



Siletz News
Confederated Tribes of
Siletz Indians
P.O. Box 549
Siletz, OR 97380-0549

Delores Pigsley,
Tribal Chairman
Kurtis Barker
Chief Executive Officer
and Editor-in-Chief

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DeZurney named CNAY Champion for Change; joins class of Indigenous youth leaders

WASHINGTON – The Center for Native American Youth (CNAY) at the Aspen Institute is thrilled to announce the Champions for Change class of 2024 – a cohort of five Indigenous youth who are leading impactful change within their communities.

“We are honored to recognize this year’s Champions for their dedication and commitment to better their communities. Each year, our Champs prove that real change can be created by our young people anywhere – within schools or programs, on reservations or in urban environments,” said CNAY Executive Director Nikki Santos (Coeur d’Alene). “Our selected Champions and our Gen-I Network are shining examples of Indigenous excellence. CNAY is honored to help empower our young leaders through Champions for Change and other youth programs.”

The 2024 Champions for Change class joins the decade-strong Champions for Change (CFC) program and more than 45 Champs alumni. This year’s five selected Champs reflect the rich cultures, diversity and resiliency of Native peoples of the United States.

Their focus areas include free tuition for Native students at land-grant universities, Native representation in entertainment, cultural connectedness, sustainable energy/green practices, and uplifting opportunities for low-income communities and urban Native youth.

The 2024 Champions for Change include:

- Jeidah DeZurney, Confederated Tribes of Siletz Indians, Multnomah Education Service District

- Tayler Higgins, Seldovia Village Tribe, University of Alaska Anchorage
- Wambli Gleska Quintana, Cheyenne River Sioux Tribe and Navajo Nation, Cheyenne River Youth Project
- Sage Phillips, Penobscot Nation, University of Connecticut
- Ian Teller, Navajo, Diné College

Launched at CNAY in 2013, the Champions for Change program is a Native youth leadership initiative designed to highlight positive stories of impact from Indian Country. The program develops young Native leaders through experience-based learning and culturally tailored advocacy training.

Each year, CNAY selects five inspirational Native youth age 18-24 from across



Courtesy photo
Jeidah DeZurney

See DeZurney on page 9

NARF launches Democracy is Native campaign to help protect voting rights

Over the next year, as part of the Democracy is Native campaign, the Native American Rights Fund (NARF) will release a series of videos explaining the fight to protect American Indians’ right to vote.

The campaign’s goal is to support and highlight Native voters and raise awareness about the obstacles they face. The videos will feature stories from across Indian Country, speaking with Native voters and Tribal leaders affected by discriminatory laws and policies.

The campaign’s kick-off video became available Jan. 18 across NARF channels (see below). Follow along with this campaign and learn more at vote.narf.org.

Across America, it is altogether too hard for American Indians to vote. Too often, they must go off-reservation to reach voting services. They lack vehicles, face poor roads and are forced to travel outrageous distances just to reach a registration opportunity and ballot box.

Many American Indians do not have addresses on their homes and they do not get mail delivered, making registering and receiving a ballot difficult – if not impossible. American Indians still face racial discrimination and hostility when they try to cast their ballots. NARF, in collaboration with American Indian advocates across the country, have extensively documented these barriers and are fighting every day against this discrimination.

See Democracy on page 8



Photo by Andy Taylor
Trees taken down by the ice storm in mid-January are cleaned up outside the Siletz Tribal Community Center. See more photos and information on how to get ready for potential weather-related events on pages 10-11.

Candidates Fair
Jan. 6, 2024 • Aces Sports Bar & Grill

Photo by Diane Rodriguez

Candidates running in the 2024 Tribal Council election include (l to r) Creed Taylor, Angela Ramirez, Robert Kentta, Sharon Edenfield, Frank Aspria, Judy Muschamp and Gerald Ben (not pictured: Tina Retasket).

Election day is Saturday, Feb. 3. In-person voting is available at the Siletz Tribal Community Center from 10 a.m. to 4 p.m. All absentee ballots also must be received by 4 p.m. on Feb. 3.

Results will be announced that evening and the Swearing-In Ceremony is scheduled for Sunday, Feb. 4, at 11 a.m. at the Tribal administration building.



SILETZ TRIBE REVOLVING CREDIT PROGRAM

Credit card debt can be overwhelming, a loan to pay down high interest rates might be a good fit.

We can help with debt consolidation, home improvements & small businesses. We have options for your credit needs.



STBCORP.NET



TRACY GARRISON
541-351-9152

Siletz Tribal Athletic Commission Vacancy

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

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

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

The Athletic Commission shall be responsible for regulation of any sporting activity that occurs on Siletz lands to ensure that the conduct of such sporting activity comports with all Athletic Commission regulations and applicable laws. Athletic Commission members shall be reimbursed for approved travel, subject to the availability of funds.

If interested in an appointment to the Siletz Tribal Athletic Commission, please complete a résumé and submit to Tribal Council, Attn: Executive Assistant to the Tribal Council, P.O. Box 549, Siletz, OR 97380-0549 or email celestal@ctsi.nsn.us.

There is one vacancy with a term ending in 2027. Appointment will be made at the Regular Tribal Council Meeting in February 2024. The deadline to submit your résumé is Feb. 7, 2024.

Elders Council Meeting

The Elders Council will host an in-person/Zoom hybrid meeting on Saturday, Feb. 10, 2024, at 1 p.m. at Aces Sports Bar & Grill in Lincoln City, Ore.

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

Siletz News is free to enrolled Siletz Tribal members. For all others, a \$12 annual subscription fee applies. Please make checks payable to CTSI and mail to Siletz News.

Name: _____

Address: _____

Phone: _____

Change of address: Tribal members – contact the Enrollment Department at 541-444-8258; 800-922-1399, ext. 1258; or enrollment@ctsi.nsn.us. All others – call the newspaper office.

Send information to:

Siletz News

P.O. Box 549

Siletz, OR 97380-0549

541-444-8291 or
800-922-1399, ext. 1291

Fax: 541-444-2307

Email: PIAS@CTSI.NSN.US

Deadline for the March issue is Feb. 9. Submission of articles and photos is encouraged.

Please see the Passages Policy on page 20 when submitting items for Passages.



INDIGENOUS
Journalists Association

SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES

**LEARN
NUU-WEE-YA'**
(OUR LANGUAGE)

MONDAYS, JAN. 8-MAR. 11

4:00 PM-IMMERSION LEARNING SUPPORT

TUESDAYS, JAN. 9-MAR. 12

6:00 PM-BEGINNING CONVERSATION 1

6:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JAN. 11-MAR. 14

12:30-LANGUAGE AND LUNCH

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

Health benefits for out-of-area members

For Jan. 1, 2024, through Dec. 31, 2024

Tribal Council has allocated excess pledge revenue/third-party revenue for health benefits that are for Tribal members who live outside of the 11-county service area.

Tribal members must be registered for health care with the Siletz Tribal Health Department **and** reside outside of the Tribe's 11-county service area, plus have a current update on file.

These funds are intended for Tribal members who are not eligible for Purchased Referred Care (PRC).

Dental and medical is \$2,000 annually combined

All benefits are subject to funding availability. When you call for pre-authorization, PRC will authorize for household members only. Voice messages do not hold funds; the individual must speak to PRC staff and obtain an out-of-area (OOA) number to secure funds. If you are not already registered for health services, please call anytime to request an application via email or regular mail.

Pharmacy, cataract surgery and hearing aid benefits are available in addition to the annual benefit of dental and medical. Vision benefits are available every other year with the **exception of annual benefits if you are an elder, child or student, or have been diagnosed with diabetes.**

Pharmacy	\$500	Hearing Aid or Cataract Surgery	\$2,000
Vision	\$450	Note: Hearing aids will be authorized every 3 years.	

Prior authorization is required to access all of your benefits except pharmacy. **You can call in anytime to access your OOA benefits. The authorization will be valid for calendar year 2024 and does not roll over to the next year.**

Planning Dept. 2024 Community Meeting Zoom Link



<https://us06web.zoom.us/j/87698266913>



Siletz
Feb 15
5:30 PM



PAO
Feb 29
5:30 PM



OOA
March 14
3:00 PM

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

Tribal Court: Opportunity for assistance with child support for 2024 per capita

If you need assistance with your child support case, a liaison will be available March 6, 2024, from 10 a.m. to 3 p.m. in Tribal Court. You can appear in person or by phone.

You will need your case number. This will take place on a first-come, first-served basis unless you would like to make an appointment.

Contact Tribal Court at 541 444-8218 to set up your appointment or for any questions.

Tribal Court: Details for 2024 per capita

Tribal Court would like to remind Tribal members to keep their address current with Enrollment. Per capita notices will be mailed May 1, 2024, to the address on file with Enrollment.

The 2024 per capita hearing dates are July 8-9.

An opportunity will exist for individuals to meet with a child support liaison prior to the hearing date for assistance with child support issues (see left).

Any questions regarding per capita – contact Tribal Court at 541 444-8218.

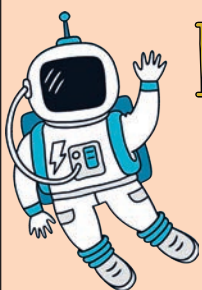
Any request to update addresses must be sent to Enrollment.

CTSI VIRTUAL CULTURE NIGHTS

Upcoming Dates:

February 28 at 6 pm: Restoration

March 13 at 6 pm: Hazel



IN-PERSON LANGUAGE AND CULTURE CLASSES

Bear Grass Braids (Make-up dates)

Siletz (Community Center)-Monday, February 12 at 6 pm

Portland Area Office -Thursday, February 15 at 6 pm

February: Nee-dash 'vm-nitlh-ts'it (Learning Feather Dance)

Come and learn our traditional dances. Both sessions open to all:

Siletz (Community Center): Monday, February 5 at 6 pm

Valley (Salem Area Office): Monday, February 26 at 6 pm

March: Bear Grass Jewelry

Siletz (Community Center)-Monday, March 4 at 6 pm

Eugene Area Office-Monday, March 11 at 6 pm

Portland Area Office -Thursday, March 14 at 6 pm

Salem Area Office-Tuesday, March 19 at 6 pm

Sponsored by the Education and Culture Departments

Questions? Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757

2024 Standing Committees

Applications due by Feb. 7, 2024

Any Tribal member interested in consideration for serving on a committee for a two-year term are encouraged to fill out this form and return it to the council office prior to Feb. 7, 2024. Please **mail or fax** your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Email Address: _____

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

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

Committee appointments will be made at the Regular Tribal Council meeting in February 2024. If you have any questions, please call the executive assistant to Tribal Council at 800-922-1399 or 541-444-8372.

Maria Westervelt – 1930-2024

Maria (roll #1095) was born Sept. 12, 1930, in Manila, Philippines, one of four children of Augusta (Gustie) Evans of Logsdan, Ore., and Marcos Alicante. Maria passed away peacefully on Jan. 6, 2024.

Maria is survived by nieces and nephews Jose (Joey), Catherine, Marc, Maria and Miko, and their spouses. Maria is also survived by grandnieces and nephews Jose, Gabriel, Trinidad and Rafaela, and their spouses; as well as nine great-nieces and nephews, of whom she was particularly fond.

Maria is preceded in death by her parents, Augusta and Marcos; and her siblings, Catherine, Theresa and Michael.

Maria lived her early years in Manila and would eagerly talk about her experiences during the occupation of Manila during World War II. Her memories of this period were vivid throughout her life.

She attended high school in Manila, but continued her secondary education at Immaculate Heart College in Los Angeles. She became an accomplished and recognized artist with several works displayed at the National Library of Congress.

She continued drawing during her days living in Siletz Tribal housing. She loved receiving drawings and cartoons from her great-nieces and nephews, and these were proudly displayed throughout her house.

Maria worked in Roseburg, Ore., and Springfield, Ore., as a nurse's aide from 1973-1998. She greatly benefitted from these jobs and was most proud of her ability to help others.

Upon retirement, she was accepted for Siletz Tribal housing and lived on Tolowa Court for the past 22 years. She really loved being close to friends and acquaintances in Siletz, and was active in Tribal affairs as well as elder events and programs.



She was very proud of her background and heritage, and had stated on many occasions how meaningful it was to be living “where her mother lived.” Her many friends in Siletz really were a very special asset to her in her later years. Her unique and caring personality will be greatly missed.

General Council Meeting

Saturday, Feb. 3, 2024

1 p.m.

Siletz, Oregon

Call to Order

Invocation

Flag Salute

Roll Call

Approval of Agenda

Approval of Minutes

Program Reports

Clinic Report – PRC and Phone Improvements

Hunting & Fishing Legislation

Tribal Member Concerns

Chairman's Report

Announcements

Adjourn

Please note the General Council Meeting will be livestreamed through the Tribe's website.

When neurology changes digestion, it can be hard to figure out how to adapt

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on digestion and how it may be impacted by our neurology (disorders and diseases of the nervous system).

Digestive changes can be subtle or they can be overt. When your children are young, neurological problems may be apparent, requiring early intervention. Other neurological issues can remain subtle, but present a burden to our health. These neurologic changes can begin at any stage of life and can persist or worsen over time.

Please keep in mind that an occasional bout of digestive trouble does not signify a serious condition. My purpose here is to cover underlying factors that can lead to digestive problems so that as we notice patterns, we are better informed when seeking care.

Four common states of stress that impact digestion due to neurologic changes include: 1. Trauma (present life or ancestral); 2. Infection; 3. Microbiome; and 4. physical structure. Neurogenic bowel is the general term to describe loss of normal bowel function due to nerve problems.

Trauma can occur in present life, such as childhood neglect, abuse or many forms of separation, violence and death. I've written about ACE (adverse childhood experiences) scores in the past and this topic has gained a great deal of necessary attention in recent years.

I've also written about ancestral trauma and readers here likely know how very significant this is in the Tribal

population. The impact of trauma can take some of the neurologic communication offline, either temporarily or long-term.

Trauma can reduce or increase signaling, depending on the length of time the nervous system stays in high alert or goes into freeze. Many trauma-informed therapies are becoming available, yet most are not set up to assess or deal with digestive issues.

Often when trauma is addressed, digestive issues improve; but not always. I encourage those who experience GI challenges to look upstream for possible root causes because trauma may need to be evaluated and addressed.

Infection gets very little attention as a cause of digestive issues. Changes in neurologic function of the gut, including constipation, can be seen in the later stages of chronic Lyme disease (and its co-infections). This infection can persist in the gut even after treatment with antibiotics. This may be a form of paralysis, called Bells Palsy, which is more commonly noted on the face rather than in the gut.

Research has shown that the presence of these infections is frequently associated with other GI diseases such as Crohn's and celiac. Furthermore, Epstein-Barr virus and mononucleosis are associated with neurological changes in the gut.

Botulism is a food-borne neurotoxin known to be fatal because paralysis sets in very quickly. Oddly, this neurotoxin is used in therapeutic settings to reduce pain for people with brain injuries or migraine headaches. It is also used in beauty treatments to reduce the appearance of wrinkles.

The gut microbiome contains organisms such as bacteria, archaea and fungus. Healthy people contain a balance of many organisms where no one gets the upper

hand, especially pathogens. Pathogens are the ones that generally make us sick.

There are many organisms in our GI tracts and we rely on them to keep us healthy and functioning. People who experience bloating with chronic constipation often have high levels methane, which is produced by an ancient class of organisms called archaea.

When methane gas is produced in the gut, peristalsis (the rhythmic, squeezing motion) is reduced, slowing transit time. This condition is now called IMO (intestinal methanogen overgrowth).

It was first thought to be a type of SIBO (small intestinal bacterial overgrowth) that presented with constipation rather than diarrhea. When researchers discovered the organism was not bacteria, however, and populations were high in both the small and large intestine, they renamed the condition.

Other microbes, such as fungus and yeast, can overgrow to cause similar GI dysfunction. There is evidence that some of the infections mentioned above can also lead to microbiome changes.

Physical structure can also change digestion and bowel function due to nerve strain and/or damage. A spinal cord injury often damages the nerves that control the lower part of your colon, the part of the body that sends out the solid waste or feces.

Spina bifida occurs when the neural tube does not develop properly before birth. A pediatric condition called tethered cord causes tension on the spinal cord and disrupts many functions, one of which leads to chronic constipation. If the condition is not caught in childhood, it may lead to permanent nerve damage.

Neurologic digestive issues in childhood can result from damage to the developing central nervous system. Symptoms

can include oral impairment, reflux, delayed gastric emptying, and slow transit or constipation.

Early recognition of an infant or child with neurological impairment is crucial. Cerebral palsy and Hirschsprung disease are neurological conditions that impact digestion and are often found in childhood, if present.

Sometimes neurologic digestive issues are diagnosed later in life. Certainly, multiple sclerosis (MS) and Parkinson's disease include neurogenic bowel dysfunction.

Another rare condition with absence of nerves is called chronic intestinal pseudo-obstruction (CIPO).

I affirm that neurology changes digestion via any or all of these four categories. Personally, I've been on a long neurological journey as expressed by my bowels. The neurologic portions weren't obvious, despite my training in digestion. My struggles remained a mystery for most of my life.

This past year, I had two neurosurgeries on my spinal cord – decompression and tethered cord (which was not addressed in my childhood). I've also been living with IMO, Epstein-Barr virus, chronic Lyme disease and its co-infections, plus developmental trauma. I hope my personal experience, with scientific backing, is useful for your health as well as your children and the entire community.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.

Affordable Connectivity Program update: The “wind-down” preparation, details

In 2021, Congress established the Affordable Connectivity Program (ACP) in the Bipartisan Infrastructure Law, appropriating \$14.2 billion. The Federal Communications Commission (FCC) was tasked with developing and implementing the ACP as well as ACP outreach and awareness activities.

As of January 2024, more than 22 million households are enrolled and receiving the ACP monthly benefit.

What’s happening?

Without additional funding from Congress, the allotted \$14.2 billion to fund the ACP is projected to run out in April 2024 (this date is an estimate and may change). As a result, the FCC has begun taking steps to wind down the ACP, which means:

- ACP applications and enrollments will not be processed after Feb. 7, 2024, at 11:59 p.m. ET.
- Households that have applied, been approved and are receiving the monthly internet discount before Feb. 8, 2024, will continue to receive their ACP benefit until ACP funds run out, as long as the household remains enrolled in the program.
- After the ACP funds run out (projected in April 2024), households participating in the ACP will no longer receive the ACP discounts.

What does this mean for low-income households not in the ACP?

- Because of the wind down of the program, the ACP will need to stop new enrollments. Starting Feb. 8, 2024, no new enrollments will be accepted.
- Eligible households that are not already enrolled and wish to receive the ACP benefit should complete an application at GetInternet.gov as soon as possible to allow time for the processing of your application. Once your application is qualified, you must sign up with an internet company by Feb. 7, 2024, at 11:59 p.m. ET to start receiving your benefit.
- If you qualified for the ACP but you do not sign up with an internet company before Feb. 7, 2024, at 11:59 p.m. ET, then you can no longer enroll in the ACP.

How does wind-down impact enrolled ACP households?

- Households that are enrolled in ACP will continue to receive monthly discounted internet service through the end of the ACP.
- During the ACP wind-down period, ACP households will receive notices from their internet company about the impact of the end of the benefit on the household’s bill and service. The notices will tell households:

- That the ACP is ending
- The impact on their bill
- The date of the last bill they will receive that includes the ACP benefit
- That they can change their service or opt out of continuing service after the end of the ACP

ACP households can also switch their internet plans without penalty. ACP households should:

- Check their email for more information and for further updates regarding the ACP benefit. Also visit <http://www.AffordableConnectivity.gov> and www.fcc.gov/acp.
- Contact their internet company for questions about how the end of the ACP will affect their monthly bill and to ask about available options.
- Visit www.fcc.gov/acp to access answers to frequently asked questions (FAQs) and other guidance about the ACP wind-down process, including what households need to know about retaining internet service after the end of the ACP.
- Contact USAC directly for any questions about the ACP wind-down. Households can call the ACP Support Center at 877-384-2575 for information about their benefit.

What are the important dates I should be aware of regarding the ACP wind-down?

- Feb. 7, 2024: This is the last day the ACP will accept new applications and enrollments. Eligible households must be approved and enrolled with an internet company by 11:59 p.m. ET on Feb. 7 to receive the ACP benefit. Starting Feb. 8, 2024, there will be **no more** enrollments into the ACP.
- Starting in late January 2024: Households that currently receive a monthly ACP benefit will start to receive notices from their internet providers with information about the end of the ACP benefit. This information will include timing of the end of the program and the impact of the loss of the benefit on the household’s bill and service.

April 2024: The FCC anticipates existing ACP funding to run out in April 2024 if Congress does not provide additional funding. Consumers who are enrolled in the ACP will continue to receive their benefit on their internet service through April 2024. This date is an estimate and may change.

If you have any questions for the ACP navigator, you can reach Lynetta Cuomo at 541-270-4351 or email lynettac@ctsi.nsn.us (please note everything listed here is the updated known information as of mid-January and it will be updated again when more information is shared). I’m sincerely sorry for any inconveniences this may cause. FCC complaints can be directed to <https://consumercomplaints.fcc.gov/hc/en-us>.

USDA distribution dates for February

Siletz			Salem		
Friday	Feb. 2	1 p.m. – 3 p.m.	Tuesday	Feb. 13	9 a.m. – 6:30 p.m.
Monday	Feb. 5	9 a.m. – 3 p.m.	Wednesday	Feb. 14	9 a.m. – 6:30 p.m.
Tuesday	Feb. 6	9 a.m. – 3 p.m.	Thursday	Feb. 15	By appt only
Wednesday	Feb. 7	9 a.m. – 3 p.m.			
Thursday	Feb. 8	9 a.m. – 12 p.m.			

Sammy Hall, USDA Program Director
541-444-8279 or 541-390-0763;
sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

The Portland Area Office is now at:
3220 SW First Ave., Suite 200
Portland, OR 97239
Phone: 503-238-1512
Fax: 503-238-2436

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



Hamburger Stroganoff

- 2 pounds ground beef
- 2 small onions, diced
- 2 teaspoons garlic paste
- 2 cans cream of mushroom soup
- 2 boxes whole grain rotini, cooked
- 1 container sour cream
- Salt and pepper to taste

Cook hamburger, onion and garlic paste in saucepan until done; season with salt and pepper. Add cream of mushroom soup and heat through. Remove from heat and let cool just a bit.

Cook the pasta according to package directions. We have found that it needs a little extra salt in the water to give it flavor.

Add the sour cream to the meat mixture and stir well.

Add sour cream and meat mixture to the pasta, heat and serve.

YOUTH ACTIVITY FUND

FOR ALL ENROLLED SILETZ TRIBAL MEMBERS GRADES K- 12

Up to \$250.00 towards...

A VARIETY OF ACTIVITIES, SUCH AS SPORTS, DANCE, MUSIC, CAMPS AND MORE!

CONTACT YOUR EDUCATION SPECIALIST WITH QUESTIONS

Katy Holland
Portland Area
KatyH@ctsi.nsn.us

Sonya Moody-Jurado
Salem Area
SonyaMJ@ctsi.nsn.us

Jeff Sweet
Siletz/Out-of-Area
JeffS@ctsi.nsn.us

Candace Hill
Eugene Area
CandaceH@ctsi.nsn.us

Renews Every Calendar Year
Form available at www.ctsi.nsn.us/youth/



Siletz Community

Find us on Facebook! Siletz Community Health Department

SHU'-YI

(BETTER, IMPROVING)

This program is for diabetics and people with prediabetes. This program is a 6-month commitment! Classes will be an hour once a week at the clinic.

Classes Will Be Offered for Each Area

February - July Once a Week

Contact Your Local CHA to Sign Up!

Limited spots available first come first serve. Benefits of taking this course are:

- ♥ Develop a healthier lifestyle
- ♥ Learn how to prevent and manage type 2 diabetes
- ♥ Weight loss
- ♥ Feel better and more energetic

If you would like to sign up and are in the Siletz area please contact: Sierra Warren at 541-444-9652

This class will begin February 6th in the room next to the Shell Room at the Siletz Community Health Clinic. Classes will take place every Tuesday from 2:00 PM - 3:00 PM.

There are 15 spots available. Attendance is required to receive incentives. Registration is limited to people with diabetes or pre-diabetes.

Take Action and Get Help Losing Weight

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. For more info: <https://www.cdc.gov/diabetes/prevention/what-is-dpp.htm>.

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Adapted from Bengt et al., Ann Intern Med 133:1776-1783, 2000. Original algorithm was validated without gestational diabetes as part of the model.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

American Diabetes Association **CDC**

HOME FIRE SAFETY

Home heating is the second leading cause of home fires.

1. Keep anything that can burn at least three feet away from fireplaces, wood stoves, space heaters and radiators.
2. When you leave a room or go to bed, turn heaters off or unplug them.
3. Plug space heaters directly into the outlet and never use an extension cord or power strip.
4. Make sure your heater has an automatic shut-off switch that turns it off if it tips over.
5. Have your furnace, chimney and chimney connector inspected by a professional each winter. Make repairs before cool weather sets in. For more information, please visit <https://www.usfa.fema.gov/downloads/pdf/publications/home-fire-safety-poster-brochure.pdf>.

Please create a fire escape plan if you do not already have one.

If you have children, please make sure they know the evacuation plan. Have the evacuation plan posted on the refrigerator.

MAKE SURE YOUR FIRE SMOKE ALARMS ARE WORKING! Young children and older adults—if you have young children or older adults living in your home, they may need your help to stay safe. Children under 4 years old are at higher risk of home fire injury and death than other children. Keep children at least three feet away from anything that gets hot, including heaters, the stove and candles. Lock cigarette lighters and matches up high, out of a child's sight and reach. Teach your children how to escape on their own in case you cannot help them.



CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

2024 Meeting Schedule

Lunch meetings are from 12-1:30pm

Dinner meetings are from 5:30-7pm

January 3rd: Lunch

February 7th: Dinner

March 6th: Lunch

April 3rd: Lunch

May 1st: Dinner

June 5th: Lunch

July 10th: Lunch

August 7th: Lunch

September 4th: Dinner

October 2nd: Lunch

November 6th: Dinner

December 4th: Lunch

The Portland Area Office had its first Diabetic Luncheon on Jan. 11, 2024.

We served taco salad with ground bison. Janelle and Perla from NARA NW presented information on their DPP program and shared further resources on diabetic eye health and dental care.

We look forward to future gatherings to promote health and wellness. Coming up, we will have incentives for Tribal members who want to participate in diabetic prevention.

Keep a look out!

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

As a community we must listen to our youth, providing safe, non-judgmental spaces for our young relatives to talk about dating violence and healthy relationships. As adults, we can provide guidance and support on traditional ways of caring for each other and teach Indigenous values of compassion, kindness, honor and respect. Strengthening and balancing the relationships in our lives cannot be done alone. It is up to all of us to support and listen to the next generation. Because we are connected in the sacred circle of life, violence against youth and teens affects us all. Nationally, nearly **1 in 11 female** and approximately **1 in 15 male high school students** report having experienced physical dating violence in the last year, and about **1 in 9 female** and **1 in 36 male high school students** report having experienced sexual dating violence in the previous year. No one deserves to be abused in any way. Romantic relationships should be grounded in respect, not based on power and control masked as love. Dating violence is not our tradition. Our young relatives deserve healthy, respectful love. Help honor youth and teens by raising awareness of dating violence and promoting healthy relationships!

Learn about dating violence and the signs of relationship abuse.

Avoid confronting the abusive person hurting your loved one. It can escalate the situation and put your young relative in danger.

Dating violence is a type of relationship violence that occurs between young people. It is defined as when a person uses a pattern of abusive behavior toward their partner to gain power and control over them. Dating violence can include one or more types of abuse and it can look like this:

- **PHYSICAL ABUSE** - Pushes, shakes, slaps, kicks or spits on you. Holds you down. Throws or breaks your personal belongings (ex., books, cell phone, etc.).
- **EMOTIONAL ABUSE** - Insults you, calls you hurtful names or embarrasses you in public. Constantly accuses you of cheating. Threatens to hurt you or expose secrets about you.
- **SEXUAL ABUSE** - Unwanted kissing or touching, pressures you to have sex or makes you feel guilty for not wanting sex, or demands that you send them sexually explicit photos or videos.
- **DIGITAL ABUSE** - Constantly calls, texts or DMs you to find out where you are or who you're with, tells you who you can be friends with on social media or sends mean messages on social media either directly from them or anonymously.
- **CULTURE OR SPIRITUAL ABUSE** - Criticizes your spiritual or Tribal beliefs.
- **FINANCIAL ABUSE** - Steals money from you, your family or your friends.
- Create a safe space and tell them you're concerned about their safety.
- Be a good relative and listen to their story when they're ready to share.
- Ask how you can help them.
- Offer support and encourage your friend's strength and courage.



**Hoxie Ch'an-t'i
Rilatos-Taylor**

Welcome baby Hoxie Ch'an-t'i (Flint/Obsidian dance knife).

Hoxie was born to Chan-tele Rilatos and Collin Taylor on Nov. 21, 2023, at 6:25 a.m. We love you!

**Save the date for 45th Annual latwa ina Pow-Wow
at Oregon State University**

OSU's Native American Student Association and kaku-ixt mana ina haws present the 45th Annual latwa ina Pow-Wow. This free community event features Indigenous dancers, singers and a marketplace, plus affordable fry bread.

Saturday, May 18, 2024

Grand entry at 1 p.m. and 6 p.m.

Doors open at noon

Gill Coliseum, 660 SW 26th St., Corvallis, OR 97331

For accommodations related to disabilities, contact christy.jones@oregonstate.edu. For vendor information and questions, contact ina.haws@oregonstate.edu. More info: dce.oregonstate.edu/45th-pow-wow.

ABC's of Siletz Tribal Athletes

By Tiffany Stuart

The journey of Siletz Tribal athletes started in 2020. I wanted to write a story that my son and Tribal youth would be interested in reading. I interviewed 24 people and researched the other athletes in this book. I conducted all the interviews over the phone during the pandemic. These pages are just a glimpse into the lives of Tribal people. I hope to put all the interviews together in another collection for our Tribal museum. I completed this work in my own free time. I have a list of more Tribal athletes to interview when time allows. If you have a Siletz Tribal athlete you think should be in this collection, please email me at siletztiffanydawn@gmail.com. Thank you to everyone who has helped with this book. In the upcoming months, you can enjoy reading these stories in our *Siletz News*.

B is for **BASKETBALL**



Photo: Thomas is #20 on the far right

SLAM DUNK the basketball like Thomas Stuart Jr..

At 6'5" Thomas played two years at Haskell Indian Nations University for the men's basketball team. Thomas helped start a soccer team at Haskell. Every summer during college he fought fires in Arizona. After earning a bachelor's degree in business and Native American business, and master's in geography, he went into a career in finance. Thomas has coached his son's and youth sports teams.

C is for **CHAMPIONS**



BE CHAMPIONS like the 2011 1A State High School Champion Siletz Valley Early College Academy boys' basketball team.

Siletz Tribal athletes included Jeff Sweet, Chris Garza, San Poil Whitehead, and Bo Johnson.

This division 1A state championship game was followed by a parade where the streets of Siletz were lined with the community cheering on the team on.

The team led the Siletz Pow-Wow Parade that year as grand marshals.

Democracy, continued from page 1

The obstacles faced by Native voters are unreasonable and unfair. In fact, they are the tragic result of decades without representation and the subsequent policies that underserve Native communities and ignore basic needs.

A fully enfranchised Native electorate is powerful. American Indians are poised to sway local, state and federal elections. They make up key voting blocks in states like Arizona, Alaska, Nevada, Montana, Michigan and Wisconsin, to name a few. Yet discrimination robs American Indians of this political capital.

The fundamental promise of American democracy is that everyone can participate. By having access to the vote and being able to obtain proper representation, American Indians can make change and demand long overdue respect for their communities.

Democracy is an American Indian concept. As a Native-led organization, NARF will fight to protect it. We are committed to correcting the injustices faced by American Indians trying to exercise their fundamental right to vote. To fix relations and heal wounds, American Indians must be able to participate in the American democratic systems, protect Tribal sovereignty and be heard on our own terms.

NARF channels

vote.narf.org
www.narf.org
www.youtube.com/c/NativeAmericanRightsFund
www.facebook.com/NativeAmericanRightsFund
www.instagram.com/nativeamericanrightsfund/
www.linkedin.com/company/nativeamericanrightsfund/
www.threads.net/@nativeamericanrightsfund
twitter.com/NDNRights

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2024. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$350 and a professional banner with your logo. The winning artist will have their logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

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

All entries must be received no later than Feb. 29, 2024.

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2024-2025 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

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

Crown proposals must be turned in to the committee no later than Feb. 29, 2024. Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

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

Siletz Tribal Student Incentives Program

If you have completed any of these milestones, please send a copy of your certificate or diploma to your area education specialist. The Siletz Tribal Student Incentive Program rewards student achievements as follows:

Head Start/Preschool	\$10
Kindergarten	\$10
Elementary School	\$20
Middle School	\$50
High School or GED	\$100
Adult Vocational Training	
One-year program	\$100
Two-year program	\$200
Higher Education	
Bachelor's Degree –	
Pendleton blanket plus \$75	
Master's Degree	\$300
Doctorate Degree –	
Pendleton blanket plus \$300	

Tribal Education Specialists

Portland Area Office: Katy Holland, 503-238-1512, 3220 SW First Ave., Suite 200, Portland, OR 97239

Salem Area Office: Sonya Moody-Jurado, 503-390-9494, 3160 Blossom Drive NE, Suite 105, Salem, OR 97305

Eugene Area Office: Candace Hill, 541-484-4234, 2468 W 11th Ave., Eugene, OR 97402

Siletz Area Office: Jeff Sweet, 541-444-8207, P.O. Box 549, Siletz, OR 97380-0549

Missing Moccasins

What is a Missing Moccasin? A Tribal member who has an invalid or missing address with the Confederated Tribes of Siletz Indians Enrollment Department resulting in mail bring returned as undeliverable.

Enrollment staff attempts to contact the Tribal member with the current phone number and/or email address on file. If the Tribal member does not respond, Enrollment staff adds them to the Missing Moccasin list for publication in *Siletz News* and on the Tribal website members' area. We do not publish minor Tribal members' names.

In order to receive any mail from the Tribal administration building, including per capita checks, 1099-MISC tax form, elections, *Siletz News*, the annual statement for minor trust account for minor Tribal members, etc., the Tribal member must submit their address change in writing. If you are on this list, contact Enrollment immediately to update your address by email at EnrollmentDepartment@ctsi.nsn.us. If you have questions, call Enrollment staff at 541-444-8258.

As of Jan. 8, 2024, there are 67 ADULT Siletz Tribal Missing Moccasins.

Ashley Janice Kelsy Adams	Amy Marie Bayya	Manuel Joseph Bayya
Jason Leonard Bennett	Rene Marie Bowar	Joseph Grant Brents
Clayton Lee Butler	Randall Lee Butler Jr.	Darod Anthony Cheek
Johnathon Adam Cherry	Elise Marie Cook	Sarah Jean Cook
Christopher James Crawford	Nahcoma Michael Lee Epperson	David Roy-Lee Erickson
Zachary Allen Ferris	Tara Lynn Fields	Alexis Michelle Fisher
Frank Bensell Fisher	Nichole May Fisher	Sonya Rae Foster
Theodore Josef Fry	Roman Joseph Fuhrer	Emma Bertha Gilila
Alexcia Jayln Gongloff	Antonio Solomon Gonzalez	Jonathan Bradley Gonzalez
Robert Nelson Harrison	Sylvia Rose Hutchinson-Hernandez	Tawny Elan Jenkins
Felicia Ann Johnson	Johnnie Ray Johnson III	Cassandra Alyssa Jones
Colton Scott Jordan	Crystal Nichole LaChance	Bobbie John Land-Hutchinson
Devon Bruce Lane	Virgil Alan Lane	Jerald John Law
Marnisha Rochelle Frances Lucas	Haily Annamaria Magrum	Steven Dean Martin
Ashley Pearl Marzan	Brittany Jade Medina	Dustin Shain Miles
Joshua Lennon Mullins	Charlotte Anne Nelson	Christopher Ray Oleman
Danielle Shaunte' Payne	Mariah Justine Pigsley	Tobias Tee Reese Jr.
Diego Alfredo Reyes	Charles Eugene Richardson	Kathleen Jean Robinson
Raylynn Kay Louise Rogers	Dustin Raymond Ryan	Jesse James Sampson
Kevin Michael Shriner	Yolanda Louise Simmons	John Eugene Snider
Doniven David Tompkins	Louise Roberta Towner-Flure	Yolanda Gheit'Sigh Vera-Simmons
Timothy Alfonso Villegas Sr.	Craig Daniel Wallace	Chad Everett Zigler
Martin Dean Zosel-Sanderson		

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

DeZurney, continued from page 1

the United States to be Champions for Change. All applicants, regardless of acceptance, are named Gen-I Ambassadors and stay engaged with CNAY and the Gen-I Network. Learn more about Champions for Change and CNAY at <https://www.cnay.org/champions/>.

About CNAY

The Center for Native American Youth (CNAY) at the Aspen Institute is a national organization that works alongside Native youth – age 24 and under – on reservations, in rural villages and urban spaces across the country to improve their health, safety and overall well-being.

Rooted in culture, our vision is for all American Indian youth to lead full and healthy lives, be honored for the leaders they are, and have the resources and agency to create the world Native youth are worthy of and deserve.

CTSI Jobs

Employment information available at ctsi.nsn.us

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.



CHAMPIONS FOR CHANGE

2024

CHAMPIONS FOR CHANGE

Passionate About

Fostering meaningful opportunities for cultural connectedness

JEIDAH DEZURNEY



The Time to Prepare is Now

Gather supplies for your family, pets and service animals.

- ✓ Food & water
- ✓ Medications
- ✓ Flashlights
- ✓ Chargers
- ✓ IDs & insurance documents

Ready. ✓

ARE YOU PREPARED FOR A POWER OUTAGE?



FLASHLIGHT

BATTERY/SOLAR POWERED PHONE CHARGER

FIRST AID

BATTERY/HAND-CRANK POWERED RADIO

SPARE BATTERIES

AT LEAST 3 DAY WATER SUPPLY AND FOOD SUPPLY

Ready ✓



Courtesy photo from Randy Storms

Chris Garza, health services protege, prepares eggs in the emergency shelter established at the Siletz Community Health Clinic during the January ice storm. Numerous Tribal staff members and people from the local community helped stand up storm shelters at the clinic and at the Tribal administration building. Efforts were made by Tribal area office staff members to help Tribal members living in the Willamette Valley.

Visit www.ready.gov for more information about how to prepare for the next emergency or disaster.

WHAT TO DO IF YOU GET STRANDED IN YOUR VEHICLE:

- STAY IN YOUR VEHICLE WHERE RESCUERS ARE MOST LIKELY TO FIND YOU.
- RUN THE HEAT 10 MINUTES EACH HOUR TO SAVE GAS & KEEP WARM.
- KEEP SNOW CLEAR FROM THE EXHAUST PIPE TO PREVENT CARBON MONOXIDE POISONING.



Ready. ✓ FEMA




DISASTER MASTER

Free Online Preparedness Game for Kids!

tinyurl.com/disaster-master

U.S. DEPARTMENT OF HOMELAND SECURITY

Ready ✓



Are You READY!

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?

How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

<input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)	<input type="checkbox"/> Water – at least a gallon per person, per day
<input type="checkbox"/> Can opener	<input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Flashlights with extra batteries
<input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family	<input type="checkbox"/> Cell phone with charger, extra battery and solar charger
<input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live	<input type="checkbox"/> Whistle to signal for help
<input type="checkbox"/> Matches in a waterproof container (let a grown up handle these)	<input type="checkbox"/> Local maps
<input type="checkbox"/> Toothbrush, toothpaste, soap	<input type="checkbox"/> Pet supplies
<input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels	<input type="checkbox"/> Baby supplies
	<input type="checkbox"/> Books, games or puzzles
	<input type="checkbox"/> A favorite stuffed animal or blanket

Remember, traffic lights will not work!

Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!

BE A HERO! <http://www.ready.gov/kids>



Photos by Andy Taylor

Storm damage is significant up on Government Hill in Siletz after the January ice storm. Lots of branches and entire trees that toppled over were being removed at press time. Potential damage to the Siletz Tribal Community Center, the comfort station and the Paul Washington Cemetery was being assessed.



Courtesy photo

Misty Mocekis and her son, Malachi

Mocekis graduates from Home Visiting

Congratulations to Misty Mocekis for graduating from the Siletz Home Visiting Program. Misty started the Home Visiting program in December 2020, just weeks before her son, Malachi, was born and continued with Home Visiting until December 2023 when her son turned 3 years old.

Malachi was born at a challenging time during the pandemic. Like most of life during the pandemic, our home visits were conducted virtually on Zoom. Despite the challenges Misty participated and entered into the lessons with interest.

While in the program, Misty faced the challenges the pandemic brought to us all. She worked from home and poured her attention into her son, making sure he had opportunities to play and learn. She recently transitioned back to working in the office.

Here is what Misty has to say about Home Visiting. “Both Malachi and I have enjoyed the program and would stay in it we could. I didn’t have my mom to ask – is this normal? So Home Visiting helped give me good reminders what he was going through was normal. It provides a realistic picture of what parenting is and that I’m not going crazy. Nice to have that peace.”

Congratulations, Misty and Malachi!

For information about Home Visiting and how to get involved, contact Kelley Ellis, self-sufficiency coordinator, at kellye@ctsi.nsn.us or 541-444-8222.

The Tribe is in need of certified homes to care for Tribal children in need of emergency, short term And long term placements.



To see how you can help please call today.
Siletz Tribal Indian Child Welfare Department
541-444-8272

Siletz Tribal Veterans

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

LAUNCHING OUR NEW

PATIENT PORTAL



The Siletz Community Health Clinic has launched a new NextGen® Patient Portal that is easier to use, navigate, and has additional features for patients to utilize.

**The previous portal will only be accessible up until August 25th, when it will no longer be available.*

ABOUT

A patient portal is a personalized, secure website that enables you to manage healthcare interactions and communicate with your healthcare providers at any time. This convenient online connection puts you in control of your healthcare from any web enabled device.

HIPAA COMPLIANT & EASY TO ACCESS HEALTHCARE INFORMATION

REGISTRATION

Any SCHC staff member can give you access to the new portal, as long as you have a valid email address.

Once requested, you will just need to enter your DOB and zip code, then you will be instructed to create a password.

You will then be able to log in to the new patient portal.

REQUEST ACCESS



REGISTER ACCOUNT



VIEW PORTAL



FEATURES

Direct Messaging	Access to Health Records	Access to Visit Summaries
View Lab & Test Results	View Medications	See Appointment History
Review, Download and Share Health Records	Access Minor Children's Accounts	Additional Feature to Be Added...

Forms are not currently available on the patient portal, but efforts are being made to complete that feature.

REMINDER FROM PRC

Save Our New Number

541-444-9677

SILETZ COMMUNITY HEALTH CLINIC

200 GWEE-SHUT RD

SILETZ, OR



THE PURCHASED/REFERRED CARE PHONE NUMBER HAS CHANGED!

AS A REMINDER, YOU CAN CALL PRC DIRECTLY AT

541-444-9677

All of the old PRC Phone numbers will be deactivated within the coming months

This update allows you to contact PRC directly- no more transferred calls or phone trees!

DID YOU KNOW?

You can also contact PRC by email at SILETZPRC@CTSI.NSN.US

To use **mail order pharmacy** to order your refills after hours and on weekends: Call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line. **OR** call the refill line direct – 541-444-9624.

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 Development Specialist Eugene Area Office 2468 W 11th Ave. Eugene, OR 97402 541-484-4234, ext. 1752	Toni Leija Job Development Specialist Salem Area Office 3160 Blossom Drive NE, STE 105 Salem, OR 97305 503-390-9494, ext. 1861
Tamra Russell Self-Sufficiency Counselor 1 Portland Area Office 3220 SW First Ave., Suite 200 Portland, OR 97239 503-238-1512, ext. 1411	Jamie Bokuro Job Development Specialist Siletz Area Office 201 SE Swan Ave. Siletz, OR 97380 541-444-8266

PRC process for getting hearing aids

Purchased/Referred Care (PRC) has collaborated with Costco Hearing Aid Centers to purchase hearing aids for Siletz Tribal members regardless of where the referral is made for a hearing evaluation. Purchasing hearings aids at Costco will stretch PRC funding, allowing for more services that will benefit you and all Siletz Tribal members.

Once you have your hearing evaluation and referral for hearing aids, you'll need to make a request for the Gatekeeping Review Committee to approve the first pair. Once approved, you will be sent an approval letter and a copy of the protocol for purchasing hearing aids. Hearing aids can be purchased every three years.

Contact PRC at 541-444-9677 for more information.

“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



Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional Living Center

Siletz: 800-600-5599 or 541-444-8286
Eugene: 541-484-4234
Salem: 503-390-9494
Portland: 503-238-1512

Narcotics Anonymous Toll-Free Help Line – 877-233-4287
For information on Alcoholics Anonymous: aa-oregon.org

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We would like to share a reminder on PRC usage: Call all visits into Siletz PRC

PRC should not be used for services that are **reasonably accessible and available** at an IHS or Tribal facility.

If there is an IHS or Tribal facility that is capable of providing these services within a 40-mile radius of your home, you should obtain services there. If the services cannot be done at an IHS facility, PRC will need a referral from the provider. Once the referral has been reviewed and approved by the Gatekeeping Review Committee and scheduled, you – the Tribal member – are responsible for calling PRC at 541-444-9677 for an authorization number.

- The reason behind the authorization number: This is how PRC obligates the funds for the appointments Tribal members make and for which they are approved.
- If a Tribal member chooses to go to an outside provider and use their own insurance without a referral, PRC funds cannot be utilized for those services.

Listed below are the Tribal clinics in our local areas.

- Chemawa in Salem: 503-304-7600
- Grand Ronde Health and Wellness Center: 503-879-2002
- Siletz Community Health Clinic: 541-444-1030
- Ko-Kwel in Eugene: 541-916-7025
- NARA NW Wellness Center in Portland: 503-279-4800
- NARA NW Indian Health Clinic in Portland: 503-230-9875

SCHC HAS UPDATED PHONE TREE OPTIONS

If you are trying to reach another department in the Siletz Community Health Clinic, please visit the CTSI website at

www.ctsi.nsn.us/tribal-services/healthcare/

to get the complete listing of Healthcare staff under contact information.



Updated Phone Tree Options

- Option 1: Medical
- Option 2: Dental
- Option 3: Optometry
- Option 4: Behavioral Health
- Option 5: Transportation
- Option 6: Business Office
- Option 7: Pharmacy
- Option 8: Automated Prescription Refill

You can reach Purchased/Referred Care (PRC) directly at 541-444-9677 or by email at SiletzPRC@ctsi.nsn.us.

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

Can PRC Pay for Your Care? Find out in 3 stages.

Stage 1

Individual Qualifications

You are eligible if:

a) You are a Siletz Tribal member, a Dependent of a Siletz Tribal Member under the age of 19, or a member of any tribe living on Siletz Trust Land.

AND

b) You live within the 11 counties of the Siletz PRC Delivery Area.
Tillamook, Yamhill, Polk, Lincoln, Marion, Benton, Linn, Lane, Multnomah, Washington and Clackamas

AND

c) You must receive prior approval for each case of needed medical service. In the case of an emergency, you must provide notice within 72 hours (30 days for elders & disabled people).

If
YES
for all

Stage 2

Relative Medical Priorities

Payment may be approved if:

a) The health care service that you need is medically necessary.
As indicated by medical documentation provided.

AND

b) The service is not available at an accessible IHS or Tribal facility.

AND

c) The facility's PRC committee determines that your case is within the current medical priorities of the facility.

*Unfortunately, PRC funds often are not sufficient to pay for all needed services. When this happens, the committee considers each individual's medical condition to rank cases in relative medical priority. Cases with imminent threats to life, limb, or senses are ranked highest in priority. ***

AND

d) PRC funds available are sufficient to pay for the service to be authorized

If
YES
for all

Stage 3

Coordination and Payment

Approval, Billing, Payment

a) You must apply for any alternate resources for which you may be eligible.
Medicare, Medicaid, insurance, etc.

THEN

b) A PRC Pre-Authorization Number is issued to a provider authorizing payment for services.

THEN

c) The authorized provider bills and collects from your alternate resources

THEN

d) The authorized provider bills any unpaid balance to PRC for payment.
Because PRC is payer of last resort, it pays only for costs not paid by your alternate resources

If Steps are
Completed in Order

Provider is **Paid**

Specific services authorized within relative medical priorities may vary from time-to-time in response to changing supply and demand, especially to stretch diminished funds over the remainder of the fiscal year.

If NO
for above

Application is **Denied**

** Some exceptions may be made on a case-by-case basis. Ask PRC Staff for more specifics about individual eligibility, the PRC Delivery Area, or prior Notice.*

If NO
for above

Application is **Deferred**

*** Ask PRC staff for more specifics. Sometimes deferred lower priority cases may be reconsidered later if funding permits.*

Generally applicable Purchased/Referred Care (PRC) rules and procedures are shown. Some nuances and exceptions are omitted. Talk to PRC staff if you have questions.

**APPLY FOR THE
OREGON TRIBAL STUDENT GRANT**

Visit <https://oregonstudentaid.gov/grants/oregon-tribal-student-grant/> for information on deadlines, instructions, and a link to apply.

You can also reach them by phone at (503) 509-7624 or email at PublicPrograms@hecc.oregon.gov

Students must: be enrolled in one of Oregon's 9 federally recognized tribes, be attending an Oregon based institution, submit the FAFSA/ORSAA, and complete the Oregon Tribal Student Grant (and verify their Tribal enrollment).

The final deadline to apply for the 2023-24 academic year is April 5, 2024.

Contact Your Education Specialist with About Other Support Available to You

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
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HIGH SCHOOL THROUGH GRADUATE SCHOOL

STUDENT GRADUATION STOLE PROGRAM

2024 GRADUATES CAN SUBMIT A REQUEST FORM
JANUARY 1ST, 2024 TO MAY 31ST, 2024.

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
------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------

Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

**Thinking of attending college during the
2024-2025 Academic year?
Here's what you need to know**

✚ FAFSA Opens for Applications Oct. 1st
(at www.fafsa.ed.gov)

**If applying for Higher Education funds for the 2023-2024 academic year, students must completed their FAFSA by June 30th*

✚ Oregon Tribal Student Grant
<https://oregonstudentaid.gov/grants/oregon-tribal-student-grant/>

**If applying for Higher Education funds for the 2023-2024 academic year, students must complete this application by June 30th*

✚ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf

✚ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Jeff Sweet JeffS@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

JOM FAMILIES

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

CTSI
Education & Youth Activities
@CTSIedu.Youth

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

Portland Area Katy Holland 503-238-1512 KatyH@ctsi.nsn.us	Siletz Area Jeff Sweet 541-444-8207 JeffS@ctsi.nsn.us	Salem Area Sonya Moody-Jurado 503-390-9494 SonyaMJ@ctsi.nsn.us	Eugene Area Candace Hill 541-484-4234 CandaceH@ctsi.nsn.us
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**Seeking
Future
Indigenous
Teachers**

**Join our FOURTH ANNUAL
Sapsik'wala Grow Your Own (GYO)
Future Teachers Program!
March 18 - June 7
2024**

The Sapsik'wala Teacher Education Program invites you to APPLY to participate in our Native Future Teachers Program! Our Grow Your Own (GYO) Program is a 12-week online mentorship program for AI/AN high school and college students living in Oregon or with Tribal affiliation in any of the nine federally recognized Tribal Nations and the 43 Tribal Nations that have residency by aboriginal right in Oregon.




Up to 30 GYO participants will join in community with current Sapsik'wala students, alumni educators, and elder educators to receive weekly academic and cultural mentorship for transitioning to higher education and towards becoming an Indigenous teacher. GYO will be a distance learning experience (through ZOOM). Participants will receive technology support and gift cards for actively participating in our community and completing project goals.

[Visit our blog to find out more!](#)

Dial 988

from any phone to get help.

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






Scholarships

- Fastweb (scholarship search engine)
- Big Future (scholarship search engine)
- Pacific Northwest Scholarship Guide (scholarship search engine)
- OregonStudentAid.gov
- AIANTA Tourism & Hospitality Scholarship
Deadline: April 26, 2024
- IJA-AAJA Pacific Islander Journalism Scholarship
Deadline: May 31, 2024
- American Indian College Fund Scholarships
Deadline: May 31, 2024
- 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

Internships

- Wisdom of the Elders ITEK Internship
Deadline: February 2024
- Wisdom of the Elders Multimedia Internship
Deadline: February 2024
- Cronin and Company
Deadline: Open
- Roku
Deadline: Multiple/Open
- Nike N7 Undergraduate Internship
Deadline: Multiple
- Nike Internships
Deadline: Multiple
- DMS Internships
Deadline: Ongoing
- Apple Business, Marketing and G&A Internships
Deadline: Multiple
- 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

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
- Metcalf Institute's Annual Science Immersion Workshop for Journalists
Deadline: Feb. 12, 2024
- THRIVE Conference (Portland, Ore.)
June 24-28, 2024
- NPaiHB Youth Intern Host Sites
Deadline: Rolling
- Fund for Indigenous Journalists: Reporting on MMIWG2T
Deadline: Rolling
- Fund for Women Journalists
Deadline: Rolling
- Fund for Indigenous Journalists
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
- National Youth Leadership Forum STEM Program Nomination Form
Deadline: Various
- The Student Conservation Association
- Northwest Youth Corps

Important information for college-bound Tribal seniors

February

- First semester grades and mid-year reports are sent to some colleges.
- Check your school counseling office or ASPIRE center for scholarship info.
- Complete scholarships.
- Check with colleges applied to for verification they have received all necessary documents. Continue to monitor status of submitted applications.
- Check to see if your mid-year transcripts have been sent to the schools to which you have applied.
- Wrap up scholarship application, essays and activities chart (for OSAC). Early bird deadline is in February for OSAC.

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 the Student Aid Report (SAR).
- You should start receiving admission responses.

Fellowships

- IJA-ASU-ICT Graduate Fellowship
Deadline: Feb. 15, 2024
- Indigenous Journalism Fellowship
Deadline: Feb. 27, 2024
- NASA Postdoctoral Program
Deadline: March 1, 2024
- Native American Journalism Fellowship (The Oklahoman)
Deadline: Various
- NHPR Reporter/Producer Fellowship
Deadline: Various
- 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

Siletz Tribal Members Online Academic Support

Free Virtual Tutoring!

* **24/7 On-Demand Access to Online Professional Tutors**

* **GED Support**

* **All Subjects and Grade Levels- From Kindergarten through College/University**

* **Individualized Help in All Subjects**

* **SAT & ACT Prep; College Course Level Help and More**

* **All Tribal Students Eligible to Apply, Regardless of Residence.**

Contact your local Education Specialist to sign up:

Siletz & Out-of-Area
Jeff- JeffS@ctsi.nsn.us

Salem
Sonya- SonyaMJ@ctsi.nsn.us

Portland
Katy- KatyH@ctsi.nsn.us

Eugene
Candace- CandaceH@ctsi.nsn.us

Please Note:

Students **MUST** complete a Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available.

Tribal Council Timesheets for December 2023

Frank Aspria – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
1.5	1.75	1.5			12/1-3	Meet w/ DHS, email, packets
.5	.5			.75	12/4	Econ dev mtg, email, packets
1.25	1.5	.25			12/5	Natural Resources Cmte, email
5	5	2			12/6-14	CWC holiday event, Monsanto mtg, email, packets
2.5	2.5				12/15	Regular TC
3.75	3.75			1.5	12/16-18	IAD, econ dev, reports, email
3.25	3.25	3.5		.25	12/19-21	Email, packets, updates
.5	.25	5			12/22-23	Special TC – gaming, IAD, email
2.25	2.5	.5	.5	.25	12/26-28	Interviews, Cyber Cmte, email

Loraine Y. Butler – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
2.5	2.5				2	12/6-8 Mon mtg, all-staff mtg, email
1.5	1.5				11	12/10-11 Meet w/ Chinook Tribe, packets
5	5					12/12-14 Elders holiday gathering, packets
2.5	2.5				12/15	Regular TC
.5	.5				12/18	Chemawa Station
.5	.5	1	2		12/20-21	STBC – High property, packets
		5			12/22	Special TC – gaming
		8		1	12/31	NY celebration

Sharon Edenfield – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
.5	.5			.25	12/4-6	Econ dev, PSU
				.25	12/18	Econ dev
.75	.75				12/21	Packets
		9			12/22	Special TC – gaming

Alfred Lane III – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
8	8				28	12/4-7 Congressional mtgs
1.5	1.5				10	12/10-11 Meet w/ Chinook
1	1					12/14 Packets
2.5	2.5					12/15 Regular TC
.5	.5	5.75		2	12/21-22	Special TC – gaming, packets

Alfred Lane IV – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
8	8				28	12/4-7 Congressional mtgs
1.5	1.5					12-9 Reading, email
2	2				9	12/10-11 Meet w/ Chinook
1.25	1.25					12/14 Packet, email
2.5	2.5					12/15 Regular TC
.5	.5	1				12/19-21 Packets, email
		4				12/22 Special TC – gaming

Bonnie Petersen – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
4.75	4.75				12/1-6	Health Cmte, Education Cmte, minutes, email, calls, mtg prep
7.5	7.5	.25			12/7-11	OHA BH facility study mtg, OHA mtg, email, mtg prep, research, calls, packets
1.75	1.75				12/12	NPAIHB mtg, SVS-TC mtg, email
3.25	3.25	.25			12/13-14	NPAIHB tool kit, email, calls, mtg prep
3.5	3.5				12/15	Regular TC
3.5	3.25	2			12/16-19	Email, calls, mtg prep
2.5	2.75	4			12/22-27	Special TC, email, calls, packets

Delores Pigsley – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
2.25	2.25	2			2.5	12/1-3 Casino event, mail, agenda items
8.5	8.5				24.5	12/4-7 Congressional mtgs, mail
3.5	3.5				2.5	12/8-10 All-staff mtg, mail
2	2				6	12/11 Meet w/ Chinook Tribe, mail
4	4				2	12/12-14 Mail, prep for council, agenda items
2.5	2.5				2	12/15 Regular TC, mail
3	3				4.5	12/16-17 Tribal event in Siletz, mail, agenda items
.5	.5		1			12/18 Chemawa Station, mail
2.5	2.5	1				12/19-21 Mail, prep for council
.5	.5	4.5				12/22 Special TC – gaming, mail
2.5	2.5					12/23-30 Mail
.5	.5	1			1.25	12/31 Casino event, mail

Angela Ramirez – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
3	3					12/1-13 Packets, email
		3				12/2 Casino event
3.25	3.25					12/3-4 STAHS, Education Cmte
2	2					12/11 STAHS
1	1					12/12 SVS-TC mtg
5.5	5.5					12/14-28 Packets, email
2.5	2.5					12/15 Regular TC
		1				12/19 Mtg prep
		4.5				12/22 Special TC – gaming

Selene Rilatos – 12/1/23-12/31/23

TC	Ind	Gmg	STBC	ED	Tvl	
2.75	2.75					12/1-2 Nat’l opioid mtg, email, calls, packets
2	2					12/4 Health Cmte, PR mtg, email
1.75	1.75			1	12/5	Interviews, NPAIHB mtg, email
2	2			1	12/6	Interviews, Monsanto mtg, email, packets
2.5	2.5				12/7	OHA mtg, email, packets
6.5	6.5			3.5	12/8-12	All-staff mtg, email, calls, packets
3	3				12/13-14	Lincoln Co. climate mtg, email, packet, calls
3	3			1	12/15	Regular TC, email
1.75	1.75			.75	12/17-18	PR mtg, email, packets
2	2			1	12/20	Interviews, ECHO, email, packets
1	1	4.5	3	1	12/21	STBC visit, email
5.25	5.25			2	12/22	Special TC – gaming, email, packets
					12/23-29	Email, packets, calls

Tribal Council Email Addresses

• Tribal Chairman: Delores Pigsley

• Vice Chairman: Alfred “Bud” Lane III

• Treasurer: Sharon Edenfield

• Secretary: Bonnie Petersen

• Frank Aspria Sr.

• Loraine Butler

• Alfred “Buddy” Lane IV

• Angela Ramirez

• Selene Rilatos

dpigsley@msn.com

budl@ctsi.nsn.us

sharone@ctsi.nsn.us

bonniep@ctsi.nsn.us

tcfranka@ctsi.nsn.us

loraineb@ctsi.nsn.us

tcbuddyl@ctsi.nsn.us

angelar@ctsi.nsn.us

maritar@ctsi.nsn.us

Legal Aid Services of Oregon and the Oregon Law Center, civil legal service providers for low-income Oregonians, operate a public benefits hotline where low-income Oregonians can talk to lawyers and paralegals to get advice on public benefits, including unemployment benefits:

Oregon public benefits hotline: 800-520-5292 • Oregonlawhelp.org

Chinook Winds

CASINO RESORT

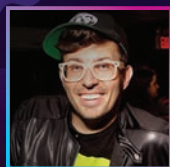
FEBRUARY 23 & 24 • 8PM • \$15



HEADLINER
**PETER
BERMAN**



FEATURING
**DJ
SANDHU**



HOST
**LUKE
THAYER**

Tickets available at the Chinook Winds Casino Resort Box Office.
Buy by phone at 1-888-MAIN-ACT (1-888-624-6228), 541-996-5776
or online. 21 and over event, doors open at 7pm with a no-host bar.



DRAWINGS

CONVENTION CENTER VIEWING PARTY!
SUNDAY, FEBRUARY 11TH
DOORS OPEN AT 2:30PM WIN TEAM GEAR OR UP TO
\$500 CASH!

THE FRONTMEN
LIVE

FEBRUARY 3
ON SALE NOW!

RICHIE McDONALD
Formerly of
LONESTAR

LARRY STEWART
Of
RESTLESS HEART

TIM RUSHLOW
Formerly of
LITTLE TEXAS

Celebrate Presidents' Day with us!

President of the Punchboard

Drawings Sundays
February 18 & 25 at 6pm!
Win up to \$2,000 CASH!

Gather FREE DRAWING ENTRIES weekly with
your Winners Circle Card beginning February 12, 2024



MEMBER:
1 FREE ENTRY



MVP:
2 FREE ENTRIES



PREMIER:
3 FREE ENTRIES



ELITE:
4 FREE ENTRIES

Collect even more entries with your tracked play!



Earn an entry with every 100 points earned on Slots, Table Games, Keno and
Bingo. Activate your entries starting one hour before each drawing up until
each drawing time by inserting your Winners Circle card in any slot machine
or swiping into any promotional kiosk, and activating the "President of the
Punchboard" entries on the Promotions tab.

Complete rules for all promotions at Winners Circle. Management reserves the right to alter or withdraw any of these promotions at any time.



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Huwighurruk

Tribal Health Postbaccalaureate Program

OUR MISSION

In partnership with Cal Poly Humboldt, UC Davis School of Medicine launched Huwighurruk (hee-way-gou-duck), a postbaccalaureate pathway program for learners who are passionate about providing healthcare to American Indian/Alaska Native communities. Huwighurruk is designed to support participants on their journey to medicine.

In the Wiyot language, huwighurruk means plants, grass, leaves, and medicine. Our Huwighurruk scholars will be immersed in a culturally-focused framework intertwined with courses at Cal Poly Humboldt. Our mission is to successfully recruit, retain, and train prospective medical students focused on serving American Indian/Alaska Native tribes and communities in both rural and urban areas.

IMPORTANT DATES

- Application Opens: January 4, 2024
- Application Closes: May 3, 2024
- Program Begins at Cal Poly Humboldt: July 2024

PROGRAM HIGHLIGHTS

- **Tuition:** After completion of the FAFSA, educational fees will be covered as listed on Cal Poly Humboldt's Tuition and Cost website: <https://www.humboldt.edu/cost>
- **Stipend:** Students are eligible for a stipend to help offset living and program costs, especially as students focus on MCAT preparation.
- **Housing:** For students utilizing program-provided on-campus residences, the Huwighurruk program will cover housing fees as resources are available. For students utilizing external housing, the program can assist with connections to other supportive resources.
- **Conditional Acceptance into Medical School:** Huwighurruk students are accepted into UC Davis School of Medicine and the Tribal Health PRIME Pathway on the following conditions:
 - Successful completion of the Huwighurruk program with a 3.7 GPA or higher during program period
 - An MCAT score of 499 or higher
 - Completion of UC Davis School of Medicine prerequisite courses
 - A letter of completion and recommendation from the Huwighurruk program director(s) outlining academic readiness for the rigor of medical school

Huwighurruk

Tribal Health Postbaccalaureate Program

ADMISSIONS CRITERIA

Applicants to the Huwighurruk pathway must identify as:
Category 1: Academic Enhancers, Category 2: Reapplicants, or Category 3: Career Changers.

Category 1: Academic Enhancers and **Category 2: Reapplicants to Medical School** must have completed:

- 1 Year of Biology with lab
- 1 Year of General Chemistry with lab
- 1 Year of Organic Chemistry with lab
- 1 Year of Physics with lab.
- Biochemistry is encouraged, but not required
- Have an undergraduate and science GPA average of at least 2.9 and a Biology, Chemistry, Physics, and Math (BCPM) GPA average of 2.5

Category 3: Career Changers must have completed:

- 1 Year of General Chemistry with lab
- 1 Year of Biology with lab
- Have an undergraduate cumulative GPA average of at least 3.2

HUWIGHURRUK ELIGIBILITY

- Citizen or descendant of a federally recognized American Indian/Alaska Native Tribe
- Have a Certificate of Degree of Indian Blood (CDIB) showing tribal affiliation
- Are a descendant from a person with a CDIB
- Are a descendant of a person on the California census rolls of 1928 or 1933, or on the California Judgment Fund Rolls of 1953 or 1972
- Are a resident of California, have significant ties to California or demonstrated significant commitment to American Indian Communities or Tribes
- Have demonstrated a history of commitment to practice in the AI/AN community

QUESTIONS? CONTACT US!

- Email: tribalhealth@ucdavis.edu
- Application: <https://tinyurl.com/TribalHealthPB>
- Info Sessions: <https://tinyurl.com/CAConsortInfo>



Cal Poly
Humboldt.

UC DAVIS
HEALTH

SCHOOL OF
MEDICINE

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

WY'EAST MEDICINE PATHWAY

Hosted by The Northwest Native American Center of Excellence at OHSU

"We help our scholars realize their full potential. We value the Indigenous knowledge they bring."

— Dr. Allison Empey, Wy'east Medicine Pathway Director
Confederated Tribes of Grand Ronde



Wy'east Medicine is a **tuition-free**, post-baccalaureate pathway that **recruits nationwide and is intended for American Indians and Alaska Natives who are committed to a career in medicine.**

The Pathway prepares scholars to excel as medical students and physicians.

Two medical schools admit scholars to the Wy'east Medicine Pathway:



WASHINGTON STATE UNIVERSITY
Elson S. Floyd
College of Medicine

Wy'east Medicine Scholars will be accepted into their admitting school upon successful completion of the pathway and meeting their admitting school's matriculation requirements.



LEARN MORE

Have specific questions or want to learn more?
Contact us at wyeast@ohsu.edu



nnacoe.org/wyeast-pathway

Wy'east Medicine Highlights



The 10-month Pathway includes:

- Immersion in an Indigenous learning community
- Rigorous coursework in biomedical sciences, population health, anatomy, and more
- Clinical observation and research experience
- A monthly stipend to help offset living expenses
- Intensive MCAT preparation

*Coursework activities may be affected by COVID-19 restrictions

- Citizen or descendant of a federally recognized American Indian or Alaska Native Tribe
- Minimum AMCAS GPA of 2.6–2.8 (requirement varies by admitting medical school)
- A four-year degree from an accredited college
- Applicants strongly encouraged to:
 - Have previously applied to medical school and/or
 - Have taken the MCAT

Please Note: State Residency and MCAT requirements vary by admitting school.

Please Note: Due to OHSU policy, all Wy'east scholars must submit proof of COVID-19 vaccination as part of the immunization requirements.

Wy'east Medicine Eligibility



Wy'east Pathway Timeline



Have specific questions or want to learn more?

Contact us at wyeast@ohsu.edu



in partnership with:



WASHINGTON STATE UNIVERSITY
Native American Health Sciences

Sensing Sasquatch exhibition, seen in the works of 5 Indigenous artists, opens at Bend’s High Desert Museum

BEND, Ore. – What does Sasquatch – also known as Bigfoot – represent to you? The unknown? Adventure? Mystery?

Sensing Sasquatch is a major new exhibition opening March 2, 2024, at the High Desert Museum examining the primate-like, reclusive and elusive being in the context of the High Desert region. The exhibit will be on view through Jan. 12, 2025.

Native peoples of the Plateau have long known about, encountered, depicted and told stories about Sasquatch. *Sensing Sasquatch* will explore Sasquatch’s past, present and future in the High Desert region through an Indigenous lens.

Works by five Indigenous artists will be on view, including Phillip Cash Cash, Ph.D. (Nez Perce, Cayuse); Holly-Anna CougarTracks DeCoteau Littlebull (Yakama, Nez Perce, Cayuse, Cree); Charlene “Tillie” Dimmick (Warm Springs); Frank Buffalo Hyde (Nez Perce, Onondaga); and Rocky LaRock (Salish).

“Sasquatch has captivated people in the region and, indeed, throughout the world,” said Executive Director Dana Whitelaw, Ph.D. “However, what many people don’t know is that Native Americans have had deeper relationships with Sasquatch throughout time.

“Rather than the popular mainstream view of Sasquatch, this exhibition will show Sasquatch as a protective entity for many Indigenous peoples of the High Desert,” said Whitelaw. “The exhibit will reflect the reverence that Native peoples have for Sasquatch and will be centered on Indigenous art, voices and storytelling.”

The original word for Sasquatch is “Sasq’ets,” which comes from the Halq’emeylem language of Coast Salish First Nation peoples from southwestern British Columbia.

Sasquatch is bipedal and much taller than a human. Sasquatch’s habitat is often associated with the wet rainforests of the coastal Pacific Northwest, but Sasquatch also lives in the High Desert region. Sasquatch strides among the dry canyonlands, ponderosa pine forests and shrublands.

Popular depictions of Sasquatch can be found everywhere across America, emblazoned on everything from T-shirts and road signs to beer cans and travel mugs.

Before entering the exhibition, visitors will see a homage to the pop culture icon that Sasquatch has become, but they will be asked to leave these ideas and perceptions behind to consider another side of Sasquatch’s story.

Outside the exhibition, a “bring-your-own” sticker interactive will encourage visitors to reflect on the popularity and kitsch of mainstream Sasquatch representations. Visitors will place their stickers on the back of a car that’s driving away into the distance – symbolically transporting away their Sasquatch stereotypes and entering into a new realm of experience and insight.

Visitors will be introduced to the Indigenous Plateau of the High Desert and the arid forests and canyonlands where Native peoples have long come into contact with and exchanged stories about Sasquatch.

They will see representations, stories and artwork about Sasquatch and how they vary between Tribes and across regions.

A contemporary carved mask by LaRock will show visitors that knowledge of Sasquatch is both ancient and contemporary. A digital language map will show the various names for Sasquatch across the Indigenous Plateau and beyond.

The question of whether or not Sasquatch exists is irrelevant to the exhibit’s theme since in many Indigenous traditions, Sasquatch is a bona fide living, breathing, sentient being. Indeed, for many Tribes across North America, Sasquatch is regarded as an elder, a relative and a spiritual guide who appears to deliver important message to humans. So when Sasquatch suddenly comes into view and interacts with humans, it can be a life-changing experience.

Cash Cash’s commissioned 13-foot-tall “Bigfoot Rattle” is made of cottonwood. Cash Cash is an artist, writer, endangered language advocate and linguistic anthropology scholar, with doctorates in linguistics and anthropology. As a fluent Nez Perce speaker, he works with communities and professional organizations on projects of cultural advocacy, identity and communication.

Many Indigenous people say that a Sasquatch encounter is a blessing. In turn, many Indigenous peoples have sought to protect Sasquatch’s anonymity and prevent human access to its wilderness habitat.

CougarTracks commissioned “Protector” sculpture will depict Sasquatch as a protective “big sister” – not a predator but one who deserves respect and safeguarding.

CougarTracks is an avid hunter and gatherer who grew up on the Yakama Indian Reservation and considers herself “a protector of KwiKwiyai, or Bigfoot. Bigfoot is considered the protector of all living things.”

As a contemporary and traditional artist, CougarTracks has many creative pursuits – illustration, animation, saddle making, beadwork, storytelling and writing.

Other art will show visitors that Sasquatch is a being that exists in the past, present and future. Sasquatch has appeared in Indigenous artworks and stories for thousands of years and this continues today.

Buffalo Hyde’s commissioned large-scale futuristic Sasquatch painting with 3-D relief elements will illustrate the perception of Sasquatch as an interdimensional enigma who lurked in the forest for millennia to a modern being that continues to live among humans in the present.

Buffalo Hyde attended the Santa Fe Fine Arts Institute and Institute of American Indians Arts in New Mexico. His artwork, he says on his website, combines modern culture and technology with Indigenous themes and tradition.

Sensing Sasquatch will include a year-long series of associated public programs at the museum that will explore and reflect on the past, present and future of Sasquatch as seen through an Indigenous lens.

Learn more at highdesertmuseum.org/sensing-sasquatch.

To the editor:

Here’s a deep dive into the 1855 Oregon Coast Treaty:

Why is it still important? The Siletz Tribe uses this treaty to help support claims to lands – some recently in dispute.

What is the treaty’s status? The Coast Treaty was never ratified by the U.S. Senate and therefore it’s legally null and void.

What did the treaty require? Siletz ancestors agreed to sell certain “tracts” of land and remove to the Coast Reservation – if not already living there – in return for “several annuities and other payments.”

How much money/land was to be exchanged? Article 1 of the treaty includes a mathematical formula to determine what precisely was owed, stating that:

if any band or bands of Indians residing in and claiming any portion of the country herein described shall not accede to the terms of this treaty, then the bands becoming parties hereunto agree to receive such part of the several annuities and other payments hereinafter named as a consideration for the entire country described as aforesaid as shall be in the proportion that their aggregate number may have to the whole number of Indians residing in and claiming the entire country aforesaid as consideration and payment in full for the tracts in said claimed by them.

The annuities/payments “named” in the treaty were meant as “consideration and payment” for the “entire country,” i.e., the entire Oregon Coast. The formula above reduces those named amounts to reflect the population of coastal Tribes not parties to the agreement.

Had it been ratified, how would it have worked? Say, 95,000 people belonged to the Tribes signing the treaty while the Tribes that didn’t totaled 5,000 in population. Because “annuities and other payments” included a \$10,000 annuity, that annual payment would’ve been reduced 5% - from \$10,000 to \$9,500. The Tribes not signing would’ve kept claims to their homelands wholly intact and would’ve received no payment.

Why include a formula? Reliance on a formula likely resulted from a human-caused catastrophe: the 1855-56 Rogue River War. When Indian Agent Joel Palmer brought the treaty to individual Tribes to sign in August/September 1855, Palmer sought to get it signed quickly to help persuade Siletz ancestors on the lower Rogue to remain at peace. The treaty wasn’t ratified, as previously noted, and coastal Tribes joined the war in February 1856.

Which Tribes did “not accede to the terms of this treaty?” Because Palmer carefully listed treaty signers, we know that the Clatsop and Kathlamet Tribes – Oregon coastal Tribes living north of Tillamook – didn’t sign this treaty. Neither has ever agreed to removal. Both continue to live in and claim their homelands in Clatsop and Columbia counties as parts of the Chinook Indian Nation.

Drew Viles

Editor’s note: This letter is solely the opinion of its author and is not endorsed as the opinion of the Confederated Tribes of Siletz Indians.

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 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*.

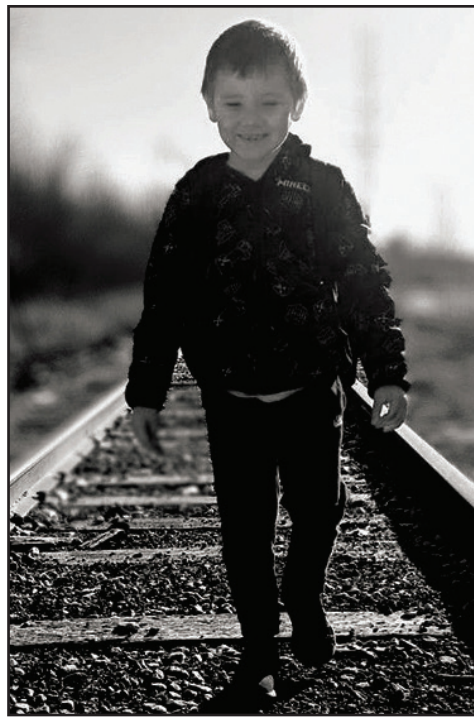
Editor-in-Chief: Kurtis Barker
Editor: Diane Rodriguez
Assistant: Andy Taylor

Run to the 2024 Rogue Update

This year, R2R will take place
May 31st - June 2nd

This change is to avoid cancellations
due to wildfire season.

We look forward to seeing you for
Run to the Rogue this spring!



Happy Birthday, Izeyah! We love you
so much. ♥



Happy 3rd Birthday to our "Littles,"
Kaiani Helome'y Rilatos. You bring so
much joy to our family.

Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section. *Siletz News* reserves the right to edit any submission for clarity and length. Not all submissions are guaranteed publication upon submission. Please type or write legibly and submit via e-mail when possible.

Free child ID kits from the Oregon State Police

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

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

Paid Internships in Habitat Restoration

Elderberry Wisdom Farm is recruiting
interns for its Habitat Restoration
Internships for Spring and Summer 2024.
This paid opportunity integrates Traditional
Ecological Knowledge with local
conservation practices and is supported by
multiple collaborative partners.

- \$3000 stipend
- 9 week training, 3 days a week
- Both classroom education and experiential service learning activities
- Choose:
 - Spring: April 1 to May 31, 2024
 - Summer: July 8 to August 30, 2024

Apply now:

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**Elderberry
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Indigenous stewardship of forests is topic of Oregon State Science Pub

By Sean Nealon, OSU

CORVALLIS, Ore. – Indigenous stewardship of Pacific Northwest forests as a way of increasing forests' climate resiliency, particularly related to wildfires, will be the topic of Oregon State University's Science Pub on Feb. 7.

Cristina Eisenberg, a community ecologist, associate dean for inclusive excellence and director of Tribal initiatives in Oregon State's College of Forestry; and Ashley Russell, a faculty research assistant who works with Eisenberg, will give the talk at 6 p.m. at the Old World Deli in Corvallis. It can be viewed in person or online.

Eisenberg is a Latinx and Native American (Apache and Rarámuri) ecologist with a background in Indigenous Knowledge, also known as Traditional Ecological Knowledge, a body of observations, oral and written knowledge, innovations, practices and beliefs developed by Tribal nations and Indigenous peoples through interaction and lived experience with the environment. It is informed by cultural practices and memories, an innate sensitivity to and ongoing awareness of change.

Russell is Miluk Coos and Pamunkey descendent, an enrolled citizen of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, and assistant director of culture and natural resources for the Tribe.

Climate change, land use shifts related to Euro-American settlement and the related elimination of Indigenous cultural stewardship practices, including cultural burning to manage landscapes, are increasing the size and severity of wildfires in North America, they note.

They will discuss how Indigenous Knowledge and western science can come together in a manner that honors Tribal sovereignty rights. They will talk about their work with federal agencies and the White House to braid together Indigenous Knowledge and western science – an idea called Two-Eyed Seeing – to help us heal the damage done to the nation's forests by settler colonialism.

They will use their personal stories about forests, grounded in Indigenous knowledge and multiple ways of knowing, to illustrate how values of reciprocity, cultural humility and a Seventh Generation approach can help find a better path for forests and humanity. Seventh Generation is an Indigenous Haudenosaunee principle that decisions made today should result in a sustainable world seven generations into the future.

Registration is required to attend Science Pubs. Here are links to register for the event in person (Science Pub Corvallis - University Events - Tickets (eventcube.io)) or online (Science Pub - Virtual - University Events - Tickets (eventcube.io)).

The Old World Deli is located at 341 SW Second St., Corvallis.

Sponsors of Science Pub include the Oregon Museum of Science and Industry, Old World Deli, Oregon State's Research Office and Oregon State University.