

Portland Potlatch

MARCH 2019

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Reconnecting to Our Culture



Promoting our culture and beliefs is of primary importance to our Siletz tribal community. So much so, that it is even written into our Constitution.

With this in mind, this publication would like to draw your attention to two of the culture opportunities that are offered monthly at our office. Most are open to Siletz tribal members of all ages.

SRII-NA CHEE-YASH'E
(High in Sky Bird) Or Eagle

Athabaskan Language Class & Culture Craft Night:

This is more than just a language class—Each month, lively interchanges between instructor Bud Lane and participants touch upon history, culture, food, regalia, word origins, and more. See page 8 for more information.

Portland Area Office, Garden Club:

Each month (January to June), area office staff host garden club. We meet in the evening at PAO and perform lots of fun and engaging activities. See page 5 for more information.

LIHEAP Energy Assistance

Funding is still available for income eligible Siletz Tribal households. Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.



Important Dates

- Sat., 3/9, Elders Council—I PM
- Sun., 3/10 Day Light Savings Time Starts
- Fri., 3/15, Regular TC—8 AM

Community News

Moccasin Class this Month!



For the month of March, the Portland office is hosting an evening Moccasin class. Space is limited, so please sign up as soon as possible. For more information, or to sign up, please call Area Office Supervisor Rebecca Downey at (503) 238-1512 X 1419.

**Monday., March 4th
5:30 PM**



How to Adjust to Daylight Savings Time—March 10th!

On Sunday, **March 10**, we set our clocks forward 1 hour, but it can take up to a week for our bodies internal clocks to adjust to the change. Here are some tips to make the transition smoother:

1. Gradually adjust. Starting 6 days prior, adjust one of the clocks in your home 10 minutes forward. Each day. Use

this clock for your normal meal, bedtime, and awake routine.

2. Maintain or create a bedtime ritual. Everyone (not just kids) should have a routine to slow down and prepare for sleep. Dim lights, drink a non-caffeine beverage, put away your phone, tablet, computer and turn off TV.
3. Avoid naps. This can backfire making it harder to fall asleep at night. A better option if you are feeling tired, is to take a short brisk walk (several hours

The light from electronic devices can interfere with our bodies production of melatonin hormone, which helps us fall asleep

before bedtime).

4. Avoid alcohol. Alcohol interferes with normal sleep patterns.
5. Sunlight. Our natural sleep rhythms are tied to the sun. So, expose yourself to the sun early in the day, and in the evening limit or dim artificial lighting.

Follow the tips above, and you can help your body adjust quickly to the time change.

Help with Water/Sewer Bills

Winter can be hard on families two-fold. First, colder weather can keep us home more, increasing use of utilities. Second, extreme weather can prevent us from going to work resulting in a reduced household income, making it even harder to pay utility bills. Thankfully, many utility companies such as City of Portland and Rockwood

Water, offer help to qualifying households, such as, discounted billing, crisis assistance and safety net services. Contact your Utility company directly for more information.



We're on Facebook... Come follow us!

As you may have already heard, the Portland Area Office now has a stronger online presence. With our new Facebook page up and running for about a month; we have reached more tribal members than ever before!

To reach our page:

Simply visit the below link and save it to your favorites page and like us, if you have a Facebook account.

www.facebook.com/portlandareaoffice/

To View or download this newsletter:

Visit the CTSI website by following the link below:

www.ctsi.nsn.us/multnomah-falls-siletz-news-events/area-office-news/portland-news#content

Pow-Wows, Events & Elders News

Willamette University's 16th Annual Social Pow-Wow

Saturday, March 16, 2019

Free Admission! Grand entry at 4 PM. Location: Sparks Athletic Center. Willamette University, 900 State Street, Salem Oregon, 97301. Featuring Native arts and crafts, food vendors, contest dancing and a Pendleton blanket raffle.

For more information, please call (503) 370-6265 or go online to:

Oma-info@willamette.edu

Pi-Nee-Waus Elders Pow-Wow March 16th, 2019

Free and open to the public. This is a drug and alcohol free event. Grand Entry at 1 PM and 6 PM. Located at Jackson Armory, 6255 NE Cornfoot Rd., Portland,

Or for more info: Sheila Kirk, (503) 752-2090.



PAO Elders Potluck Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

March 25th at 5:30 PM

It's a time to share stories, fun and good food. Please bring a potluck dish to share. Rides are available, first come first served.



Elder's Shopping Day

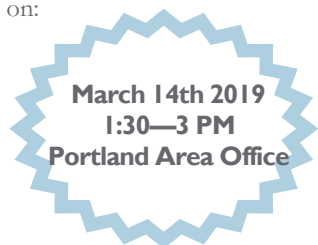
Wednesdays, Mar 6th & 20th, at 10 AM

Please call Elders Representatives Kay Steele (503) 760-4746 or Angie Artiago (503)760-3899 if you would like to join the group.

477 Self-Sufficiency Program

SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



Our Guest speaker: Rayven Setter with Native American Legal Aid Services of Oregon (NAPOLS). Come learn about expunging criminal records, how, and the cost; as well as other Native issues covered by NAPOLS.

This meeting is also a good opportunity to meet and learn from others like you who are working toward their goals!

477-SSP Mission Statement:

To assist eligible clients in attaining self-

Your Success is Important to Us

Questions? Or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability. The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

www.ctsi.nsn.us

LIHEAP

Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member, and have **NOT** applied for, or received assistance for Heating between October 2018 to present, you may be eligible to apply for funding.

Generally Funds are available from October/November until exhausted.

Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

Garden Club

March Garden Club

Do you want to Grow Flowers, Vegetables, or Fruits? Garden club is the place to learn how!



**Next Garden Club Meeting:
Thurs., March 28th
5:00—7:30 PM**

The Portland Area Office Garden Club is a community supported and community led group which focuses on providing organically grown fruits and vegetables and gardening education to Siletz tribal members and community members.

Spring is just around the corner! This is the perfect time of the year to get your green thumb on and start seeding and working your garden. The true gardening year begins now, and this is the time to get out and start it up!

What to Plant in March?

Below is a general list. Keep in mind, micro climates and weather conditions within the Portland metro area can vary from year to year, so check soil temperature in your gardens to ensure proper conditions.

Start Seedlings Indoor

Broccoli	Leeks
Cabbage	Lettuce
Cauliflower	Peppers
Celery	Parsley
Chives	Sorrel
Eggplant	Tomatoes
Green Onions	

Direct Sow in the Garden

Arugula	Parsley
Asian Greens	Peas
Asparagus (crowns)	Potatoes (Tubers)
Carrots (3/31)	Spinach
Cilantro	Swiss Chard
Green Onions	Turnip (Cover)
Mustard greens	

For more information or to be added to our e-mail reminder distribution list, please call the Portland Area Office and speak with Andrew Johanson.

Spay N' Save, Pet Assistance

Spay & Save is a Portland metro area-wide program that aims to assist low income families and their cats by offering affordable spay & neuter surgeries for those who qualify. They serve the following four counties: Multnomah, Washington, Clackamas or Clark County.



Education & Youth Update

Youth & Family Opportunities



Portland's Children's Museum Low Cost Admission Rates

The Portland Children's Museum offers the Family Access Pass to qualifying families who live within 35 miles of the Museum. The reduced cost is \$15 for a yearly pass and includes unlimited admission for two named adults, four named children living in the same household, and one additional names caregiver 18 years or older (e.g. nanny, grandparent, etc.) Families who are receiving some form of public income-related assistance (such as WIC, free or reduced school lunch) are eligible for \$2 admission per person, valid for up to 5 people. Please be prepared to show proof of eligibility at the Box Office upon your visit to the Museum.

familyaccess@portlandcm.org

Portland Parks & Recreation Environmental Summer Job Program—Youth Conservation Crew, 2019

An environment summer job program for youth—14-18 yrs. olds from June 25-Aug. 16th who will be paid. Youth will work to protect nature in the City but will discover exciting careers in natural resources, develop job skills and experience some of the most beautiful places in Oregon.

For more information contact:

kelly.rosteck@Portlandoregon.gov

The application and recommendation letter must be received by midnight on April 19th. You can contact Katy for an application at (503)238-1512 or katyh@ctsi.nsn.us.

Saturday Academy: Explore, Discover & Learn

Classes and camps in science, technology, engineering, math (STEM) and the arts for students grades 2-12. College prep and internships for high school ...For a list of the amazing classes offered please go to:

www.saturdayacademy.org

Free vouchers are available! Contact Katy for a voucher.

Portland Parks & Recreation Community Music Center in SE Portland

Music Programs & classes for All Ages from 6 months old to adults. Learn to play an instrument, or sing in a choir. Scholarships are available and musical instruments can be rented. Other Art Programs include Laurelhurst Dance Studio, Community Music Center at Rosewood and more. For more info. www.portlandoregon.gov/parks

Need Funding for Registration, Camps or Classes?

Please contact Katy at the Portland area Siletz Office about the JOM and Youth Activity Program can help at (503-238-1512 or email Katy at:

katyh@ctsi.nsn.us



Learn Outdoor Survival Skills & Hike with us at Silver Creek Falls



When: Wednesday, March 27th, 2019. We'll meet up at the Portland Office at 8:30 AM. Portland, Salem and Eugene Youth will be meeting up at Silver Creek Falls for survival training and a Hike at Silver Creek Falls. Tribal member Steve Arden will be providing survival skills.

Lunch will be provided and transportation can be arranged.

Please call Katy to sign up for this event.

Family Bowling in SE Portland

When: Thursday, March 28th, 2019 at 11AM—1:30 PM.

Where: King Pin Bowling Lanes, SE 92nd and Powell Blvd. Transportation can be arranged. Lunch is also Included. We're having Pizza!

Please RSVP with Katy at (503) 238-1512 or email at katyh@ctsi.nsn.us

Free Passes Available for Swimming at Clackamas Park

We have a limited number of free swim passes to the North Clackamas Aquatic Park available, on a first come first served basis.

For information please contact Katy Holland at the Portland Area Office at (503) 238-1512.

Don't Forget! Turbo Tax Software Still Available!

**The 2019 tax Deadline is
April 15th 2019.**

The 2018 Turbo Tax software for 2019 is available for use for Siletz tribal members at the Portland Area office. Drops ins are welcome, but do call ahead to check for availability.

Youth Event A Complete Success!



On Saturday, February 23rd, the Siletz Youth (Council) from Siletz, Salem, Portland and Eugene all met up at the Portland Area Office to fill up gift bags with all types of goodies (oral hygiene kits, shampoos, soap, hand warmers, gloves, hats, lunches and more) to give out to the homeless in downtown Portland. Our co-chair Jeidah DeZurney had written a grant to purchase the supplies to fill the bags. It was a rainy and cold day but the youth felt so good to be able to give back to others. Good Job you guys!



Free Tax Resources



There's Still Time!

Free Tax Resources for Low-Income Households!

The 2019 tax return deadline is April 15th. There's still time to do your taxes.

It's tax season again! Which means it's that time of the year to start preparing your tax return. This year, all income eligible households will be able to receive assistance filing for their tax returns from "Cash Oregon". Cash Oregon volunteers are trained and certified to prepare most individual tax returns and limited self-employment returns. Please consult with Cash Oregon by calling (503) 243-7765 or visiting their website for more information at www.cashoregon.org

Community Health



Diabetes Support Group

We usually serve a light lunch of fresh fruits, salad, soups, and lean meats on occasion. All tribal members and their families are welcome. Please join us:

**Support group Luncheon is:
Wednesday, March 13th
Noon to 2:00 PM**

Verdene's Office Hours:

My current office hours for 2019 are from 10 AM to 4:30 PM Monday to Friday. Please call me with any questions. at (503) 238-1512 X 1413.

Recipe For Happiness

- Live with enthusiasm
- Smile for no reason
- Love without conditions
- Act with purpose
- Listen with your heart
- Laugh often



WWW.LIVELIFEHAPPY.COM

Safe Kids Worldwide

Toy Safety Tips for All of Us!

Find the Perfect Toy for the Right Age of your Children:

Remember to consider you child's age and development when purchasing a toy or game. Age appropriate toys and games help with their learning and make it possible for kids to use with other family members. Read the instructions and warning

labels to make sure it's just right for your child or whoever you are gifting it to.

It is also important to check to make sure there aren't any small parts or other potential choking hazards on the toy or in the game, before you settle on the perfect gift.

Don't forget a Helmet for Riding Toys

Include a helmet to keep your kiddos safe while they're having fun on a new bike, skateboard, scooter or any other riding equipment. Remember the Portland Area Office still distributes helmets to our tribal youth ages 3-17 each year.

Store Toys After Play

Use a bin or container to store toys after playtime is over. Make sure there are no holes or hinges that could catch little fingers. It's always good to help them pick up and store everything away, building good habits for them at an early age.

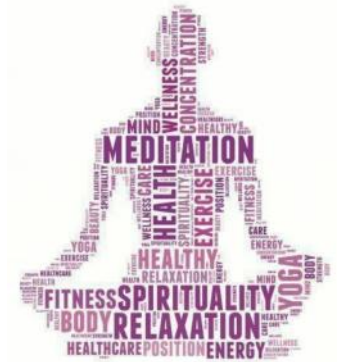
For more times on safe kids please visit on-line.

<https://www.safekids.org/tip/toy-safety-tips>

Your Monthly Meditation

Your Issue: "I have too much on my plate, and I feel totally overwhelmed and anxious."

Your Meditation: Stand and feel your feet on the ground, the distribution of weight between them, and, with your eyes open, begin walking at a normal pace. Slow down and notice the sensation of your legs moving up and down. Your mind will wander, but that's OK—when it does, bring it back to those sensations. This will help ground your energy and make you feel balanced again. —S.S.



Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- or visit at:

www.ctsi.nsn.us/icw.html

Will It Be Easy?

NOPE.

Worth It?

Absolutely.

Athabaskan Language

The culture department will be hosting two events at the Portland Area office on: (541) 444-8320 or by e-mail at: budl@ctsi.nsn.us for more info.

Monday, Mar. 11th
5:00 – 8:00 PM
Portland Area Office

San-chvn Tuu-‘i’
(Acorn soup)
5:00 to 7:00 PM



Come join us on March 11th from 5 to 7 PM and learn how to make Acorn soup. Acorns are a staple food for all tribes on the West Coast. Learn how to shell, pound, leach and cook one of our traditional foods. Contact Bud Lane at

Nuu-wee-ya’
(Our Words)

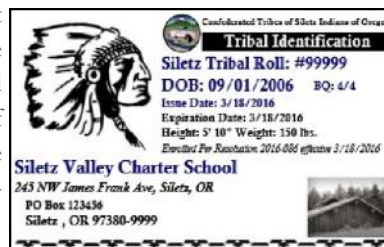


We will still be hosting our regularly scheduled monthly Athabaskan Language class on the same night from 7—8 PM. You can learn more about our language from the below links to our language web site:

www.siletzlanguage.org

Need A New Tribal ID? Let PAO Help

The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



Home Visiting Program

The Home Visiting program serves **Siletz families** in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child’s third birthday



Planting Seeds, Activity for Home Visiting Families:

Current Home Visiting families join us on **March 19thth from 5:00-7:30 PM** at the **Portland Area Office** for a meal and seed planting. We will have some pots to decorate and seeds or plants to plant. It should be a fun time, hope you can join us!

Are you expecting a baby?

Do you know someone who is expecting a baby?

Do you have questions about how to care for your little one?

Are you interested in gaining skills for successful and positive parenting?

Are you interested in Home Visiting? - If you are expecting a baby or are the parent of a baby under one year old, check out our Home visiting program. Our program provides parenting and life skills for successful and positive parenting. For more information or to find out if this program is right for you contact Lori Christy Home Visitor in the Salem office at 503-390-9494.

Our program aims are to:

- Increase parenting knowledge and skills
- Address maternal psychosocial risks that could interfere with positive child-rearing (such as drug and alcohol use, depression, low education and employment, domestic violence)
- Promote optimal physical, cognitive, social/emotional development for children birth to three years
- Prepare children for early school success
- Ensure children get recommended “well-child” visits and healthcare
- Link families to community services to address specific needs
- Promote parents’ and children’s life skills and behavioral outcomes across the life span

March 2019

SUN

MON

TUE

WED

THU

FRI

SAT

Inclement Weather Conditions: This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open We will update our phone message to reflect any modification of our office hours.

					1	2
3	4 Moccasin Class 5:30 PM	5	6 Elder's Shopping Day 10AM	7	8	9 Elders Council 1 PM
10 Daylight Savings Time Begins	11 Culture & Language Class 5-8 PM	12	13 Diabetic Support Group Noon — 2 PM	14 SSP-CAN Meeting 1:30 — 3PM	15 Regular Council 8 AM Summer Internship Application Deadline 4:30 PM	16
17	18 Beading Group 10 AM—2 PM	19	20 Elder's Shopping Day 10AM	21	22	23
24	25 Elders Potluck 5:30 PM	26	27 Youth Silver Falls Hike 8:30 AM	28 Youth Bowling 11 AM Garden Club 5 PM — 7:30 PM	29	30
31						

Behavioral Health—Mental Health

A word on the benefits of groups:

Mental health counseling has many different styles and formats. One of those that can be highly beneficial and often overlooked is group therapy. In group therapy, people from different walks of life (but have a common mental health struggle or experience they've been through) come together to talk about that common thread. People that come together in group, heal both as a group, and on an individual level.

Benefits of attending a group can include:

1. It can feel good to hear similar issues from others and realize you really aren't alone.
2. It can be a good place to get feedback from others on how you have dealt with something, or how you plan to deal with something.
3. Groups can empower you to conquer a fear or obstacle you haven't conquered yet, when you hear about the successes of others conquering similar fears and obstacles.
4. It can be a safe space in which you can tell your story and receive validation for your feelings, without worrying about causing undue stress or emotions on others.



In the works for the Portland Area Office:

Katy Holland, our Education Specialist, and Rachel Adams, Mental Health Specialist, are in the preliminary stages of hosting a group for female youth. This group would involve youth in middle school, high school, and potentially early college ages. It would occur once per month, and include a meal, activities to promote wellness, and a talking circle. Please contact Katy or Rachel for more information, and be on the lookout for upcoming flyers and announcements!

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most, if not all, of the stressors we're facing, and quite possibly they have formulas for how to deal with many typical life troubles. Smudging, talking circles, drumming, dance, and sweat lodges are all traditional methods of health and healing for the Siletz peoples too, as well as ways to help us connect with the Creator.

Generally, PAO Counselor Rachel Adam's Work Days/Hours are:

Portland Area Office	Salem Area Office
Mon & Tues 8 AM—4:30 PM (503) 238-1512	Weds. & Thurs 8 AM—4:30 PM 1-(503) 390-9494

Behavioral Health—Alcohol & Drug Program

What Are Inhalants?

Inhalants cover a phenomenal range of chemicals—anything that can be inhaled without burning or heating. Inhalant abuse can mean sniffing the fumes of:

- Glue to get a mellow high.
- Amyl nitrite to get an intense high.
- Nitrous oxide to be sedated.

The sources and users of these vary significantly.

Signs and Symptoms

- Slurred speech.
- Jerky reactions.
- Mild highs.
- A general loss of motor control.
- Users will look like they're drunk.
- Nausea and vomiting.
- Sedation.
- Hallucinations.
- Dilated pupils.
- Loss of appetite.
- Facial rash where the inhalant blistered the skin.
- You'll often notice a strange smell—a distinctive chemical-like smell that reminds you of fresh paint.
- Users might also have marks around their mouth and noses, particularly if they're sniffing paint.

Effects of Inhalant Abuse

Risk of Frozen Trachea

Someone who abuses inhalants by spraying them into their mouths could suffer from a frozen trachea. What happens is the aerosol has to change from being a liquid to a gas, and

it needs heat to do so. It takes heat from the surrounding area - normally the mouth - and this can lead to freezing, an agonizing way to die.

The long-term effects of inhalant use tend to be extremely nasty. Brain damage is the top one. Because these drugs quickly penetrate the blood-brain barrier (a protective 'shield' around the brain), you'll notice that the effects kick in quickly. However, adding a load of butane gas to your brain isn't healthy. Associated with brain damage are muscle weakness and depression. You might also notice a loss of sensation and severe nosebleeds.

As with many drugs, the long-term effects can include death. The body simply is not designed to handle inhalants, and the most common way to die is known as sudden sniffing death - the heart simply stops after inhaling solvents. This can happen the first time you inhale solvents or the thousandth time.

These effects can be deadly!

Please reach out for help if you or someone you love suspect inhalant abuse.

To Reach our A/D Counselor Andulia WhiteElk:

Salem: 1-(503) 390-9494

Portland: (503) 238-1512

Generally, PAO Counselor Andulia WhiteElk Hours are:

Salem Office	Monday—Tuesday 8— 4:30PM Wednesday's 8 to 11:30
Portland Office	Weds. 12:30 to 4:30 PM and Thursday and Friday

Natural Resources

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the **2019-2020** hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that 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 2019 and a 2020 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 Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands and West 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 tag
* 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 6 LOP elk tags will be held at the Natural Resources Committee Meeting to be held on April 1st at 4:45 PM in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources Office in Siletz. Completed applications are due in the Natural Resources office by **4:30 PM March 29, 2019**. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at (541) 444-8232.

Tobacco Prevention Education Program

Tobacco History:

The 'Revolutionary War' also known as "The Tobacco War"



Late 1700s—*Benjamin Franklin at the Court of France. Painting by Hobens.*

Cancers Associated with commercial Tobacco use for March

Kidney Cancer:

Kidney Cancer is a disease in which cells in the body grow out of control. When cancer starts in the kidney, it is called *kidney and renal pelvis cancer*. It can also be called *renal cell cancer* as that is the most common type of kidney and renal pelvis cancer.

What Causes Kidney and Renal Pelvis Cancers?

Smoking is the most important risk factor for kidney and renal pelvis cancers. Other risk factors include; Being obese; Taking certain pain medicines for a long time; Having high blood pressure; It is not known whether the increased risk is due to high blood pressure itself or the medicines used to treat it; Having certain genetic conditions; Being exposed to a chemical called trichloroethylene, which is used to remove grease from metal.

Colorectal Cancer:

Colorectal Cancer is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called *colorectal cancer*. Sometimes it is called *colon cancer*, for short.

Lifestyle factors that may contribute to an increased risk of colorectal cancer include: Lack of regular physical activity; A diet low in fruit and vegetables; A low-fiber and high-fat diet; Overweight and obesity; Alcohol consumption; Tobacco use.

We hope that that you find this information helpful if you're considering quitting tobacco.

Most Often Requested Numbers

Siletz Community Health Clinic	(800) 648-0449	Contract Health Services	(800) 628-5720
Grand Ronde Health Center	(800) 775-0095	Chemawa Health Clinic	(800) 452-7823
Eugene Office	(541) 484-4234	Salem Office	(503) 390-9494
Siletz Administration	(800) 922-1399	Siletz Behavioral Health	(800) 600-5599

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of ANY federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.

(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380

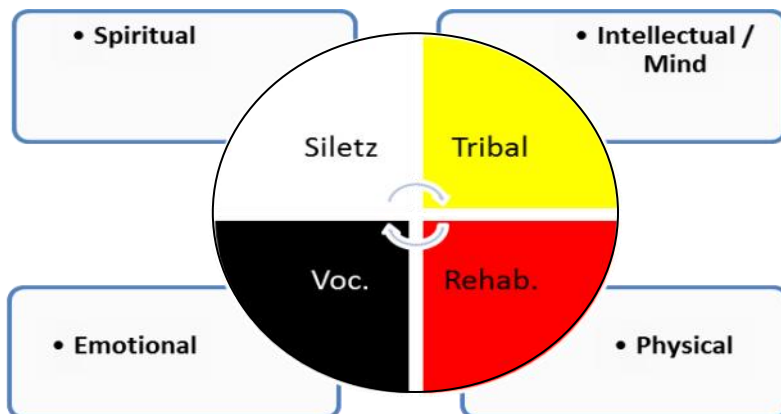
Examples of Services:

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

For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

Salem Area Office:

Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer



USDA Distribution Dates

Siletz	Monday	March 4th	9 AM — 3 PM
	Tuesday	March 5th	9 AM — 3 PM
	Wednesday	March 6th	9 AM — 3PM
	Thursday	March 7th	9 AM — 3PM
	Friday	March 8th	9 AM — 3PM
Salem	Monday	March 18th	1:30 PM — 6:30 PM
	Tuesday	March 19th	9 AM — 6:30 PM
	Wednesday	March 20th	9 AM — 6:30 PM
	Thursday	March 21st	By Appointment Only

In April, I will be attending our regional conference. The conference runs from April 1st through the 5th. Because of this, Siletz distribution will be the second week of the month. Please make it a point to come for your scheduled appointment or it will be difficult to re-schedule. And, Salem distribution will also be a week later than normal so that we can receive our food shipments during the 3rd week.

LIKE us on Facebook at Siletz Tribal FDPiR. We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPiR
Joyce Retherford, FDP Director
(541) 444-8393 (541) 444-8279

Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

CTSI Ongoing Job Announcement

Position: Transporter (On-Call) Location (s): Portland

Supervision: Elders Program Coordinator

Salary: \$12.00/ Hourly

For more information please contact:

**Contact: Siletz Human Resources Department
(800) 922-1399**

These positions transport for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidates are reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- Flashlights and battery powered or hand-crank radio
- Extra batteries
- Car chargers for cell phones and laptop or tablet computers
- A battery powered clock
- Emergency phone numbers including PGE outage numbers
- Bottled water (if you rely on electricity to pump water)
- A manual can opener
- Disposable plates and utensils
- Extra blankets or sleeping bags
- Battery-powered camp lantern
- Comfort items like playing cards or

favorite books

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

www.portlandgeneral.com
www.fema.gov
www.ready.gov
www.redcross.org



Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

College Students' Internship Program Deadline

4:30 PM on March 15, 2019.

Students attending college can apply for the Tribe's 2019 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 Assistant General Manager Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2019. Students may work up to 328 hours at tribal minimum wage (currently at \$12/hour) and can be placed within or outside of the Tribe. Students selected for the program must complete an orientation, criminal history back-

ground 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, but must be completed by September 30, 2019.

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

By Mail to CTSI:

Attn: College Internship Program
 P.O. Box 549
 Siletz, OR 97380

By E-Mail:

collegeinterns@ctsi.nsn.us

By Fax:

(541)444-2307

Deadline for applications to be received at the Siletz Central Administration building is 4:30 PM on March 15, 2019.



CTSI Ongoing Job Announcement

Position: Transporter (On-Call) **Location (s):** Portland

Supervision: Area Office Supervisor/Elders Program Coordinator.

Salary: \$11.25/ Hourly

For more information please contact:

Siletz Elders program: Cecelia DeAnda:
(800) 922-1399
X 1212 and E-mail: ceceliad@ctsi.nsn.us

This position transports for multiple CTSI tribal programs. Hours vary from week to week. Ideal candidate is reliable, flexible, helpful, culturally sensitive and respectful to elders and clients.

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**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97230

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctis.nsn.us



BEAR SV-GVS

Is Your Newsletter Coming to the Right Address?



We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.

Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Cecelia DeAnda	800-922-1399	Angelina Artiago	(503) 760-3899
Elders Program	X1261	Portland Elder's Rep	
Rachel Adams	(503)390-9494	Kay Steele	(503) 760-4746
Mental Health Specialist	X1864	Portland Elder's Rep	
Angela Ramirez	(800)922-1399	DeAnn Brown	(800)922-1399
12 Enrollment Clerk	X 1258	Siletz HS Program	X1510