month on Tribal lands. Go to <https://www.fcc.gov/acp>.

Does the type of Internet service I use matter for the speed test?

No. Even if you're connected via a mobile hotspot, cable, or satellite Internet like Starlink, please take the speed test. All of this information gives broadband leaders a better understanding of how and where Oregonians connect to the Internet.

If I don't have an Internet connection, do you still want me to respond?

Yes! Knowing what locations do not have an Internet connection is just as important.



FASTER INTERNET OREGON CAMPAIGN

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Please help us identify Oregon's areas with the greatest need for high-speed broadband by using this link: www.FasterInternetOregon.org. It takes less than 1 minute!

SHARE THE FASTER INTERNET OREGON CAMPAIGN

Help spread the word to your friends and family. Share the speed test with them in person or online. Please reference the Faster Internet Oregon Campaign or use #FasterInternetOregonCampaign.

The more you help us spread the word, the more data we'll receive. Having more information increases our eligibility for funding. We can then improve broadband access where it's needed most.

Elders Council Meeting

The Elders Council will host an in-person/Zoom hybrid meeting on Sunday, Nov. 20, 2022, at 11 a.m. at Aces Sports Bar & Grill. If you have questions, please contact the Elders Program at 541-444-8212.

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 December issue is Nov. 10.

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 FALL SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, SEPTEMBER 20-DECEMBER 6

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, SEPTEMBER 22-DECEMBER 8

5:00 PM-ONGOING CONVERSATION

SATURDAYS 10/29, 11/19, 12/3

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

Siletz pharmacy announces new service for Tribal members outside of the state

The Siletz Community Health Clinic pharmacy would like to let all Tribal members know the pharmacy can now accept and fill prescriptions for Tribal members who live outside of Oregon. This is for most prescriptions included in our formulary except those that are considered controlled substances or refrigerated items.

If you would like to have your prescriptions filled by the SCHC pharmacy and mailed to you, please have your provider send your prescriptions to the pharmacy. We can accept prescriptions electronically, by fax or by phone. If you are unsure if we carry a specific medication, please call the pharmacy first.

- If you would like more information on this new service, call pharmacy staff at 541-444-9625.
- To have your prescriptions sent via fax: 541-444-9653
- Pharmacy **refill** line (to request refills only): 541-444-9624
- Refill Pro App (download from your app store, it will request the pharmacy's phone number, which is 541-444-9625, next click continue)
- Doctor **only** pharmacy number (give to your provider if they have questions for pharmacist): 541-444-9675

2023 Standing Committee Applications Due by Feb. 8, 2023

Any Tribal member interested in consideration for serving on a committee for a two-year term are encouraged to fill out this form and return it to the council office prior to Feb. 8, 2023. Please **mail or fax** your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Email Address: _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice) and 3 (third choice).

- | | |
|---------------------------------------|--------------------------------|
| _____ Education Committee (3) | _____ Housing Committee (3) |
| _____ Natural Resources Committee (3) | _____ Pow-Wow Committee (4) |
| _____ Health Committee (3) | _____ Budget Committee (1) |
| _____ Cultural Heritage Committee (3) | _____ Enrollment Committee (2) |

Committee appointments will be made at the Regular Tribal Council meeting in February 2023. If you have any questions, please call the executive assistant to Tribal Council at 800-922-1399, ext. 1372, or 541-444-8372.

Correction

The Siletz Community Health Clinic's COVID line was incorrect in the October issue of *Siletz News*. The correct phone number is 541-444-9636.

CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

December 7 at 6pm:
Nee-dash

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up

Health Committee

Current Vacancy – Term Ending February 2024
Application deadline for consideration to fill the vacant committee position is Nov. 8, 2022

Any Tribal member interested in serving on the Health Committee must fill out the following form and return it to the address below prior to close of business on Nov. 8, 2022. Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Appointment to the committee will be made at the Regular Tribal Council meeting in November.

Enrollment Committee

Current Vacancy – Term Ending February 2023
Application deadline for consideration to fill the vacant committee position is Nov. 8, 2022

Any Tribal member interested in serving on the Enrollment Committee must fill out the following form and return it to the address below prior to close of business on Nov. 8, 2022. Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; Fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Appointment to the committee will be made at the Regular Tribal Council meeting in November.

Natural Resources Committee

Current Vacancy – Term Ending February 2024
Application deadline for consideration to fill the vacant committee position is Nov. 8, 2022

Any Tribal member interested in serving on the Natural Resources Committee must fill out the following form and return it to the address below prior to close of business on Nov. 8, 2022. Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; Fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Appointment to the committee will be made at the Regular Tribal Council meeting in November.



The Tribal Emergency Preparedness Department has received two high-volume (2500cfm) HEPA air filtration “scrubber” units as an equipment grant from the Oregon Department of Human Services’ Office of Resilience and Emergency Management. These units will allow the Tribe to operate a “cleaner air shelter” in the event that smoke from wildfires reaches unsafe levels. One unit will be positioned at the Siletz Rec Center and the other will be stored at the Tribal Community Center.

USDA distribution dates for November

Siletz			Salem		
Tuesday	Nov. 1	9 a.m. – 3 p.m.	Monday	Nov. 14	1:30 – 6:30 p.m.
Wednesday	Nov. 2	9 a.m. – 3 p.m.	Tuesday	Nov. 15	9 a.m. – 6:30 p.m.
Thursday	Nov. 3	9 a.m. – 3 p.m.	Wednesday	Nov. 16	By appt only
Friday	Nov. 4	9 a.m. – 3 p.m.			
Monday	Nov. 7	9 a.m. – 3 p.m.			

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

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

Tribal employment information is available at ctsi.nsn.us.

Let’s talk about fat and the ketogenic diet: Benefits and drawbacks of each one

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

Fat seems to be a loaded topic. In my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information and this month my choice is to explore fat consumption.

The questions that follow are: Why is fat important? How can we know if a fat is healthy? How does a ketogenic diet relate to fat consumption and what is a ketogenic diet? How much fat is wise to consume? What is the history of fat consumption patterns and ketogenic diets? What are the benefits and claims associated with ketogenic diets? What are the potential risks or complications of a ketogenic diet? Is the ketogenic diet right for you or your child?

Why is fat important? Fat is a basic nutrient and it plays important roles in our bodies. Fat supplies energy, protects our organs, supports cell growth, is necessary to absorb the fat-soluble vitamins (A, D, E and K), and helps with regulating and signaling (which is very important work behind the scenes, including our hormone messengers and nerve impulses).

How can we know if a fat is healthy? Not all fats are created equally. Some are better choices than others. Research on fatty foods has been somewhat misleading because food quality was often not taken into account.

Natural, fresh, unprocessed and organic are good rules of thumb for healthy fats. Avocados, fatty fish, eggs and nuts are often good healthy sources. If a fatty food smells rancid, it is not fresh and is less likely to be healthy. Fat from fried foods is often less healthy due to the changes that occur at high temperatures.

Processed fats might include trans-fats, which are harder for the body to handle. Most trans-fats were eliminated from processed foods after labeling laws required disclosure.

Toxins can accumulate in the fat of animals and this means that choosing milk and meat products that are grown and processed with care is essential. Choosing

organic is one way to increase the chances of healthy fat.

How does a ketogenic diet relate to fat consumption and what is a ketogenic diet? A ketogenic (keto) diet is an eating plan that focuses on foods that provide a lot of healthful fats, adequate amounts of protein and very few carbohydrates.

The goal is to get more calories from fat than from carbohydrates. This results in the production of molecules called ketones that the body uses for fuel (rather than glucose). The state of producing ketones is known as ketosis.

It is important to focus on finding the ideal amount of **protein** to have enough for growth and repair, but not too much because when protein is in excess of what the body needs, it can be turned into sugar.

Carbohydrates are limited dramatically, but there is variation from person to person. Testing ketone levels is one way to determine the ideal amount of carbohydrate. The remaining calories are from **fat**.

You can follow this diet without counting calories or amount of fat by focusing on hunger and satiety. In simple terms, satiety is the absence of hunger. It is common for people in ketosis to report that they can go long periods of time without feeling hungry.

How much fat is wise to consume? In many cases, people may benefit from eating an increased quantity of healthy fat. High fat consumption, however, is not advised if there is a high intake of sugars and starches. In all cases, unhealthy fats are not wise to consume.

Excess food calories turn into fat whether the calories are from fat, protein or carbohydrates. It is important to be responsive to hunger cues to know when to stop eating.

What is the history of fat consumption patterns and ketogenic diets? There was period when low fat was considered healthy for most of the population. During this time, the health of the U.S. population declined. Some of this fear around fat continues.

A great deal of attention has been placed on ketosis and ketogenic diets in

more recent times. This diet is not actually new, but its uses have expanded.

The ketogenic diet was introduced as a treatment for epilepsy in the 1920s. As such, it was primarily used for children with uncontrolled seizures and continues to be used today.

Interestingly, ketosis was used to mimic fasting, which is an ancient practice with health benefits. In current times, ketogenic diets are used as a “gateway” to intermittent fasting as it allows a person to feel full longer, making it easier to fast or restrict the window of eating time (with healing benefits).

What are the benefits and claims associated with ketogenic diets? Many claims include the following: supporting weight loss, managing blood sugar for diabetes (primarily type 2, with less agreement for type 1), improving acne, possible reduction of risk for certain cancers, improving heart health, protecting brain function (including traumatic brain injuries and Alzheimer’s), reducing seizures and more.

Currently, adults tend to choose ketogenic diets more frequently than children. The most common use for children is to manage seizures. Research on ketogenic benefits for children is underway for diabetes, but there isn’t widespread agreement at this time.

What are the potential risks or complications of a ketogenic diet? Some populations are at higher risk and should avoid ketosis or seek medical support when following the keto diet. At-risk groups include insulin-dependent diabetics, people who have eating disorders, those with kidney disease or pancreatitis, and women during pregnancy or breastfeeding.

Additionally, people who take medications such as sodium-glucose cotransporter 2 (SGLT2) inhibitors for type 2 diabetes should not follow a keto diet. This medication increases the risk of diabetic ketoacidosis, a dangerous condition that increases acidity in the blood. Long term, some of the adverse effects on health may include kidney stones, excess protein in

the blood, mineral and vitamin deficiencies, and a buildup of fat in the liver.

Temporarily, when getting into ketosis, people often report feeling the effects of keto-flu, including possible constipation, fatigue, low blood sugar, nausea, vomiting, headaches and a low tolerance for exercise. People who follow ketogenic lifestyles often add intermittent fasting, interspersed with periods in which they are not in ketosis. This way they develop metabolic flexibility and improved health.

Is the ketogenic diet right for you or your child? This is clearly a personal choice and it is important to discuss this with a doctor, dietitian or trusted health care provider, especially for people who are trying to manage a health problem or disease.

Ketosis is so effective in lowering blood glucose that it could require immediate compensation. Special caution is advised when using this dietary approach for children and teens with diabetes. Any potential risk could be magnified for growing children, and therefore should be carefully monitored as it may entail changing medications or insulin in addition to monitoring growth and nutrient status. At this point, the potential risks for Type 1 diabetes may outweigh the benefits.

My position is that weight loss diets are not advisable for children. Rather, it is important to allow children to focus on healthy foods and behaviors, as well as hunger and satiety cues, while developing and growing taller.

Furthermore, due to the severe carbohydrate restrictions for this diet, specific nutrients may be hard to obtain. Many children and adults respond well to a less restrictive diet of nutrient dense, high fiber fruits and vegetables with adequate nutritious proteins and generous healthy fats.

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.

November is Native American Heritage Month. While we celebrate the diverse and vibrant cultures of Indigenous peoples in the Americas, it is also important that we take a look at the way a history of marginalization has uniquely impacted American Indians' experiences with domestic and sexual violence. Here are the facts:

- American Indians ages 12 and older experience an average of 5,900 sexual assaults each year.
- American Indians are 2.5 times more likely to experience sexual assault than all other races in the U.S.
- More than one in three American Indian women are raped in their lifetime.
- 39% of American Indian women are victims of domestic violence.
- Most of the intimate partner violence against American Indian women is perpetrated by non-Native men.

These startling statistics are a breach of social equity and are reflective of a complex accumulation of multi-generational oppression. A history of genocide, dehumanization, forced assimilation and land seizure disrupted cultural norms and implanted seeds of trauma that were passed down from generation to generation. Adding to this trauma are the structural barriers that make access to supportive services difficult. Many American Indian reservations are located in remote and isolated regions of the country, making it hard for law enforcement, social services and other supports to even reach survivors and perpetrators.

Furthermore, as a result of the 1978 Oliphant vs. Suquamish Supreme Court decision, Tribal courts did not have the legal authority to prosecute non-Native people who committed crimes. Because much of the sexual and domestic violence experienced by American Indians was perpetrated by non-Natives, many such crimes saw no legal consequences. These are just a few reasons that contribute to the alarming rates at which American Indians experience sexual and domestic violence.

 **November is Native American Heritage Month and the Siletz Tribe's Restoration.**

Please come join the CARE Program in the following activities.

We invite you to wear your red shawls, ribbon skirts and any regalia during our Restoration Powwow grand entry and honor song. The red shawls are very symbolic to Native people. The fringe is said to represent the tears of Indian women crying for the pain and suffering the people have endured for generations, yet it also represents strength, beauty, and solidarity. The teal-colored fringe honors victims and survivors of sexual assault. The purple fringe honors victims and survivors of domestic violence. The red shawl honors all Native people who have survived many forms of violence throughout history.

Traditional Bone Apron Making

Class

November 2 and 9 from
4:00 -7:00 pm



Learn how to make your own
healing teas and salves

November 30 from
4:00 -7:00 pm

Come see us at the CARE booth at Restoration Powwow for some educational information and some goodies

WE ARE STILL HERE

It is time to stop holding the survivors of sexual violence accountable for the trauma and pain inflicted upon them. We need help from our community members to make a difference.

Native women experience the highest rates of sexual violence of any population in the United States. Our community remains silent because of generational trauma and retaliation. We want to create a "Circle of Support and Safety" for our women.

EVENTS

November 2022

Apron Making

November 2 and 9

Tea and Salve Making

November 30

New Trauma Support Group

Every Thursday@5:30pm

Contact Rachelle Endres for more info at

rachellee@ctsi.nsn.us or 541-444-9638

For more information about the Siletz Tribe, visit ctsi.nsn.us.



Siletz Community

Find us on Facebook! Siletz Community Health Department



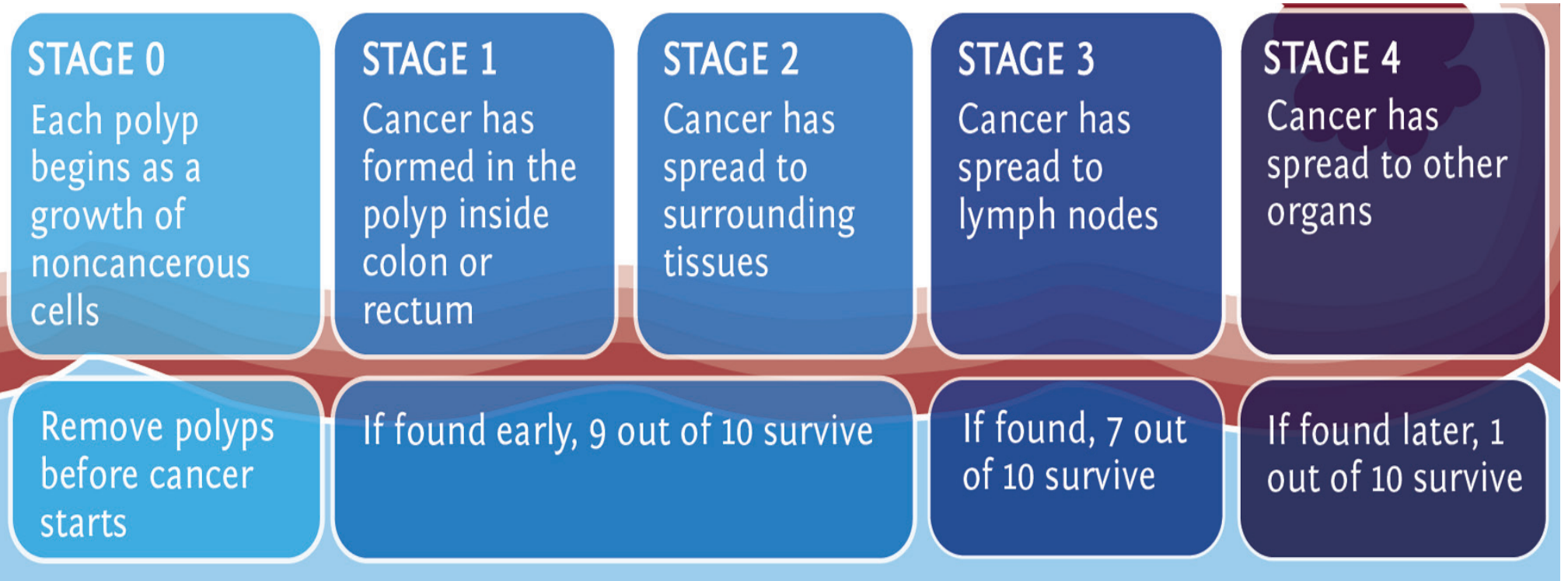
During National Native American Heritage Month, we pay tribute to American Indians and Alaska Natives (AI/AN). We honor the health of Native people and strive to foster healthier AI/AN communities by distributing relevant health information and prevention screenings.

End Colon Cancer

▶▶▶▶▶ in Indian Country

• What is Colon Cancer?

• A disease in the large intestine (colon) and rectum.
• Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps can turn cancerous.



QUIT SMOKING	EAT FRUITS & VEGGIES	WEIGHT CONTROL
GET SCREENED	EXERCISE	LIMIT ALCOHOL USE



Almost all colonoscopies in the United States are performed with patients under some level of sedation or anesthesia that prevents them from feeling anything. Often, patients are asleep for the entire procedure.



Colon cancer often has no symptoms in early stages.

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.

AmericanIndianCancer.org



Health Screenings



Questions to ask your doctor about colon cancer.

What is colon cancer?

⇒ Colorectal cancer starts in the colon (bowel) or rectum. Most colorectal cancers start with a polyp.

What is a polyp?

⇒ A polyp is a fleshy growth of tissue. Polyps are found in many different parts of the body, including the colon. Most polyps are harmless, but some can turn into cancer.

What are the symptoms of colorectal cancer?

⇒ In many cases, colorectal cancer may not have any symptoms. It is often found by using a screening test. But you should tell your doctor if you have any of the following symptoms:

Changes in your bowel patterns. These can include diarrhea, constipation or a narrowing of the stool (feces) for more than a few days, or blood in your stool. Feeling that your bowel does not empty completely. Cramping, frequent gas, bloating, a feeling of fullness, or vomiting. Weight loss when you are not trying to lose weight.

Having these symptoms does not mean you definitely have cancer. Many of these symptoms can be caused by other problems. You may need tests to know for sure what is causing your symptoms.

Strawberry Freezer Jam class



Saturday
November 12th

Saturday
December 3rd

Registration Contact:
Kathy



kathyk@ctsi.nsn.us
541.444.9627



This event is open to Tribal Members and their families

Diabetes Department

Ch'ee'la xwii-t'i (hello, everyone)! The Diabetes Department has gone through a lot of changes and growth in the last year and there are more exciting services to come! We wanted to share the department's goals and focus with the membership. The department is composed of four quadrants: the Recreation Center, the Fitness Center, Healthy Traditions and the Diabetes Program that provides medically focused support to diabetics and pre-diabetics. We believe that social connection (recreation), physical health (physical self-care and fitness), access to traditional foods and caretaking of natural resources and knowledge (nutrition), and support services to increase success in managing a diagnosis (medical response) are the pathways to intervening, preventing and supporting the management of diabetes in our community.

SILETZ YOUTH BASKETBALL REGISTRATION

FORMS MAY BE PICKED UP FROM THE REC CENTER, FITNESS CENTER, OR THE FRONT DESK AT THE ADMIN BUILDING.

ALL FORMS MUST BE TURNED IN TO THE REC CENTER, OR FITNESS CENTER.

\$30

1ST-6TH GRADE REGISTRATION WILL BE OPEN UNTIL NOVEMBER 18TH

REC CENTER 541-444-8209
 FITNESS CENTER 541-444-9656
 RICHARDB@CTS.I.NSN.US

We also believe that systems change, meaning reviewing and improving our food systems and support services, is essential in turning around the narrative about type 2 diabetes.

Currently, goals we are tracking internally are:

- Enhance fitness services to include pre-diabetes intervention throughout the 11-county service area
- Provide services that intervene when individuals are pre-diabetic or have uncontrolled diabetes
- Provide prevention-based programming across the lifespan with a critical focus on elders, youth and pre-diabetic adults.

Check out our page next month to meet the team!

FITNESS CLASSES

GET FIT!!!!!!!

TILlicum FITNESS CENTER

Tai Chi:	Monday and Wednesday	10:00am-11:00am
Lets Dance :	Tuesday and Thursday	10:00am-11:00am
Walking:	Monday and Wednesday	9am-10am
Group		9am-10am

Contact: 541-444-9656

PUBLIC NOTICE

PUBLICLY Posted from 08/25/2022 to 09/14/2022
Tribal Council Actions Affecting the Tribal Membership Roll
POSTING #318

Per Enrollment Ordinance §2.316(i), Public Posting. The Enrollment staff shall publicly post the Enrollment Committee's recommendations on publicly accessible bulletin boards in each Siletz Area Office, on the Tribal member's page on the Tribal website and at other appropriate places designed to afford notice of the Enrollment Committee's recommendation to the Tribal members.

The public posting shall occur approximately every three months and at least 20 days before the regular Tribal Council meeting at which the recommendation will be voted on. The public posting shall include notice of when the applications and requests will be considered by the Tribal Council in the absence of any protest, and point out the rights of the Applicant and of Tribal members to protest the recommendation of the Enrollment Committee.

Siletz Tribal Court Rules and Procedures Ordinance §3.009(a)

Time for filing civil actions to review Tribal Council action, or other Tribal action, shall be presented to the court clerk in writing not more than 60 days after an action of the Tribal Council, or Tribal officials as specified in the Tribal code, is alleged to have violated the plaintiff's right or rights or not more than 60 days after the alleged harm first manifested itself if such harm was not apparent on the date of the Tribal Council's, or other official's, action.

Removal from Roll – Deceased

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-299

- | | |
|--------------------------------|------|
| 1. Earl David Edmonds | 0288 |
| 2. Joan Felicia Fisher | 0315 |
| 3. Alfred Lane JR | 0522 |
| 4. Donald George Warren | 0981 |
| 5. Elizabeth Ann Barrabas | 1071 |
| 6. Tammie Lee Rodriguez | 1314 |
| 7. Jeanette Giddings | 2532 |
| 8. Holly Sue Jackson | 3117 |
| 9. Manuel Martin | 4393 |
| 10. Victoria Maria Raya | 5101 |
| 11. Corben Michael Hendrickson | 5440 |

Name Change

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-300

- | | |
|----------------------------|------|
| 1. Jeremiah Jacq Henderson | 3062 |
| 2. Jeanette Lynn Mason | 1477 |
| 3. Kaylene Ashley Giles | 3144 |
| 4. Elizabeth Malea Pointer | 3268 |
| 5. Valentina Marie Leggitt | 3427 |
| 6. Bentley Jett Pistorius | 3826 |

Blood Quantum Correction – Antone Frederick Martin Descendants

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-301

- | | |
|--------------------------|------|
| 1. Sonnita Louise Martin | 1469 |
| 2. Jaime Martin | 3769 |
| 3. Manuel Martin | 4393 |
| 4. Enrique Antone Lopez | 4784 |
| 5. Tony Antone Lopez | 5391 |

Blood Quantum Correction – for Kwestaani chuski Molalla Stuart

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-302

- | | |
|------------------------------------|------|
| 1. Kwestaani chuski Molalla Stuart | 6582 |
|------------------------------------|------|

Blood Quantum Correction – Caroline Agnes Allen Descendant

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-303

- | | |
|---------------------------|------|
| 1. Adam Christopher Allen | 5398 |
|---------------------------|------|

Application for Enrollment

Enrollment Committee Recommendation to Tribal Council: Approval
Resolution 2022-304

- | | |
|----------------------------|------|
| 1. Mia Allena Butler | 6613 |
| 2. Quentin Elijah Butler | 6614 |
| 3. Julian Mychal Cantrell | 6615 |
| 4. Meira Fae Dufek | 6616 |
| 5. Kioni Lynn Garcia | 6617 |
| 6. Jrayson Jream Gray | 6618 |
| 7. Alize Sienna Hernandez | 6619 |
| 8. Robert Dale Mannering | 6620 |
| 9. Nadine Antonette Martin | 0695 |
| 10. Cooper Lewis McGuire | 6621 |
| 11. Skylar DeeDawn McGuire | 6622 |
| 12. Breanna Mae Monroe | 6623 |
| 13. Paris Savannah Valdez | 6624 |
| 14. Richard Raya Valdez | 6625 |

Tribal Enrollment will be at Chinook Winds Casino on Saturday, Nov. 19, 2022, Restoration Day



We will provide:

- ☞ **Tribal ID cards**
- ☞ **Address & Contact Information Update forms**
- ☞ **Name Change forms**
- ☞ **Designated Death Beneficiary Benefit forms (you must have form notarized before returning to us)**
- ☞ **Application for Enrollment**

If you have questions, call us at 541-444-8258.

Siletz Tribal Members Only

40% OFF in the Chinook Winds Gift Shop on Saturday, Nov. 19, 2022, the day of the Tribe's Restoration events.

This is a one-day sale and doesn't include tobacco or the Tribal history book, *The People Are Dancing Again*. Must present Tribal ID at purchase.

Restoration, continued from page 1

and Eugene are housed in Tribally owned buildings

The Tribe also played a lead role in opening Siletz Valley School in 2003 and Siletz Valley Early College Academy in 2006.

The Siletz Tribal Arts & Heritage Society (STAHS) was formed in 2013 as a nonprofit to enhance the Tribe's ability to develop the Siletz Tribal Cultural Center. It recently completed its \$2.5 million capital campaign for the center. STAHS also helps the Tribe with acquiring object and archival collections.

Most recently, the Tribe is also developing a property in Keizer, Ore., co-owned with the Confederated Tribes of Grand Ronde. The property, called Chemawa Station, is right on I-5 and currently includes a 7-11 Fueling and Convenience Store plus a Chick-fil-A. More tenants are slated to be developed in the near future.

The Tribe also has helped fund two affordable housing projects in Northeast Portland, each of which has 20 units desig-

nated Indian Preference, with Siletz households having first preference in admissions.

Chinook Winds Casino in Lincoln City opened in May 1995. In 2004, the Siletz Tribe purchased the former Shilo Inn adjacent to the casino and opened Chinook Winds Casino Resort. Chinook Winds Golf Resort opened in 2005 when the Tribe purchased the former Lakeside Golf and Fitness Center in Lincoln City.

The combination of Tribal employees and those at Chinook Winds Casino Resort has made the Siletz Tribe the largest employer in Lincoln County.

The Siletz Tribe has honored its tradition of sharing within the community by distributing more than \$20 million through the Siletz Tribal Charitable Contribution Fund and other Tribal resources. Chinook Winds has donated more than \$6.5 million in cash and fundraising items since 1995. It also provides in-kind donations of convention space for various fundraisers as well as technical support, advertising and manpower for events.

Confederated Tribes of Siletz Indians

45th Annual Restoration Pow-Wow

Saturday, Nov. 19th, 2022

The Confederated Tribes of Siletz Indians invites you to our Annual 45th Restoration Pow-Wow to be held at:




Chinook Winds
 CASINO RESORT

1777 NW 44th Street,
 Lincoln City, OR.

All Dancers and Drummers Welcome

Information:
 Buddy Lane: BuddyL@ctsi.nsn.us
 1-800-922-1399 ext. 1230 or 541-444-8230

Grand Entry at 6:00 PM

MC
 Nick Sixkiller

This is a family event; drugs and alcohol will not be tolerated. The Confederated Tribes of Siletz Indians and Chinook Winds Casino Resort are not responsible for injuries and lost or stolen items.

477–Self-Sufficiency Program Accomplishments/Successes

The Confederated Tribes of Siletz 477 – Self-Sufficiency Program (477-SSP) is able to meet Tribal member clients where they are at in life. The program consists of a director in Siletz and a staff person in every Tribal office; including Home Visiting Program staff.

While the Vocational Rehabilitation Program (VRP) is not officially a part of 477, VRP staff are in each office and they work alongside 477-SSP staff to meet the needs of Natives who are in need of rehabilitation services.

The program offers services ranging from cash assistance to job placement and training and everything in between. The goal of the 477-SSP Program is to help Tribal member clients obtain self-sufficiency by reducing barriers to employment.

While the program needed to be more creative to assist those seeking services in the last few years with COVID setbacks, needs were still met. Program staff utilized technology such as Zoom meetings to conduct regular check-ins with their clients.

Now that COVID restrictions have lifted and offices are open, the computer lab in the administration building once again can be utilized for group training and assistance with Social Security. Clients in Siletz need only to make an appointment with one of the 477-SSP Program staff to come to the computer lab and be connected with a staff person from the Social Security office.

The 477-SSP program has transitioned to virtual client workshops and each office is rotating the hosting responsibilities. It hosted the following workshops in the quarter: Wellness, Apprenticeships and Challenges. It also provided an orientation on services and client expectations.

The program has scheduled workshops through the rest of the year and the staff is planning monthly family engagement activities through TANF Purpose 3-4. These workshops included Drumming, Regalia and Loop Earrings.

Over the past summer, 477-SSP staff worked diligently to provide added services to TANF families. Staff once again provided assistance to Tribal families through PEA funding as part of the American Rescue Plan, combined with state TANF funds.

Each family received \$400 per child to assist with school supplies and clothing for the new school year. Most students have attended school in person this fall versus home schooling and tutoring. This created a hardship on families who are already struggling with loss of jobs, increased costs of groceries and fuel, and the stress of sick family members and the loss of loved ones.

The staff also ran a virtual summer job program where Tribal students were paid to participate in classes, do research and complete homework. They were able to learn and get ready for school to start again. They also earned money to pay for their own items, school clothes, etc. It was a great success and we received positive feedback on the classes.

Statistical data for the first quarter 2022

Area Office	TANF	TWEX	GA	EA	NNCR	CRT	WEX	OJT	DP	SS
Eugene	0	0	6	0	0	1	0	0	0	1
Portland	3	0	16	0	0	2	0	0	1	1
Salem	1	0	2	0	0	0	0	0	0	0
Siletz	16	0	35	1	0	0	4	1	0	1
Total	20	0	59	1	0	3	4	1	1	3

Highlights in the quarter:

- * 53 applications, including 27 new cases
- * 37 approved files in the second quarter
- * Staff made 82 outside referrals
- * 3 clients entered unsubsidized employment
- * 12 clients had positive closures

Home Visiting: Let your toddler help with safe things in the kitchen as they learn

Toddlers love to help. By helping, they are practicing their growing independence, contributing to the family and enjoying time with the adults in their life.

Having toddlers help in the kitchen is a great way to encourage their interest in cooking and healthy eating. If they have helped to make something, they are more likely to want to taste it. As they help in the kitchen they can engage all of their senses, utilize their fine motor skills and learn concepts such as counting and sequencing (first we wash the fruit, then we cut it up).

Prep the space by removing any sharp knives, hot liquids, cleaning supplies or anything else that may be unsafe for your child. If you have a sturdy stool for children to stand on, you can let them stand

at the counter away from the stove. If it is easier, let them work at the table or even a low play table.

Clean off surfaces and wash hands before you begin. Any time your toddler is in the kitchen or prepping and cooking food, they should be supervised by an adult working with them.

Cooking with a toddler does require patience. Be prepared for it to be a little messier than usual and take a little more time. Remember this extra time and effort on your part is a great investment in your child's development and health.

Here are few things to try:

- Wash fruits and vegetables. As they wash their fruit and vegetables, talk about the texture, color, taste and nutritional value.
- Stirring. Give them a bowl and wooden spoon and let them stir room temperature ingredients. At first they may need some help and things will

go over the edge, but with time and practice they will get the hang of it.

- Pouring. Children love to pour! Use small measuring cups to pour dry ingredients into a mixing bowl. Let them try pouring some liquids as well. Have a large enough container for them to pour into and be prepared for some spillage.
- Mashing. So much fun to mash things. Let them try using a masher or a fork or even their hands (probably their favorite) to mash a banana, avocado or a cooled boiled potato.
- Kneading, rolling and using cookie cutters. Play dough is a favorite for toddlers. You can let them help you make homemade playdough or make cookies or bread. They can help knead, roll and cut out shapes. Cookie cutters can be used to make shapes in bread, tortillas, fruit, pancakes and more. Be creative.

Here is a simple snack recipe your toddler can help you make.



Fruit Yogurt Dip

- 1 cup nonfat plain yogurt
- 1 tablespoon honey (never serve honey to infants under 1 year of age. Honey may contain bacteria that can make an infant very sick.)
- ¼ teaspoon ground cinnamon

Combine all ingredients in a medium bowl and mix well. Serve with cut-up fruit of your choosing. Bananas, apples, pears and strawberries are great choices.

Home Visiting is for families expecting a baby or who have an infant or toddler. For information about Home Visiting and eligibility requirements, contact Lori Christy at loric@ctsi.nsn.us or 503-390-9494.

2022/2023 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the season's end and you could receive one of the following Cabela's gift card incentives.

HUNTING INCENTIVES

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

FISHING INCENTIVE

\$50
CABELA'S GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELA'S GIFT CARD

Please report all harvests to:
Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us
or
Rosie Williams at
541-444-8227
rosiew@ctsi.nsn.us

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2023. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. They also will have their logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the cultural education director's office at the Siletz Tribal Community Center or mail them to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than March 3, 2023.

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2023-2024 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown must include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than March 3, 2023. Proposals should be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230; 541-444-8230; or buddyl@ctsi.nsn.us.

CTSI Jobs

Tribal employment information is available at 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.



Miranda Williams *Courtesy photo*

She collaborated with internal (clinical and community-based partners) and local, Tribal, state and federal entities. As part of the COVID-19 response, she was given a special assignment as home support lead to collaborate and partner to ensure essential resources and services were effectively coordinated across the service area in Navajo communities.

Miranda has significant experience and training in improved patient care initiatives using building blocks from the Institute for Healthcare Improvement model for health care improvement. She has 19 years of combined experience as a supervisor, public health and clinical care systems, program development, implementation and evaluation to enhance and progress Indian health care and services.

She is a member of the Institute for Healthcare Improvement, Association for Diabetes Care and Education Specialists, and the American Public Health Association with primary interest groups in applied public health statistics, epidemiology and community health workers.




Miranda has multiple team recognition awards, such as the Navajo Area Indian Health Service Award for Out-

Recipe for Preventing Turkey Fryer Fires

When you fry foods, you increase the risk of a cooking fire. Keep in mind the potential dangers of deep frying a turkey:

- ✓ Use your turkey fryer only outdoors on a sturdy, level surface well away from things that can burn.
- ✓ Determine the correct amount of oil needed by first placing the turkey in the pot with water.
- ✓ Make sure your turkey is completely thawed before you fry it.
- ✓ Check the temperature often with a cooking thermometer so the oil won't overheat.
- ✓ Use long cooking gloves that protect hands and arms when you handle the pot, lid and handles of a turkey fryer.

For more information and free resources, visit usfa.fema.gov.

For additional resources and information: <https://www.usfa.fema.gov/prevention/outreach/cooking.html>

standing Group Performances, Indian Health Service Individual Director's Award for Fostering Relationships and the National John Pipe Voice of Change Program Award for Innovative Program by the American Diabetes Association.

As a reflection of her systematic program successes, the improvements have blended public health and clinical medicine to effectively meet the needs of American Indian populations.

"It's an honor to serve in my community as the SCHC health director," said Miranda. "I'm excited to be home in my Tribal community building on existing projects and services to elevate the health and wellness of our Tribal community."

Miranda's interests include hiking, camping, and spending time with her family and children.

Cook Safely! Prevent Kitchen Fires

Did you know?
Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!



Stand by your pan:
If you leave the kitchen, turn the burner off.



Watch what you are cooking:
Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.



Turn pot handles toward the back of the stove:
Then no one can bump them or pull them over.



Keep a pan lid or baking sheet nearby:
Use it to cover the pan if it catches on fire. This will put out the fire.

For more information and resources, visit www.usfa.fema.gov





kayaks rafts paddleboards lifejackets transportation accessories & more

REC CENTER RENTALS

For FREE

Outdoor recreation equipment is available to check-out for Siletz Tribal Members & CTSI Staff

For More Information

Call
541-444-9656

Email
TillicumFitnessCenter@ctsi.nsn.us

To rent, visit:
confederated-tribes-of-siletz-indians.booqable.shop

You are only charged if you fail to return equipment.



“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

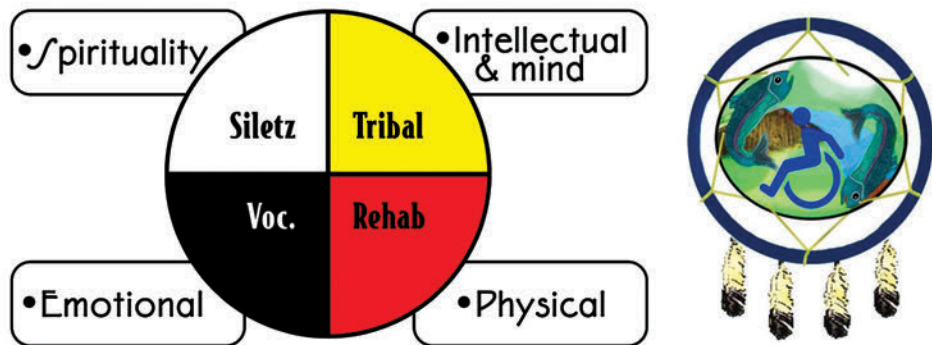
Vocational Rehabilitation Eligibility Awareness

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

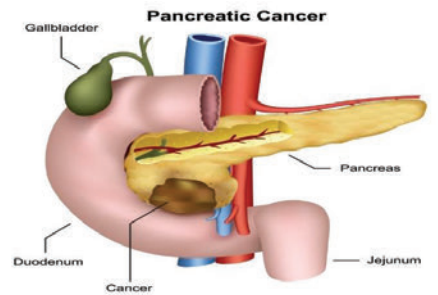
Tamra Russell
Job Developer/Counselor/TSS 1
Portland Area Office
12790 SE Stark St., STE 102
Portland, OR 97233
503-238-1512, ext. 1411

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

Siletz Tribal Vocational Rehabilitation Program November Awareness: Pancreatic Cancer

What is Pancreatic Cancer?

Pancreatic cancer begins in the tissues of your pancreas. The pancreas is an organ in your abdomen that sits behind the lower part of your stomach. The pancreas releases enzymes that aid digestion and produces hormones that help manage your blood sugar. There are two main types of pancreatic cancer. It can depend on the functional cell involvement. Exocrine tumors are more common. Pancreatic adenocarcinoma is the most common form of pancreatic cancer, accounting for more than 90% of all pancreatic cancers. The neuroendocrine pancreatic cancers are less common.



Risk Factors:

It is not clear what causes pancreatic cancer. Doctors have identified risk factors that may increase the risk of getting pancreatic cancer:

- ✚ Smoking
- ✚ Diabetes
- ✚ Family history of pancreatic cancer
- ✚ Chronic inflammation of the pancreas (pancreatitis)
- ✚ Obesity
- ✚ Older age, most people are often diagnosed after age 65
- ✚ Family history of genetic syndromes that can increase cancer risk

A combination of smoking, long-standing diabetes and a poor diet increases the risk of pancreatic cancer beyond the risk of any one of these factors alone.

Complications:

Pancreatic cancer can cause complications as it progresses, such as:

- ✚ Weight loss
- ✚ Jaundice
- ✚ Pain
- ✚ Bowel obstruction

Symptoms:

Symptoms and signs of pancreatic cancer often do not occur until the disease is advanced. They may include:

- ✚ Loss of appetite
- ✚ Weight loss
- ✚ Abdominal pain that emits to your back
- ✚ Itchy skin
- ✚ Dark-colored urine
- ✚ Dark-colored stools
- ✚ Blood clots
- ✚ New diagnosis of diabetes
- ✚ Fatigue

If you experience any of these symptoms or have unexplained symptoms that worry you, you should see a doctor. Many other conditions can cause these symptoms. Your doctor may check for other conditions along with pancreatic cancer.

Prevention:

American Indian and Alaska Native people have very high rates of getting certain cancers in the United States. Experts suggest:

- ✚ Get cancer screening tests
- ✚ Preventive health care to help people quit smoking
- ✚ Develop programs that promote healthy eating – choose a healthy diet
- ✚ Maintain a healthy weight

If you have a family history of pancreatic cancer, consider meeting with a genetic counselor. The counselor can review your family health history to determine if you would benefit from a genetic test to understand your risk of pancreatic cancer.

Pancreatic cancer is prevalent in American Indian and Alaska Native people, who have much higher rates of getting different cancers. The Native American community has the worst pancreatic cancer survival rate of any major racial or ethnic group. There is a lack of research focused on Native American people and there is poor access to high quality health care.

Accommodations:

The Confederated Tribes of Siletz Indians Vocational Rehabilitation Program can help:

- ✚ Workplace reasonable accommodations
- ✚ Comfortable chairs
- ✚ Heaters
- ✚ Periodic check-ins
- ✚ Flexible work schedules
- ✚ Breaks throughout the day

Get help from the job development specialists/Vocational Rehabilitation in the area offices:

Makayla Jackson, 541-484-4234, ext. 1752 (Eugene)
Tamra Russell, 503-238-1512, ext. 1411 (Portland)
Toni Leija, 503-390-9494, ext. 1861 (Salem)

NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH

56,000
More than 56,000 Americans will receive a diagnosis of pancreatic cancer in 2019; that's more than 150 people each day.¹



The most common type of pancreatic cancer is adenocarcinoma.¹



There is no standard test to diagnose pancreatic cancer, making it difficult to diagnose.¹

3%

Pancreatic cancer accounts for about 3% of all cancers in the U.S.²



Risk factors for the disease include tobacco use, being overweight or having diabetes.¹

SOURCES:
1. Pancreatic Cancer Action Network (PanCAN)
2. American Cancer Society

cure

Siletz Community Showers/Restroom/Laundry Facilities

Call to schedule a shower appointment

SHOWER

Please call 541-444-9348 or 541-444-9672

Hours: 8:30 a.m. - 4 p.m. Monday-Friday

Restroom open 8:30 a.m. - 4 p.m.

Closed Saturday-Sunday

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

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

Narcotics Anonymous Toll-Free
Help Line - 877-233-4287

For information on Alcoholics
Anonymous: aa-oregon.org

New UO program supports long-term success of American Indian students residing in Oregon

Home Flight Scholars Program includes financial aid, addresses student retention, graduation and professional development

EUGENE, Ore. – The University of Oregon recently launched the Home Flight Scholars Program. This program, available immediately to currently enrolled eligible undergraduate students, goes beyond breaking financial barriers for American Indian/Alaska Native (AI/AN) residents. The UO has built this program in consultation with the UO Native American Advisory Council, recognizing the cultural and academic challenges AI/AN students often experience.

Through a combination of federal, state and institutional grants, the Home Flight Scholars Program will cover full tuition and fee costs, create a new academic advisor position, enhance mentorship opportunities and develop a culture-rich program for new students to help them launch successful academic careers.

The program is available immediately to an estimated 150-175 self-identified AI/AN undergraduate students who are Oregon residents, contingent on eligibility.

“The university is dedicated to the success of Oregon’s American Indian/Alaska Native students,” said Interim UO President Patrick Phillips. “The Home Flight Scholars Program tackles the unique challenges these students face and prepares them to graduate with an education and the experience that empowers them to return home and make a positive impact in their communities and for their families.”

Three major factors affect the success of AI/AN students: financial hardships, academic difficulties and the lack of cultural connectedness. The Home Flight Scholars Program addresses these issues, incorporating wrap-around services that support student retention and graduation through complementary financial assistance, improved counseling and academic services, and professional development.

Once state and federal options have been exhausted, the UO will waive remaining tuition and fees for Oregon residents who are enrolled citizens of any of the 574 federally recognized Tribes.

The scholars program establishes a new AI/AN academic advisor position, provides faculty and peer mentorship opportunities and continues academic support for students living in the Kalapuya Ilihi residence hall through the Native American and Indigenous Studies – Academic Residential Community (NAIS ARC). Twenty-seven students enrolled this fall in the NAIS ARC, which provides a strong residential academic support system for students’ academic and social needs, and connections to community and cultural traditions.

The program incorporates a wide range of activities to help new students adjust to life on campus and in Eugene. Orientation programs will help students familiarize themselves to campus life and the classroom.

Professional development is an integral part of the UO experience and the Home Flight Scholars Program will provide a number of opportunities connected

to the students’ heritage. These include professional conferences, Tribal job and internship fairs, and the Future Stewards Program within graduate studies.

By providing these wrap-around support services, the UO aims to recruit Oregon’s top AI/AN scholars; expand the welcoming, inclusive and supportive community for these scholars; boost the retention and graduation rate of American Indian scholars above the national average; and expand the representation of Native American and Alaska Natives in the state’s workforce and in decision-making positions.

“With Home Flight, we can provide academic and social guidance that will compliment Tribal educational values. We hope that each graduate will consider returning to their home reservations and become future stewards and leaders within their communities,” said Jason Younker (Coquille), assistant vice president and advisor to the president on sovereignty and government-to-government relations.

“Today (Oct. 10) the University of Oregon takes the next step in removing financial barriers for AI/AN students. Most of us have grown up wondering whether we were going to be able to afford college, or whether going to college or staying home is our choice. But each of us has had ancestors that sacrificed and survived so that we could have the choices that we do today. The choice should be where to go to college, not if we can go to college.”

For more information, visit home-flight.uoregon.edu.

Land Acknowledgement

The University of Oregon is located on Kalapuya Ilihi, the traditional indigenous homeland of the Kalapuya people.

Following treaties between 1851 and 1855, Kalapuya people were dispossessed of their Indigenous homeland by the United States government and forcibly removed to the Coast Reservation in Western Oregon. Today, descendants are citizens of the Confederated Tribes of the Grand Ronde Community of Oregon and the Confederated Tribes of the Siletz Indians of Oregon, and they continue to make important contributions in their communities, at UO and across the land we now refer to as Oregon.

Background

Nationally, 28.4 percent of American Indians live below poverty level, double the national average. Federal and state programs have made it feasible for American Indian scholars to attend colleges, gain degrees and overcome some of the employment barriers they face. The programs provide financial aid to assist with the cost of tuition, fees and sometimes housing.

Current data also show that less than half – 41 percent – of first-time, full-time American Indian students attending four-year institutions graduate within six years. More than half of the students – 53 percent – drop out of four-year colleges. Three major reasons these scholars drop out of college are financial hardships (38%), academic disqualification (28%) and don’t fit into social life at college (13%).

General Council Meeting

Saturday, Nov. 5, 2022 • 1 p.m. • Siletz, Oregon

Call to Order	Salem Casino Project
Invocation	Consent Decree Negotiations
Flag Salute	Declarations for Tribal Council
Roll Call	Tribal Member Concerns
Approval of Agenda	Chairman’s Report
Approval of Minutes	Announcements
	Adjourn

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 Katy Holland 503-238-1512 KatyH@ctsi.nsn.us	Siletz Area Jeff Sweet 541-444-8207 JeffS@ctsi.nsn.us	Salem Area Office Sonya Moody-Jurado 503-390-9494 SonyaMJ@ctsi.nsn.us	Eugene Area Office Candace Hill 541-484-4234 CandaceH@ctsi.nsn.us
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2022-2023 CTSI College Information Nights

Sponsored by the Education Department

6PM VIA ZOOM

- ★ College Information Night II 12/15/2022

 - College Applications: School selections & Application submission
 - Tribal & other types of financial aid
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- ★ College Information Night III 02/16/2023

 - Re-cap from Night I & II
 - Overview of CTSI Student aid programs
 - (STHD Temporary Student Housing Assistance; 477 Self Sufficiency Classroom training; Adult Ed.; AVT; HE; CTSI Student Laptop Program; Education Committee Scholarships)
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program
- ★ College Information Night IV 04/20/2023

 - Re-cap of CTSI Student aid programs
 - Deadline Reminders
 - Guest Presenter: Learning Campus life
 - Guest Presenter: Learn about a Voc. training program

Contact an Education Specialist to Sign Up!

Jeff Sweet Siletz & Out-of-Area JeffS@ctsi.nsn.us	Katy Holland Portland & Washington KatyH@ctsi.nsn.us
Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us	Candace Hill Eugene Area CandaceH@ctsi.nsn.us

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- Dell Scholars Foundation
Deadline: Dec. 1, 2022
- Burger King Scholars Program
Deadline: Dec. 15, 2022
- Amazon Future Engineer Scholarship
Deadline: Feb. 1, 2023
- Oregon State Credit Union Tomorrow's Leaders Today Scholarships
Deadline: Feb. 28, 2023
- Inspire Our Future Commercial Scholarship
Deadline: March 20, 2023
- CM Cares Religious Scholar Program
Deadline: April 4, 2023
- #RAREis Scholarship Fund
Deadline: April 21, 2023
- Brave of Heart Scholarship Program
Deadline: April 2023
- Dr. Pepper Tuition Giveaway
Deadline: Oct. 13, 2023
- LA Tutors Innovation in Education Scholarships
Deadline: 20th of each month
- AIS Scholarship
Deadline: Varies
- Open Education Database Graduate and Ph.D. Scholarships
Deadline: Varies
- Tribal College/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

Internships

- Nike N7 Undergraduate Internship
Deadline: Multiple
- Nike Internships
Deadline: Multiple
- Tesla Internships (spring 2023)
Deadline: Multiple
- The Home Depot Remote Human Resources Internships (summer 2023)
Deadline: Multiple
- Starbucks Public Affairs and Communications Internship (summer 2023)
Deadline: Open
- Paramount Pictures Internships (summer 2023)
Deadline: Multiple
- Brighthouse Financial 2023 Remote Marketing Summer Intern
Deadline: Multiple
- WSJ Magazine Internship (summer 2023)
Deadline: Open
- DMS Internships
Deadline: Ongoing
- Apple Business, Marketing and G&A Internships
Deadline: Multiple
- Coca-Cola Company Marketing Summer Intern
Deadline: Open
- Amazon Undergraduate Program Internships
Deadline: Multiple
- 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

Fellowships

- Health Reporting Fellowship (JAWS)
Deadline: Nov. 7, 2022
- En Foco Photography Fellowship
Deadline: Nov 11, 2022
- New York Times Fellowship
Deadline: Dec. 2, 2022
- McGraw Fellowship for Business Journalism (CUNY)
Deadline: March 31, 2023
- New York Times Local Investigations Fellowship
Deadline: Rolling
- 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 NA 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
- Claremont NA Fellowship
Deadlines: Multiple

Important information for college-bound Tribal seniors

November

- Take SAT tests.
- Set up scholarship search profiles on websites.
- Check your school counseling office or ASPIRE center for scholarship info.
- Proofread and have someone else proofread all documents completed up to this point (scholarship essays, résumé, etc.).

December

- If you haven't already done so, take this last SAT test for seniors.
- Get FAFSA forms, available for federal and state financial aid.
- Apply for FAFSA pin number – student/parents must apply separately.
- Mail or submit all revised, complete college applications before the holiday break.
- Start scholarship essays.
- Start OSAC (Oregon Student Assistance Commission).

Other Opportunities

- UO Home Flight Scholars Program
- Oregon Tribal Student Grant
- UC Native American Opportunity Plan
- 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

Visit OregonStudentAid.gov to check out more than 500 grant and 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
Jeff- JeffS@ctsi.nsn.us

Salem
Sonya- SonyaMJ@ctsi.nsn.us

Portland
Katy- KatyH@ctsi.nsn.us

Eugene
Candace- 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 September 2022

Frank Aspria – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
2.75	2.75	2				9/2-3 IAD, packets, minutes, email
4	4			.25		9/6-7 Email, carryover funds
.25	.25	2.5				9/8 Special TC – gaming, packets
2	2.25			.75		9/11-12 Econ dev mtg, email
3	3	.5				9/13-15 SVS mtg, email, packets, slides
3.25	3.5	.25				9/16 Regular TC, email
5.25	5	1				9/18-21 Email, reports
1	1					9/22 PowerPoint, updates, email
2.25	2.5					9/22-9/30 Email, updates
5	5					9/23 Special TC, email, packets, docs
4	4					9/26-29 Econ dev, packets, email, update
.25	.5					9/30 Interview mtg, email

Loraine Y. Butler – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
2	2					9/1-3 Packets
.75	.75					9/6 Natural Resources Cmte
		2.5				9/8 Special TC – gaming
.75	.75			.5		9/12 Econ dev, packets
2.5	2.5					9/13-15 SVS, packets
1.5	1.5					9/19-22 Packets
.75	.75					9/23 Special TC
3.5	3.5					9/27-29 ARPA wkshp, packets

Bonnie Petersen – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
1.25	1.25					9/2-4 Email, STBC prep
.75	.75					9/5 Email, reports, Education Cmte prep
.5	.5					9/6 Education Cmte, email
1	1	2	2			9/7 STBC mtg, Special TC mtg prep, email, admin
.25	.25	2.5				9/8 Special TC – gaming, email
2	2				1.5	9/11 Siletz Bay Music Festival
.25	.25			.5		9/12 Salem econ dev, email, packets
3.25	3.25					9/13-14 SVS mtg, Regular TC mtg prep, email
2.75	2.75					9/15 Regular TC, email
1.5	1.5					9/18-22 Restoration Cmte, email
2.25	2.25					9/23-25 Special TC, email, reading
1	1			.5		9/26 Econ dev, email, reading
1.75	1.75					9/27 ARPA wkshp, reading, email
2.5	2.5					9/28-29 HR wkshp prep, email, reading

Tribal Council Email Addresses

- Tribal Chairman: Delores Pigsley dpigsley@msn.com
- Vice Chairman: Alfred “Bud” Lane III budl@ctsi.nsn.us
- Treasurer: Robert Kentta rkentta@ctsi.nsn.us
- Secretary: Sharon Edenfield sharone@ctsi.nsn.us
- Frank Aspria Sr. franka@ctsi.nsn.us
- Loraine Butler loraineb@ctsi.nsn.us
- Bonnie Petersen bonniép@ctsi.nsn.us
- Angela Ramirez angelar@ctsi.nsn.us
- Selene Rilatos maritar@ctsi.nsn.us

Delores Pigsley – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
4.75	4.75	.5	.5			9/1-5 Mail, agenda items, STBC mtg prep
1	1					9/6 Audit Cmte, mail
1	1		2			9/7 STBC mtg, mail, prep for council
.75	.75	2.5		1.5		9/8-9 Special TC, Keizer Rotary mtg, mail
1	1					9/10 Keizer Heritage Ctr mtg, mail
3.5	3.5				2	9/11-12 Mail, prep for mtgs, tvl to Portland
4.25	4.25				2	9/13-14 Congressional mtgs, mail
1.5	1.5	.5				9/15 Mail, mtgs, prep for council
3.25	3.25				4	9/16 Regular TC, mail
1.5	1.5				5	9/17-18 Mail, agenda items, tvl to Tulalip
11.5	11.5				5.5	9/19-21 ATNI, mail
3.5	3.5	.5				9/22 Lottery mtg, carryover agenda item, mail, agenda items, prep for council
2.5	2.5					9/23-24 Special TC, mail
2.5	2.5				1.5	9/25-26 Schrader event, mail, agenda items
2.5	2.5					9/27-28 ARPA wkshp, mail
4	4					9/29-30 Budget Cmte, mail, agenda items

Angela Ramirez – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
2.5	2.5					9/1-7 Email, packets
			2			9/7 STBC mtg
		2.5				9/8 Special TC – gaming
10.5	10.5	3				9/8-21 Email, reports, packets
.5	.5					9/13 SVS mtg
.5	.5					9/16 Regular TC
		1			2	9/17 Celebration of Honor
17.25	17				9.5	9/19-24 OVW Gov’t-to-Gov’t Tribal Consultation
9.5	9.75					9-22-30 Email, packets
2	2					9/25 STAHS
1	1					9/27 Workshop, SVS board mtg

Selene Rilatos – 9/1/22-9/30/22

TC	Ind	Gmg	STBC	ED	Tvl	
5.25	5.25					9/1-4 Email, packets, phone calls
.75	.75					9/6 COVID mtg, email
2.25	2.25		2		1	9/7 STBC mtg, email, phone calls, packets
2	2	2.5				9/8 Special TC – gaming, ECHO, email, packets
3.25	3.25					9/9 OHA mtg, email, packets
1.25	1.25					9/11 Email, packets, phone calls
1	1	.5				9/12 SCP, email, phone calls
3	3					9/13 Comfort station mtg, SVS, NPAIHB project, COVID mtg, email
1.75	1.75					9/14 NPAIHB project, email, packets
1.5	1.5					9/15 Email, packets, phone calls
4	4				1	9/16 Regular TC, email, packets, phone calls
10.75	10.75				1	9/17-22 Email, packets, phone calls, COVID, ECHO
4.75	4.75				1	9/23-24 Special TC, NPAIHB cancer mtg, email, calls, packets
7.75	7.75				15	9/27-28 OTO training
2.75	2.75				1	9/29-30 Wellbriety Walk, email, packets

For more information about the Siletz Tribe, visit ctsi.nsn.us.

Chinook Winds

CASINO RESORT

THE WISHBONE IS SNAPPED, THE SMELL OF PUMPKIN SPICE WAFTS, AND BLACK FRIDAY APPROACHES...

Black FRIDAY

Relief

PLAY FRIDAYS IN NOVEMBER,
& YOU COULD BRAVE THE MERCHANDISE
MELEE FORTIFIED WITH UP TO
\$2500 CASH!

DRAWINGS
NOVEMBER 25
7PM • 8PM • 9PM

PLAY THE "BLACK FRIDAY" KIOSK GAME FRIDAYS IN NOVEMBER TO WIN FREE DRAWING ENTRIES OR GAS CARDS!



We've got a hitch in our Giddyup!

CART BEFORE THE HORSE

TRAVEL TRAILER & TRUCK GIVEAWAY x2

But that won't keep us from giving away **CASH, PRIZES, TRAVEL TRAILERS, AND CHEVY TRUCKS!**

DRAWINGS

SUNDAYS AT 6PM

IN NOVEMBER & DECEMBER

NOV. 26 & 27
DEC. 31 & JAN. 1

Collect **FREE ENTRIES** weekly with your **Winners Circle Card**



MEMBER: 1 FREE ENTRY **MVP:** 2 FREE ENTRIES **PREMIER:** 3 FREE ENTRIES **ELITE:** 4 FREE ENTRIES

Corral more entries with every 100 points earned on Slots, Table Games, Keno, Bingo and Sports Wagering.

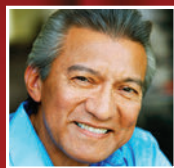


Complete rules at Winners Circle. Sports Wagering entries will be applied 24 hours after ticket has closed. Management reserves the right to alter or withdraw promotion at any time.

Comedy on the Coast

NOVEMBER 18 & 19
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
Larry Omaha



FEATURING
Marc Yaffee



HOST
Bahiyyih Mudd

DECEMBER 16 & 17, 2022
TICKETS \$35 - \$60
ON SALE NOW!



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



Social Security Administration establishes Office of Native American Partnerships

Acting Commissioner Kilolo Kijakazi has announced that the Social Security Administration (SSA) has established an Office of Native American Partnerships within the Office of the Commissioner.

This office will elevate and centralize efforts to administer comprehensive programs and policies related to American Indians and Alaska Natives. It will enhance the agency's relationship with Tribes and serve as the primary point of contact on Tribal affairs for all stakeholders.

"We remain steadfast in our commitment to reducing barriers to ensure people who are eligible for our benefits receive them," Kijakazi said. "Establishing our new Office of Native American

Partnerships strengthens that commitment by providing Tribal communities more representation and a strong advocate, messenger and facilitator within Social Security's Office of the Commissioner."

The Office of Native American Partnerships will be responsible for many functions to assist Tribal communities throughout the country. It will seek to improve services to communities by engaging in meaningful national and regional policy consultations, roundtable discussions and seminars with Tribal and federal experts.

It will also coordinate internal agency American Indian efforts, increase external program awareness to the Tribal community, help to recruit a diverse candidate

pool for hiring at all levels of Social Security and serve as the primary point of contact for Tribal government offices to foster transparency and collaboration. Additionally, the office will conduct ongoing data collection and analysis to improve outreach to Tribal communities.

Establishing the Office of Native American Partnerships supports Presi-

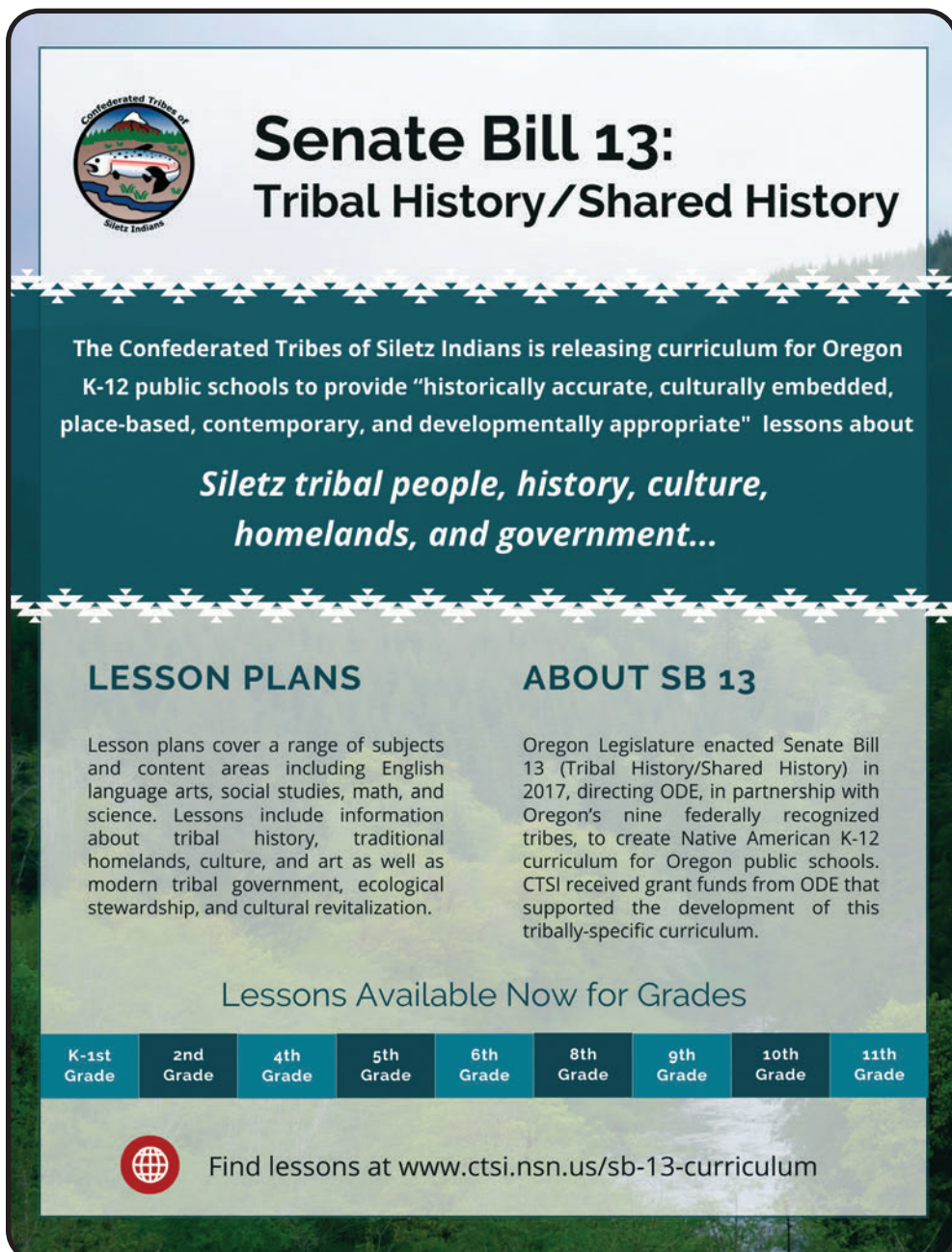
dent Biden's 2021 Executive Order (EO) 13985: Advancing Racial Equity and Support for Underserved Communities, as well as other federal guidance on coordination and collaboration with Tribal governments.

To learn more, please visit American Indians and Alaska Natives (AIAN) SSA at <https://www.ssa.gov/people/aians/>.



Siletz Tribal Veterans

For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us



Senate Bill 13: Tribal History/Shared History

The Confederated Tribes of Siletz Indians is releasing curriculum for Oregon K-12 public schools to provide "historically accurate, culturally embedded, place-based, contemporary, and developmentally appropriate" lessons about **Siletz tribal people, history, culture, homelands, and government...**

LESSON PLANS	ABOUT SB 13
Lesson plans cover a range of subjects and content areas including English language arts, social studies, math, and science. Lessons include information about tribal history, traditional homelands, culture, and art as well as modern tribal government, ecological stewardship, and cultural revitalization.	Oregon Legislature enacted Senate Bill 13 (Tribal History/Shared History) in 2017, directing ODE, in partnership with Oregon's nine federally recognized tribes, to create Native American K-12 curriculum for Oregon public schools. CTSI received grant funds from ODE that supported the development of this tribally-specific curriculum.

Lessons Available Now for Grades

K-1st Grade	2nd Grade	4th Grade	5th Grade	6th Grade	8th Grade	9th Grade	10th Grade	11th Grade
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Find lessons at www.ctsi.nsn.us/sb-13-curriculum



Video Service Delivery (VSD)

Video Service Delivery offers the same secure and confidential process that hearings conducted in person provide.

Real time face-to-face video conference!

If you need assistance in applying for SSD, SSI, Retirement or a replacement card, contact:

<p>Danelle Smith CTSI 477-SSP, Tribal Services Specialist 201 SE Swan Ave. Siletz, OR 97380 541-444-9603 or email danelles@ctsi.nsn.us</p>	<ul style="list-style-type: none"> • Social Security Disability • Supplemental Security Insurance • Retirement • Replacement Social Security card • Address/Name change update
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OPEN TO THE PUBLIC

Appointments available Thursday afternoons from 1-4 p.m.
Beginning Sept. 1, 2022

Social Security Matters

OHSU Northwest Native American Center of Excellence in Portland has 2 openings

Wy'east Program Coordinator: <https://externalcareers-ohsu.icims.com/jobs/19454/wy%27east-pathways-coordinator/job?hub=6>

Tribal Health Scholars Coordinator: <https://externalcareers-ohsu.icims.com/jobs/19456/tribal-health-scholars-coordinator/job?hub=6&mobile=false&width=1252&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>

The Wy'east coordinator will:

1. Coordinate the Wy'east Post-Baccalaureate Pathway
2. Support our collaborative partners (UC Davis and WSU) and expansion of the Wy'east Pathway to their respective campuses
3. Provide continuity of support to Wy'east candidates and alumni

The THS coordinator will:

1. Manage all activities related to Tribal Health Scholars
2. Expand Tribal Health Scholars to other Tribal communities in Oregon, Washington, Idaho and beyond
3. Develop and maintain Tribal Health Scholars alumni network. Additionally, they will play a critical role in other research and programmatic efforts for NNACoE.

Experience working in an academic health or research setting strongly preferred. Must have knowledge and experience working with American Indian/Alaska Native organizations and communities. This team member must live in the Portland-metro area and be able to regularly commute to our offices on the OHSU South Waterfront Campus.

Experience working in an academic health or research setting, on an evaluation team and with AI/AN communities strongly preferred. This position is remote but must be able to regularly travel throughout Oregon and Washington.

Top Native, non-Native performers join forces with American Indian College Fund for free virtual Native American Heritage Month concert

DENVER – The American Indian College Fund will host a free streaming concert to celebrate Native American Heritage Month on Nov. 1, 2022, at 7 p.m. MDT. The event will feature performances by Native and non-Native entertainers and artists allied with Native causes from across the nation.

Performances and stories from Native artists include Taboo, Brooke Simpson, James Jones (Notorious Cree), Frank Waln, Raye Zaragoza, Martha Redbone, The Halluci Nation, Zahn McClarnon and Amber Midthunder.

Non-Indigenous friends and allies include Lukas Nelson, Téa Leoni, Bill Camp and others, who create shared spaces and opportunities where Native perspectives are welcomed, heard and valued, to create greater visibility and inclusion for Native people.

Native students continually share that one of the biggest challenges in their education and in their lives is that



Native people are not seen and heard. The American Indian College Fund is working to create a nation where Native people are visible, their voices are heard and their contributions are valued – in

higher education, in their careers, in our communities and in the nation.

To see a full list of performers and to register for the free event, please visit www.collegefund.org/concert.

About the College Fund

The American Indian College Fund has been the nation's largest charity supporting Native higher education for 32 years. It believes "Education is the Answer" and provided \$15.5 million in scholarships and other direct student support to American Indian students in 2020-21.

Since its founding in 1989, the College Fund has provided more than \$259 million in scholarships, program, and community support. It also supports a variety of academic and support programs at the nation's 35 accredited Tribal colleges and universities, which are located on or near Indian reservations, ensuring students have the tools to graduate and succeed in their careers.

The College Fund consistently receives top ratings from independent charity evaluators and is one of the nation's top 100 charities named to the Better Business Bureau's Wise Giving Alliance. For more information about the American Indian College Fund, please visit www.collegefund.org.

CTSI Jobs

Tribal employment information is available at 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.

Firewood cutting permits available for Central Coast and Hebo ranger districts

CORVALLIS, Ore. – Firewood cutting permit season for the Siuslaw National Forest is here. Rules, restrictions and locations for firewood cutting are specific to each district. Permits are available now for the Central Coast Ranger District and the Hebo Ranger District. Commercial and personal-use permits are required when harvesting or transporting firewood. Personal-use permits are free and commercial-use permits are \$20 per cord; both will be issued on a first-come, first-served basis. Households are limited to a maximum of six cords of free personal-use firewood per year. Permits are not transferable. A valid government ID is required at the time of purchase.

Persons interested in a firewood permit are encouraged to visit the cutting areas before requesting a permit. Maps will be posted on the Siuslaw National Forest firewood cutting webpage as they become available. Roads leading to the firewood cutting areas may be primitive and require a 4-wheel-drive vehicle. Avoid cutting, piling or gathering firewood near any stream, pond, lake, marshy or wet area to help us protect water quality and fish habitat.

For more information about the firewood cutting permits, visit Siuslaw National Forest firewood cutting webpage at <https://go.usa.gov/xMyZE>. For other questions, call the Central Coast Ranger District at 541-563-8400 or the Hebo Ranger District at 503-392-5100.



Sapsik^watá Teacher Education Program



Sápsikw'at xtúwit naami tananmamiyau (Ichishkúin)– Education Strengthens our People

- Master of Education/Oregon Teacher Licensure in one year.
- Native cohort within UO Teach Master's Program/Special Education Program.
- UO and federally funded payback service benefits include tuition and fee remission, books and supplies, monthly stipend, and more.
- Participants complete service payback by teaching in schools with high Native American student populations.
- Applications annually due January 15.

O UNIVERSITY OF OREGON | College of Education
sapsikwala@uoregon.edu
 541-346-2454



EDRANDA institution committed to cultural diversity. ©2021 University of Oregon UO003021

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

2023 Tribal Council Application

Application for names to be placed on the 2023 ballot for candidates in the Siletz Tribal Council election

Name: _____ Roll# _____

Address: _____

City _____ State _____ ZIP _____

Telephone: _____

Email Address: _____

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians and 18 years of age or older on Election Day. This application must be filed with the Election Board by **4 p.m. on Dec. 2, 2022**. I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing by **4 p.m. on Dec. 9, 2022**. Otherwise, my name will appear in the voter's pamphlet and on the ballot.

Signature: _____ Date: _____

Mail your application to CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

Election Deadlines

4 p.m.	Dec. 2, 2022	Deadline to file for candidacy
4 p.m.	Dec. 2, 2022	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m.	Dec. 9, 2022	Deadline to withdraw in writing from the Tribal election
4 p.m.	Dec. 9, 2022	Certified Candidates List posted
Days of:	Dec. 12-13, 2022	Voter's Pamphlet mailed out
Days of:	Dec. 15-16, 2022	Absentee ballots mailed out
9 a.m. – 12 p.m.	Jan. 7, 2023	Candidates Fair – Location TBD
4 p.m.	Jan. 27, 2023	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 4, 2023	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 4, 2023	Deadline for returning absentee ballots

Voter's Pamphlet and Statement

If you would like your candidate's statement and photo to appear in the Voter's Pamphlet, please submit your statement and a recent 3x5 photograph of yourself along with your application. Deadline for statements and photos is **4 p.m. on Dec. 2, 2022**.

Candidate statements must be no longer than 750 words and must not be derogatory or contain personal attacks on any one individual. Statements and photos will appear in the Voter's Pamphlet. Photos will be included on the ballot. Mail your statement and photo to: CTSI Election Board, P.O. Box 549, Siletz, OR 97380-0549.

The candidate is responsible for ensuring receipt of application and statement by the deadline. Letters will be sent to all candidates after review and certification by the Election Board. The Election Board will also send each certified candidate a packet that includes the Siletz Tribal Constitution, Election Ordinance and approved rules.

Candidates can call 800-922-1399, ext. 1256, or 541-444-8256; or e-mail elections@ctsi.nsn.us to confirm receipt of application and candidate's statement.

Siletz Tribal Athletic Commission Vacancy

The Athletic Commission was formed to promote and offer different types of sports activities at the Siletz Tribe's gaming center and/or at other locations on Tribal trust land. It was established to create rules and regulations for the conduct of each sporting activity and to regulate each sporting activity that is authorized by the Tribal Council.

The Athletic Commission consists of three members and a Tribal Council member. Two of the three members may be a non-Tribal member with experience in the conduct and regulation of sporting activities.

The Athletic Commission shall permit and regulate only those sporting activities specifically authorized by Tribal Council and permitted by applicable law. The following activities are authorized by Tribal Council: boxing (amateur and professional), wrestling (amateur and professional) and mixed martial arts (amateur and professional).

The Athletic Commission shall be responsible for regulation of any sporting activity that occurs on Siletz lands to ensure that the conduct of such sporting activity comports with all Athletic Commission regulations and applicable laws.

Athletic Commission members shall be reimbursed for approved travel, subject to the availability of funds.

If interested in an appointment to the Siletz Tribal Athletic Commission, please complete a résumé and submit it to Tribal Council, Attn: Executive Assistant to the Tribal Council, P.O. Box 549, Siletz, OR 97380-0549 or fax to 541-444-8325.

There are three vacancies with terms ending in 2024, 2025 and 2026. Appointments will be made at the Regular Tribal Council Meeting in February 2023. The deadline to submit your résumé is Feb. 8, 2023.

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.

Free child ID kits from the Oregon State Police

503-934-0188 or 800-282-7155; child.idkits@state.or.us

ACP Affordable Connectivity Program

Save up to \$75 a month on your internet service bill

The Affordable Connectivity Program (ACP) is a new federal program that helps low income families afford the cost of having internet service at home.

ACP Participants Receive:

- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Who Qualifies?

There are four ways your household can qualify for the Affordable Connectivity Program (ACP):

- Based on your household income
- If you or your child or dependent participate in certain government assistance programs such as SNAP, Medicaid, WIC, or other programs
- If you or your child or dependent already receives a Lifeline benefit
- You may also qualify for the ACP through a participating internet provider's existing low-income program.

If you or someone in your household participates in one of these programs you are automatically eligible for ACP:

- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit
- Free and Reduced-Price School Lunch Program or School Breakfast Program,
- Received a Federal Pell Grant in the current award year
- Bureau of Indian Affairs General Assistance
- Head Start (only households meeting the income qualifying standard)
- Tribal Temporary Assistance for Needy Families (Tribal TANF)
- Food Distribution Program on Indian Reservations

Enroll Today www.affordableconnectivity.gov



Universal Service Administrative Co.

The Affordable Connectivity Program is administered by USAC with oversight from the Federal Communications Commission (FCC).

Dial 988

from any phone to get help.

If you need immediate help now, Text **INDIGENOUS** to 741741.



CRISIS TEXT LINE

