

# The Drumbeat

### September Newsletter Salem Area Office

Confederated Tribes of Siletz Indians, 3160 Blossom Dr N. Suite 105, Salem, OR 97305

## In This Edition

General Information

Announcements

Community
News & Events

Language Class

USDA

Down Payment Assistance

SSP

Community Health

Education

Home Visiting Program

Voc Rehab

Head Start

Community Calendar Beverly Owen, Area Office Supervisor, x1851

bevo@ctsi.nsn.us

Cindy Jackson, Area office Secretary, x1850

cindyj@ctsi.nsn.us

Our office hours are Monday through Friday 8:00am – 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.

### \*\*\* \*\*\* \*\*\* \*\*\* \*\*\*

The position of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.



We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.

We have a 5¢ per page charge for copies, faxes and printed materials. Note: If the documents are specifically requested by a Tribal program there will be no charge.

If you would like to receive your newsletter via email, call Cindy or email her and make that request.





### Announcements & Community News



### September is Prostate Cancer

### & Ovarian Cancer Awareness Month



Cancers of the prostate gland, part of the male reproductive system. Prostate cancer is usually slow-growing, leading to controversy over the recommended screening. You should talk with your doctor about an individual screening program that is appropriate to you.

Those diagnosed with prostate cancer are given a 'grade' by their pathologist. Prostate cancer is graded based on the Gleason Scale, ranging from two to ten (because the scores are based on two samples, graded 1-5 and added together). Those with higher Gleason grades tend to be more aggressive. Your pathologist will also alert you if you have any Gleason 5s present in either sample, which can indicate a higher likelihood of recurrence.

Ovarian Cancer is one of the most deadly of women's cancers. Each year, approximately 21,980 women will be diagnosed with ovarian cancer. In 2014, approximately 14,270 women will die in the United States from this disease. It is estimated by the World Health Organization IARC department that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide.

\_\_\_\_\_

Inspirational thought for this month: Be gentle with yourself, you're doing the best you can.



Advocate: Kim Lane 541-444-9679

kiml@ctsi.nsn.us

Outreach: Kira Woosley 541-444-9680

kiraw@ctsi.nsn.us

(Kim and Kira can be reached using 1-800-648-0449)

The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

Congratulations to Tribal
Member Harlon Cole. Harlon
landed a job at Corban
University and is doing great!
Way to go!
We're proud of you Harlon!



Congratulations to Tribal Member Sergio Ramirez.
Sergio got a great job as a Flagger! Congrats and be safe out there.

You make us proud Sergio!





## **UP COMING SEPTEMBER CLASS BEAR GRASS WEAVING CLASS**

An introductory class for tribal members with

little to no bear grass weaving experience.

This Adult class is for the serious minded as it takes lots of practice and concentration.

Space is limited, so sign up soon.

Contact Beverly Owen for information and to sign up at 503-390-9494.



### Andrew Eddings, Peer Recovery Mentor

As Peer Recovery Mentor I assist individuals who are receiving CTSI A&D and M/H services by working with their counselors and individuals supporting them to fulfill treatment planning items. I will attend self help meetings with them and assist them with obtaining a sponsor. I will support these individuals navigating and engaging in other CTSI programs 477, Voc Rehab, Education, Medical and Cultural. Through our CTSI programs I am open to referrals for outreach and willing to provide support to events in the Salem Area Office. I will walk with them through legal and DHS/I.H.S supporting addiction recovery through stressful times. By Fall I seek to have an every other week recovery based talking circle at the Salem Area Office and support both A&D and M/H providers to have weekly group sessions. Also a small but very important part of my work will be outreach to our Siletz community both offering services and encouraging individuals who may be hesitant to engage in recovery. Assisting individuals to obtain the help they need be it Detox or residential care, community support and encouraging these individuals to utilize all the services out tribe offers.

Andrew Eddings CADC I 541-270-9717



### WINNERS OF THE ONE AND ONLY CTSI ECLIPSE COLORING CONTEST OF THIS CENTURY!

2 years and younger Andrei Alonso Chavez

3 and 4 year olds Bailey Owen

5 and 6 year olds Stella Havranek

(Tied)

Gabriella Alonso Chavez

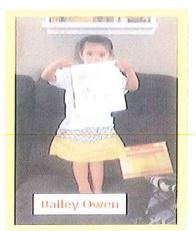
7 to 11 year olds **Ruby Garver** 

Congratulations To You All!









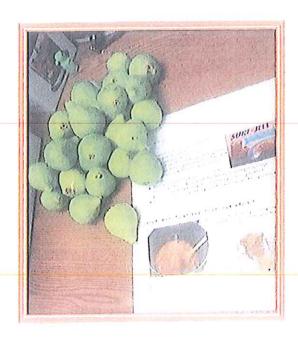
SAO Siletz Tribe Eclipse Color Contest Winners! The only one for this Century!





From Elders to the youngest tribal members all enjoyed picking peaches! Thanks for joining us. Pictured are some of the Anderson, Wegmuller, Kessinger, Owen and Cook Families who joined our afternoon group.

A big thanks to our Summer Intern
Patrick Anderson and CHA Cecilia
Tolentino for making this event
possible. Our summer intern also
harvested Figs from our long time
business pardner Jim Bonds and made
jam to give to participants. Way to go!



### First Trip to the Tribal office

Adrien Tyee Hernandez
Russell Visited the office for
the first time!! Adrien was
born on May 12, 2017. Proud
Momma is Sonia Hernandez.





#### 2017 Elk Tag Drawing Info

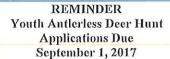
The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 2<sup>nd</sup> at 5:00 pm in the Tribal Council chambers. Applications will be available starting on September 5<sup>th</sup> and are due September 22<sup>nd</sup> in the Natural Resources office. Applications can be picked up at the Natural Resources office, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their own application. This year we have 25 tags each for the first and second season bull hunts and only 9 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

#### Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the <u>last</u> "Cut Wood For The Elders Day" of the year on Saturday, September 16<sup>th</sup>. The woodcut will be held on the Triba's Logsden Road Property between the Tribal Food Distribution Warehouse and the Tribal Vehicle Storage Yard in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at 8:00 AM and go until mid-afternoon.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders' Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

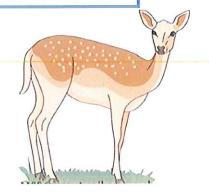
If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter. This is the <u>last</u> woodcut of the year!



Applications available at the Natural Resources office and on the Tribal website under Natural Resources

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions



### REMINDER

Elder Antlerless Deer Hunt Applications Due September 1, 2017

Applications available at the Natural
Resources office and on the Tribal
website under Natural Resources
Open to Tribal Elders age 55 and older

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

## Language & Culture Class

Bud Lane 1~800-922~1399 ext 1320

budl@ctsi.nsn.us



### Nuu-wee-ya' (Our Words)

Date: September 12<sup>th</sup>
Time: 6:00 – 8:00 pm
Where: Salem Area Office

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.

### USDA Salem Warehouse



Monday September 18<sup>th</sup> Tuesday September 19<sup>th</sup> Wednesday September 20<sup>th</sup> Thursday September 21<sup>st</sup>



1:30 - 6:30 pm 9:00 am - 6:30 pm 9:00 am - 6:30 pm 9:00 - 11:00 am



### BROCCOLI CAULIFLOWER SALAD

1 hd broccoli, chopped
1 lb bacon, cooked & crumbled
1/4 c. sugar
Black pepper to taste

What's

1 hd cauliflower, chopped 1 c. shredded cheese ½ tsp salt 1 c. mayonnaise 1 c. sour cream ½ tsp garlic powder

Mix broccoli, cauliflower, bacon and shredded cheese in a large bowl. In a small bowl, mix mayonnaise, sour cream, sugar, salt and seasonings. Stir until well combined. Pour the mayonnaise mixture over the broccoli mixture and stir until well incorporated. Eat immediately or chill until ready to serve.

### Down Payment Assistance

KC SHORT 1-800-922-1399 x1310 FAX, 541-444-8313

If you are planning on buying a home and would like some information on the Down Payment Assistance program through the Tribe, feel free to call or email.

### 477/SSP

ANGELICA ESPINO
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853

## September

\*-\* \*-\* \*-\* \*-\*

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

### **IMPORTANT DATES TO REMEMBER**

September 4th Tribal Offices Closed in Honor of Labor Day

September 5<sup>th</sup> Job Search/Monthly Report forms due for Cash Assistance

September 10th Tribal Offices Closed in Honor of Treaty Day

September 14th Leadership Lab Training 10:00am-4:30pm (MANDATORY)

### Other Stuff Going On....

Run to the Rogue Native American Day (Oregon) 8th, 9th and 10th

22nd

### 

The drums will always beat loudly in our hearts even through the noise of the world, and every time our feet touch Mother Earth our souls will feel the pull of those who walked before us.

William WindWalker





### **IMPORTANT REMINDERS FOR 477/SSP**

- SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- Support Services Request Forms are kept in the lobby.
- ➤ YOU MUST COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- ➤ OFFICE STAFF DO **NOT** TAKE MESSAGES. YOU **MUST**LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU
  DON'T

LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.



## Community Health

CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
Monday - Friday
8,00am - 4,30pm

September

### Community Health News

Cecilia Tolentino, CHA 503-390-9494 X1854 Ceciliat@etsi.nsn.us Monday-Friday 8:00AM-4:30PM

### Monthly Diabetes Support and Prevention Group

Join us on the third Wednesday of each month for our diabetes luncheon. HAVE FUN learning about diabetes related topics such as: what do I eat, getting physical, diabetes and eye care, and getting the most out of your carbs.

When: Wednesday, September 20th Where: Salem Area Office Time: 5pm-6pm

For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494

### Cooking with Zucchini

Join us to learn how to make zucchini noodles and zucchini bread. Ne experience needed.

WHAT: Cooking with Zucchini

WHERE: Salem Area Office 3160 Blossom Dr NE Salem Or. 97305

WHEN: Thursday, September 21st, 2017

TIMES: 5pm-7pm

CONTACT: Cecilia or Patrick at 503-390-9494

SIGN-UP BY: Monday September 18th







### Education

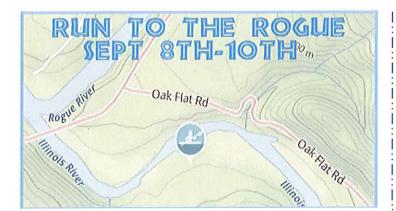
Sonya Moody-Jurado, Education Specialist 503-390-9494 x1856 sonyamj@ctsi.nsn.us 8,00am - 4,30pm

## September

\*\*\* \*\*\* \*\*\* \*\*\*

EDUCATION PROGRAM COMPONENTS: Higher Ed Adult Vocational Training (AVT) Adult Education Supplemental Education (TYEE)

My office hours are Monday-Thursday 8:00 – 4:30pm. I do not work on Friday.



#### Siletz Tribal Youth Conference

Tentative dates: October 13<sup>th</sup> – 15<sup>th</sup>, 2017. Join your fellow Siletz Tribal Youth for 2 days of getting to know each other, learn more about Siletz Tribal culture and history, hear about important topics for teens and have a great time with Siletz Tribal Youth from all areas. To be eligible you must be enrolled Siletz and in grades 7<sup>th</sup> – 12<sup>th</sup>. The Conference will be held at B'nai B'rith Camp in Lincoln City. Applications will be mailed directly to youth in this age range.

We had a very successful summer with our TYEE workers. We had participants in various locations in the Salem area. Some job site locations include: AC Gilbert House, Capitol Coffee, City of Salem Parks and Grand Ronde. I would like to thank all of our youth and work sites for all your hard work.



Tutoring will resume on October  $3^{\rm rd}$ . Tutoring will be held every Tuesday evening from  $4:30-6:30 \, \rm pm$  here in the Salem Area Office.



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply for 2017/2018 year was June 30, 2017. The next deadline to apply is June 30, 2018. It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.

#### ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes to improve employment status through education/training. There is no deadline to apply for classes. For an application, please call SONYA at (503) 390-9494.

### Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

### Siletz Tribal Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year. All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

IMPORTANT CHANGES IN HEAD START: There are new regulations that require to conduct either a face-to-face or telephone interview with everyone who applies and we cannot finish processing any application unless the interview is done.

So after you turn your application in we will be contacting you to complete your interview. If you have any questions, please call 1-800-922-1399.

### TRIBAL YOUTH ADDRESS TRIBAL COUNCIL



This group of Tribal Youth had a rare opportunity to address their Tribal Council! Our Council welcomed the youth and talked openly and candidly with them. Questions were asked and answered on both sides. The Youth enjoyed their time talking with Council very much!









## Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am - 4.30pm



Congratulations to Shyann Jimenez for being the first Salem area participant to graduate from our Home Visiting Program! We wish you the best as you continue the journey of parenting.

Infants and children are learning all the time. The first years are when they develop the foundation for future learning. Their brains are developing in amazing ways! There are some good websites and apps for your phone that can help you as a parent turn any moment into a brain building moment. Keep reading for more information.

Vroom - Did you know – You have what it takes to be a brain builder! Vroom turns shared moments into brain building moments. Whether it's mealtime, bathtime, or anytime in between, there are always ways to nurture our children's growing minds. Daily Vroom is a free app that helps busy parents make the most of the time they have. Turn fun, everyday moments into brain building moments. Find out more at <a href="http://www.joinvroom.org/">http://www.joinvroom.org/</a>. They also have a text message option. For the weekly text message get started by texting CHILD to 48258.



ZERO to THREE – Early connections last a lifetime. Check out all their parenting resources at <a href="https://www.zerotothree.org/">https://www.zerotothree.org/</a>. With Let's PlayI Their free app you can:

- Choose fun activities that promote early learning for your child
- Take photos to remember the moment
- Share your activities through social media

Find fun ideas for keeping babies and toddlers entertained and learning, especially during daily routines like commuting time, chores, bedtime and bathtime, mealtime, shopping.

Search activities by age (0-18 months, 18-36 months, and 3-5 years), tag favorites, and share activities via social media. All of the activities reflect children's typical skills at each age and are designed to support development in the context of play and family routines.



For more information about our Home Visiting Program please contact Lori Christy, Home Visitor at 503-390-9494.











Andulia White Elk anduliaw@ctsi.nsn.us Addictions Counselor



Monday – Wednesday Salem 8:00am-4:30pm 503-390-9494 Thursday & Friday Portland 8:00am-4:30pm 503-238-1512



### Denial and Recovery

Most of us use denial to protect ourselves from the awareness that we are addicted. In its simplest form, denial is a lack of information. We experience symptoms we don't understand, so we push them out of our thoughts. Denial can become a conscious suppression. We know we are experiencing something painful, but we consciously push it from our mind because of shame, guilt or unwillingness to look at what's causing the pain. There are 3 levels of denial, they are;

- Mild denial-lacking the information needed to understand what is happening.
- Moderate denial-consciously pushing unwanted memories or thoughts from the mind.
- Severe denial-unconsciously repressing the memories or thoughts. Adverse symptoms are present when the person has no idea of what is causing he symptoms.

Denial can save us from feeling anything temporarily but it can also keep us going in our addiction and become a run away train of the very emotions that we are trying not to feel. Some tips to support recovery from denial are:

- Honestly examine what you fear.
- Think about the potential negative consequences of not taking action.
- Allow yourself to express your fears and emotions.
- Try to identify irrational beliefs about your situation.
- Journal about your experience.
- Open up to a trusted friend or loved one or professional.
- Ask for help

Recovery is an ongoing process, and overcoming denial is just one of many steps towards restoration.









### Mental Health

Rachel Adams
rachela@ctsi.nsn.us
Mental Health Counselor



Monday & Tuesday Portland 7:30am-6:00pm 503-238-1512 Wednesday & Thursday Salem 7:30am-6:00pm 503-390-9494



### New Opportunities in Mental Health Coming Soon

Earlier in the year, Mental Health Specialist Rachel had the opportunity to go to Levels 1 and 2 Gottman couples counseling training. She is ready to start putting these skills to use, both in Siletz and the Portland and Salem area offices.

### What is Gottman Couples Counseling?

- 1) This is an evidence-based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create the ultimate and unique treatment plan for the couple.
- 2) In Gottman couples counseling, the couple learns many tools that will help them communicate better, understand their partner's needs more fully, and work together to create a more satisfying relationship for both individuals.
- 3) Another component of Gottman couples counseling is Emotion Coaching, which is a program designed to help parents better understand and relate to the emotions their children are experiencing and often having trouble expressing.

### Potential Ways Mental Health Specialist Rachel Could Help Tribal Members And Their Families With These New Skills

- Rachel comes to Siletz at least once a month, and she'd like to start offering couples sessions during that time. These would be hour-long sessions with the end goal of leaving the couple with tools to practice until the next session.
- Rachel is formulating a way to do a Gottman Couples retreat, which would be a full weekend in which couples could come do a tune-up in their relationships.
- Rachel is thinking about ways to adapt the Gottman training to include Native healing practices and adventure-based therapy such as ropes courses and hiking.

### Traditional Coping

Though Gottman's methods are tried and true, they are not the only thing important in living a healthy Native life. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways. September is a time to start preparing for the winter; gathering fall foods, attending sweats, and smudging continue to be of importance in our daily lives.









## Voc Rehab

JERAMIE MARTIN, Voc Rehab Director
jeramiem@ctsi.nsn.us
TONI LEIJA, VOC REHAB JOB DEVELOPER
antonial@ctsi.nsn.us
DANA RODRIGUEZ, Voc Rehab Aide
danar@ctsi.nsn.us

STVRP is here to assist members of <u>ANY</u> federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Siletz service areas.

### **Examples of Services:**

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about the STVRP, please inquire at 1-800-922-1399. We also maintain resource and employment boards, so please stop by if you're interested. You may speak to VR staff in the following locations:

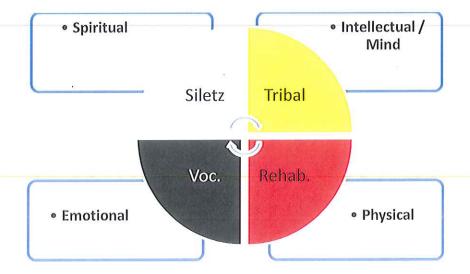
Salem Area Office

3160 Blossom Drive NE, Ste 105 Salem, OR 97305 Siletz Admin, Office

201 SE Swan Ave Siletz, OR 97380

Salem Office - Dana Rodriguez, Program Aide; Toni Leija, Counselor/Job Developer

Siletz – Jeramie Martin, Program Director



### **STYRP Consumer Stories**

### Mickey's Story

### His Background...

Mickey was a middle-aged man with a high school diploma who came in for tribal services with severe anxiety, depression, ADHD, and a history of alcohol abuse (in remission). He had been out of work for several years, had no income or permanent residence, and his motivation to become employed was at an all-time low. He had been working with OVRS with limited success and wanted to explore tribal services.

#### His Success...

Through guidance and counseling services, he remained in tribal mental health counseling. STVRP reviewed his IPE goals and helped him stay on track. He was able to fill out applications on his own and participated in interviewing for prospective jobs. He was focused and insistent on finding gainful employment. Mickey was hired on at a local Fred Meyer store and has been successfully employed there.

### Minnie's Story

#### Her Background...

Minnie presented with severe anxiety, depression, and battered victim syndrome. She was removed from the primary school so that she could be a full time caretaker to her younger siblings. Due to these circumstances, she was unable to further her education. She came to tribal services requesting assistance with obtaining gainful employment. Although, she was working part-time, she was encouraged by the business owner to find a job as the owners were going to close their business.

Minnie had been in extensive tribal county mental health counseling and was on psychotropic medications. She was highly motivated to find employment that did not require a high school diploma or GED. STVRP referred her to the local community college for basic education courses and to possibly be evaluated for a learning disability so as to be accommodated in her goal to obtain her GED.

#### Her Success...

Minnie showed her resiliency as a "can do" client and impressed with her history of maintaining long term employment using a plethora of soft skills that could be easily transferred to her next job. Her employer and STVRP assisted her in applying on-line for customer service positions and other jobs. She was hired on part-time at a Sheriff's department where she has maintained employment for several months. With STVRP's assistance, she was also hired on at Spirit Mountain Casino. Minnie is currently working full time and loves her job









Teacher Jenn Teacher Jennifer



# SEPTEMBER 6TH





Find us on Facebook

https://www.facebook.com/groups/383072355357428/

SALEM AREA OFFICE 503~390~9494 MONDAY – FRIDAY 8:00AM – 4:30PM

SEPTEMBER

	Saturday	04	9 Annual NAYA Powwow	Run To The Rogue – 8 <sup>th</sup> , 9 <sup>th</sup> and 10 <sup>th</sup>	16 Elders Woodcut 8am	23			30
	Friday	1 Monthly Cash Grants (TANF & GA)	<b>∞</b>	Run To The Rogue	13	22	Native American Day (Oregon)	EIk Rifle Tag Apps Due Today	Monthly Cash Grants (TANF & GA)  For October
NOW NOW	Thursday	(Elder & Youth) Anterless Deer Hunt Apps Due 1st	7		14 MANDATORY SSP Training 10am-4:30pm	21		Zucchini Class 5:00-7:00pm	28
MAN MAN MAN MAN MAN	Wednesday	CELEBRATING NATIVE A AMERICANS	6 Head Start Opens Today		13	20		Diabetes Group 5:00-7:00pm	27
HON HON	Tuesday	Grandparents Day	5 SSP Monthlys Due		12 EIk Rifle Tag Apps Available Today Language Class 6-8pm	19			26
	Monday		4 ALL TRIBAL OFFICES CLOSED FOR LABOR DAY		ALL TRIBAL OFFICES CLOSED FOR TREATY DAY (observed)	18 0800		Deadline to sign up for zucchini class	25
	Sunday		Ø		10 Treaty Day Grandparents Day	17			24

September is Prostate Cancer & Ovarian Cancer Awareness Month