

Siletz Tribe Donates \$131,000 to Groups in County, State



Photo by Andy Taylor

The Siletz Tribal Charitable Contribution Fund distributed \$131,634.13 to 28 organizations on Feb. 3 as it continues its quarterly donations to nonprofit groups.

The Siletz Tribe has made contributions through employment, monetary donations and cooperative measures to the Siletz community, Lincoln County and the state of Oregon. The seven-member charitable fund advisory board has distributed more than \$16.4 million since its inception in 2001.

Overall, the Tribe has honored its tradition of sharing within the community by distributing more than \$20.8 million through the charitable fund and other Tribal resources. Chinook Winds has donated more than \$6.5 million in cash and fund-raising items since it opened in 1995. The casino also provides in-kind donations of convention space for various fund-raisers as well as technical support, advertising and manpower for many events.

The next deadline to submit applications is March 1, 2023. Eligibility for money from the charitable fund is limited to two categories:

- Entities and activities located in the Siletz Tribe's 11-county service area (Lincoln, Tillamook, Linn, Lane, Benton, Polk, Yamhill, Marion, Multnomah, Washington and Clackamas counties)
- Native American entities and activities located anywhere in the U.S.

Applications and requirements can be obtained at ctsi.nsn.us/charitable-contribution-fund; by calling 800-922-1399, ext. 1227, or 541-444-8227; or by mailing Siletz Tribal Charitable Contribution Fund, P.O. Box 549, Siletz, OR 97380-0549. Applications can be submitted via e-mail at stccf@live.com.

Distribution of \$131,634.13

Cultural Activities – \$1,970.88

Chemawa Indian School, Pow-Wow Club – table and storage bins; Salem, OR; \$1,970.88

Education – \$6,990

Clemens Primary School – National Geographic books for Books for Kids program; Philomath, OR; \$990

Neighbors for Kids – flooring, furniture, materials, supplies and equipment for Teen Center; Depoe Bay, OR; \$6,000

See STCCF on page 12

2023 Tribal Council Members



Photo by Andy Taylor

Marita "Selene" Rilatos, Alfred "Buddy" Lane IV and Loraine Butler, all from Siletz, Ore., were elected to the Tribal Council of the Confederated Tribes of Siletz Indians in elections held Saturday, February 4, 2023.

Rilatos was re-elected with 345 votes, Lane was elected with 281 votes and Butler was re-elected with 259 votes. Fourteen candidates ran for the three open positions and the three who received the most votes were elected.

These individuals will serve with Sharon Edenfield, Angela Ramirez and Frank Aspria, all from Siletz, whose terms expire in 2024; and Alfred "Bud" Lane III and Bonnie Petersen, both from Siletz, and Delores Pigsley, from Keizer, Ore., whose terms expire in 2025. Term of office is three years for each position on the nine-member council.

Seven hundred ninety-five (795) ballots were returned and accepted. Enrolled members of the Siletz Tribe who are age 18 and older are eligible to vote in Tribal elections. The Tribe has more than 5,600 enrolled members.

The swearing-in ceremony for the newly elected council members took place on February 5, 2023. Officers are elected on an annual basis and those selected for 2023 include:

- Delores Pigsley, chairman
- Bud Lane, vice chairman
- Sharon Edenfield, treasurer
- Bonnie Petersen, secretary

Pigsley currently has served 37.5 years as Tribal chairman out of 44 years on the council, while Bud Lane has 25; Loraine Butler, 18; Sharon Edenfield, nearly 13 years; Angela Ramirez, 5 years; Selene Rilatos, 3 years; Frank Aspria, 2 years; and Bonnie Petersen, 1 year.

The Siletz Tribe has spent the last 46 years rebuilding its government and economic structure. The signing of Public Law 95-195 in 1977, which restored government-to-government relations between the Siletz Tribe and the federal government, started this process. The Siletz Tribe was the second in the nation – and the first in Oregon – to achieve restoration.

See Elections on page 10

Give Your Input at the Last Planning Community Meetings

The next Community Meeting is the Portland area meeting on March 9, on Zoom and in-person.

The last meeting for the out-of-area Tribal Members will meet via Zoom on March 23. Both meetings will be from 5:30-7:00 p.m.

Because your input is needed to communicate your needs and priorities and for grant writing, we want to spend more time listening to you.

We will also update you on various projects we have completed as well as what is in progress.

The link to all Zoom meetings is <https://us06web.zoom.us/j/6206272290>. To join by phone, call 1-253-215-8782 and enter the meeting ID: 6206272290.

If you have any questions, please contact the Planning Department at 541-444-8257 or 800-922-1399, ext. 1257.

Salem Casino

The Environmental Assessment (EA) on the Salem casino property has been complete. It is now pending in the central office of the Bureau of Indian Affairs (BIA). They will make a formal decision on the EA, hopefully soon.

The Section 20 application to have land in trust for gaming is still pending with the BIA.

Bud Lane and I have been meeting with Oregon legislators and other elected officials that have an interest in our plan, even those who may not be in favor. So far those meetings have gone very well. There are several new faces in the State legislature.

I continue to meet with the North Salem Neighborhood Association whenever they ask. Those meetings are to keep them informed and respond to any questions they may have.

Oregon Department of Fish and Wildlife (ODFW)

We are currently at a standstill, waiting to complete further negotiations. Hopefully we will be able to move forward in the near future.

Chinook Restoration

Bud and Lane and I are hoping to have a meeting with the officials of the Chinook Restoration folks. Our tribe wants to be able to support their plan to restore them to federal recognition. It has been a bit controversial since their plan includes the Chinooks and Clatsop tribal members that are currently enrolled with our tribe.

The tribe wants to support them but to make sure that their Restoration doesn't infringe on Siletz northern boundaries. Siletz has about 1,000 members who have Clatsop/Chinook blood.

Affiliated Tribes of NorthWest Indians (ATNI)

Oregon Tribes hosted the ATNI quarterly meeting in Portland in January. It turned out to be one of the biggest meetings ever. Oregon tribes showcased their programs at the Market place where there were many tribal vendors, it was at the Doubletree Hotel, it was a very successful event. On the agenda were speakers from Central office in DC, the White House and local BIA officials.

Chemawa Station

At our last Chemawa Station meeting members approved changes to the master plan for the future of the property. There is great interest from other businesses since the Gas station and Chick Fillet have opened. We look forward and welcome other businesses



Delores Pigsley

to this unique property that is owned by our Tribe and the Grand Ronde tribe.

Elders Council Meeting

The Elders Council will host an in-person/Zoom hybrid meeting on Saturday, March 11, 2023, at 1 p.m. in the Shasta room at Chinook Winds Casino Resort Lincoln City, Ore.

If you have any questions, please contact the Elders Program at 541-444-8212.

Most Often Requested Numbers

- Confederated Tribes of Siletz Indians – 800-922-1399
- Salem Area Office – 503-390-9494
- Portland Area Office – 503-238-1512
- Eugene Area Office – 541-484-4234
- Purchased Referred Care (PRC) – 800-628-5720
- Tribal Veterans Rep – 541-444-8330 or 541-270-0569
- Siletz Community Health Clinic – 800-648-0449
- Siletz Behavioral Health – 800-600-5599
- Chinook Winds Casino Resort – 888-244-6665
- Chemawa Health Clinic – 800-452-7823
- Bureau of Indian Affairs – 800-323-8517
- Website – www.ctsi.nsn.us

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.

2023 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2023 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Chief Administrative Officer Lisa Norton or the education specialists at any Tribal area office to request one.

The purpose of the program is to provide funding for a paid internship to Tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. Ten slots are available, paid at Tribal minimum wage for up to 350 hours.

Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. A limited number of placements are available with the Tribe. Due to COVID, at this point most Tribal placements will likely be remote.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June and must be completed by Sept. 30, 2023.

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

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

Online: www.ctsi.nsn.us/summer-intern-application/

Email: collegeinterns@ctsi.nsn.us

Fax: 541-444-2307

The deadline to apply for the program is **4:30 p.m. on March 31, 2023.**

If you have questions about the program, please contact Norton at the above email address or by calling 541-444-8210.

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 April issue is March 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

SILETZ TRIBAL FOOD DISTRIBUTION PROGRAM PRESERVING FOOD EVENT FOR NUTRITION EDUCATION

Siletz Tribal Food Distribution Program, is looking for volunteers for an upcoming food-preserving event for Nutrition Education.

We need volunteers with knowledge of canning or dehydrating foods, to join us in making cooking videos that will be posted on our Siletz Tribal FDPIR Facebook page for educating clients and community members on how to preserve foods.

Event will be held on Saturday April 8, 2023.

If interested please Contact: Sammy Hall at 541-444-8393 or Marci Taylor at 541-444-1279

USDA distribution dates for March

Siletz			Salem		
Wednesday	March 1	9 a.m. – 3 p.m.	Monday	March 13	1:30 – 6:30 p.m.
Thursday	March 2	9 a.m. – 3 p.m.	Tuesday	March 14	9 a.m. – 6:30 p.m.
Friday	March 3	9 a.m. – 3 p.m.	Wednesday	March 15	By appt only
Monday	March 6	9 a.m. – 3 p.m.			
Tuesday	March 7	9 a.m. – 3 p.m.			

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

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

Run to the 2023 Rogue Update

This year, R2R will take place October 13th, 14th & 15th

This change is to avoid cancelations due to wildfire season.

We look forward to seeing you for Run to the Rogue in October!

Attention: Important PRC Information

Effective March 1, 2023, all Tribal members who live within a 40-mile radius must receive medical, dental and vision care and services at one of the three Indian Health Service (IHS) or Tribal health care facilities.

If a Tribal member is in the middle of dental treatment, he/she will be allowed to complete it. After the dental treatment is done, however, the Tribal member will be required to be seen at one of the three IHS or Tribal health care facilities.

If you are unsure whether you live within the 40-mile radius, please contact Siletz PRC at 800-628-5720 or email SiletzPRC@ctsi.nsn.us.

Contact numbers for IHS and Tribal health care facilities

- Siletz Community Health Clinic: 800-648-0449
- Chemawa Health Clinic: 800-452-7823
- Grand Ronde Health & Wellness Center: 800-422-0232

Utilization of these facilities is required unless the Tribal member is referred out for specialty care.

CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Date:

March 15 at 6 pm: Hazel

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

SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, JANUARY 3-MARCH 7
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JANUARY 5 -MARCH 2
5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18, 3/4
NOON-IMMERSION CONVERSATION HOUR

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

Gwen Brents Graduates from Home Visiting Program

Gwen and her children Josiah, Ayla and Blaise

Congratulations to Gwen Brents for graduating from Home Visiting!

Gwen began Home Visiting in December 2019 prior to the birth of her son Josiah. Gwen participated in the program until this January when Josiah turned three years old. Gwen experienced several changes while in Home Visiting. First was COVID not too long after her son was born. Due to COVID we entered lockdown and many programs were suspended. Home visits stopped for a while and then transitioned to virtual visits by phone or video. Gwen also had a change in Home Visitors. She persevered and adapted well to the changes without complaint.

When asked what she valued most about the program Gwen said, "Learning everything all over again and learning new things." She recommends the program for other families as well. She says "It is good for new moms and dads to know things. Parenting is different for everyone. The program is very good at helping you to learn and get other perspectives."

Gwen works hard to provide for her family and is in the process of starting her own business. Congratulations Gwen!



NW NATIVE AMERICAN RESEARCH CENTER FOR HEALTH

FELLOWSHIP PROGRAM

Apply today for a paid research experience that includes professional mentoring at regional universities, sponsored by the Northwest Portland Area Indian Health Board.

EXPERIENCE

Paid research experience for up to ten hours per week (undergraduate) and twenty hours per week (graduate)

Monthly zoom-based seminars on research topics of importance to tribal health, and on relevant research techniques

Monthly science webinars coordinated with partners at AISES

MENTORSHIP

Faculty mentorship for the research project, to be selected by the fellow

Near-peer mentors to be selected by the fellow

CONNECT

End of year research conference in Portland that allows students to showcase their projects and progress

Attendance at a national research meeting of choice (such as American Public Health Association, Society for Epidemiologic Research, etc.) to be supported by NPAIHB

Yearly workshops in Portland that are focused on research skill building and career development

Contact Ashley Thomas at:
Athomas@npaihb.org

Supported by the National Institute Of General Medical Sciences of the National Institutes of Health under Award Number 506GM145214.

How Do I Know Which Foods are Best for Me?

Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist, March 2023

Today's topic is about a fantasy practice of storytelling (or writing) from a prompt. The goal is to learn to identify how our food choices impact our quality of life. The practice is to use a series of prompts, to allow a story to tell itself. This can actually be quite informing. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This month, let's use our imagination and see what happens. I will demonstrate an example, and then share what I learned from what I wrote in my fantasy story. Personally, I like to think of this as a way to find my most delicious and comforting foods that sustain me to be healthy, happy, and strong.

My prompt: On a dark and stormy night, while feeling hungry, I slipped into a dream state. A wise person asked me to consider what comforting and delicious food I could eat on that dark and stormy night, that would also help me to be healthy, happy, and strong. What follows?

My story: Suddenly I enter a scene from the children's book "Cloudy with a Chance of Meatballs". I am cold, tired and hungry. Food is falling from the sky, and available for my choosing. I first reach out for a chocolate ice cream cone. After one lick, I remember I feel too cold for ice cream. I need warm food that would feel comfortable in my belly. I think about what that would be. I see hamburgers. I see chili dogs. I see fish tacos. I wonder how I will feel after eating any of these foods, because I don't want my belly to ache. Next, I see chicken lettuce wraps! Suddenly I remember how good I felt the last time I ate that, compared to how I feel after eating a bun or a tortilla.

Pause at this point. Take a moment to notice your observation about how certain foods made you feel. The story can stop here or continue with or without another prompt.

Next Prompt: I realize I'm thirsty, and the food I ate wasn't warm like I was hoping for. I want a warm beverage. What happens next?

My story: While still in my dream state, I know I need to get my own cup to catch the down-pour of beverages. I put on my rubber raincoat to protect me from the warm beverages raining down. I see hot cocoa. I see mint tea. I see steamed non-dairy milk with cinnamon. I see a peach smoothie. Ooh, the peach smoothie looks so delicious with the whipped cream chasing behind it, but it is very cold, and I want to feel warm. I love chocolate, but it might be too sweet and stimulating for me to sleep. However, wouldn't it be wonderful to stay up all night feeling happy from the hot cocoa? It sure is tempting, but I remember that I've been invited to go fishing early in the morning with my grandma. I've learned that it goes better when I'm not cranky from lack of sleep. I so want to have fun. Grandma would have suggested mint or chamomile tea, but I don't want it. I choose the steamed milk with cinnamon, knowing that it will be delicious, and it might feel comforting and good in my belly. After drinking my warm beverage, I feel so tired that I'm not going to brush my teeth. When I choose tea, my teeth usually feel smooth, compared to a sweetened milk beverage. I wipe my teeth with a nearby cloth, because I need to go right to sleep.

Pause. Whether you continue the story depends on how it is going. If this is an oral exercise with a child, be sure to keep it fun.

Because this was my fantasy, and I was writing for myself, I noticed that I realized my belly feels better without buns and tortillas. I also noticed that I realized the importance of food temperature, depending on how I feel. In my fantasy I considered flavor, how stimulating chocolate is, and whether that was an advantage or a disadvantage. Furthermore, because my teeth form plaque quickly, my choices matter, especially if I'm going to be too tired to brush my teeth. Lastly, my grandma's opinion was on my mind, even though I rejected it. I noticed that I chose to learn from my own experience! I observed my food choices and the consequences through this fantasy exercise. This observation comes with me into my daily life.

Your conclusions and wonderings will be different from mine, and possibly different from your child's. I recommend that adults try this practice first, before doing it with children. This experience and insight will likely help to keep the fantasy exercise fun. In order to have this process be a learning experience, you and your children will want to pay close attention to how you feel after eating or drinking certain foods and beverages in your daily lives. Over time, this will guide you and your children to choose the best foods for your desires -including being happy, healthy, and strong. This daily observation could make your fantasies more detailed and fun as the learning occurs without work. Children learn more from what adults do, than what they say. Children also learn from experimentation. When experiential learning is supported and fun, the results can be amazing. Prompted writing and storytelling are part of my recent exploration. I hope to receive feedback from you all about

how well it worked, and what were your favorite prompts.

Other possible prompts to use or change to suit your needs:

1. I'm packing my lunch and snacks before a long hike with my best friend and her big sister. What do I pack? How do I feel on the hike, and how well does it go? (Another activity can be inserted)

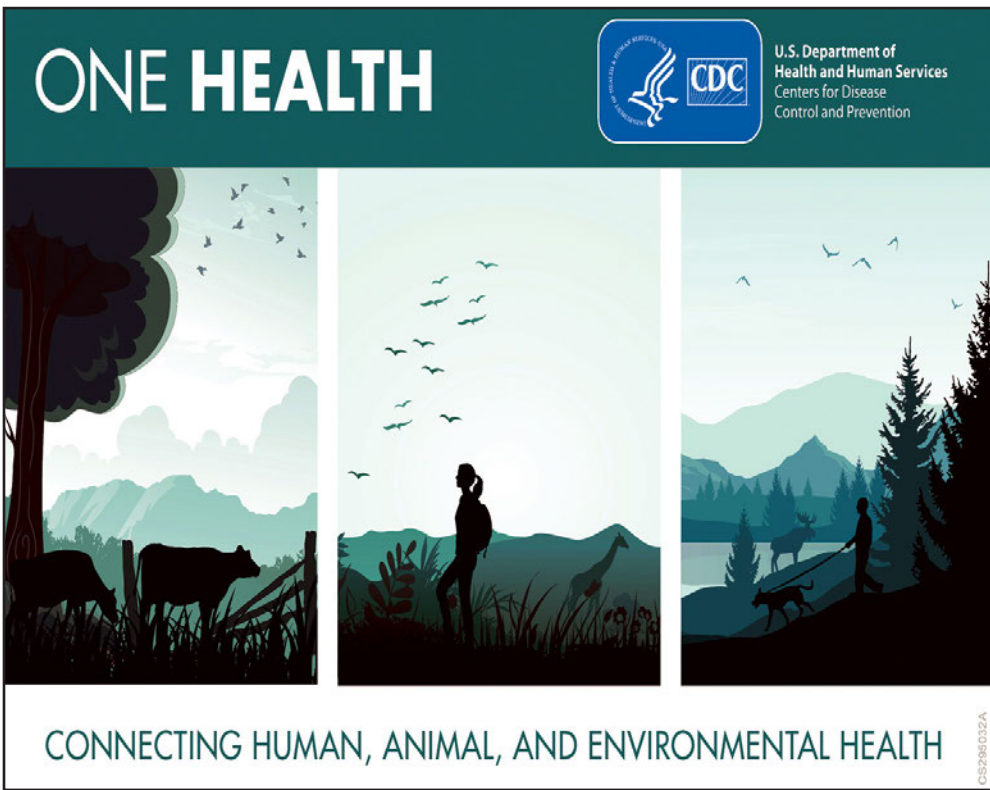
2. I'm lost in a strange place. I'm alone. I walk into a room with a large banquet table full of food. What do I choose to help me be smart, brave, and strong to find my way home?

3. I'm super hungry. I'm shaking. My head is confused. In my magical backpack I have anything I need as long as I know what to pick. What do I choose to eat to make me feel better?

The idea is to encourage the story to unfold after the food choices, with the learning leading to how the food choices support, or interfere, with the performance desired, such as focus, stamina, blood sugar control, or other. The lesson unfolds in real life as our food choices continue to inform us.

Another angle on prompted writing and storytelling is to tap into our ancestors (in all forms, human, animal, land, etc.). This work is at the heart of decolonizing our bodies and retrieving our deeper identities and ancestral memories. I believe we can learn through our ancestors which foods are best for us.

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.



Top: An MMIW portrait of a woman holding a drum in the same corner as the Siletz CARE department shawl and ribbon skirts.

Below: Art of Siletz Tribal members both MMIW and an ambassador

Bottom: Serena Depoe, Lisa Norton, Rachele Endres and Selene Rilatos wait together for the Portraits in Red exhibit to open.

Photos by Andy Taylor



SPECIAL EXHIBITION
PACIFIC MARITIME HERITAGE CENTER

FREE OPENING RECEPTION: February 2 from 4-7 PM,
Confederated Tribes of Siletz Indians Blessing Ceremony at 4 PM

PORTRAITS IN RED
MISSING & MURDERED INDIGENOUS PEOPLE PAINTING PROJECT
February 2 - May 7, 2023

"...This project is a labor of love. It has found me and inspired a mission of raising awareness and honoring the memory of those lost. I hope it helps those still here heal, even if only a very small amount. Perhaps it will help someone still suffering gain the courage to get help. You are not alone, you are not without hope, we are your sisters and we are here beside you." - **Nayana LaFond**

WOMEN'S HISTORY MONTH EVENTS AT THE PMHC
MARCH 23, 6 PM | Panel Discussion featuring visiting artist Nayana LaFond and others
MARCH 25, 1 PM | Painting Demonstration by Nayana LaFond



PACIFIC MARITIME HERITAGE CENTER / LINCOLN COUNTY HISTORICAL SOCIETY
333 SE Bay Boulevard, Newport, OR 97365 | 541-265-7509 | www.oregoncoasthistory.org
HOURS: Tuesday - Sunday, 11-4 | ADMISSION: \$10 for adults | Kids under 12 & LCHS Members are free

Instagram, Facebook, Twitter icons





Siletz Community

Find us on Facebook! Siletz Community Health Department

EVENTS

MARCH 2023

Cultural Arts Gathering
3/14/23 1-7 p.m. @ SCHC

Trauma Support Group
Every Thursday @ 5:30 p.m.

2nd Annual Youth Summit & Round Dance
March 24-25, 2023 at Siletz Valley School

Contact Rachele Endres for more info at
rachelee@ctsi.nsn.us
or 541-444-9638

Cultural Arts Gathering

CARE will be opening the Siletz Clinics Shell room for any tribal member who just needs a safe space to complete any cultural project.

March 14, 1-7 p.m.

Space will be limited. Please contact Rachele at 541-444-9638 or rachelee@ctsi.nsn.us.

Bring your art and work on it with us.

People living with Dementia

Symptoms

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

Cognitive changes

- Memory loss, which is usually noticed by someone else
- Difficulty communicating or finding words
- Difficulty with visual and spatial abilities, such as getting lost while driving
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Confusion and disorientation

Psychological changes

- Personality changes
- Hallucinations
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- More Info visit:

[Dementia - Symptoms and causes - Mayo Clinic](#)



Healthy Eating Plate

Use the Healthy Eating Plate as a guide for creating healthy, balanced meals whether served at the table or packed in a lunch box. *Click on each section of the interactive image below to learn more.*



Building a Healthy and Balanced Diet

Make most of your meal **vegetables and fruits - 1/2 of your plate.**

Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for **whole grains - 1/4 of your plate.**

Whole and intact grains—whole wheat, barley, wheat berries, **quinoa**, **oats**, **brown rice**, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power - 1/4 of your plate.

Fish, poultry, **beans**, and **nuts** are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Healthy plant oils - in moderation.

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that **low-fat does not mean "healthy."**

Drink water, coffee, or tea.

Skip **sugary drinks**, limit **milk** and **dairy products** to one to two servings per day, and limit juice to a small glass per day.

Stay active.

The red figure running across the Healthy Eating Plate's placemat is a reminder that staying active is also important in **weight control**.

Health Department



SAVE THE DATE



MARCH 24-25, 2023 • Siletz Valley School

FLYER TO COME WITH MORE INFORMATION

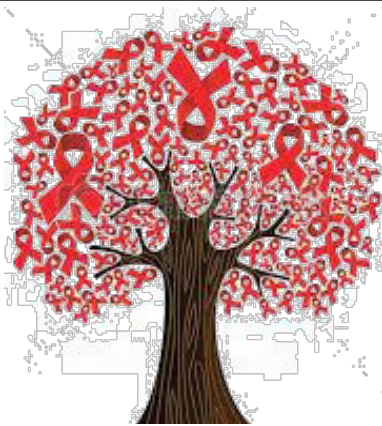
Contact Ron Butler at, ronb@ctsi.nsn.us with any questions you may have.

Get Tested

March 10, 2023

National Women's and Girls HIV/AIDS awareness day.

Our harm reduction team will be doing HIV & Hep C testing at the comfort station down town. We will also have food and other fun stuff to give out.



March 20, 2023

National Native American HIV/AIDS awareness day.

We will be doing a HIV/AIDS awareness walk through Siletz. We will meet at the comfort station at 12 p.m. and will have HIV awareness shirts and water available for people who participate.

Siletz non-emergency medical Transportation services



Last resort non-emergency medical transportation

If you are a Siletz Tribal Member in need of medical transportation who has exhausted all sources such as lack of personal vehicle, family and friends unable to transport, and the local public transportation is unavailable, you may request transportation through the Community Health Transportation line at 541-444-9633. Leave a detailed message with your name and number and your phone call will be returned.

The Transportation Coordinator will process all requests to determine availability and return your call as soon as possible. Please note if the return call is not immediate it may be due to pending availability.

Siletz Tribal Members who have Medicaid (OHP) may qualify for additional resources through Medicaid's non-emergency medical transportation.

LONG-DISTANCE TRANSPORTS:

A long-distance transport is defined as a transport that is greater than one hour travel time from the service area office. Long-distance transports are provided to eligible CTSI Tribal members when healthcare services from a local provider are not allowed by Purchased/ Referred Care or are unavailable in the area.



Join us at the
CTSI Community Garden!

- Sign up for a garden space
- Seed planting demo
- Sharing seeds

Garden Opens:
April 6, 2023
3-5:30 p.m.

For more information, call 541-444-9627
Sponsored by CTSI Community Health Clinic
and the Diabetes Program



**Invasive
Weed Pull
and Camas
Harvesting**

**Saturday
9-3 p.m.
April 22**

Sign up today!
Kathy Kentta
541-444-9627

Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Healthy Traditions
is posting cooking
videos on the
CTSI website.

COOKING CLASS



Camp Creek CTSI Property

Camp Creek CTSI property Restoration and Enhancement Project • Gathering to Remember and to Teach •

Please come and join our event on **April 2**, as we will be featuring a hike across the landscape.

This will provide an opportunity for our Elders to come and visit, remember and tell stories. Families are picking up their digging stick or spading fork and bucket or basket and restoring harvesting areas. Come and see this beautiful landscape.

**When we travel to new Tribal properties to hike and volunteer to participate in our cultural landscape activities it is important to inspect your tread in your shoes and clean any dried mud, or plant debris from your shoe laces. Bring two pairs of socks to change into a clean pair so you are not carrying seed capsules onto the property or back home.

Contact Jessica Hibler: JessicaH@ctsi.nsn.us

Why Pull Invasive Weeds? - Shiny Geranium

Information source: <https://solvepestproblems.oregonstate.edu/weeds/shiny-geranium>



Shiny geranium grows 6-18 inches tall. It often forms dense mounds that smother other vegetation. It favors landscapes and the sides of roads, trails and forest edges.

The leaves are shiny and lobed. Shiny geranium has small, pink flowers with five petals.

Stems range from green to red depending on environmental conditions. The stems are hairless. Plants turn red in summer. The yellow pods contain shiny geranium seeds.

Shiny geranium forcefully ejects its tiny seeds from their capsules. This trait helps spread the seeds to form dense carpets.

Virtual Parenting Workshop Series

Fatherhood is Sacred® Motherhood is Sacred®

Topics:

- Laying the Foundation
- The Creator
- Choice
- Vision
- Teachable
- Barriers to Being Teachable
- Wisdom
- Service
- Self-Identity
- Relationships
- Nurturing

8 Week Series

Tuesday's 6-7:30 p.m.

April 4 - May 23

Call to RSVP by March 30, 2023

Lori Christy
loric@ctsi.nsn.us
503-390-9494

Cathy Ray
catheriner@ctsi.nsn.us
541-484-4234

Weekly door prizes!

Grand prize drawing for those who attend minimum of 7 sessions

Workbook provided

Presented by
Confederated Tribes of Coos, Lower Umpqua & Siuslaw, Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of Siletz Indians, and The Klamath Tribes



Elections continued from page 1

The Siletz Tribe was among the first to become a self-governance Tribe, giving Tribal government more control over services provided to Tribal members. Under self-governance, the U.S. government provides general funding to the Tribe (rather than to specific programs), then Tribal employees and the Tribal Council decide how funds will be spent.

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, 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 Childcare Center in 2003; opening the Tillicum Fitness Center and a new USDA food distribution warehouse in Siletz in 2008; and opening the Siletz Recreation 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 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 non-profit 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 Siletz Tribe also has helped fund two affordable housing projects in Northeast Portland, each of which has 20 units designated Indian Preference, with Siletz households having first preference in admissions.

Chinook Winds Casino in Lincoln City opened in 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.

*****SAVE THE DATE*****

15th Annual Native Caring... A Conference to Learn, Connect & Share

Hosted by...

Cow Creek Band of Umpqua Tribe of Indians

Other Oregon partnering Tribes include:

Burns Paiute Tribe ~ The Confederated Tribes of the Umatilla Indian Reservation ~
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians ~ Confederated Tribe of Siletz
Indians ~ Confederated Tribes of Warm Springs ~ Coquille Indian Tribe
~ Confederated Tribes of Grand Ronde ~ The Klamath Tribes



April 18-19, 2023
Seven Feathers Casino Resort
146 Chief Miwaleta Lane
Canyonville, OR 97417

Please come and join other caregivers of native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops that enhance your caregiving skills and give you a break from your daily responsibilities.

Look for registrations coming out early February 2023

Seven Feathers Casino Resort has a limited number of rooms blocked for this event at \$ 110 + tax per night call -1-888-677-7771

To book your reservation and let them know you are with the NCC Group

For more information call – Sophia Gosselin at 541-492-5230

Vendors, please contact Suzy Deeds at 503.304.3429 or suzy.deeds@nwsds.org

The Garden Property Prepares for Spring with a Perfect Rainbow



Courtesy photo by Zeph Mullins

By Zeph Mullins

The Garden Program is a new program being developed by the CTSI Health Clinic to steward a 38-acre property into a diversified organic practicing farm that provides healthy food options and cultural opportunities for Tribal members. The program seeks to improve the health of Siletz Tribal members by providing access to clean organic produce, outdoor recreation, and cultural activities in a safe space.

The stewardship of the land is guided by a Garden Committee, the needs of our community, Traditional Ecological Knowledge pathways, and a variety of internal and external partnerships. Half of the landscape is designated wetlands with wetland

meadows, shrub/tree wetlands, and a seasonal creek that is being stewarded to host and enhance habitat for native plants and animals with a focus on Beaver habitat. The front half of the landscape has been historically cleared and grazed into open pasture which is being stewarded to fulfill the Garden Program's needs. The program has installed a rainwater catchment system that will serve vegetable and plant production, a 5-acre garden with an exclusion fence to deter grazing animals such as Elk and Deer, a greenhouse nursery for plant and vegetable production, various facility and access renovations for programming activities, and are creating a Garden Master Plan that will continue to guide the future activities in the landscape.

Vocational Rehabilitation Eligibility Awareness

MARCH AWARENESS: Spotlight on the Oregon Medicaid Program

Oregon's State Plan Personal Care Program (SPPC) provides in-home personal care assistance for elderly (65+) and individuals with disabilities (18+) who require assistance with activities of daily living (ADLs) and instrumental activities of daily living (IADLs) in order to live independently. ADLs and IADLs are activities such as bathing, personal hygiene, dressing, transitioning (i.e., from the bed to a chair), preparing meals and light housecleaning. Assistance can be hands-on, verbal reminders and prompts that are beneficial for persons with cognitive impairments, i.e., Alzheimer's disease or dementias.

The participant can receive assistance via a home care agency or by directing their own care. Participant self-directed care means they are responsible for finding, hiring, managing, scheduling and firing their own caregiver, which SPPC calls a "homecare worker." Friends and relatives can be hired as a homecare worker; however, a spouse cannot be hired to provide care.

Participants who cannot self-direct their own care can elect a representative, i.e., a family member or friend, to do so on their behalf. A representative cannot also be the "homecare worker" (a paid caregiver).

Participants can reside in their own home or the home of a friend or family member. They cannot live in an adult foster care home or an assisted living residence or facility. SPPC is an entitlement program. There is never a wait list to receive personal care assistance via this program.

The State Plan Personal Care (SPPC) Program is a regular state Medicaid program. Sometimes, SPPC is called PC20, which stands for Personal Care 20 hours/month. Medicaid in Oregon is called the Oregon Health Plan.

Benefits of the State Plan Personal Care Program

Program participants can receive up to 20 hours per month of personal care assistance. The list of activities that might be provided includes:

- Cognitive Assistance – i.e., making decisions, memory, orientation
- Delegated Nursing Tasks
- Health Status Monitoring
- Homemaker Services – i.e., housecleaning, laundry, taking out the garbage
- Toileting / Bowel or Bladder Care
- Meal Preparation
- Medication / Oxygen Management
- Mobility / Transfer / Repositioning
- Personal Hygiene – i.e., bathing, shaving, washing hair, dressing

Medical Appointment Assistance – i.e., scheduling appointments, arranging transportation

To apply for SPPC, elders and disabled adults should contact Northwest Senior & Disabilities Services (Marion County) or call the Oregon Department of Human Services at 800-282-8096. Individuals can also contact the Aging and Disability Resource Connection (ADRC) of Oregon at 855-673-2372. The Department of Human Services (ODHS) administers the State Plan Personal Care Program.

Oregon Health Plan Plus and Medicaid Eligibility (see links):

<https://www.medicaidplanningassistance.org/oregon-state-plan-personal-care>

<https://www.medicaidplanningassistance.org/in-home-care/>

Contact your local job development specialist for more information on this program:

Makayla Jackson
Job Development Specialist
Eugene Area Office
2468 W 11th Ave.
Eugene, OR 97402
541-484-4234, ext. 1752

Jamie Bokuro
Intake Specialist/Job Coach
Siletz Area Office
201 SE Swan Ave./P.O. Box 549
Siletz, OR 97380
541-444-8213

Tamra Russell
Self-Sufficiency Counselor I
Portland Area Office
12790 SE Stark St., Suite 102
Portland, OR 97233
503-238-1512, ext. 1411

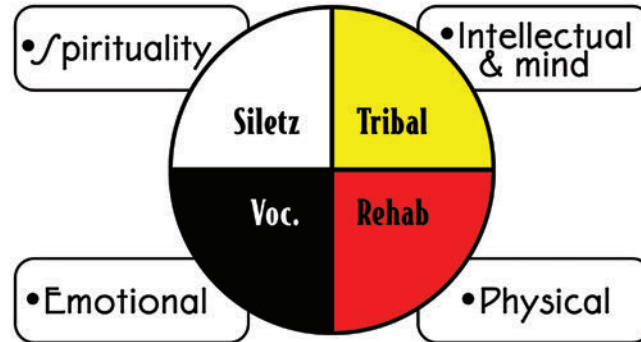
Toni Leija
Job Development Specialist
Salem Area Office
3160 Blossom Drive NE, Suite 105
Salem, OR 97305
503-390-9494, ext. 1861

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
Self-Sufficiency Counselor I
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

477 Self-Sufficiency Program

Non-Needy Caretaker Relative (NNCR)

Assistance for caretaker relatives of a Siletz Tribal child/children

The program may assist with:

Financial assistance and support services to meet the needs of the Siletz child/children.

Who is a caretaker relative?

A caretaker relative is not the parent of a Siletz enrolled dependent child and is responsible for the care, control and supervision of the child.

Caretaker relatives can be related to the child in the following ways: blood relatives or culturally established family members.

Income Guidelines

Non-needy caretaker relatives do NOT have to meet income requirements to qualify.

However, if the caretaker is receiving ongoing financial assistance from the State or Tribe, the family will not be eligible for NNCR.

Example of an NNCR

A grandparent (or other relative) who is responsible for the care, control and supervision of a Siletz enrolled child who would like assistance to help meet the needs of the child.



Apply today!

Call your Area Office
Must meet eligibility criteria and services are available on a budgetary basis.

Siletz Office Lincoln & Tillamook 201 SE Swan Ave. P.O. Box 549 Siletz, OR 97380-0549 Phone: 541-444-2532	Salem Area Office Marion, Polk & Yamhill 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 Phone: 503-390-9494	Portland Area Office Clackamas, Multnomah & Washington 12790 SE Stark, Suite 102 Portland, OR 97233 Phone: 503-238-1512	Eugene Area Office Benton, Lane & Linn 2468 W 11th Ave. Eugene, OR 97402 Phone: 541-484-4234
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Environment and Natural Resource Preservation – \$5,500

Siuslaw Watershed Council – truck to be used for native habitat restoration and environmental education programs; Mapleton, OR; \$5,500

Health – \$36,594

Alsea School District – clothing, shoes, backpacks, OTC medications, family transport/gas cards, food/backpack snacks and school supplies for emergency program; Alsea, OR; \$2,000

Alsea Valley Gleaners – food; Alsea, OR; \$2,000

Bright Horizons Therapeutic Riding Center – 100 hours of EAAT (equine-assisted activities and therapy); Siletz, OR; \$5,000

Community Outreach, Inc. – food; Corvallis, OR; \$2,000

Corvallis-Albany Farmers Market – food; Corvallis, OR; \$3,000

Fundamental Needs – install off-grid water systems and student stipend for installation; Dolores, CO; \$5,000

Marion Polk Food Share – compost acquisition and delivery, vegetable starts and seeds, and staff time; Salem, OR; \$5,000

Mountain Gospel Fellowship – fuel; Falls City, OR; \$2,000

The Arc of Benton County – portable wheelchair ramp, loom knitting machine, remote shutter button, magnifier and craft supplies; Toledo, OR; \$594

Waldport Lions Club – vision checks, glasses, vision surgeries, hearing aid checks and hearing aids; Waldport, OR; \$10,000

Historical Preservation – \$5,000

Oregon Retired Educators Association – custom siding for the Criterion School House; Portland, OR; \$5,000

Housing – \$10,000

Crossroads Communities – furniture, laptops and computer peripherals; Lebanon, OR; \$10,000

Other – \$11,873

Homeward Bound Pets Humane Society – construction of new facility; McMinnville, OR; \$10,000

Yachats News – office rent, laptop and liability insurance; Yachats, OR; \$1,873

Prevention – \$2,940.76

Newport High School, Grad Night Committee – equipment rentals, venue and food for senior grad night; Newport, OR; \$750

Taft Tigers Boosters – hot water heater, sink and cupboards for concession stand; Lincoln City, OR; \$2,190.76

Public Safety – \$25,765.49

Blodgett-Summit Rural Fire Protection District – two chainsaws, two extra chains and three battery-powered scene lights; Philomath, OR; \$2,718

Central Coast Fire and Rescue District – firefighting hoses; Waldport, OR; \$9,952.56

Dayton Fire District – AED trainer kits, manikin kits and AED rechargeable batteries; Dayton, OR; \$3,228.90

East Lincoln County Emergency Responders – curriculum to host emergency medical responder course for Lincoln County fire departments; Toledo, OR; \$5,000

Pacific Northwest Search and Rescue – boat fuel, food, suits and portable shelter; Milwaukie, OR; \$3,423.03

Siletz Valley Friends of the Library – professional deep cleaning; Siletz, OR; \$1,443

The Arts – \$25,000

Oregon Coast Council for the Arts – acoustic upgrades and redesign of backstage areas; Newport, OR; \$20,000

Pay It Forward – trophies, refreshments, printed programs, recital coordinator, venue, photographer and videographer; Portland, OR; \$5,000

Whitlow donates collection to heritage center ‘close to their original home’

Front row (l to r): Leonard Whitlow II, collection donor; Terry Gray, Sicangu Heritage Center general assistant; Keli Brings Three White Horses, Sicangu Heritage Center museum curator

Back row (l to r): Red Colombe; Cheryl Medearis, Sinte Gleska University vice president; Royal Lost His Blanket-Stone Jr., Sinte Gleska University Lakota studies director; Debra Bordeaux, Sinte Gleska University vice president

Leonard Whitlow II, his wife Cathie and family traveled from Oregon to donate an artifact collection to The Sinte Gleska University's Sicangu Heritage Center in Mission, S.D., on May 6, 2022.

Whitlow served as a history teacher for 30 years in the Portland, Ore., area. He grew up near the Siletz Tribe in Oregon and took a personal interest in Indigenous history. He died Sept. 18, 2022.

Whitlow came into the collection by lucky happenstance in the 1960s.

"I bought the collection from the elderly widow, Mrs. Robertson, whom said her husband had been a trader at St. Francis, S.D., around the 1930s," he said.

The Leonard Whitlow II Collection has more than 200 artifacts. Items included in the collection are beaded watch fobs, bracelets, belts and little broach-type pins made to look like mini-moccasins and more.

One store-bought artifact said to be a porcupine quill flattener came with an original tag. Information on the tag says it was purchased by "Brwn Robertson" from a dry goods company in Nebraska. A small beaded leather coin purse has "WOOD SD 1935" and another has "1939" beaded into the design.

Mr. Whitlow stated "I have received many offers to break it up and sell, which I am reluctant to do," Whitlow said. "Parting with this collection ... is hard to do. I don't want it broken up and feel that your center would return the items closer to their original home."

The Leonard Whitlow II Collection is currently being processed and an exhibit will be forthcoming.

Purchase flood insurance to protect what you've built

BOTHELL, Wash. – If you do not carry National Flood Insurance Program (NFIP) insurance, now is the time to buy it.

Wildfire season is slowing down and once the fires are out, people and communities are at risk for another threat – flooding. Wildfires leave the ground charred and unable to absorb water. This creates a flash flooding potential for years to come, even in areas that rarely experienced flooding in the past. Sometimes these flash floods can pick up ash and large debris, turning into mudflows that are highly destructive.

Unlike many causes of damage, flooding and mudflows are generally not covered by a homeowners' policy. An uninsured flood loss can eat into your life's savings.

Floods are the most common and expensive natural disaster in the U.S. Just an inch of water in an average-sized home can cause \$25,000 in damage. A NFIP policy protects against such losses and can ensure that a flood doesn't bring financial ruin.

Flood insurance is easy to get, the only requirement is that you live in an NFIP-participating community. These

include cities, counties and other jurisdictions that manage development.

You don't need to live in a floodplain to purchase a policy. If you live outside a floodplain, insurance will likely cost less than for those living in a higher risk area.

Buyers should be aware of the 30-day waiting period for an NFIP policy to go into effect. It is important to purchase a policy now to protect your property against the continuing threat of flooding.

You can usually purchase flood insurance from your current agent. If

that isn't possible, NFIP representatives can help you find one. As with any insurance, be sure to talk with your agent about the specifics of your policy.

Find out more about your risk and flood insurance at www.floodsmart.gov. To purchase flood insurance or find an agent, call 800-427-4661.





Photo by Andy Taylor

Loraine Butler, Buddy Lane and Selene Rilatos take their oath of office during the Tribal Council Swearing-In ceremony, given to them by the elections chair Danelle Smith



Photo courtesy of Stephanie Chamberlin

Tracy Viar, Brenda Brown, SuSun Fisher and Danelle Smith - Members of the election committee smiling together after day of working the election booths and counting ballots.

“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

Elk Tag Opportunity

The Tribal Natural Resources Department will once again offer a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2023-2024 hunting season.

As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres the Tribe owns, we can get six additional antlerless elk tags from the state. These LOP tags are not related to the Tribe's Consent Decree tags we receive each year. They are based solely on the Tribe being a landowner.

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

	Tribal Tags	LOP Tags
State hunting license required?	No	Yes – Tribal member must purchase both a 2023 and a 2024 state hunting license
Area to be hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alesa, South Alesa and Siuslaw
Eligible for other state elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and selection process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP drawing; if selected apply to state for controlled hunt tag (list LOP unit in LOP section on state controlled hunt application)
Obtain tag from	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt

* Note: If you are drawn for an LOP tag, you are still eligible to apply for and be drawn for a Tribal tag.

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

The drawing for the six LOP elk tags will be held during the Natural Resources Committee meeting on April 3 at 4:45 p.m.

Applications are available on the Tribal website, in the kiosk at the back door of the Tribal admin building in Siletz or by calling the number below. Completed applications must be received by the Natural Resources office by 4:30 p.m. on March 31, 2023.

For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Director Mike Kennedy at 541-444-8232.

Behavioral Health Youth Logo Contest Winner Recognized

This last August we had a Youth Logo Contest to spread awareness of the new Suicide and Crisis lifeline "988". The goal for 988 crisis line is make mental health crisis resources as accessible as calling 911 for other types of emergencies. The winning logo submission for the contest came from Chloe Regalado. The picture below is of Chloe holding a water bottle gifted during Youth Conference featuring her logo submission and the 988 Crisis Line. The purpose of this contest was to increase awareness and encourage people to reach out when they need help.

Suicide is the second leading cause of death in Oregon for people aged 15 to 24. This is especially sad because suicide is very preventable with the right interventions and supports. Unfortunately, tribal communities are affected as much as any other demographic when it comes to tragedies like suicide. Mental Health and Wellness is a major priority in the healing of our community through our historical and intergenerational trauma, and we are truly grateful for our young leaders like Chloe to help remind us to reach out, connect, and be there for each other. Shu'aa-shi nin-la (thank you) to Chloe.

Also, to our tribal members wanting Mental Health and Substance Use Treatment, please reach out to our Behavioral Health Program at 541-444-8286. If it's an emergency, please continue to use 911 or your local crisis team resources. The medicine wheel teaches us that healing as community comes through our interconnections and strengths from each other. Thank you to everyone out there lifting each other up today, and for choosing to be hopeful even during hard times.

HIGH SCHOOL THROUGH GRADUATE SCHOOL

STUDENT GRADUATION STOLE PROGRAM

2023 GRADUATES CAN SUBMIT A REQUEST FORM JANUARY 1ST, 2023 TO MAY 31ST, 2023.

CONTACT AN EDUCATION SPECIALIST FOR AN APPLICATION

Katy Holland Portland/Washington Area KatyH@ctsi.nsn.us	Jeff Sweet Siletz Area JeffS@ctsi.nsn.us	Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us	Candace Hill Eugene/Out-of-Area CandaceH@ctsi.nsn.us
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Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

Community Transcription Project

Limited spots remain

If you are interested in gaining skills transcribing and translating historical documents in Siletz Dee-ni (Nuu-wee-ya') please contact the Siletz language department at nickv@ctsi.nsn.us or 541-270-5814 by April 1.

The project will give you an opportunity to participate in making historical language materials more accessible to learners. Limited stipends may still be available for people interested in participating.

2022-2023

CTSI College Information Nights

Sponsored by the Education Department

6PM VIA ZOOM

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

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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ONLINE, BUT NOT ON YOUR OWN

You know what it means to be strengthened by a supportive community. It can make all the difference in reaching your goals.

Oregon State University Ecampus is committed to providing you a pathway to earn your degree.

- Top-ranked degrees online
- Dedicated support and scholarships
- Cultural engagement

Visit our website to learn more: ecampus.oregonstate.edu/native



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.

Hotel rates for Siletz Tribal members

Siletz Tribe hotel rates all year round! No longer do you have to guess at what your rate is and worry about higher rates in the summer. One rate for each hotel type is now \$79 for standard deluxe oceanfront rooms and \$99 for oceanfront junior suites.

Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- Never Drink and Drive Scholarship
Deadline: March 11, 2023
- Future of School Scholarship Program
Deadline: March 15, 2023
- Be the Boss Scholarship
Deadline: March 15 & Sept. 15, 2023
- Inspire Our Future Commercial Scholarship
Deadline: March 20, 2023
- Knowledge is Key Scholarship
Deadline: March 30, 2023
- Lockheed Martin Vocational Scholarship
Deadline: March 31, 2023
- Cobell Scholarship
Deadline: March 31, 2023
- NVMS American Indian Music Scholarship
Deadline: March 31, 2023
- Too Cool to Pay for School Scholarship
Deadline: March 31 & June 30, 2023
- OppU Achievers Scholarship
Deadline: March 31, June 30, Sept. 30 & Dec. 31, 2023
- CM Cares Religious Scholar Program
Deadline: April 4, 2023
- Nebraskaland Scholarship
Deadline: April 11, 2023
- Edwards Lifesciences Scholarship Program
Deadline: April 18, 2023
- AIGA Worldstudio Scholarships
Deadline: April 20, 2023
- Brave of Heart Scholarship Program
Deadline: April 21, 2023
- #RAREis Scholarship Fund
Deadline: April 21, 2023
- AIANTA Tourism & Hospitality Scholarships
Deadline: April 28, 2023
- OTR Diversity in Business Scholarship
Deadline: May 25, 2023
- Touchmark Foundation Nursing Scholarship
Deadline: June 30 & Dec. 30, 2023
- Dr. Pepper Tuition Giveaway
Deadline: Oct. 13, 2023
- LasikPlus "My Vision" Essay Scholarship
Deadline: Nov. 30, 2023
- LA Tutors Innovation in Education Scholarships
Deadline: 20th of each month
- Scholarship Points \$2,500 Scholarship
Deadline: Monthly
- Nitro College Scholarship
Deadline: Monthly
- Smart Owl Scholarship
Deadline: Monthly
- Be Bold \$25,000 Scholarship
Deadline: Monthly
- CollegExpress Monthly Scholarship
Deadline: Monthly
- Christian Connector \$2,500 Scholarship
Deadline: Quarterly
- Scholarship for Social Impact
Deadline: Rolling
- 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
- Army Emergency Relief Scholarships
Deadline: Ongoing
- Catching the Dream Scholarships
Deadline: Ongoing
- College Board Scholarship
Deadline: Ongoing
- National Action Council for Minorities in Engineering
Deadline: Varies

Other Opportunities

- Oregon Promise Grant
- Portland Community College Career Pathways Program
- UO Home Flight Scholars Program
- Oregon Tribal Student Grant
- UC Native American Opportunity Plan
- Data Bootcamps for Educators
Deadline: April 3, 2023
- Fund for Indigenous Journalists: Reporting on MMIWG2T
Deadline: Rolling
- 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
Deadline: Various
- 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

Important information for college-bound Tribal seniors

March

- Check for four Tribal scholarships at ctsi.nsn.us.
- Complete scholarships.
- Start working on Tribal higher education or adult vocational training grant application. This can be found on the Tribe's website and is due June 30.
- Review Student Aid Report (SAR).
- You should start receiving admission responses.

April

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

Internships

- Cronin and Company
Deadline: Open
- Liberty Mutual Insurance TechStart Summer Internship
Deadline: Open
- DropBox – Remote Customer Experience Program and Project Management Intern – Summer 2023
Deadline: Open
- Roku
Deadline: Multiple/Open
- 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
- WOTE Agricultural Incubator Intern
Deadline: Various
- Saturday Academy Internships
Deadline: Multiple
- EPA Environ. Research/Bus. Support
Deadline: Multiple
- National Science Foundation Research Experiences for Undergraduates
Deadline: Multiple
- Indian Land Tenure Foundation
Deadline: Multiple

Fellowships

- McGraw Fellowship for Business Journalism (CUNY)
Deadline: March 31, 2023
- MBA Special Advisor Fellowship
Deadline: Ongoing
- Franklin Talent Exchange Program
Deadline: Ongoing
- NYT 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

Tribal Council Timesheets for January 2023

Frank Aspria – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
1.75	1.75	.5				1/1-2	Email, packets
6.5	6.5	.5				1/3-5	Interviews, packets, reports, email
15.25	15.25	1.5	8	3		1/6-16	Meet w/ attorney, email, docs, reports, notebooks
3.5	3.5					1/17	Interviews, COVID, email
8.5	8.5		4			1/18-19	STBC mtg/email, email
8	8					1/20	Regular TC, email, packets
4.75	5	5	1			1/21-26	Email, reviews, packets

Loraine Y. Butler – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
		2			1	1/1	Casino event
1.5	1.5					1/9-10	Attorney mtg, packets
2	2		2			1/16-18	Packets
			2.5			1/19	Meeting
3.5	3.5					1/20	Regular TC
		2				1/25	Packets

Sharon Edenfield – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl
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Robert Kentta – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl
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Alfred Lane III – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl
----	-----	-----	------	----	-----

Bonnie Petersen – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
.75	.75					1/2	Meeting prep, email
				.5			Interviews, econ dev, Education Cmte, email
1.75	1.75					1/3	
						1/4	Housing Cmte, hearing, interviews, email
1.5	1.5						
2.5	2.5					1/5-8	Interviews, reading, email
2	2				4	1/9	Inauguration, email
2	2					1/10-11	Interviews, email
2.25	2.25					1/12-13	Meeting prep, email, packets, reports

Bonnie Peterson Continued

TC	Ind	Gmg	STBC	ED	Tvl		
6.25	6.25					1.5	1/14-18
							Town hall, email, calls, reading, meeting prep, interview f/u
1.75	1.75						1/19
3.5	3.5						STBC mtg, email
.25	.25	2					1/20
							Regular TC, email
.75	.75						1/21
							Email, meeting prep
12.5	12.5					3	1/22
							ATNI Educ Cmte, email
						3	1/23-26
							ATNI, email

Delores Pigsley – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
4.25	4.25					1.25	1/1-7
							Mail, return, agenda items
1.5	1.5					12	1/8-9
							Meet w/ Quinault Tribe, mail
2.5	2.5						1/10
2.25	2.25						ATNI mtg, mail, agenda items
							1/12-13
							Mail, agenda items
1	1					2.5	1/14
							Meet w/ Sen. Merkley, mail
3.75	3.75		.5				1/15-18
							Mail, agenda items, prep for council, prep for STBC
.75	.75		2	1	2.5		1/19
							STBC mtg, meet w/ neighborhood assoc, mail
3.5	3.5					4	1/20
1.5	1.5						Regular TC, mail
							1/21-22
							Mail, agenda items
15.5	15.5	.5				2	1/23-26
							ATNI, mail, prep for council

Angela Ramirez – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
5.5	5.25						1/1-10
							Email, packets
1	1						1/6
							STCCF, legal
9.5	9.5		.5				1/11-25
			2.5				Email, packets
3.5	3.5			.5			1/19
							Meeting
							1/20
							Regular TC
		.75					1/21
							Packets

Selene Rilatos – 1/1/23-1/31/23

TC	Ind	Gmg	STBC	ED	Tvl		
1.25	1.25						1/3
							NWPAIH mtg, SCP, email
3	3						1/4
							SB770 cluster mtg, email
1.75	1.75						1/5-6
							Email, packets
3	3						1/9
							Interviews, Health Cmte, email
3	3						1/10-11
							COVID team mtg, NPAIHB, email, packets
1	1						1/12
							Health ECHO mtg, email, packets
3	3						1/14-16
							Email, packets
4.75	4.75			2.5			1/17-19
							QBM, STBC, email, packets
4.25	4.25						1/20
							Regular TC, email, packets
3.5	3.5						1/22-25
							Email, packets, COVID

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CASINO RESORT

MARCH 10 & 11 • 8:00PM • \$15



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RON MOREY



HOST
PHILLY PLOWDEN

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2pm • 3pm • 4pm
5pm • 6pm

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Do you want to be crowned as **Queen or King?**

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\$50,000 in Prize Payouts!
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2nd Place \$1,000
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Thursdays in March, the first 100 to **COLLECT 500-POINTS** get **3 MAX BET SPINS!**



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The Elder Experience - An interview with Tribal Elder Jane John

By Teresa Simmons, courtesy of STAHS

We think we know our Elders, but do we? I had the opportunity to sit and visit with Jane (Service) John in February. You know, when you take the time to listen, really listen, you learn things. A lot of living goes into 80 plus years of life on this planet. I need to thank Jane for sharing some of her life experience of those years with me. Now I'll share them with you. Unfortunately, space can only allow a brief sketch of her full, active life.

Jane's parents, Ada Carson and Robert Service met at Chemawa Indian School and once married moved to Toledo where they raised Jane and her six siblings, Robert, Nancy, Mary, Joan, Bill, and Mike.

Jane and her twin sister, Joan, graduated from Toledo High School in 1952 shortly before the Siletz Tribe was terminated from federal recognition. In 1955, following termination, they decided to take advantage of the relocation program sponsored by the government and administered by the Bureau of Indian Affairs. The program included living quarters and a stipend while participants were educated in the field of their choice. Of the cities available to those taking part in the program, Jane and Joan chose Oakland, California because it was the closest to home. There they would enroll in business classes.

So, in April of 1955, the sisters travelled by train to California. It was their first ever train ride and when they arrived at their destination they were unnerved to find that there was no one to meet them.

You can imagine what it would be like in the 1950's for two teenage girls from Toledo to arrive alone in a place like Oakland not knowing a soul. Since we all know Jane and her level of determination, it is no surprise that the girls eventually found the people they were to meet. However, their sponsors were expecting two Indian girls wearing blankets, not two stylish young ladies. Even more surprising to Jane and Joan

was the reception they received at the facility where they were to live while they received their training. Most of the residents were much younger than Jane and Joan. They had been told that the new arrivals (Jane and Joan) may have no knowledge of indoor plumbing. So, in short, it was a confused first meeting for all involved!

Other members of the Siletz Tribe including Herman Bell, Gene Martin, Adolph Tronson, Ronald Butler, and Benny Brown also chose Oakland to receive training in various fields. One person very near and dear to Jane's heart, William Clark "Junior" John, showed up in June. Prior to Jane leaving Toledo for California, she was introduced to Junior by Willa Orton, a family friend. That introduction resulted in a six week romance that prompted Junior's trip to California. One thing led to another and it wasn't long before the two were married.

Their training served them well. Not only united in marriage, they were united in their line of work as well. Jane began her career in the printing department of the Oakland Police Department when mimeograph machines were used to create most publications. She remained at the Police Department for nine years. From there Jane joined the staff at General Motors where she saw printing techniques improve dramatically with the invention of the Xerox. Although Junior had trained in auto body repair he became employed by Owens Illinois the entire time they lived in California also in the printing department.

Their busy life was complete with the addition of three children, Glendora, Diana, and Billy.

Jane and Junior moved back to Oregon and settled in Salem in 1981. The kids, all now graduated and working, continued to live in California. Junior became a counselor at Chemawa. Jane continued to work for General Motors until 1991 after which



time she was hired at Chemeketa College. They both retired in 1997.

Always active in their community, Jane ran the Salem Co-ed Volleyball League for seventeen years. Jane, Junior and Billy played on the Salem Adult Indian Volleyball team in tournaments around Oregon.

In 1982 Jane received a phone call from Mary "Dolly" Fisher who encouraged her to run for Tribal Council. Jane was not convinced that this was the right thing for her, but Dolly talked her into meeting at the Bonanza Restaurant in Grand Ronde to discuss the matter further. Jane decided after all that it was what she wanted to do. So she ran, won and served on Tribal Council for eighteen years. She loved her time on the Council and being part of the Siletz success story.

Sadly, Junior passed away in 2011 causing many changes in her life.

One thing that has not changed is the close relationship she has with her three children. Today Jane is living in Siletz with her daughter, Glendora. She's settled in to the community and enjoys the many programs the Tribe has to offer, including the fitness center. Not only is she joining in, but she has recently organized a pinochle group that meets at the Siletz Grange. There's no telling what's next, but we know she will always be busy at one thing or another.

When asked what she would want to share with you, Jane smiled and said, "I'm encouraged with this year's election and the number of people who ran. People are getting interested. I'm also proud of the education in the Tribal culture."

We're looking forward to your next chapter, Jane, and thank you for your many contributions.

*Filling out an application online at the CTSI website is quick and easy!
<https://www.ctsi.nsn.us/employment-application/>

*Check out job postings online for possible sign-on bonuses offered \$\$
<https://www.ctsi.nsn.us/tribal-employment/>

*Benefits offered: Medical, dental, life, disability & more!

CTSI has 10 Open Until Filled Positions

- Transporter On Call – Elders \$\$
 - Part Time – Siletz - \$16.45 p/hr
- Child Development Aide (2) \$\$
 - Part Time – Salem - \$16.45 p/hr
- Child Development Aide \$\$
 - Part Time – Lincoln City - \$16.45 p/hr
- Vocational Rehabilitation Mgr \$\$
 - Full Time – Siletz - \$32.88 p/hr
- Child Development Aide \$\$
 - Part Time – Portland - \$16.45 p/hr
- Self-Sufficiency Coordinator \$\$
 - Full Time – Siletz - \$32.88 p/hr
- Timber Sales Forester \$\$
 - Full Time – Siletz - \$31.46 p/hr

8 other positions also open and accepting applications.

Dial 988

from any phone to get help.

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

NW Tribes celebrate historic congressional funding provision for IHS

For the first time, U.S. has agreed to provide federal funding for Indian health services through advance appropriations, the commitment by Congress to provide federal dollars in a future year.

PORTLAND, Ore. – In December 2022, Congress passed the \$1.7 trillion fiscal 2023 spending package, which included \$5.1 billion in advance appropriations for the Indian Health Service (IHS) in fiscal year 2024, by a 68 to 29 vote in the Senate and a 225 to 201 vote in the House.

Although IHS is the principal federal agency responsible for providing health services to American Indians and Alaska Natives, a chronic pattern of underfunding has contributed to a well-documented disparity in health status, with their unmet health care needs remaining among the most severe of any group in the United States.

This monumental legislative victory is largely due to the tireless work of Tribal leaders across the country to advance health care for their people. In the pursuit of an advance appropriation commitment from Congress, Tribal leaders united in a coordinated advocacy effort along with Tribal organizations, urban Indian organizations, allies, members of Congress, the White House, and the administration.

"Today is a historic day for the Indian Health Service. In addition to including almost \$7 billion for IHS in fiscal year 2023, the Consolidated Appropriations Act, 2023 will provide the agency with advance appropriations for the first time. This change will provide critically needed protection from budgetary uncertainty to the entire Indian health system and will align IHS with other federal health care providers. It is also a direct result of years of advocacy from Tribal and urban Indian organization leaders, who have long highlighted the need for a more stable and predictable funding stream for the IHS.

Advance appropriations are necessary to ensure continued access to critical health care services for American Indians and Alaska Natives. Predictable funding will allow us to disburse funds more quickly and enable IHS, Tribal and urban Indian health programs to effectively and efficiently manage budgets, coordinate care and improve health outcomes for American Indians and Alaska Natives. This predictability is especially important during a lapse in appropriations or a continuing resolution.

We want to thank Department of Health and Human Services Secretary Xavier Becerra, Congress and the Biden administration for their support in

upholding the federal government's commitments and assuring we will not face the negative impacts of budget uncertainty in fiscal year 2024. We would also like to especially thank the numerous Tribes, Tribal and urban Indian organizations and advocates who worked tirelessly to secure stable health care funding across Indian Country."

Statement from Indian Health Service Director Roselyn Tso on historic funding for the agency

"This is a big deal. Health care for Tribal communities should never shut down because we fail to pass a budget – health challenges and emergencies do not wait on Congress. When I sit down to write our annual appropriations bill, one of my very top priorities is to ensure Congress is upholding its trust and treaty responsibilities and providing fairness to Indian Tribes through the federal budget process. One critical way to do this is to ensure that the IHS is protected from future lapses in appropriations – and protected from budget uncertainty in unpredictable budget years. This will give health care providers peace of mind, help with recruitment and retention, help ensure IHS operates like a modern health care system and most importantly, help ensure health care for patients never stops. I want to applaud the Northwest Portland Area Indian Health Board for their years of advocacy in helping to get this done."

U.S. Sen. Jeff Merkley (D-OR), chairman of the Senate Interior Appropriations Subcommittee, which oversees billions of dollars in funding for services to Indian Country

"Tribal communities in the Pacific Northwest rely on the Indian Health Service to access quality, affordable health care and medications. I commend Tribal members for their advocacy and hard work to include critical advance funding in this year's spending package so that American Indians and Alaska Natives, including Tribal elders and children, have uninterrupted access to vital care and services."

U.S. Rep. Rick Larsen (D-WA-02)

Nickolaus Lewis (Juts-kadim) is a member of the Lummi Nation (Lhaq'temish) in the state of Washing-

ton and a member of the Lummi Indian Business Council, the elected governing body of the Lummi Nation. He serves as chairman of the Northwest Portland Area Indian Health Board, vice-chairman for the National Indian Health Board and as vice president of the Self-Governance Communication and Education Tribal Consortium.

Lewis also sits on several federal advisory committees, including the IHS National Tribal Budget Formulation Workgroup and the Veterans Affairs Advisory Committee on Tribal and Indian Affairs. He is one of the many Tribal leaders who have logged thousands of miles traveling across the country to protect and enhance the rights of Tribal nations by educating lawmakers and administration officials, collaborating with Tribal and national partner organizations, and speaking to the value of providing advance appropriations for IHS at every opportunity.

"It's about time! Never has funding for the Indian Health Service come close to meeting the actual level of need, which can only lead one to deduce that the federal government has historically placed less value on Indian health than that of other populations. Advance appropriations will resolve some of the challenges presented by annual discretionary funding like the instability caused by continuing resolutions and lapses in appropriations, but will not address the issue of funding adequacy. With that said, today's passage of advance appropriations for the Indian Health Service is a major step forward in federal-Tribal relations. At the core of Indian health policy are the federal government's trust responsibility and treaty obligations. Every step the United States takes toward fulfilling its promises to Tribes and American Indian and Alaska Native people is a positive step. Indian Country will be celebrating this achievement for a long time to come."

Nickolaus Lewis, Councilman, Lummi Nation

With federal funding of the Indian health care delivery system, the stakes are high and measured in human lives. Indian Country need only look back to December 2018 when the government shutdown slowed referrals and halted clinical health care services. Tribal leaders and American Indian and Alaska Native community members across the nation, especially elders who have spent decades in the fight, will rejoice today knowing that advance appropriations for IHS is now the official policy of the U.S. government.

"This is a great day for Indian health. We now can rely on stable health coverage for our elders, veterans and families."

Ron Allen, Chair, Jamestown S'kallam Tribe

"This is historic in that it gives the Indian health system some stability and predictability in funding cycles. Funding continuity allows us to address health outcomes and ensures that there will be no lapses in funding. It brings the U.S. government one step closer to their legal obligation to honor the trust responsibility and treaty obligations to Tribal nations."

Nate Tyler, Treasurer, Makah Tribe

"It is a long time coming. It will help save lives! I really want to thank Congress, our president and this administration. A very huge thank you to all the Area Indian Health Boards' policy staff and the Tribal leaders who helped bring to fruition."

Andy Joseph, Councilman, Colville Tribal Business Council

"It's taken years of prayer, effort and unity to get to this rightful place for Tribal nations. Thank you to our brothers and sisters who helped in the battle, now we can rejoice together. It's a great day."

Cheryle A. Kennedy, Chairwoman, Confederated Tribes of Grand Ronde

Donate to STAHS through Amazon Smile

Here's how you can donate to the Siletz Tribal Arts and Heritage Society (STAHS) painlessly and effortlessly. It's as easy as 1,2,3,4. Thank you for supporting STAHS!

1. Go to Amazon.com.
2. In the Department drop down box, type Amazon Smile.
3. See Amazon Smile – You shop. Amazon Gives.
4. Follow the easy directions.

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 chief executive officer of the Siletz Tribe is the editor-in-chief of *Siletz News*.

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



I'm so glad that God blessed us with you. I see a little more of me in you with each passing year. No matter how many birthdays come and go, you will always be my Lil Lillard. Happy Birthday! With Love, Mom, Gabe, Sissy and Elijah.



Happy 4th Birthday, Finn! You bring so much love, joy and laughs to our family. We love you to the moon and back, Finnler.

Love, Mom, Dad, all the furbabies, Grandma Darlene, Papa, Aunt Booboo, Uncle Hayden, Poppy and Bomma T.



Happy birthday Creed! I hope your next year around the sun is as special to you, as you are to us.

We love you sir!

Mom, Dad, Jordan, Pike and Venti.



Happy birthday Sissy, may the Lord's Grace shine upon you all the days of your life. I love you sweetie. I'm so proud of you!!

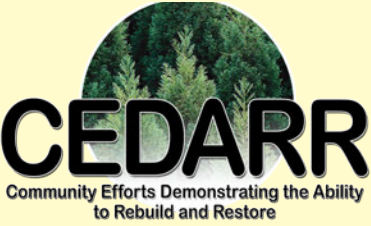
Mom

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

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

CEDARR
Community Efforts Demonstrating the Ability to Rebuild and Restore


Mission Statement
We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.



April 1 • 5:30 p.m.

Siletz Tribal Community Center
402 NE Government Hill Drive

Children need daily fruits and vegetables for healthy growth and brain development




Among children aged 1-5 years*

- 1 in 2 did not eat a daily vegetable
- 1 in 3 did not eat a daily fruit

Give your child a strong start – include fruits and vegetables with meals and snacks every day

*2021 National Survey of Children's Health

bit.ly/mm7207a1
FEBRUARY 17, 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.

Tribe seeks to update its record of Tribal veterans

It is important for the Tribe to keep a current updated record of our Siletz Tribal veterans. So often we are totally unaware of Siletz veterans who have served our nation, especially our younger veterans.

We are also trying to track how many Vietnam-era veterans have served and also how many were "boots on the ground." I would appreciate it if you could help supply us with this much-needed information. Thank you!

Tony Molina, Tribal Vet Rep.
Low voltage license #2025LEA
Confederated Tribes of Siletz Indians
P.O. Box 549
Siletz, OR 97380-0549
800-922-1399, ext. 1330
Direct: 541-444-8330
Cell: 541-270-0569

Information for Veterans

- A veteran or a family member whose veteran is enrolled in the VA only has 72 hours to report a non-emergency room hospital visit so as not to get billed.
- There is a new program for veterans called Veterans Appeal Improvement Modernization Act – for those veterans who have been waiting too long for their appeal to be addressed. Again, this is a new program.
- For veterans who are enrolled into the VA system – you can also apply to join My Healthy Vet to have access to your local VA doctor, prescriptions, etc. This is a very useful tool.
- Also, some veterans have joined the EBenefits logon application to try and do their VA needs online, but first you must be eligible to apply for VA benefits.

effits. I'm here to help you in that VA enrollment process. It's your choice to try EBenefits or let me assist you.

- The VA can be a very complex program and very trying to one's patience – and I have experienced certain road blocks. So please give me a call and I will do everything within my means to make sure you can enroll in the VA system.
- Our VA presumes that spinal bifida in biological children of certain Vietnam-era veterans who were exposed to Agent Orange was caused by the veteran's military service. Eligible children may receive VA benefits.

Contact Molina if you have questions on any of these items.