



Bring your family to the Siletz pow-wow for drumming, dancing, vendors

Many different Tribal nations will be represented at the annual Nesika Illahee Pow-Wow on Aug. 12-14 in Siletz, Ore., held by the Confederated Tribes of Siletz Indians. The public is invited to attend this family-friendly event, a tradition for the Siletz people and other American Indians.

All events, except the parade, take place at the Pauline Ricks Memorial Pow-Wow Grounds on Government Hill in Siletz.

"Everyone is invited to experience our pow-wow and learn about American Indian culture and dance," said Buddy Lane, Tribal cultural education director and pow-wow coordinator. "Come join us at our annual celebration."

The celebration will start with the crowning of the 2016-2017 Siletz Royalty on Friday, Aug. 12, at 6 p.m. All dance styles will enter the arena at 7 p.m. during the first Grand Entry. Dances in which the public can participate that are non-competitive will follow the Grand Entry.

A parade winds through downtown Siletz at 10 a.m. on Saturday, Aug. 13. This hometown event includes Tribal royalty, drummers, dancers, equestrian units, vintage cars and floats.

Pre-registration is available by accessing a registration form on the Tribe's website – ctsi.nsn.us; picking one up at the Tribal administration building, 201 SE Swan Ave. in Siletz; or by contacting Lane at 541-444-8230 or 800-922-1399, ext. 1230.

Registration also is available the morning of the parade at 8 a.m. at the Tribal administration building. If you are not registered by 9 a.m., you cannot take part in the judging, which starts at 9 a.m. You can, however, still participate in the parade.

The parade is followed by a Grand Entry at 1 p.m. at the pow-wow grounds. Competition dancing for youth and teens takes place in the afternoon. Competition dancing continues after the 7 p.m. Grand Entry with Golden Age and adult categories and the finals for youth and teens.

On Sunday, Aug. 14, the final day of the pow-wow, a Grand Entry takes place at noon. This session will end with awards for the Golden Age, adult, teen and youth category winners. Prizes range from \$25 to \$500.

A variety of food and Native arts and crafts and jewelry will be offered for sale by more than 50 vendors on the pow-wow grounds.

"Come and see the variety of vendors at our annual summer pow-wow. Many facets of indigenous America are represented both in craft and food," said Lane. "There's a lot to look



Shaarnute Azure and Davineekaht WhiteElk participate in the 2015 Nesika Illahee Pow-Wow.

File photo

Culture Camp July 12-14, 2016 Siletz, Oregon

Three families enjoy time together at Culture Camp – Stephanie DePoe and Cindy DePoe-Soulier (back row) and Sequoia DePoe, Gabriel Soulier and Keoni Somes (front row).

Photo by Diane Rodriguez



Legislation

On July 14, the U.S. Senate passed by unanimous consent Senate Bill S817 that recognizes the boundaries of the Tribe's 1855 treaty. When the bill becomes law, this will allow any fee-to-trust applications submitted by the Tribe to be considered under the same rules as other reservation Tribes.

The next action must be taken by the U.S. House of Representatives to do the same. Since Congress is not now in session, we expect the House to take action when legislators return after Labor Day.

The bill has passed the House in the past, so there shouldn't be anything to hold up the process.

STBC

The Tribal Council, in its capacity as the Siletz Tribal Business Corp (STBC) board, will interview prospective applicants to fill the executive director position that has been vacant for several months. It has been a long slow process as we attempt to get the very best person to fill the vacancy.

Culture Camp

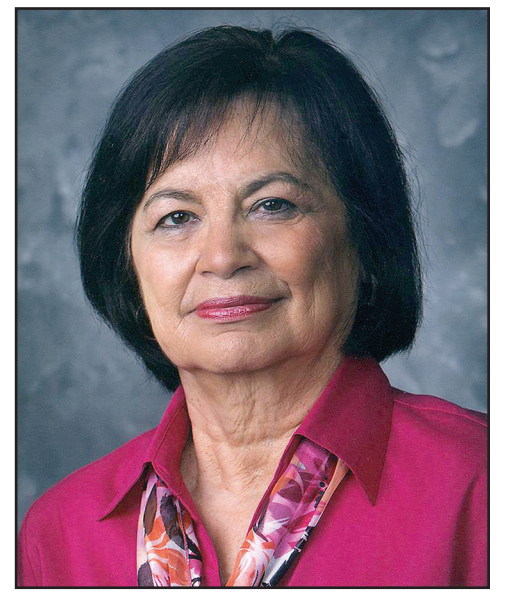
I was unable to attend Culture Camp this year, but it's reported to have been very successful. Each year we have a record turnout. Thank you to all the staff who are instructors for all the projects and the organization.

Pow-Wow

I am pleased to announce that former Gov. Ted Kulongoski will be the grand marshal for our pow-wow parade this year. He served as Oregon's 36th governor from 2003 to 2011.

Kulongoski had a distinguished political career and actively worked on Oregon Tribes' behalf in that capacity. We look forward to hosting him as our grand marshal.

This year's pow-wow is just around the corner. I hope you plan to attend and I'm looking forward to seeing everyone.



Delores Pigsley

Elders Council Meeting

Aug. 20 • 1-4 p.m. • Chinook Winds Casino Resort

Siletz Elder potlucks are held monthly at 6 p.m. on the Monday before the regularly scheduled Elders meeting. Please bring a potluck dish you would like to share.

For more information, contact the Elders Program at 800-922-1399, ext. 1261, or 541-444-8261.

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1-4 bedrooms) and Lincoln City (2-3 bedrooms – Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or online from the Tribal website – ctsi.nsn.us; follow links – Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions, call 800-922-1399, ext. 1322, or 541-444-8322
Fax: 541-444- 8313



Photo by Diane Rodriguez

Zay Zay Garcia pours eggs onto a griddle to make the start of a breakfast bowl under the guidance of Kathy Kentta-Robinson, Healthy Traditions project coordinator, on June 30. Ingredients that participants could add to their bowl included avocado, black beans, fresh cilantro and salsa.

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 covas@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 September issue is Aug. 10.

Submission of articles and photos is encouraged.

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



Member of the Native American Journalists Association

Nuu-wee-ya' (our words)

Introduction to the Athabaskan language

Open to Tribal members of all ages

Siletz

Siletz Tribal Community Center
Aug. 8 – 6-8 p.m.
Sept. 12 – 6-8 p.m.

Portland

Portland Area Office
Aug. 15 – 6-8 p.m.
Sept. 19 – 6-8 p.m.

Eugene

Eugene Area Office
Aug. 9 – 6-8 p.m.
Sept. 13 – 6-8 p.m.

Salem

Salem Area Office
Aug. 16 – 6-8 p.m.
Sept. 20 – 6-8 p.m.

Classes begin with basic instruction and progress over the year. They also are a refresher course for more-advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment.

For more information, contact Bud Lane at the Siletz Cultural Department at 541-444-8320 or 800-922-1399, ext. 1320; or e-mail budl@ctsi.nsn.us.

National USDA updates Foodkeeper app for storage, food safety advice

From the U.S. Department of Agriculture Office of Communications

With technology readily at the fingertips of many consumers, USDA is continuously searching for innovative ways to deliver useful information to Americans right where they can easily find and utilize it.

Enter the Foodkeeper app, launched in 2015, which makes it easier to practice food safety at home by offering consumers

valuable storage advice and food safety information on their mobile device for more than 400 commonplace food and beverage items.

We were excited to announce an update to the app in July, which now includes Spanish and Portuguese languages, broadening Foodkeeper's audience to millions of additional people who can be armed with the knowledge to keep their families safe.

Developed by USDA in collaboration with the Food Marketing Institute (FMI) and Cornell University's Department of Food Science, Foodkeeper helps educate consumers about proper handling and storage for food items like baby food, dairy and egg products, meat, poultry, produce and seafood.

If there is a question about what the "best by" date means or how to properly

prepare and store food, the Foodkeeper app likely can answer it.

The app is free and is available in Google Play for Android and in the App Store for Apple. Just type in Foodkeeper.

Explore the incredible progress we've made since 2009 to update and modernize America's food safety system and standards. Follow us at usda.gov, on the USDA blog and by using #USDAResults.

2016 Standing Committee Vacancies

Education and Enrollment Committees Term Ending February 2017 – Open Until Filled

For Tribal members interested in serving on a Standing Committee, please fill out this form and mail or fax it to Confederated Tribes of Siletz Indians, Attn: Executive Secretary 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 () _____

_____ Enrollment Committee – 1 vacancy for term ending February 2017

_____ Education Committee – 1 vacancy for term ending February 2017

If you have any questions, please contact Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

USDA distribution dates in August

Siletz

Monday	Aug. 1	9 a.m. – 3 p.m.
Tuesday	Aug. 2	9 a.m. – 3 p.m.
Wednesday	Aug. 3	9 a.m. – 3 p.m.
Thursday	Aug. 4	9 a.m. – 3 p.m.
Friday	Aug. 5	9 a.m. – 3 p.m.

Salem

Monday	Aug. 15	1:30 – 6:30 p.m.
Tuesday	Aug. 16	9 a.m. – 6:30 p.m.
Wednesday	Aug. 17	9 a.m. – 6:30 p.m.
Thursday	Aug. 18	9 – 11 a.m.

to count per capita payments that are received less than monthly. If you are a client who received a per capita payment in August, you are still eligible to receive your food.

Be sure to LIKE us on Facebook at SILETZ TRIBAL FDPIR. I post recipes, distribution dates, pictures and food safety tips.



Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

I hope you all remember that with the rules change in 2013, we don't have

Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m.

Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

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

What You Need to Know About Tobacco to Talk to Your Teens



KNOW THE FACTS

Young bodies are more sensitive to nicotine, and youth become addicted more quickly than adults. Even social smoking once or twice a month puts teens at serious risk for nicotine addiction that will keep them smoking longer and increase their chances of getting a serious disease.

Most young smokers already show signs of damage to their hearts and blood vessels. One out of three teens who continue to smoke regularly will die prematurely—an average of 13 years earlier than their peers—because of smoking. Smokeless tobacco products also cause nicotine addiction.

WHAT CAN YOU DO?

You CAN influence your child's decision on whether to smoke. Even if you use tobacco yourself, your child will listen if you discuss your struggles with nicotine addiction and your regrets about starting in the first place. Be clear that you don't approve of smoking and that you expect your child to live tobacco-free.

- Tell your children that most kids **DON'T** smoke.
- Make your home and your car tobacco-free zones for everyone—family, friends, and visitors—and ban the use of all tobacco products.
- Set a good example and don't use tobacco yourself—it's the best thing you can do.
- Talk with your kids often about what nicotine addiction can cost them as they get older—and tell them you expect them to say no to tobacco.
- Make sure your children's schools enforce tobacco-free policies on campus and at all school-sponsored events.
- If your child is using tobacco, get help to quit for him or her right away. Nicotine is a highly addictive drug, and even experimenting with cigarettes one time increases your child's chance of being hooked for life. You can start by talking with your child's doctor.

WHERE CAN YOU GET HELP?

- www.cdc.gov/tips (stories of real people suffering the real effects of smoking)
- www.teen.smokefree.gov (help for teens who smoke)
- www2.aap.org/richmondcenter (American Academy of Pediatrics)
- www.BeTobaccoFree.gov
- www.surgeongeneral.gov
- www.cdc.gov/tobacco



Talk With Your Kids About Tobacco Use— Every Chance You Get!

Kids are less likely to smoke if they know you disapprove of it. They also respond if you share your own struggles with tobacco. If you've never smoked, tell them about family or friends who regret starting in the first place—or who have died from a smoking-related disease. The important thing is to talk with your children every chance you get and to get help right away if your child is using tobacco.

Try these conversation starters:

- Do you smoke or use tobacco? Do you think you ever would smoke?
There are lots of reasons most teenagers DON'T smoke.
 - It's expensive
 - It smells bad
 - It makes your clothes and breath stink
 - It gives you wrinkles
 - It's hard to quit once you start
 - It doesn't make you slim
 - Most teens think smoking is a dirty habit
 - Most high school seniors would rather date nonsmokers
- What would you do if your best friend offered you a cigarette?
You can reduce your child's risk by helping him or her be ready to say no. For some kids, the direct approach is best ["Gross! Those things stink!"]. For others, a more low-key approach works ["No thanks—I'm good."]. The important thing is to help your kids be prepared to resist peer pressure to use tobacco.
- Tell me what you've heard about smoking and health. How long do you think you have to smoke for it to affect your health?
You can tell your kids they don't have to smoke a lot or smoke a long time to get a disease from it. Smoking can affect athletic performance, activity level, and endurance in a very short time. Worst of all, smoking is addictive. Like heroin and cocaine, nicotine changes the way your brain works. It makes you crave more nicotine.

Learn more on talking with your kids about smoking:

- www.lung.org/stop-smoking
- www.kidshealth.org/parent



Babies!



Kelden Arrisola

We would love to welcome our second son, Kelden Conner Ray Arrisola. He was born June 29, 2016, weighed 8.9 pounds and was 21 inches long.

A beautiful gift for proud parents Ayla Anderson and Chris Arrisola and our first son, Aden, now a proud big brother.



Koda Sheridan

Welcome baby Koda Cylus Sheridan (Theo Butler's grandson)! Koda was born Feb. 19, 2016.

We love and cherish every moment with you. Daddy's "patiently" waiting to take you on your first hunting trip :)

♡ Mom and Dad (Allysen and Sean)

CTSI Jobs - Information is 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.

REMINDER

Elder Antlerless Deer Hunt Applications Due Sept. 2, 2016

Applications available at the Natural Resources office and on the Tribal website under Natural Resources beginning mid-August

Open to Tribal Elders age 55 and older

Call Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232 if you have questions

REMINDER

Youth Antlerless Deer Hunt Applications Due Sept. 2, 2016

Applications available at the Natural Resources office and on the Tribal website under Natural Resources beginning mid-August

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

Call Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232 if you have questions

Pow-Wow, continued from page 1

at and experience, there's something for everyone here."

A free shuttle will be available from various parking lots in Siletz to the pow-wow on Government Hill. Signs will be posted. Parking is extremely limited at the pow-wow grounds, so the shuttle is the best way to get there.

This alcohol- and drug-free event is free to attend.

Listen carefully to the pow-wow announcer, who will tell you when you can and when you should not take photos. The announcer also will explain the significance of the events taking place in the dance arena throughout the pow-wow.

Pow-Wow Schedule

Friday, Aug. 12

6 p.m. – Royalty Crowning
7 p.m. – Grand Entry

Saturday, Aug. 13

10 a.m. – Parade
1 p.m. and 7 p.m. – Grand Entry

Sunday, Aug. 14

Noon – Grand Entry

Graduates!



Brianna Soulier Pierce College Emerald Ridge HS

With love from Mom, Dad and Gabriel

Brianna recently graduated with her Associate's of Arts degree from Pierce College Puyallup and also graduated from Emerald Ridge High School.

She was a Running Start Student, which means she completed all of her requirements for high school while attending college.

She graduated with honors from both the college and high school and will attend Oregon State University in the fall.



Courtesy photo

Gabriel Soulier has been playing lacrosse for the last four years. He plays for the Puyallup Panthers (in Washington state). His favorite position on the team is attack and midfield.

Siletz Community Health Clinic is tobacco-free

The Siletz Community Health Clinic property is 100 percent tobacco-free.

The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We appreciate your understanding and willingness to help keep our clinic tobacco-free and clean.

CONFEDERATED TRIBES OF SILETZ INDIANS
PRESENTS

NESIKA 2016 ILLAHEE



THU • Aug 11
6PM: Royalty Pageant

FRI • Aug 12
NOON to 5PM: Memorial / Giveaways
6PM: Presentation of Crown
7PM: Grand Entry

SAT • Aug 13
10AM: Parade
Dance Competition Points awarded for Parade participation
1PM & 7PM: Grand Entry

SUN • Aug 14
NOON: Grand Entry
Salmon Dinner

POW-WOW
AUGUST 12-14

PAULINE RICKS MEMORIAL POW WOW GROUNDS
GOVERNMENT HILL, SILETZ, OR

Vendor Registration is Required. Camping Fee: \$25 + \$5 per pet.
Campground open Thurs 7AM. No Campfires.
For More Info: Call 800-922-1399
Buddy Lane: x1230 • Nick Sixkiller: x1757

A DRUG & ALCOHOL FREE EVENT

CATEGORIES
Golden Age
Adult
Teen
Youth

SPECIALS
Team Dance
Women's Basketcap
Round Bustle



Community Health Department

Find us on Facebook! Siletz Community Health Department



Greta Frey is our new Diabetes Program Director. She grew up in Eagle, Idaho and completed her undergraduate work at OSU in Public Health. She is a member of the Confederated Tribes of Siletz and the Aleut Corporation of Anchorage, Alaska. She recently graduated from OSU with a Masters of Public Health in Environmental Health.

Greta had the opportunity to conduct research at the University of Utah through the National Institute of Health's Native American Research Internship (NARI). She was the research assistant for the Lung Health Research Center where she investigated the immediate relationship of ambient air quality and signs of inflammation and oxidative stress in individuals with chronic obstructive pulmonary disease (COPD).

Greta loves to mountain bike, backpack, rock climb, hike and explore new places. She played collegiate lacrosse at OSU and currently plays on a post-collegiate team in Corvallis, Oregon (Go Bandits!). Greta looks forward to planning many fun events as the new Diabetes Program Director.

Events

August 11

U-Pick Peaches - Salem
Call Cecelia for more info
(503)390-9494

August 17 - 2:30-4:00

August 18 - 10am-4pm

Salem Area Office
Salmon smoking 2 - day class

August 19 3pm-7pm

Wellness Carnival
Sprung Center, Siletz

August 24: 11am-4pm

Portland Area Office
Picnic in the Park

August 25

Diabetes Talking Circle
Tillicum Fitness Center: 12pm

Seeking Elder Volunteers

The CARE Program is teaming up with Prevention to host a shawl making activity. We are looking for volunteers to teach shawl making to girls who will perform an honor dance at Restoration Pow-Wow, in honor of those suffering or lost to domestic violence.

Please call Dee Butler or Kira Woosley for more information.

Dee Butler:(541)444-9618 Kira Woosley:(541)444-9680

Transportation Guidelines

- Transportation is available for medical, dental, and limited prescription needs.
- Transportation services require at least 2 days notice, please schedule as soon as you are aware of the need.
- Service is on a first come first serve basis.
- Transportation services are offered as a last resort for those who have no other way to reach appointments.
- To make an appointment, please call:

(541)444-9633



Tillicum Fitness Center

Tai Chi: M & W 10:30-11:30am
Zumba Gold: T & Th 5:30-6:30pm
Sit and Be Fit: T, Th & F 10:00-11:00am
Pilates: M & W 5:15-6:15

CARE Program

Women's Wellness Group

Every Tuesday 5:30-7:00pm
Siletz Community Health Clinic - Yurt

*We will share stories and experiences,
promote overall wellness &
learn to heal from past trauma.*



Courtesy photos by DeAnn Brown

We made pet rocks and conducted Science Week at the Tenas Illahee Childcare Center in July.



For more information about the Siletz Tribal language program, please visit siletzlanguage.org.

Time to harvest salal, make fruit leather

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment looks at salal berries as a traditional food and how to create fruit leather for a treat later in the year.

Salal (sala'xbupt, Makah) is one of our most common and most overlooked berries. It grows in lush thickets under open evergreen forests or in sunny areas where there is moisture and good drainage.

The leaves are thick, dark green on top and noticeable waxy. They are commonly used in floral arrangements. Spring flowers look like little white bells (sticky and slightly hairy) and the berries are a blue-black when ripe.

You cannot disguise that you have been eating salal berries when you smile because they color your teeth and tongue a deep blue.

Salal berries are ready between August and October, depending on elevation and weather conditions. This year I started seeing ripe fruit in late June near the Oregon Coast.

They vary from delicious to bland and boring, depending on their soil and amount of sun exposure. Always taste the berries before you gather them and if they do not suit you, try traveling to a different bush a little ways away. Just a short distance can make a big difference in taste.

Salal berries are considered a Northwest staple food. They were traditionally mashed, dried into cakes and then stored and eaten in the winter months. The cakes

were dried on cedar boards or skunk cabbage leaves (also called Indian wax paper.) Many people preferred to rehydrate the cakes in water, then dip them into seal, whale or eulachon oil.

The leaves have been used traditionally as a medicine for wounds, coughs, colds and digestive problems. Tea made from the leaves is astringent and anti-inflammatory, used in the mouth and throat as well as throughout the body, including intestines, bloodstream, urinary tract, sinuses and lungs.

Gather the stems with green healthy-looking leaves in the spring to summer and bundle them to dry. When the leaves are crackly when crushed, strip them off the branches and store them in a glass jar or plastic bag for later uses.

Before making tea, crush the leaves up with your hands. Use about one tablespoon per cup of hot water and infuse for 20 minutes.

Resources

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Wild Rose and Western Red Cedar – The Gifts of the Northwest Plants by Elise Krohn, printed with partial support from the Northwest Indian College and Longhouse Media, 2007

This recipe is a modern approach to a traditional food. It can be lightly sweetened with honey. While this isn't a traditional recipe, I believe it embraces

the principals of traditional foods and nutritional equivalents.

When I made many batches a few years ago, I didn't enjoy picking one berry at a time. I accidentally smashed the berries and my fingers turned deep purple.

In my haste to be efficient and get them picked before it was too late, I ended up snipping the berries with the stems and freezing them prior to making the fruit leather. It was easier to remove the berries from the stem while they were frozen.

Then I blended the berries in the food processor. I liked the flavor best with honey and lemon. My favorite method was the food dryer with silicon sheets (again a modern touch, but the leather came off easily with minimal waste).

Salal Fruit Leather

Dried berry cakes were a staple food throughout wintertime. This modern version is the equivalent to fruit rollups and is a delicious snack that is packed with vitamins, minerals and antioxidants.

Salal berries dry best but you can mix in other berries for flavor. Gather salal berries in late summer to early fall when they are sweet and tasty.

6-8 cups berries, fresh or frozen (salal, huckleberry, juneberry, strawberry, thimbleberry)

¼ cup honey

1 tablespoon lemon juice

Clean and rinse berries if necessary. Place berries in a blender or food processor and blend until smooth. If desired, add honey to sweeten and a little squeeze of fresh lemon juice to bring out the flavor.

Fit wax paper over a cookie sheet with sides. Pour blended berries onto the sheet and use a spatula to smooth them out to an even consistency of about ¼ inch. The berries can be dried traditionally in the sun or in the oven.

Sun drying: If it is hot and dry, place the pan in the full sun, preferably in a windy spot. If there are flies or bugs, you can put cheesecloth over the berries. It will probably take 2-4 days to dry completely, so bring the berries in at night to prevent them from gathering dew.

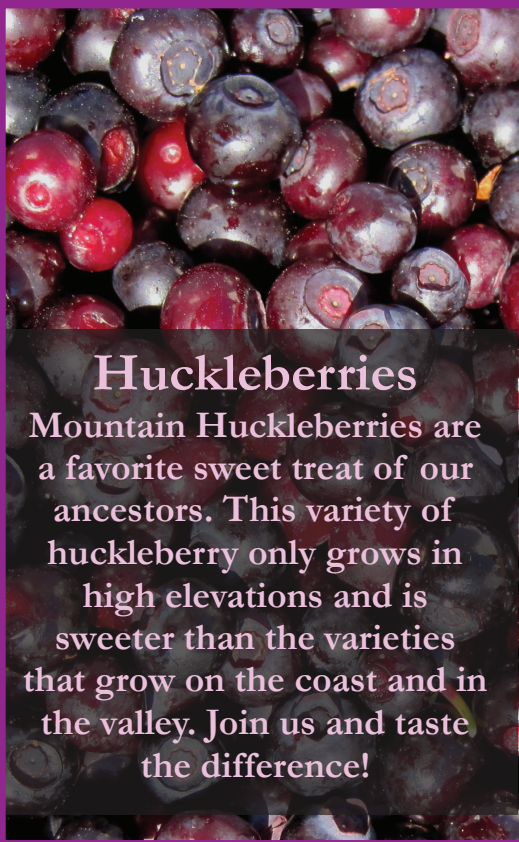
After the berries are mostly dried, lay another piece of wax paper over the berries and carefully turn them over. Peel the old wax paper off and let the other side dry out.

When it seems the consistency of fruit leather, cut the berry sheet into strips and store in plastic bags to prevent it from drying out completely.

Dehydrator: Use the lowest setting to dehydrate fruit leather. It will take several hours to a day for the fruit leather to have a dry but still pliable consistency.

Oven method: Place the berries in the oven on the lowest temperature (usually about 170 degrees F) and leave the oven cracked so that water can evaporate from the berries. It will take 6-10 hours for the berries to dry. Place another piece of wax paper over the berries and flip them over when they are mostly dry to make the process quicker.

Carefully peel off the wax paper and continue drying. If you have to leave, simply turn your oven off and place the berries in a warm spot in the house with cheesecloth or a paper towel over them. Continue drying as you can.



Mountain Huckleberry Season



Huckleberries

Mountain Huckleberries are a favorite sweet treat of our ancestors. This variety of huckleberry only grows in high elevations and is sweeter than the varieties that grow on the coast and in the valley. Join us and taste the difference!

Potential gathering dates, depending on weather:

Saturday, August 6

Sunday, August 14

Camping Weekend:

August 26 - 28th

Contact Healthy Traditions at 541-444-9627

or kathyk@ctsi.nsn.us

Activities Sponsored by:
CTSI Healthy Traditions Program
and

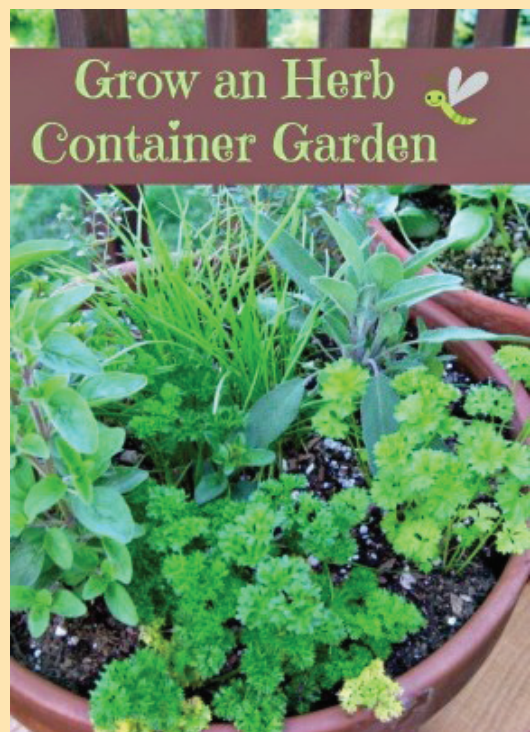


Northwest Portland
Area Indian Health
Board
WEAVE-NW Project

Container Gardening Class

Tuesday, Aug 23

**Featuring Guest Speaker: Registered Dietician
Emily Tomayko**



Grow an Herb
Container Garden

The benefits of growing your own salad greens and other fruits and vegetables is very satisfying and saves money at the grocery store. You may not know it, but growing your own fresh fruits and veggies taste so much better!

All activities are open to Siletz Tribal Members and their families.

CTSI Natural Resources has brought the Northwest Youth Corps program to Siletz. Tribal staff met up with a remarkable group of eleven youth working together with intent and purpose. These youth, ages 16-19, joined Northwest Youth Corps' five-week work experience program for an opportunity to be outside, learn new skills and make a contribution.

They have completed over 4000'ft of hiking trail and cleared brush from huckleberry patches on tribal property.

NWYC provides opportunities for youth and young adults to learn, grow, and experience success.



Northwest Youth Corps meeting Natural Resources, Healthy Traditions, and Behavioral Health staff members on the trail.

To find out more about this program, please visit:

<http://www.nwyouthcorps.org/m/>

Gus Parr – 1956-2016

Our loving father, grandpa, husband and friend, Gus Parr, made his journey home to be with his son on the morning of June 26, 2016. Gus was 60 years old, born March 8, 1956, in Portland Ore., to Robert and Laverne Parr.

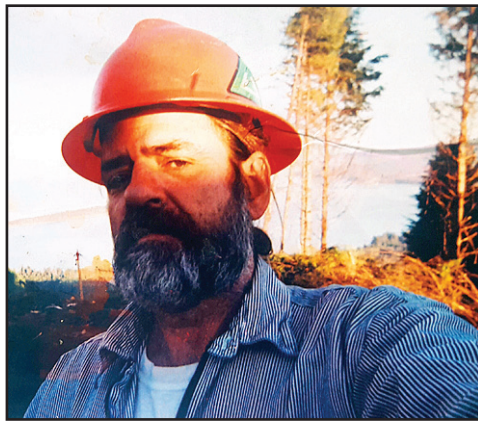
He was raised in the Siletz/Logsdan area where he graduated high school and began his first logging job, which was the beginning of what became one of his greatest passions in life.

Gus logged for 30 years for outfits throughout the Siletz, Clatskanie, Sheridan and Willamina areas. He work hard and enjoyed it, most of his lifelong friendships were made on the landing.

He was always the life of the party, whether showing off his dance moves or keeping the room laughing with his one-of-a-kind sense of humor. If you were a friend of Gussy's, you already know how blessed you are. My daddy's loyalty ran through his veins, a heart made of solid gold and a love that was given from deep within his soul.

My daddy was a man's man who loved the simple things in life. He enjoyed hunting, fishing, mechanics, wood working, dancing, his Captain and most of all time spent with his best friend Skookum.

My daddy was a proud man, his proudest moments in life came from being a grandpa to Treigh, Gus, Chelo and Dae Shine, being a loving father to Joshua, Jessica and Kota, and from being a kind and loyal husband to Mona.



Courtesy photo

Gus Parr

Gus is survived by daughter Jessica Garcia; wife Mona Fisher; grandchildren Treigh Parr-Garcia, Gus Garcia, Chelo Garcia and Dee-Yun-Ne Shine Garcia; son-in-law Oscar Garcia; son Dakota Burgins; best friend Skookum; brothers Steve Parr, Dan Parr, Steve Jackson, Dan Allen Smith, Richard Smith, William Smith and Terry Smith; sisters Teresa Smith and Marie Smith-Vinson; and numerous nieces, nephews and cousins.

Gus was preceded in death by his son Joshua Parr, parents Robert and Laverne Parr, and grandparents Lester and Ethel Hopkins and Jess and Dorothy Dancy.

The family would like to ask that all who knew and loved Gus honor him in your own way, put on some Brooks and Dunn, and have a glass of Captain.



Courtesy photo

Chewescla William DePoe performs the wedding ceremony for his niece, Rosina DePoe, as she marries Rick Larson at Neah Bay, Wash., on July 9.



Siletz Tribal Youth Council Meeting

Date: August 2016 meeting TBA
 Time: TBA
 Location: TBA

Lunch/dinner will be provided.

Parents/Guardians are welcome to attend with youth.

Transportation:

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers:

Portland: Katy Holland, 503-238-1512
 Salem: Sonya Moody-Jurado, 503-390-9494
 Eugene: Nora Williams-Wood, 541-484-4234
 Siletz: Sharla Robinson, 541-270-3212

2016 Siletz Tribal Youth Council Calendar

Meeting Date	Location	Activity Description
Friday-Saturday, Oct. 14-15	TBA	Siletz Tribal Youth Conference
Saturday, Dec. 3	TBA	Meeting and fun activity TBD

Youth Council Objective:

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

General Council Meeting

Aug. 6, 2016 • 1 p.m.

Siletz Tribal Community Center • Siletz, Oregon

- | | |
|---------------------|--------------------------|
| Call to Order | Programs |
| Invocation | Culture – Pow-Wow |
| Flag Salute | Minors' Trust Report |
| Roll Call | Tribal Members' Concerns |
| Approval of Agenda | Chairman's Report |
| Approval of Minutes | Announcements |
| | Adjourn |

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

CEDARR

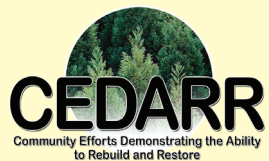
Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

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

Aug. 3 • Noon

Siletz Community Health Clinic
 200 Gwee-Shut Road, Siletz



Siletz Tribal Behavioral Health Programs

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

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

2016 Culture Camp



Aurora Chulik-Ruff cuts fringe for a shawl.



Photos by Diane Rodriguez

Above: Pam Barlow-Lind, Tribal planner, helps Vern Kessinger make homemade lotion out of beeswax, olive oil and herbs.

Left: Caliyah Covington strings a dream catcher.

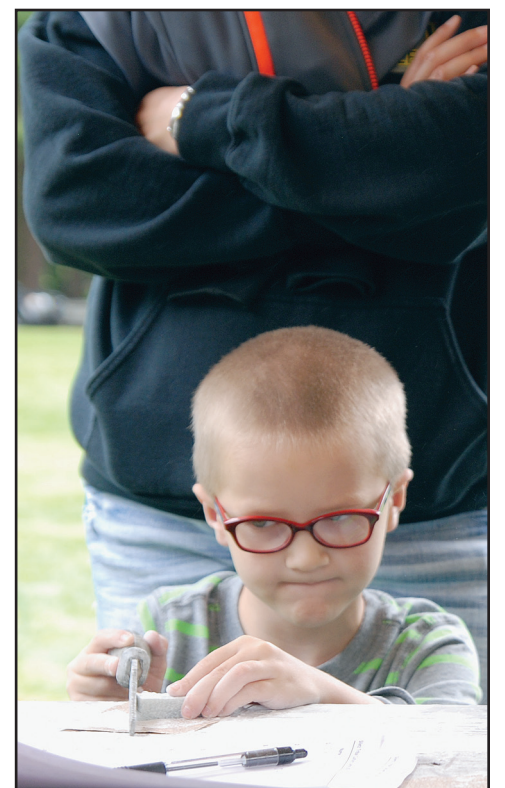
Below: Instructor Scott Lindsey (left) demonstrates bow-making techniques.



Above: Emily Monroe beads a necklace.

Right: Logan Sweitz files a piece of soapstone.

Below: Apples Case and Luke Case sew a drum stick.





Tribal Council member Dave Hatch barbecues oysters (above) that Kathy Kentta-Robinson, Healthy Traditions project coordinator, serves up for people to try (below).



The Basketweavers

Above: Chris Rupert and Lincoln Lewelling

Right: Rylee Lautenschlager

Bottom Right: Alliyah Flores-Keeley

Bottom left: Tommy Metcalf

Below: An unidentified youth



Photos by Diane Rodriguez

Left: Ryder Green files a piece of soapstone.

Below: Melissa Butler braids bear grass.





Photos by Diane Rodriguez

Top left: Camp attendees reach into a cooler to touch eels.

Above: Stan van de Wetering, aquatics program leader, dissects an eel and points out various organs.

Right: Storm Jackson scrapes a branch for a bow.

Below: Brianna Lopez sews a drum stick.

Below left: Sterling Buckley works on a piece of flint.

Middle left: Chasta Marceau and two youngsters bead necklaces.





Photos by Diane Rodriguez

Above: An unidentified girl builds a tower.

Below: Children participate in a book walk coordinated by Home Visiting Program staff.



Tenaya Cordova and Ava Sweat paint their hands as they get ready to make hand-print paintings similar to those above (middle right photo).



Above: Charlie Jeter strings large soft "beads."

Top left: Shee-Ne DePoe-Aspria presents a fully painted face.

Left: Nako Descheenie builds with plastic pieces that contain magnets.

Bottom photo: DeAnn Brown, Head Start director, helps Tayven Cole make a fish T-shirt.



Siletz Indian Child Welfare is in need of foster homes for our Tribal children.

Being a foster parent is an opportunity to help improve your community in a unique way.

To find out more or to get an application
Contact:
Marne' Grusing, Foster Family Certifier
phone: 541-444-8338
e-mail: marneg@ctsi.nsn.us

Reminders

Nesika Illahee Pow-Wow

The pow-wow hiring date is Aug. 10 from 10 a.m. to 4:30 p.m. at the Tribal Community Center on Government Hill.

Run to the Rogue

Sept. 9-11

Registration forms available on Tribal website and at area offices

For questions or more information, contact Buddy Lane at 541-444-8230; 800-922-1399, ext. 1230; or buddyl@ctsi.nsn.us.

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

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"

How has the Siletz Tribal Home Visiting Program helped you and your family since participating?

- ❖ "The home visiting program has helped prepare us for our new addition by letting us know what is to be expected before and after the baby comes and how to best deal with certain situations that come up."
- Andrea & Robert, 4 months in the program
- ❖ "I've learned all the things I thought I should know that I did not know already with the help and support of the program. Siletz Tribal Home Visiting Program helped me become a better mom."
- Shyann, 1 year in the program
- ❖ "I feel like Siletz Tribal home visits have helped me be more on track when it comes to my child's development. Home visits have also helped me keep a better schedule, helping my whole family."
- Jennifer, 1 year and 9 months in the program
- ❖ "Getting the help when you're a new parent is life-saving, to know you are doing it right and if not, finding out the right way."
- Samantha, 1 year in the program
- ❖ "The program has helped me to realize there are a lot of different ways to parent and there is always help if you are willing to look for it. The Siletz Home Visiting Program has helped make my life a little simpler just knowing I have resources to help me be the best mom I can be."
- Chandra, 1 year and 10 months in the program
- ❖ "The Siletz Home Visiting Program has helped me with my child's growth, my motivation with being a parent and I've also established a friendship."
- Brinee, 1 year and 8 months in the program
- ❖ "Home Visiting Program helped us better understand the developmental milestones that our child is at and also the reassurance that each child is unique and not to be worried. The program has been helpful, especially with different resources also."
- Ale & Seth, 1 year and 1 month in the program
- ❖ "As a first-time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."
- Janet, 1 year and 1 month in the program

If you are interested in or have any questions about our Siletz Tribal Home Visiting Program, please call Jessica Phillips, Program Coordinator, at 541-484- 4234.



Courtesy photo by Mari Kramer


The Oregon Department of Fish and Wildlife brings fresh whole-body hatchery steelhead from the Siletz River trap to share with Tribal members. ODFW releases the wild steelhead and salmon to continue up river. They bring the hatchery fish to the Tribe and to Food Share of Lincoln County. We receive a call from ODFW in the morning, then we contact Tribal members via robo-call and email about the estimated time of arrival. On July 6, the time estimate was between 2-3 p.m. The fish truck arrived at 2:45 p.m. and we had a lot of folks lined up for fish. We received 90 fish and distributed two per Tribal member household. All the fish were gone in 10-15 minutes!








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Referred By: \$50

Clinic providers receive appreciation

By Lisa Brown

I wanted to thank our Siletz Community Health Clinic for services and providers that help our members to identify risk factors and resources to address physical and emotional health issues.

I have been very impressed with our physician's assistant, William Fisher, due to my faith in osteopathic trigger point therapy and the theory of muscle memory for emotional release/healing. Also, Mary Beth Nichols in our Behavioral Health program. I'm very impressed with her well-rounded approach and the multitude of techniques she offers to find the best fit for clients.

It's such a gift for me personally to have providers offering alternative approaches for chronic pain due to stress or anxiety due to emotional/historical trauma. I have lived 20+ years in my Tribal community and interacted with so many who share my grief and feelings of helplessness when people we love, or ourselves, feel lost, powerless or abused.

Having medical/mental health providers to assist with dealing with symptoms is a major part of the healing process. But it also takes effort/time to address the causes too!

Change in Siletz Clinic check-in times

The Siletz Clinic asks all patients with appointments to check in 15 minutes prior to your scheduled appointment time. This allows for any necessary paperwork to be completed prior to your appointment with your provider.

Thank you!

Reminder from the Siletz Clinic

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

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

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

Thank you!

CNAY accepting applications, nominations for Champions for Change

WASHINGTON – The Center for Native American Youth (CNAY), a policy program at the Aspen Institute, is accepting nominations and applications for its Champions for Change leadership development program.

Champions for Change, inspired by a White House initiative, is an annual youth recognition program that shines a spotlight on positive stories in Indian Country, promotes hope among American Indian youth and develops young Tribal, state and national leaders.

"Being recognized as a Champion for Change connected me with other Native youth leaders across Tribal nations," said Vanessa Goodthunder, 2016 Champion for Change. "My connection to the Center for Native American Youth and their network continues to help me develop my leadership efforts."

CNAY is soliciting both nominations and applications directly from Native youth and community members. Tribal leaders, teachers, coaches, school administrators, parents, Native youth and others can nominate a young Native leader (age 14-22) who is making a positive impact in his or her Tribal or urban Indian community.

CNAY will contact the nominee and invite him or her to submit a full application. Youth also can submit the Champions for Change application on their own without a nomination. Candidates must complete their application by Nov. 15.

CNAY will announce the 2017 Champions class this December and will bring them to Washington, D.C., in February 2017 for a series of events with Tribal leaders, policymakers and other key stakeholders to be recognized for their leadership efforts. Past Champions have

met with Cabinet secretaries, Supreme Court justices, members of Congress and White House staff, among others.

Following their recognition, Champions will take part in a year-long leadership development curriculum, where they'll be exposed to new opportunities to advocate for Native youth.

"The Champions for Change program not only recognizes Native youth doing critical work in their communities, but these young people help other Native youth across the country drive a new narrative – one that focuses on the strength and resilience of our youth," said Erik Stegman, executive director of CNAY. "We invite Tribal leaders, teachers, peers and others to identify positive youth-led work and nominate those youth for our program so that we can lift up those youth and their incredible stories."

Center for Native American Youth is dedicated to improving the health, safety and overall well-being of American Indian youth through communication, policy development and advocacy.

Founded by former U.S. Sen. Byron Dorgan in February 2011, CNAY is a policy program within the Aspen Institute, headquartered in Washington, D.C. For more information, visit cnay.org

The Aspen Institute is an educational and policy studies organization based in Washington, D.C. Its mission is to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues.

The Institute is based in Washington, D.C.; Aspen, Colo.; and on the Wye River on Maryland's Eastern Shore. It also has offices in New York City and an international network of partners. For more information, visit aspeninstitute.org.

Know Before You Go!



Pioneer Mountain to Eddyville

Traveling on U.S. 20 between
Newport and Corvallis?

Expect construction June – October 2016

Whether it's an occasional trip to the valley or a daily commute, you will be able to travel through the construction area.

– Avoid closures and plan for delays –

Sign up at us20pme.com to receive regular email updates about current delays.

Please tell your friends and neighbors!



Creating a safe, smooth, and scenic connection

Get construction updates at us20pme.com or by calling 511

STUDY CHINUK WAWA

FALL TERM 2016
4 CREDIT HOURS
LANE COMMUNITY COLLEGE
BLDG 31, RM 101 (LONG HOUSE)
M/W 4:00 – 6:00 P.M.

SPECIAL OFFER!!!
An Anonymous Donor to the LCC Foundation Will Continue to Cover the Cost of CW 103 and CW 203 for Chinuk Wawa Students! This Means That When You Pay for Two Classes of Chinuk Wawa, the Third One's Free!

CW 101: CHINUK WAWA (4 CREDITS) CRN 22692
MW 5 – 6:50 PM

Students will learn the fundamentals of this important language that has linked Native people of the Northwest for centuries. This course will also introduce students to many cultures of the Northwest. Completion of first-year Chinuk Wawa courses fulfills the Oregon University System's requirements for admission to state universities.

CW 201: CHINUK WAWA (4 CREDITS) CRN 22693
BLDG 31, RM 114 (LONGHOUSE)/MW 4-5-50 PM

Students will learn more Chinuk Wawa words and structure as well as improve their communicative ability through daily reading, writing, speaking and listening. Content will focus on the culture and history of Grand Ronde peoples in addition to personal conversation and storytelling. Completion of second-year Chinuk Wawa courses fulfills the Oregon University System's language requirement for graduation.

Instructors: TBA. Past instructors include Dr. Janne Underriner, Director of the Northwest Indian Language Institute, Kathy Cole, Culture Department Manager for the Confederated Tribes of the Grand Ronde Community, Dr. Henry Zenk, Jerome Viles, Heidi Helms and others.

FOR MORE INFORMATION, CALL THE LANGUAGE, LITERATURE, AND COMMUNICATION DIVISION, 541.463.5419 OR VISIT OUR WEBSITE:

LANECC.EDU/LLC/LANGUAGE/CHINUK-WAWA.

AND LOOK FOR US ON FACEBOOK!



Internships

OMSI Internships Deadline: Multiple

Our internships are built with you and your professional goals in mind.

Our program is competitive, but we're eager to hear from you. Our unpaid internships are typically 12-week commitments.

Hoping to get credit? Contact your advisor or department chair to inquire about your school's policy and procedures for awarding credit for internships.

U.S. Fish and Wildlife Service Deadline: Multiple

The new Internship Program provides students in high school, college, trade school and other qualifying educational institutions with paid opportunities to work in agencies and explore federal careers while completing their education.

The Recent Graduates Program provides developmental experiences in the federal government. It is intended to promote possible careers in the civil service to individuals who, within the previous two years, graduated from qualifying educational institutions with an associate, bachelor's, master's, professional, doctorate, vocational or technical degree or certificate from qualifying educational institutions.

National Science Foundation Deadline: Multiple

NSF funds a large number of research opportunities for undergraduate students through its REU Sites program. An REU Site consists of a group of 10 or so undergraduates who work in the research programs of the host institution. Each student is associated with a specific research project, where he/she works closely with the faculty and other researchers.

Students must contact the individual sites for information and application materials. NSF does not have application materials and does not select student participants. A contact person and contact information is listed for each site.

EPA Environmental Research and Business Support Program Deadline: Multiple

This program provides opportunities for exceptional undergraduate and graduate students and recent bachelor's, master's and postdoctoral STEM graduates to work in the U.S. Environmental Protection Agency's (EPA) Office of Research and Development (ORD) research and administrative projects at multiple EPA laboratories and research centers.

ORAU manages the EPA Environmental Research and Business Support Program under the Student Services Contracting Authority. Selected applicants will become temporary employees of ORAU for the duration of the assignment, up to five years.

EPA Internships Deadlines: Multiple

EPA internships and fellowships provide a great introduction to our work. Internships, fellowships and other opportunities are available at our Washington D.C. headquarters, in our 10 regional offices, and at our labs and research centers throughout the nation.

EPA hires high school and college interns for administrative/clerical positions as well as technical positions in areas such as life sciences, program or policy analysis and engineering. Most positions have salaries ranging from the GS-2 to GS-7 level. All internships paid by EPA appear in the government-wide USAJobs.gov portal.

Scholarships

Catching the Dream Deadline: Sept. 15

CTD's objective is to recognize and reward outstanding student achievement. All awards are based on merit, academic achievement and ambition. Students must attend a college or university on a full-time basis, seeking a bachelor's degree or higher.

Catching the Dream scholarships are awarded for life. If you win, you will never have to apply again. If you are not selected for scholarship with CTD, however, you cannot apply again.

Xerox Minority Scholarship Deadline: Sept. 30

Xerox is committed to the academic success of all minority students. That's why we offer a Technical Minority Scholarship that awards between \$1,000 and \$10,000 to qualified minorities enrolled in a technical degree program at the bachelor level or above.

Carol Jorgensen Scholarship for Environmental Stewardship Deadline: September

This scholarship provides funds to a full time student pursuing an undergraduate degree in an environmental stewardship discipline, including environmental studies, natural resource management, the natural sciences, public administration, public policy, and related disciplines.

Ernest F. Hollings Undergraduate Scholarship Program Deadline: September 2016 to January 2017

This program provides successful undergraduate applicants with awards that include academic assistance (up to a maximum of \$9,500 per year) for full-time study during the nine-month academic year; a 10-week, full-time internship position (\$700/week) during the summer at a NOAA facility; and academic assistance (up to a maximum of \$9,500) for full-time study during a second nine-month academic year.

The internship between the first and second years of the award provides the scholars with hands-on practical educational training experience in NOAA-related science, research, technology, policy, management, and education activities.

Educational Partnership Program Undergraduate Scholarship Program Deadline: September 2016 to January 2017

This program provides scholarships for two years of undergraduate study to rising junior undergraduate students majoring in science, technology, engineering and mathematics (STEM) fields that directly support NOAA's mission. Participants conduct research at a NOAA facility during two paid summer internships.

Students attending Minority Serving Institutions as defined by the U.S. Department of Education (Hispanic serving institutions, historically Black colleges and universities, Tribal colleges and universities, Alaskan Native-serving institutions and Native Hawaiian-serving institutions) are eligible to apply for the program.

Other Opportunities

The Student Conservation Association

Are you a high school student who is passionate about conservation? Do you like working as part of a team to get things done? Join an SCA Community or National Crew and plug yourself into SCA's nationwide network of young conservationists – thousands of students who are as passionate as you are about preserving wildlands, protecting nature in urban areas and keeping the planet green.

SCA offers a range of programs for youth ages 15-19. Whether you want to serve in your local community or explore public lands across the country, SCA has something for you.

The SMART Competition

This program engages students in a real-world technology education challenge designed to combine academic relevance, education achievement and applications of technology. The competition helps develop workforce and life skills, including computer analysis and software design, verbal and written communication, research, teamwork and problem solving.

Students will achieve an increased awareness of the smart grid, green building design, the environment, community, livability and sustainability-related issues.

Student Laptop Program 2016

The Central Administration office will accept applications for the Student Laptop Program beginning Aug. 1, 2016. **Early applications will not be accepted.**

This program is specifically for higher education and AVT students who meet the following eligibility requirements and have not previously received a student laptop.

- Must be an enrolled Siletz Tribal member
- Must provide copy of current term class schedule of six credit hours or more
- Must provide an unofficial transcript/grade report of successful completion of two consecutive part-time or full-time (six credit hours or more) quarters/semesters of higher education/AVT program with a minimum 2.0 GPA
- Proof of residence required

Applications are available on the Tribe's website or by contacting April Middaugh at 800-922-1399, ext.1201, or 541-444-8201.



Photo by Diane Rodriguez

Ash Blomstrom cooks eggs for a breakfast bowl on June 30 as Kathy Kentta-Robinson, Healthy Traditions project coordinator, gives him some pointers.

Tribal Council Timesheets for June 2016

Lillie Butler – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
2.5	2.5				6/1	Packets
2	2			3	6/2	Chemawa Station, packets
8.5	8.5	5			6/3-8	Packets
1.5	1.5		3.5	2	6/9	Health wkshp, STBC mtg, packets
		4.5		2	6/10	Special TC – gaming, packets
3.5	3.5				6/13	Wkshp
7.5	7.5				6/14-16	Packets
1.75	1.75				6/17	Regular TC
1.5	1.5				6/20	Packets
2	2	5			6/21-22	Pow-wow, packets
2.5	2.5			2	6/23	Housing, Packets
				6	6/24	Warm Springs
14.75	14.75			20	6/26-30	NCAI

David Hatch – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
1.5	1.5			1	6/4	STAHS
.5	.5			2	6/7	Sign checks
1.5	1.5			2	6/8	AKANA project review
1	1		2	2	6/9	Health wkshp, STBC mtg
		3		2	6/10	Special TC – gaming
3	3			1	6/13	Natural Resources, Enrollment and HR mtgs
1	1			6	6/15	Ecotrust mtg
2.5	2.5			1	6/17	Regular TC
1	1			6	6/23	Ecotrust mtg
2	2			2	6/30	AKANA plan review

Gloria Ingle – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
2.5	2.5			1	6/3	Economic development
2	2			.75	6/6	Aging/disabilities focus group, Health Comm
1	1			1	6/9	Health wkshp
		4.5		1	6/10	Special TC – gaming
4	3.75			.75	6/13	Natural Resources, Enrollment
2.25	2.25			.75	6/14-16	Interviews
3.25	3.25			.75	6/17	Regular TC
				1	6/18-19	CW anniversary

Alfred Lane III – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
1	1			2	6/3	Audit & Investment Comm
2.25	2.25			2	6/9	Health wkshp
		3		2	6/10	Special TC – gaming, sign docs
.5	.5				6/12	Packets
2	2				6/13	Enrollment/NR wkshp
.5	.5				6/16	Packets
3.25	3.25				6/17	Regular TC
7	7			22	6/20-22	Congressional mtgs
1.5	1.5			10	6/23-26	Warm Springs governor's dinner

Delores Pigsley – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
.5	.5				6/1	Mail
				1.5	6/2	Chemawa Station, STBC signing, mail
1.5	1.5			2.5	6/3	Audit & Investment Comm, mail
4.5	4.5	1.25			6/4-8	Mail, agenda items, prep for council
1.5	1.5		3.5	1.25	6/9	Health wkshp, STBC mtg, mail
.25	.25	1.5		1.25	6/10	Special TC – gaming, mail
1.25	1.25				6/11-12	Mail, prep for mtgs
3	3			4	6/13	Natural Resources, Enrollment/HR/PR wkshp, mail
3	3		.25	1.25	6/14-16	Mail, agenda items, prep for council, sign STBC checks
4	4			3	6/17	Regular TC, mail
1.25	1.25	.25		2.5	6/18-19	CW event, mail, agenda items
7	7			17.5	6/20-22	Congressional mtgs
5	5			6	6/23-26	Pi-Ume-Sha activities, mail
3.25	3.25		.25	2.5	6/27-30	Mail, agenda items, sign CW and STBC checks

Loraine Y. Butler – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
.5	.5			3	6/2	Chemawa Station
1.25	1.25	3	3.5		6/3-7	Packets
1	1		2.5	2	6/9	Health wkshp, STBC mtg
		1.5		1	6/10	Special TC – gaming
.75	.75				6/12	Packets
3.25	3.25				6/13	Natural Resources, Enrollment wkshp
.75	.75				6/14	CPT, packets
1.5	1.5				6/15-16	Packets
3	3				6/17	Regular TC
		1		2	6/18	CW anniversary
1.75	1.75				6/21	PAADA mtg
1	1				6/22	OYA
		1			6/23	Packets
7	7			19	6/27-30	NCAI

Reggie Butler Sr. – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
2.25	2.25				6/1	Packets
2.5	2.5				6/2	Safety Comm, packets
8.25	8.25				6/3-8	Packets, sign checks
1	1		3.5	2	6/9	Health wkshp, STBC mtg/packets
		2.5		2	6/10	Special TC – gaming
4.25	4.25				6/13	Wkshp, packets
6	6				6/14-16	Packets
3	3				6/17	Regular TC, packets
6.5	6.5				6/20-22	Packets, sign checks
1	1			2	6/23	Housing, sign checks
1.25	1.25			6	6/24	Warm Springs, packets
15.5	15.5			20	6/26-30	NCAI

Sharon Edenfield – 6/1/16-6/30/16

TC	Ind	Gmg	STBC	Tvl		
1	1			2	6/9	Health wkshp
		2.5		2	6/10	Special TC – gaming
3.25	3.25				6/13	Natural Resources, Enrollment/HR wkshp
3.25	3.25				6/17	Regular TC
8	8			20	6/20-22	Congressional mtgs
2.5	2.5			12	6/23-26	Pi-Ume-Sha celebration

Tribal Council Email Addresses

• Tribal Chairman: Delores Pigsley	dpigsley@msn.com	• Lillie and Reggie Butler Sr.	lbutler@ctsi.nsn.us
• Vice Chairman: Alfred "Bud" Lane III	budl@ctsi.nsn.us	• Loraine Butler	loraineb@ctsi.nsn.us
• Treasurer: Robert Kentta	rkentta@ctsi.nsn.us	• Dave Hatch	daveh@ctsi.nsn.us
• Secretary: Sharon Edenfield	sharone@ctsi.nsn.us	• Gloria Ingle	gloriai@ctsi.nsn.us

Chinook Winds

CASINO RESORT

CARNADO

Wielding the power to enrich instantly, the CARNADO only gives, never takes!

One winner may drive away in a new Dodge Challenger!

August 1st - September 4th, there are two ways to win!

Weekdays, we'll select two slot players an hour between 11am-7pm to enter the Carnado booth to grab cash and prizes for 30 seconds.

Saturdays, we'll draw for one player an hour from 11am-7pm to grab even bigger cash and prizes. On the Grand Finale Drawing on September 4th at 4pm we'll draw for the Dodge Challenger!

Complete rules at Winners Circle.

SURE City

2016 Car Show

September 3rd, 10am - 6pm
Beer Garden • Food & Fun

For registration and vendor information, call Kelli Duhamel at 541-996-5312. Email kellid@cwresort.com

CHINOOK WINDS CASINO RESORT PRESENTS

SURE CITY SOUND OFF

CAR AUDIO COMPETITION

SATURDAY, SEPTEMBER 3
SOUND QUALITY ONLY STARTS AT 12PM

SUNDAY, SEPTEMBER 4
ALL SPL FORMATS - STARTS AT 8AM
3X POINTS DB DRA - 3X POINTS IASCA

For registration information visit chinookwindscasino.com.

Monday Early Bird

Start your winning day EARLY on MONDAYS from 5am-8am!

Collect 100 points in the six days before the Mondays of June 20 through August 29, and get:

- 5 \$and Dollars free slot play
- \$5 food voucher to any of our outlets
- Double Points 5am-8am

Complete rules at Winners Circle.

TWILIGHT SLOT TOURNAMENT

Win a share of 2500 \$and Dollars!
August 18, 2016, 8pm

Sign-ups begin at 7pm in the Convention Room. Three-minute tournament rounds from 8pm to 11pm. Double points until 12am. First come, first play. 165 player maximum.

Member tier players must redeem 100 points to participate.

MVP, Premier and Elite tier players require no point redemption.

Rules available at Winners Circle.

Summer Bingo

1pm Matinee Session
Thursdays in August!
August 4, 11, 18 & 25
20 Main Games paying \$200 each!
Six-ons cost \$10.

Complete rules available at the Bingo Hall.

MAV TV

KING OF THE CAGE

PROVOKED

SATURDAY, AUG. 6, 2016

DOORS OPEN 5PM
FIGHTS START 6PM

ALL AGES EVENT
TICKETS \$40 - \$100
CHILDREN 3 AND UNDER FREE

For tickets call 1-888-MAINACT (1-888-624-6228) or online at chinookwindscasino.com
Card and schedule subject to change.
www.kingofthecage.com



chinookwindscasino.com • 1-888-CHINOOK • Lincoln City



Chinook Winds Casino Resort

Entertainment

Aug. 6: King of the Cage (MMA)
6 p.m., \$40-\$100; all-ages event, kids
3 & under free
Aug. 12-13: Tanya Tucker
8 p.m., \$20-\$35
Aug. 19-20: Comedy on the Coast
8 p.m., \$15
Sept. 23-24: The Monkees
8 p.m., \$36-\$51
Oct. 21-22: Michael McDonald
8 p.m., \$40-\$55
Nov. 11-12: Wayne Brady
8 p.m., \$35-\$50

Rogue River Lounge

Fri & Sat: Ultrasonic DJ, cover
10:30 p.m. to 1:30 a.m.

Chinook's Seafood Grill

Weds: Kit Taylor (pianist) – 5 - 9 p.m.
Aug. 5-6: White Water Band (country)
Aug. 12-13: Flexor-T (country/rock)
Aug. 19-20: Relapse (rock-and-roll)
Aug. 26-27: Cascade Rye (country)
9 p.m. to 1 a.m.

Special Events

Sun: 100% Payout Blackjack Tourney
Multiplier Madness
Sparkling Sunday Brunch at Siletz
Bay Buffet
Mon: Monday Early Bird
Margarita Mondays at Chinook's
Seafood Grill (CSG) Lounge
Yellowfin Mondays at CSG
Tue: Boomers Club
Thu: Bones, Beans & Slaw at Aces
Sports Bar & Grill
Fri: Free Weekly Keno Tournament
Sat & Citrus Seafood Summer Special at
Sun: Rogue River Steakhouse
First Tuesday: Boomer Slots
Third Thursday: Twilight Slots

**Tickets go on sale 90 days
in advance.**

**Concerts in the showroom are
for ages 16 and older. Comedy
on the Coast in the convention
center is for ages 21 and older.**

**For more information or to obtain
tickets for all concerts, call
the Chinook Winds box office
at 888-CHINOOK (888-244-6665)
or 541-996-5825; or call
888-MAIN-ACT (624-6228).**

**All events, concerts and promotions are subject to
change at the discretion of Chinook Winds Casino Resort.**

**Follow us on Twitter, find us on Facebook or visit our website
at chinookwindscasino.com.**

**For more information about events in North Lincoln County, visit
lcchamber.com, oregoncoast.org or lincolncity-culturalcenter.org.**



Would you like to be a part of the Chinook Winds team?

Find out why "Employment is Better at the Beach" at:

www.chinookwindscasino.com

Job Line: 541-994-8097 Toll Free: 1-888-CHINOOK ext 8097

Human Resources Office: 541-996-5800 Monday-Friday 8am-4:30pm

Be Passionate **E**mbrace Change **A**ccountability **C**ustomer Service **H**appiness

Calling all Tribal member business owners

If you would like to be on the preferred Tribal members business list with Chinook Winds, please fax, mail, email or drop off your business card, brochures, or business information to:

Chinook Winds Casino Resort
Attn: Purchasing Dept.
1777 NW 44th St.
Lincoln City, OR 97367
Phone: 541-996-5853
Fax: 541-996-3847
erica@cwresort.com

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegas-style gaming, an 18-hole golf course, headline entertainment from some of music's most legendary stars, three full-service restaurants, a secure child care facility and arcade, and a 243-room ocean-view hotel.

For more information, visit chinookwindscasino.com, or call 888-CHINOOK (244-6665) or 541-996-5825.

COMPANY BENEFITS Job Fair

Paid Time Off

Accrued Bi-weekly
All-purpose Leave
SELL BACK OPTION

Employer Paid

25k Life Insurance
Short-Term Disability
Long-Term Disability
Employee Discounts
Discounted Rate for Fitness
Center Membership

FREEBIES

Paid Breaks
Flu Shot
Health Screening
Paid Jury Duty
Employee Shuttle
Golf
On-Site Check Cashing
Uniforms
Employee Assistance Program
Employee Dining Room

**WEDNESDAY, AUG. 31, 2016
2-6 PM**

**WHERE: CHINOOK WINDS CASINO RESORT
CONVENTION CENTER**

**ON-THE-SPOT INTERVIEWS WILL BE CONDUCTED
APPLICANTS MUST BE 16 OR OLDER TO APPLY**

**FULL-TIME & PART-TIME POSITIONS
STARTING MINIMUM WAGE: \$11 PER HOUR**

"EMPLOYMENT IS BETTER AT THE BEACH"

Be Passionate and Determined **E**mbrace Change **A**ccountability **C**ustomer Service **H**appiness



Human Resources is looking for

Tribal member EVENT TEMPS

who are eager to start as soon as possible!

If you are looking for a position that outlines, helping departments when needed, ushering guests in our showroom or even door greeting at MMA fights, **Event Temp** is your position.

To apply, stop by our HR office anytime Monday-Friday from 8 a.m.-4:30 p.m.

Visit our website at chinookwindscasino.com/careers to download our employment application. Or you can stop by the HR office at the Siletz admin building to complete and fax your application to us.

If you have any questions regarding this flier, please contact

Mariah Garza at 541-996-5800.

To the editor:

Hello, my name is Rusty Butler. I am an enrolled Siletz Tribal member. I work as a prevention specialist for the Partnership Against Alcohol & Drug Abuse, a Lincoln County coalition. Part of my position involves addressing environmental approaches that will reduce alcohol and drug abuse in our communities.

It is concerning that the first thing you see when entering our Siletz community is a Tribally owned establishment that is plastered with alcohol advertisements and sales. This establishment is supported by the Siletz Tribal Council and general manager. In my opinion, this business is the main supplier of the alcohol in the Siletz community. It is even more concerning that when I address this issue to the Siletz Tribal Council, I am given no response.

Not only do we support the business and what it is selling to our community, but we also provide this business revenue by purchasing fuel for our Tribal vehicles used by Siletz Tribal employees. Not to mention the gas prices are one of the most expensive in Lincoln County. Siletz Tribal members receive no profit or benefits from this establishment.

I feel as if we have come to some concerning times in the Siletz community around alcohol and drug abuse and we need to start opening our eyes and mouths to address things that are within our power to address. We have the resources and capacity to make things happen. We have our sovereignty rights to govern and help our people.

Thank you for your time and please contact me regarding any questions or responses whether they are pro or con.

Rusty Butler
Rustybutler2015@gmail.com
Cell # 541-270-2711

To the editor:

Do you know what CTSI is? CTSI is every single tribal member.

Thank you CTSI!

This past February I got my license to sell real estate in the State of Oregon! This is just one of several life-changing experiences I've been allowed because I am a part of the Confederated Tribes of Siletz Indians.

- Beginning over 30 years ago, I've been able to access education funds that have made me a better parent, better employee, better person and now as real estate broker, a sole proprietor.
- 24 years ago I used the down payment program to get my family into the home we still enjoy today.
- For the past 17 years, I've had the pleasure of raising two beautiful children through the Tribal foster care program.

I have enjoyed serving others for at least the past 40 years. My last several years of employment have been in social services. At age 59, I think it's time for me to focus on some self-centered fun. I choose selling real estate!

I just want to point out that the support of CTSI has allowed me a full and rich life up to now and I plan on continuing to live a soul-satisfying life until the day I die. And I assume that CTSI will be there in the background all the way. Again, thank you CTSI.

Sincerely,
Barbara Watson, Oregon Real Estate Broker
Serving the Portland metro area and throughout rural Clackamas County
bwatson@bhgPartners.com

National gaming group announces largest Tribal revenue gain in 10 years

INDIO, Calif. (PRNewswire-USNewswire) – The National Indian Gaming Commission (NIGC) released data on July 19 showing revenue generated by the Indian gaming industry in 2015 totaled \$29.9 billion dollars.

After six years of modest but stable growth, the 5 percent increase in GGR (gross gaming revenue) from 2014 is the largest increase in 10 years.

Chairman Jonodev Osceola Chaudhuri, Vice Chair Kathryn Isom-Clause and Associate Commissioner E. Sequoyah Simermeyer made the announcement from within the homelands of the Cabazon Band of Mission Indians.

"The strong regulation that Tribes as well as federal regulators and other stakeholders provides has played a key role in the stability and growth of the Indian gaming industry by providing consistency and predictability," said Chaudhuri.

The commission also noted the role of the many small or moderately sized Indian gaming operations that support rural economic development where little else has. Only 6.5 percent of operations can show GGR of \$250 million or more.

The majority of Tribes, 57 percent, generate less than \$25 million per year in GGR. And 20 percent of the total 474 Tribal gaming operations produce less than \$3 million per year.

The chairman further stated that Indian gaming is fundamentally different from commercial enterprises because it directly provides resources for Indian

people, including social services, public works, education, housing, health care, emergency services, public safety and cultural presentation programs that no other economic driver has yet to provide.

The announcement was made from a location that was historically significant to the Tribal gaming industry. The commission highlighted Cabazon's early efforts to engage in gaming as a modest means of pursuing self-sufficiency and how those efforts ultimately contributed to the landmark U.S. Supreme Court case of *California v. Cabazon*, which recognized and reaffirmed the inherent authority of Tribal nations to regulate gaming activities within their communities.

"The Indian gaming industry can look back on tremendous growth and advancement. In the 30 years since the Cabazon case was argued before the Supreme Court, Indian gaming has grown into a multi-billion dollar industry annually. This is in no doubt due largely to the innovation, leadership and positive reputation that Indian Country, in conjunction with the regulatory community, has cultivated since the advent of Indian gaming," said Chaudhuri.

The 2015 GGR was calculated based on 474 independently audited financial statements received by 238 Tribes.

The National Indian Gaming Commission is an independent regulatory agency established pursuant to the Indian Gaming Regulatory Act of 1988.

To the editor:

I've lived 20+ years in Siletz and interacted with many who share about grief/feelings of helplessness when people we love, or ourselves, feel lost, powerless or abused. Medical/mental health services help with symptoms to heal and I decided to share about a subject that came up in a community meeting recently: bullying. I believe that bullying can be and often is a learned behavior. All too often it takes the form of verbal harassment. Mean statements, often not true! Gossip, plain and simple.

Gossip: a lowest form of bullying. It doesn't give chances for bullied persons to fight back. It's something that's spreading around them, said behind his/her back. Everyone who participates also seems to not hold much responsibility for what's said, blaming it on who they heard it from, even making up lies that they never said it, so it's also difficult to find the source/root of the bullying. [answers.yahoo.com/question/index?qid=20140130084448AA2GXo7]

It's been quite some time I've made efforts to not have conversations with people about persons who aren't present. I've stated my reason(s): I feel it lacks integrity: If someone asks about a person, I say "I'm not sure, you should ask them," or if they want to tell me something about someone, I say "I don't really know that person" or "I don't feel comfortable talking about your interaction with them."

I admit, at times I've let down my guard, but at those times I've gone to the person in question and spoke to them about what was mentioned. As a practice, I refrain. I've spent time talking with troubled youth about what people were "saying" and it was very difficult to see how people judging/speaking exaggerated truths hurt them.

Recently, I became that person because people in our community, instead of asking me, stated what they "knew" or "heard" and it was manipulated, exaggerated and all too many statements were just inaccurate. The result was I was subject to atone for "accusations" based on these statements. The impact of such actions was emotionally overwhelming and a relationship that was very important to me was damaged beyond reconciliation.

Bottom line – If you've taken the time to read this, please stop speaking "about" people unless you have talked "to" them. Just say "No." I want to have friends who respect me. I'm not perfect, but I have a kind heart and I do my best to help others. I care about people and when I am troubled or demonstrating errors in judgment, I do my best to make better choices. I'm making efforts to heal. Please be kind in your thoughts and words to me and others.

Lisa Brown

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 general manager of the Siletz Tribe is the editor-in-chief of *Siletz News*. Editor-in-Chief: Brenda Bremner
Editor: Diane Rodriguez

Siletz Clinic is 100 percent tobacco-free

The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We do not provide any cigarette disposal units, so please keep all tobacco products in your personal vehicle.

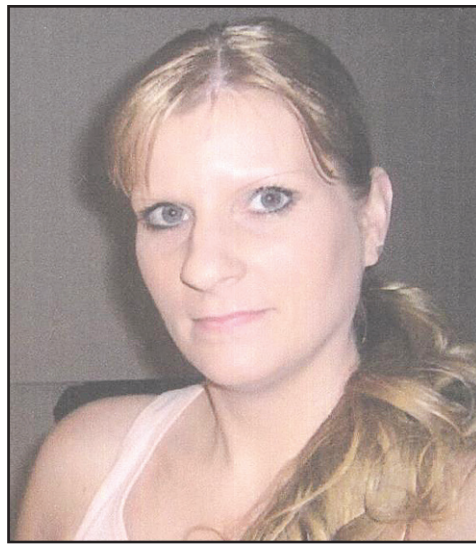
- We do not have designated smoking areas.
- No smoking in the parking lot.
- No smoking in your car in the parking lot.
- No smoking behind the building.
- No littering of cigarette butts.



Happy 22nd Birthday, Dreonna! We're so proud of you and love you so very much! Love, Mom and Dad



Happy 20th Birthday to our Princess Savannah Rae Worman. We love you very much. Mom, Chad, Hayden, Booboo, Grandma D and Papa



Happy Birthday to Bobbi Lyn Rodriguez, #1 Mom of the Year! We love you so much now and forever. Azlyn and Frede Rodriguez (smooches)



Happy 5th Birthday to my beautiful granddaughter, Zakhara. Hope you have the best birthday ever! Love, hugs and kisses, baby girl. Love, Nana, Papa and your aunties Bianca, Vanessa, Isabella and Chloe



Little Miss Siletz Halli Lane-Skauge (right) rides in the Pi-Ume-Sha parade on June 25 with Miss Warm Springs Keeyana Yellowman.



Happy Birthday, Chris! Hope you have an awesome birthday. Love, Aunt Laurie, Pedro, Bianca, Vanessa, Isabella, Chloe and all your family and friends

U.S. 20 construction closes road at Sheep Creek Bridge

SWEET HOME, Ore. – From Aug. 2 through the end of September, U.S. 20 will be closed at Sheep Creek Bridge for repairs to the bridge and abutments.

Located 26 miles east of Sweet Home, milepost 56.6, the bridge's eastern abutment rests on an active slide with earth movement measured at 6-7 inches a year. The bridge was built to move with the slide, but has reached the point that it must be replaced.

In 2015 during phase one of the two-part project, 50-foot steel piles were placed to redirect landslide activity away

from the bridge. Phase two is intended to stabilize the existing structure and eliminate further sliding.

The new bridge span and abutment will be built to ride on top of the slide if it keeps moving. This will make impact to the bridge more consistent and predictable, and therefore, more manageable.

Full closure of the highway will last for 6-8 weeks. The road will remain open between Sweet Home and the bridge on the west side and from Santiam Junction to the bridge from the east. Campgrounds and recreation areas will continue to be open and accessible.

Detour signs will be posted at various locations to direct travelers around the area via Highways 34, 22 and 126. There are no local detours.

The road closure will be completed by the end of September. Construction work surrounding the bridge, however, will continue through October.

For more information, including a detour map and videos on the project, visit oregon.gov/ODOT/HWY/REGION2/Pages/US-20-Sheep-Creek-Bridge-Phases-1-and-2-.aspx

Know Before You Go – For the latest road conditions, visit TripCheck.com.

Tribal RV parks have space available for you

Logan Road RV Park

This beautiful RV park has a free shuttle to Chinook Winds. Visit loganroadrvpark.com or call 877-LOGANRV.

Hee Hee Illahee RV Resort

This beautiful five-star RV resort is located in Salem. Visit heeheeillahee.com or call 877-564-7295.

Most Often Requested Numbers

- Confederated Tribes of Siletz Indians – 800-922-1399
- Salem Area Office – 503-390-9494
- Salem Finance Office – 888-870-9051
- Portland Area Office – 503-238-1512
- Eugene Area Office – 541-484-4234
- Contract Health Services (CHS) – 800-628-5720
- 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 – ctsi.nsn.us

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.