Confederated Tribes of Siletz Indians

PORTLAND POTLATCH

September 2021

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



Emergency Alerts Can Keep You Safe

Public Alerts sends information about how to stay safe during an emergency. It can send messages by text, email, or voice message. It's available for anyone who lives, works, or visits the Portland-Vancouver Region. Personal information is kept secure and private. The service is free, but message and data rates may apply depending on your phone provider.

Sign up for Public Alerts at publicalerts.org, so you know when an emergency is happening in the Portland-Vancouver Region. Getting info quickly gives you power to take action. It could save your life and the lives of your loved ones.





Virtual Culture Nights



Virtual

Culture Nights

While Tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

ACORNS

September 29th, 6-7pm





Contact Nick Viles: nickv@ctsi.nsn.us or 1-800-922-1399 ext. 1757 for login information.

Sponsored by the Education and Culture Department.



Voc. Rehab Program

SEPTEMBER AWARENESS: PERIPHERAL ARTERY DISEASE

Peripheral Artery Disease (also called Peripheral Arterial Disease) is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. When you develop Peripheral Artery Disease (PAD), your legs or arms usually your legs - don't receive enough blood flow which may lead to leg pain when walking (claudication), cold and swollen feet due to poor blood flow, and/or poor healing sores or wounds that can potentially lead to amputation, if not properly treated: https://standagainstamp

utation.com/

Peripheral artery disease is also likely to be a sign of a buildup of fatty deposits in your arteries (atherosclerosis). This condition may narrow your

(atherosclerosis). This condition may narrow your arteries and reduce blood flow to your legs, feet, arms, and believe it or not, your brain may get affected, ie, strokes.

Successful treatment of Peripheral Artery Disease involves exercising, eating a healthy diet, and quitting tobacco in any form. Not all people with PAD or other leg impairments will need accommodations to perform their jobs and many others may only need a few accommodations.

SIGNS AND SYMPTOMS OF PAD MAY INCLUDE:

- Painful cramping of your hips, thighs or calf muscles
- Leg numbness or weakness
- Coldness in your lower leg or foot
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or faut
- Pain when using your arms, such as aching and cramping when knitting, writing or doing other manual tasks (Mayo Clinic)

If peripheral artery disease progresses, pain may occur when you're at rest or lying down. It may be intense enough to disrupt sleep. Walking around your room may temporarily relieve the pain.

If you or a loved one is experiencing signs and symptoms of PAD, please see a doctor. If this is a long-standing issue and it's impacting your work performance, then inquire of the Siletz Vocational Rehabilitation Program staff may be able to assist you with vocational rehabilitation options.

Contact Rachelle Endres, VRC (Siletz), 541-444-8213 Toni Leija, VRC (Salem), 503-390-9494

477—Self-Sufficiency Program

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville ext. 1412 or Tamra Russell ext. 1411.

CTSI Youth Program



Keep up to date on Youth Activities by visiting the CTSI Youth Facebook page!



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



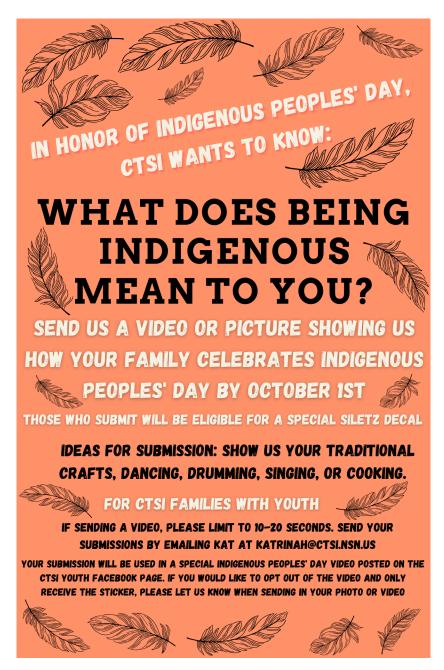
Email your local Education Specialist to be added to our email list.

Portland Area Office
Katy Holland
(503) 238-1512

Siletz Area Alissa Lane-Keene (541) 444-8373 alissal@ctsi.nsn.us

Salem Area Office Sonya Moody-Jurado (503) 390-9494 sonyamj@ctsi.nsn.us Eugene Area Office Candace Hill (541) 484-4234 andaceh@ctsi.nsn.u

CTSI Youth Program



Education & Youth Update



School Supply Deadline: August 20th, 2021.

Siletz JOM School Supplies for Native Youth.

This year the Siletz Supplemental Education/JOM Program will provide Siletz and eligible Tribal youth (Head Start to 12th grade) with a \$25 stipend to go towards school supplies. For more information or to complete an application please contact Katy (503)238-1512 x 1418 or by email; katyh@ctsi.nsn.us



Siletz Education Programs Serving Our Tribal Members

- ♦ Higher Education: Assists Tribal Members to attend college towards their Bachelors Degree—up to five years of educational support funding. Each year the deadline to apply is June 30th. Applications to apply for Federal student Aid (FAFSA—required) opens October 1, 2021. Please see our ad for the upcoming Fall College Workshop.
- ♦ Adult Vocational Training Program: Supports Tribal Members for up to two years of specific vocational training. Download applications at http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf
- ♦ Adult Education Program: For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assists with GED, certificate and licensing programs, classes and more. This programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office or by email; katyh@ctsi.nsn.us .

Please visit our Tribal webpage at: http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas -County-Tillamook/education/ higher-education#content

Education & Youth Update

CTSI Virtual College Info Nights

Get a head start on preparing for college and join us virtually on zoom for CTSI college information night.
 College representatives will be present sharing information on being ready to apply for college and answer many of your questions.

When: Thursday September 23rd at 6pm.

Please email Katy at katyh@ctsi.nsn.us for a link for this event or you can reach Katy at (503) 238-1512 x 1418.

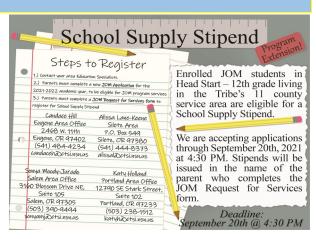


DATES TO REMEMBER

- CTSI Virtual College Information Night—6pm, September 23rd. Please call or email Katy for zoom link.
- ◆ FAFSA (Free application for federal student aid) Opens on October 1st, 2021—Find out more at our Virtual College Information Night.







Emergency Broadband Benefit



EMERGENCY BROADBAND BENEFIT

HELPING HOUSEHOLDS CONNECT DURING THE PANDEMIC

What is it?

A temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.



Who is eligible?

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program:
- · Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

Emergency Broadband Benefit

The Federal Communications Commission has launched a temporary program to help families and households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/broadbandbenefit, or by calling 833-511-0311.



Behavioral Health Program



Heading into fall:

As we head into fall, it is a good time to be more mindful of how we spend our daylight hours, as they are starting to shorten. Getting outside is important to get the natural vitamin D our bodies often lack in Oregon. With smoke from wildfires making the air quality a bit worse at times, be sure to look at the index before venturing outside.

Suicide Prevention:

With the darker weather, and unnaturally dark weather due to smoke, moods can take a turn for the worse, even without warning. If you or a loved one is experiencing thoughts of ending their life, or just feeling like they need someone to talk to, please reach out to the 24/7 National Suicide Prevention line: 1-800-273-8255

You can also **text NATIVE to 741741** to be helped by a trained Native person, 24/7.

Coming up soon:

A virtual Youth Conference will be provided this year, so check with your local area office staff to find out more details!

The Youth Services Team is continuing

on with monthly Minecraft events, so check in about the next activity!



Mental Health Specialist services include:

Video-counseling/Telehealth,
Brainstpotting, Gottman-style couples
counseling, adventure-based therapy
(post-pandemic), youth, adult and
family counseling with emphasis in
experiential healing and personcentered therapy. Rachel likes to meet
people where they are at, and help
them be the best they can be with what
they have. She is currently taking new
clients (currently providing only
virtual and phone services), so please
call and book an appointment today!

Behavioral Health Program

Traditional Coping

October is a good time to continue gathering wood for our Elders for the winter. Run for the Rogue should be happening in a virtual/remote style this year due to the pandemic, so keep your eyes open for some people sharing photographs of their experiences. Let's pray that next year the Run can happen as it used to. As always, smudging, sweat lodges

(keeping in mind social distancing), talking circles (virtually when necessary) and prayer are all traditional ways to connect with the Creator and feel re-centered.

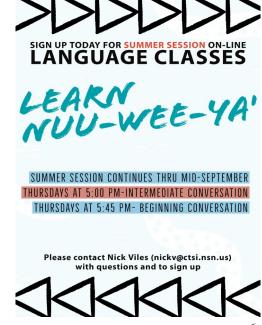
> Portland Area Office Virtual Appointments M-F (503) 238-1512 x1417

> Salem Area Office Virtual Appointments M-F (503) 390-9494 x1864

Language Program



Log in on the CTSI website to get more information about classes and to get access to study materials.



Home Visiting Program

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families prenatally until the child turns 3 years old (must begin before child turns one year). Our Home Visiting program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American Indian Health and is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting. If you or a family member are interested in joining the Home Visiting program or for more information, please contact Lori Christy, Home Visitor at (503) 390-9494 ext. 1863 or e-mail at: loric@ctsi.nsn.us



Natural Resources

2021 Elk Tag Drawing Info

Application Opens: August 30th.

Application Due: September 24th.

Elk Tag Drawing: October 4th.

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 4th at the virtual Natural Resources Committee meeting. Applications will be available starting on August 30th and are due September 24th in the Natural Resources office. Applications can be picked up at the kiosk at the back of the Admin Building, 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 15 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.

Tobacco Prevention Program

THE HISTORY OF TOBACCO



Economic history in the American colonies

In Thirteen Colonies, where gold and silver were scarce, tobacco was used as a currency to trade with Native Americans, and sometimes for official purposes such as paying fines, taxes, and even marriage license fees.

The demand and profitability of tobacco led to the shift in the colonies to a slave-based labor force, fueling the slave trade. Tobacco is a labor-intensive crop, requiring much work for its cultivation, harvest, and curing. With the profitability of the land rapidly increasing, it was no longer economically viable to bring in indentured servants with the promise of land benefits at the end of their tenure. By



bringing African slaves instead, plantation owners acquired workers for long hours in the hot sun without paying them, providing only a bare subsistence to workers who could not leave or appeal to laws.

The uncultivated Virginia soil was reportedly too rich for traditional European crops, especially cereals like barley. Tobacco "broke down the fields and made food crops more productive" by depleting the soil of nutrients.

Continued on next page

Tobacco Prevention Program

Tobacco's impact on early American history

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of

tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard, with an established conversion rate from tobacco to gold.



The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the Civil war. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of indentured servitude in the Americas. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, fungible labor that they needed to keep up with increasing production.

Commercial Tobacco Quitline 1-800-QUIT-NOW AI/AN Line now available (option 7) 1-800-784-8669



Housing Program

MAMOOK TOKATEE

currently being
accepted. Interested parties
will be contacted in August/
September based on their
pre-application. Find the
pre-application and
information by visiting the
CTSI website under the
housing tab: Mamook Tokatee —
Leasing Pre-application Form

A collaboration between the Native
American Youth and Family Center
(NAYA), Community
Development Partners (CDP), and
the Confederated Tribes of Siletz
Indians (Siletz), Mamook Tokatee
is a four-story podium building
comprised of 56 units with a mix of
studios, 1-bedroom, 2-bedroom,
and 3-bedroom units located in the
Cully Neighborhood on the corner
of Northeast 42nd Avenue and
Going in Portland.

Other key features of the building include:

- Less than 1 mile away from Fernhill Park and Wilshire Park in NE Portland.
- Less than 1 mile away from Portland Community College Workforce Center.
- 1.5 miles away from NAYA
 Family Center's services and
 on a direct bus line from the
 building including its Many
 Nations Academy an
 alternative, accredited high
 school.
- 1.5 miles away from Grant High School (a Portland Public School).
- Less than 1 mile away from Rigler Elementary School (a Portland Public School).
- Less than 1 mile away from Beaumont Middle School (a Portland Public School).

For more information contact: Isaac DeAnda (541) 819-4299 or by email: isaacd@ctsi.nsn.us.

WELCOME TO MAMOOK TOKATEE

AFFORDABLE HOUSING IN PORTLAND, OF

A collaboration between the Native American Youth and Family Center (NAYA), Community Development Partners (CDP), and the Confederated Tribes of Siletz Indians (Siletz), Mamook Tokatee is a four-story apartment building consisting of 56 units with a mix of studios, 1-bedroom, 2-bedroom, and 3-bedroom units.

Mamook Tokatee translates from the Chinook Wawa phrase for "make beautiful," a 1tting name for the apartment complex which will provide housing, studio, and display space for members of Portland's dynamic Native American artist community. Together, this partnership is constructing a vibrant community-oriented building that celebrates Native American culture through art and provides ample space for community programs and art creation.

- Sile Amerilles
- Secured indoor bike parking
 Onsite Artist workshop / studio
- Flexible community room space
- Landscaped Courtyard
- Secure package lockers
- Onsite Management and Resident Services
- Inclusive Native arts and design elements



Floor Plans	Units Available	Projected Monthly Rent			Max Number of Tenants
		30%	50%	60%	
Studio	6	\$475	-	-	2
1 - bedroom	32	\$504	\$866	\$1,042	3
2 - bedroom	7	\$601	-	\$1,254	5
3 - bedroom	10	\$685	-	\$1,614	7

Combined Household Income Restrictions								
% MFI	1 Pers	2 Pers	3 Pers	4 Pers	5 Pers	6 Pers	7 Pers	8 Pers
30%	20,310	23,220	26,130	29,010	31,350	33,660	36,000	38,310
50%	33,850	38,700	48,550	48,350	52,250	56,100	60,000	63,850
60%	40,620	46,440	52,260	58,020	62,700	67,320	72,000	76,620



CONTACT:
Phone: 503-396-1158
Email: mamooktokatee@viridian.mgt.com

BUILDING ADDRESS: 4610 NE 42nd Ave. Portland, OR 97218



https://nayapdx.org/services/houisng/mamook-tokate-

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Resources

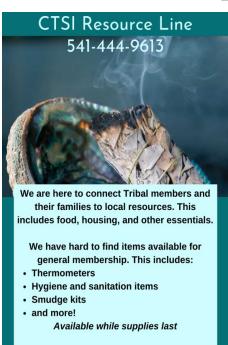


PAPERLESS??

Would you like to receive the newsletter in color and faster than by postal service?

Please email diannae@ctsi.nsn.us to sign up today.





If you need assistance, call us Monday through Friday between 9am-3pm.





Portland Area Office Staff

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Dianna Edenfield Area Office Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us	Suite 102, Portland, OR 97233
Anna Renville Tribal Service Specialist	(503) 238-1512 x 1412 annar@ctsi.nsn.us	Phone: (503) 238-1512 Fax: (503) 238-2436 www.ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us	

Work Cell: (541) 270-9717

andrewe@ctsi.nsn.us

(503) 238-1512 x 1417

(503) 238-1512 x 1414

anduliaw@ctsi.nsn.us

rachela@ctsi.nsn.us



Other Contact Numbers

Andrew Eddings

Rachel Adams Mental Health Specialist

Andulia WhiteElk

A & D Counselor

Outpatient Counselor I

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177