



## Human remains found, Tribe called late to investigation in Lincoln City

On Friday, May 6, 2016, work was being done under a home near the turnaround in the Taft area of Lincoln City, Ore., when human remains were found. Some missteps were initially made in following state law and the State/Tribal Cultural Resources Cluster Position Paper on Treatment of Inadvertent Discoveries of Human Remains (available at Oregon State Historic Preservation Office [Oregon SHPO] website).

The Siletz Tribal Cultural Resources director / Native American Graves Pro-

tection and Repatriation Act (NAGPRA) representative, Robert Kentta, should have been contacted right away by the OSP State Agency key contact on such matters. The position paper stresses that Tribal contacts should be made early in the process to help law enforcement determine whether the remains are associated with an ancestral burial or pioneer grave vs. a modern crime scene.

Local OSP and Lincoln City Police did the best they could, in the absence of Tribal assistance, by consulting with

the State Medical Examiner's Office in Clackamas, Ore. The Siletz Tribal rep was not contacted until much later, initially by Editor Rick Mark from The News Guard rather than through official channels. By then, the contact with the State Medical Examiner's Office had provided assurance that the remains were associated with a Native burial and were not part of a crime scene.

Oregon's Cultural Resource and Native Burial Laws apply to state and private lands in Oregon; federal laws such as the Native American Graves Protection and Repatriation Act (NAGPRA), National Historic Preservation Act (NHPA) and Archaeological Resources Protection Act (ARPA) apply to federal lands and project locations that are using federal funds, federal permits, etc.

Oregon's laws are strong in protecting history for all Oregonians. No one can remove an artifact from the ground if a tool or equipment had to uncover it (without a permit from SHPO – which includes property owner consent). One cannot knowingly alter, deface or destroy a Native burial, cairn, archaeological site, etc., without similar clearances. Discovery of burials raises significant special con-

cerns that must be addressed. Provisions to handle the discovered remains must be taken, which may include protection in place, relocation with approval and supervision of the Tribe, or other options.

Once an inadvertent discovery is made, such as occurred on May 6, standard processes are supposed to kick in. All ground-disturbing activity is to halt – nothing is to be further removed or disturbed – until the proper contacts have been made and clearances have been given.

State law says that the OSP key contact (Trooper Chris Allori), SHPO (either Dennis Griffin or John Pouley, both state archaeologists) and the Legislative Commission on Indian Services (Karen Quigley, executive director) all should be contacted immediately, and contact then should be made with the appropriate Oregon Tribe or Tribes. That determination is made by the LCIS executive director based on historical connections and Tribal expressions of areas of interest. Once all are informed and have the opportunity to respond, then decisions can be made.

As stated earlier, the first business is to determine whether a crime needs to be investigated and Tribal reps generally can assist in quickly reaching that

See Remains on page 19

## Portland Area Office celebrates 30 years of serving Tribal members

By Andrew Johanson and Sherry Addis

It's hard to believe that 30 years have passed since the Siletz Tribal Council voted to add Multnomah, Clackamas and Washington counties to our service area.

Throughout the years, it has been our privilege to serve Siletz Tribal members, members of other federally recognized Tribes, Alaskan Natives and Hawaiian Natives and help them attain their education, employment and wellness goals.

To commemorate this achievement, the Portland Area Office will host an open house on June 9 from 11 a.m. to 6 p.m. at the Portland Area Office, located at 12790 SE Stark St., Suite 102, in Portland, Ore.

We hope you can join us!

1986  
to  
2016

Confederated Tribes Of Siletz Indians  
Portland Area Office Celebrates

30  
YEARS

You and a guest are invited to join the Siletz tribe as we honor those who have helped us accomplish our work.

Date: Thursday, June 9, 2016  
Time: 11 AM — 6 PM

Where: Portland Area Office  
12790 SE Stark St  
Portland, Oregon

RSVP: Andrew Johanson:  
Call (503) 238-1512 or  
andrewj@ctsi.nsn.us



Creating opportunities in education, employment, and wellness for the Native community in Clackamas, Multnomah, and Washington County



Photo by Diane Rodriguez

Eann Biggar aims a ping pong ball at bowls filled with dyed water in an attempt to win a prize during a carnival held for Siletz Tribal Head Start students at the Siletz Recreational Center on May 23.

I am sharing the report that the Tribal Council receives from our lobbyist, Matt Hill, each month, along with any other urgent information that needs to be shared. The updates are very informative.

**Thursday, March 31, 2016  
Washington D.C. Update**

For: The Confederated Tribes of Siletz Indians  
From: Matt Hill

- Merkley, Blumenauer tour Columbia River fishing sites
- CA Tribe blasts other Tribes for anti-casino efforts
- Upcoming hearings in the Senate Committee on Indian Affairs
- Ramah settlement figures for Oregon
- Clinton campaign releases Native American priorities
- Presidential Polling

**Merkley, Blumenauer tour  
Columbia River fishing sites**

This week, Sen. Merkley and Rep. Blumenauer toured Lone Pine and Celilo Village to examine how the U.S. Army Corps of Engineers has not fulfilled promises to provide housing for Tribal members more than 80 years after flooding their traditional villages to create three Columbia River dams.

Merkley and Blumenauer pledged to push for a number of measures to improve the living conditions of the Tribes along the river. In the short term, those include more money for operations and maintenance at the 31 sites. Money set aside by the Corps to help pay for maintenance of the encampments will likely be depleted nearly 30 years ahead of schedule.

Blumenauer said he also plans to insert language in the 2016 Water Resources Development Act (WRDA) to start building the houses the Tribal fishing families were promised but never received. While many federal agencies are underfunded, he said, the money is there. He also suggested using a small fraction of the money made from the dams' hydro-electric power to fund Tribal housing.

**CA Tribe blasts other Tribes for  
anti-casino efforts**

The North Fork Rancheria of Mono Indians is wondering why rival Tribes are asking Congress, particularly Rep. LaMalfa (R-CA) to intervene in a casino dispute in California. As reported in last week's update, LaMalfa questioned Assistant Secretary Larry Roberts about the importance of states in making decisions about Indian gaming.

*"Every Tribal leader across the nation should be deeply concerned about the principle being suggested by this effort, namely allowing the legislatures and citizens of all 50 states to weigh in on Tribal rights, application of laws differently among Tribes and that established federal gaming law ... should be jeopardized to protect a few Tribes from potential competition,"* Chairwoman Maryann McGovran told the paper.

LaMalfa's office confirmed that they are working on federal legislation.

**Upcoming hearings in the Senate  
Committee on Indian Affairs**

April 6 legislative hearing on:

- S. 2304, a bill to provide for Tribal demonstration projects for the integration of early childhood development,

education, including Native language and culture, and related services, for evaluation of those demonstration projects, and for other purposes;

- S. 2468, a bill to require the Secretary of the Interior to carry out a five-year demonstration program to provide grants to eligible Indian Tribes for the construction of Tribal schools, and for other purposes;
- S. 2580, a bill to establish the Indian Education Agency to streamline the administration of Indian education, and for other purposes;
- S. 2711, a bill to expand opportunity for Native American children through additional options in education, and for other purposes.

April 13 legislative hearing on:

- S. 2205, a bill to establish a grant program to assist Tribal governments in establishing Tribal healing to wellness courts, and for other purposes;
- S. 2421, a bill to provide for the conveyance of certain property to the Tanana Tribal Council located in Tanana, Alaska, and to the Bristol Bay Area Health Corporation located in Dillingham, Alaska, and for other purposes;
- S. 2564, a bill to modernize prior legislation relating to Dine College;
- S. 2643, a bill to improve the implementation of the settlement agreement reached between the Pueblo de Cochiti of New Mexico and the Corps of Engineers, and for other purposes;
- S. 2717, a bill to improve the safety and address the deferred maintenance needs of Indian dams to prevent flooding on Indian reservations, and for other purposes.

April 22 Field Oversight Hearing on  
"Examining EPA's Unacceptable Response to Indian Tribes."

**Ramah settlement figures  
for Oregon**

Indian Tribes and organizations in Oregon will be receiving their share of a nearly \$1 billion settlement the federal government recently reached with Tribes across the nation. The settlement in the Ramah case is restitution for decades of underpayment by the federal government for Tribal administration of contracts for such things as health care and social services.



Delores Pigsley

Here are the amounts contained in the settlement:

Burns-Paiute Tribe	\$935,715
Coos	\$1,500,560
Umatilla	\$5,912,128
Grand Ronde	\$5,277,170
Warm Springs	\$7,536,730
Coquille	\$3,571,406
Cow Creek	\$913,203
Klamath	\$5,468,785
Siletz	\$3,539,803

**Clinton campaign releases  
Native American priorities**

On her campaign website, Hillary Clinton posted her "Vision for Building a Brighter Future for Native Americans." Priorities include:

- Ensure Meaningful Tribal Consultation and Empowerment
- Protect Tribal Assets and Resources and Resolve Long-standing Disputes
- Strengthen Public Safety and Justice in Indian Country
- Combat Drug and Alcohol Addiction
- Increase Opportunity for Youth
- Ensure High Quality Education for Native Youth
- Ensure Tribal Communities Have Improved Health Care
- Fighting for Native American Veterans

**Presidential Polling**

The latest national head-to-head poll was released last week by Monmouth University (NJ):

Trump vs. Clinton	Clinton +10
Cruz vs. Clinton	Clinton +5
Kasich vs. Clinton	Kasich +6

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](mailto:pias@ctsi.nsn.us)

**Deadline for the July issue  
is June 10.**

**Submission of articles and  
photos is encouraged.**

**Please see the Passages  
Policy on page 20 when sub-  
mitting items for Passages.**



**Member of the Native American  
Journalists Association**

**CTSI Jobs**

**Employment information is available at [ctsi.nsn.us](http://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.



Courtesy photos by DeAnn Brown

Siletz Tribal Head Start students in Teacher Tony's class at the Tenas Illahee Childcare Center (above and left) celebrate Mother's Day with Muffins for Mom on May 5.

## Graduate Students

In 2016, 10 more graduate students will be funded at \$1,000 each to help toward expenses. If you are in graduate school or plan to attend this coming year:

- Fill out and send in the regular higher education application.
- Send proof of the American Indian Graduation Center application.
- Include a one-page paper on your graduate degree program and your plans after completion.
- Applications are due June 30, 2016.
- Awards will be made winter term.

If you have questions, call 541-444-8290 or 800-922-1399, ext. 1290.

## Project Night

June 9 • 5-7 p.m. • Siletz Tribal Community Center

Finish any unfinished culture project

**Yvlh-sri t'et**  
(Project night)

Siletz Tribal members of all ages welcome.

Young people under age 10 need an adult to accompany and assist them.

Bring your unfinished cultural projects and work on them.

The Siletz Culture Department will provide assistance and instructors.

Contact: Bud Lane, budl@ctsi.nsn.us;  
541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments

## Nuu-wee-ya' (our words)

### Introduction to the Athabaskan language

Open to Tribal members of all ages

#### Siletz

Tribal Community Center  
June 6 – 6-8 p.m.

#### Portland

Portland Area Office  
June 13 – 6-8 p.m.

July classes will be held at Culture Camp.

#### Eugene

Eugene Area Office  
June 7 – 6-8 p.m.

#### Salem

Salem Area Office  
June 14 – 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 email budl@ctsi.nsn.us.

## Siletz Tribal Higher Education and Adult Vocational Training

Application Deadline is June 30

All Siletz Tribal members who are considering or plan to attend college in the 2016-2017 academic school year must complete a Higher Education/AVT application and return it with the accompanying documentation to your nearest Tribal office by June 30.

This also applies to returning students who plan to continue their education.

Applications can be found online at the Tribe's website – [ctsi.nsn.us](http://ctsi.nsn.us) (services, education, college/ grad school/training/ GED). You also can contact your local Tribal office and ask the education specialist for more assistance or request the application be sent to you.

### Siletz Tribal Scholarships

Please note all of the Siletz Tribal scholarships below have an application deadline of June 30. Applications and additional information can be found on the Tribe's scholarship page at [ctsi.nsn.us](http://ctsi.nsn.us), (services, education, scholarships).

**PEPSI-Craig Whitehead Scholarship:** PEPSI has asked that this scholarship be the PEPSI-Craig Whitehead Scholarship in honor of Craig Whitehead. This \$1,000 scholarship is open to any field of study.

**Arthur S. Bensell Memorial Scholarship:** This scholarship is in honor of Arthur S. Bensell, an educator, civic leader, Tribal Council member and Tribal chairman. This \$1,000 memorial scholarship is targeted toward students pursuing a degree in education.

**Siletz Scholarship:** This \$1,000 scholarship is open to any field of study.

## Elders Council Meeting

June 11 • 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.

## Election Board Application

Tribal members interested in serving on the Election Board are encouraged to fill out this form and return to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549 or fax 541-444-8325. The Election Board consists of three regular board members and one alternate board member.

Applications for consideration will be accepted through June 30, 2016.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

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.



Courtesy photo

On Mother's Day in Arcata, Calif., the 35<sup>th</sup> annual Atalanta – It's a Girl Thing walk/run took place. The person who hosted this event knows Tina Taylor of McKinleyville, Calif. The walk/run had never had five generations of one family participate, so Tina called her Grandmother Agnes Pilgrim. So Agnes went and participated with her five generations.

In this photo is Agnes Pilgrim; her daughter, Nadine Martin; Tanya Nevarez and her daughter, Nisha Nevarez; Nisha's son, Kymari; Tanya's sister, Deana Beacham; Tina Taylor; Tina's son, Robert Sims Jr.; Tina's daughter, Kimberly Edwards; and Kimberly's two daughters.



Courtesy photo

Rylan Fisher

## Fisher signs to attend Linfield College

Tribal member Rylan Fisher recently announced that he has enrolled and will play college football for the Linfield Wildcats in McMinnville, Ore.

The Wildcats are a powerhouse NCAA Division III program that is consistently among the best in the country, with a record 60 consecutive winning seasons. The team will enter the 2016 season ranked No. 3 in the country.

After being recruited by more than 70 football programs across the country and offered multiple scholarships to many larger schools, Rylan states "I chose Linfield because of their strong football family tradition, the way they challenge student/athletes and most importantly, their academics. Classroom sizes and staying in Oregon was important to me."

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Tribal 2016-2017 hunting and fishing tags distribution starts in August

The Natural Resources Committee has set the following schedule and methods for distribution of this year's hunting and fishing tags to Tribal members.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/27-9/25	8/8 at 8 a.m. at Natural Resources office	First-come, first-served*
	General Rifle	375	10/1-11/4**	8/22	First-come, first served
	Antlerless or Spike – Adult	8	10/22-11/4	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – open to Elders only
	Antlerless or Spike – Youth	5	10/1-11/6	Lottery applications available 8/8; due 9/2; drawing 9/12; tags issued 9/13	Lottery – open to youth age 12-17 only
	Late Archery	50***	11/19-12/11	First Distribution: 10/17 at 8 a.m. at NR office Second Distribution: 10/31 at 8 a.m. at NR office (see Note 2 below)	First-come, first-served*
Elk	Antlerless - Youth	2	8/1-12/31	Lottery applications available 6/6; due 7/8; drawing 7/11; tags issued 7/12	Lottery – open to youth age 12-17 only
	Early Archery	25	8/27-9/25	8/8 at 8 a.m. at Natural Resources office	First-come, first-served*
	1 <sup>st</sup> Season Rifle	25	11/12-11/15	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/19-11/25		
	Antlerless	9	Various seasons	Lottery applications available 9/6; due 9/23; drawing 10/3; tags issued one month prior to season opening	Lottery
	Late Archery Antlerless	56	11/26-12/11	First Distribution: 10/17 at 8 a.m. at NR office Second Distribution: 10/31 at 8 a.m. at NR office (see Note 2 below)	First-come, first-served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/22	First-come first-served

\* No early calls to "save" a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

\*\* Season for youth ages 12-17 is 10/1 – 11/6 (two days extra at end of season)

\*\*\* Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member can obtain only ONE elk tag in his/her name during the 2016-2017 hunting season (bow, bull and cow tags all count toward the one tag), except as noted below.

NOTE 2: First Distribution: For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags)  
Second Distribution: For any eligible hunter, regardless of what other tags he/she has received



### Holmes makes Honor Roll

With love from Mom, Robert, and brothers and sisters

Congrats to Loren Holmes for making Honor Roll. Loren is in the third grade at Siletz Valley School.

We are proud of you, son. Keep up the good work!

## USDA distribution dates for June

### Siletz

Wednesday	June 1	9 a.m. – 3 p.m.
Thursday	June 2	9 a.m. - 3 p.m.
Friday	June 3	9 a.m. - 3 p.m.
Monday	June 13	9 a.m. – 3 p.m.
Tuesday	June 14	9 a.m. – 3 p.m.

### Salem

Monday	June 20	1:30 – 6:30 p.m.
Tuesday	June 21	9 a.m. – 6:30 p.m.
Wednesday	June 22	9 a.m. – 6:30 p.m.
Thursday	June 23	9 – 11 a.m.

June is the month that we attend our national conference, this year Traverse City, Mich., during the second week of June. Please note the distribution dates as posted and look at your appointment slip because it is really difficult to reschedule you at this time of year.

Be sure to Like us on Facebook at Siletz Tribal FDP/IR. I'm posting recipes, distribution dates, pictures and food safety tips.



Joyce Retherford, FDP Director  
541-444-8393

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

## Toledo student admitted to Brown University

From the Lincoln County School District website ([lincoln.k12.or.us](http://lincoln.k12.or.us)); posted April 28, 2016

Toledo Jr./Sr. High student Savanna Rilatos has been admitted to Brown University in Providence, R.I.

Brown is the seventh-oldest institution of higher education in the United States and one of the nine Colonial Colleges established before the American Revolution.

"Savanna has worked incredibly hard for this honor," commented Toledo Jr./Sr. High Principal Clint Raever. "She currently serves as our ASB president and editor-in-chief of the school newspaper. Her grades are great and she is heavily involved in community service. I am not surprised by her admittance to this school as she has persevered and strived for the best over her years here at our school."

Admission to Brown is very competitive, with an acceptance rate of 8.5 percent. It is a private, Ivy League research university founded in 1764.

At its foundation, Brown was the first college in the United States to accept students regardless of their religious affiliation.

"Congratulations to Savanna. We are all extremely proud and excited about what the future holds for her," said Superintendent Steve Boynton.

*Editor's Note: Savanna Rilatos also has received a Gates Millennium Scholarship. The Gates Millennium Scholars (GMS) program is funded by a grant from the Bill & Melinda Gates Foundation.*

*The goal of the GMS program is to promote academic excellence and to*



Courtesy photo from LCSD

Savanna Rilatos

*provide an opportunity for outstanding minority students with significant financial need to reach their highest potential.*

## Nutritional highlights from year for Head Start families

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition, 2016

*At the end of the school year, I offer a recap of key nutrition points. While these points are directed to Siletz Tribal Head Start families, the message is broad and wide-reaching.*

### Traditional foods and nutritional equivalents

In today's busy world, nutritious foods need to be easy to prepare and traditional foods can sometimes be substituted with nutritional equivalents. I invite families to move toward culturally optimal nutrition.

Traditional foods have many advantages, yet in many ways are a challenge due to limited access to land, potential contamination and limited time (especially for busy Head Start families).

In summary, traditional foods do not include wheat, milk or sugar (also known as white flour, soft drinks, milk and milk products). Traditional foods are variable depending on climate and location, but generally favor nutrient-dense foods that are low in starch and sugar.

It appears to me that the loss of traditional practices has contributed to growing health problems. I believe that an important way to prevent and treat diabetes and other chronic disease is to transition back toward this traditional diet or to a holistic approach with nutritionally equivalent foods.

The Salish Food Mound, as described by Drs. Leslie Korn and Rudolph Ryser, is composed of 33 percent leafy greens, berries and fruits; 45 percent meat, fish and fowl; 20 percent fats and fish oils; and 2 percent roots and sweets.

It turns out that the composition of the Salish Food Mound is similar to the popular Paleo diet (short for Paleolithic). It isn't only American Indian people who benefit from this approach.

For more information, check out the book *Preventing & Treating Diabetes Naturally The Native Way* by Leslie E. Korn, Ph. D., MPH and Rudolph C. Ryser, Ph.D., 2009, DayKeeper Press, Olympia, Wash.

### Nutrients needed for your child's healthy eating

1. **Protein:** It is a good idea to include a protein source with each meal and snack (which can be thought of as a mini-meal). Protein is needed for children to grow and repair.
2. **Fats:** Healthy fats and essential fatty acids are critical to health. Essential fatty acids include the omega-3s found in fish oil. A simplified way to look at which fats are healthy is to look toward nature. Oils that are found in naturally fatty foods or are easily extracted are likely to be healthy when fresh. Examples include fatty fish, nuts and avocado.
3. **Carbohydrates:** It isn't always clear how much carbohydrate we need. Children may actually need more carbohydrates than adults. Most of today's children, however, get too much sugar. Sugar and high fructose corn sweeteners are among the biggest problems. Not only do sugars provide empty calories (meaning calories without other nutrients like vitamins and minerals), they also set the stage for unhealthy cravings and can lead to excessive weight gain, tooth decay and other chronic disease.
4. **Vitamins and minerals:** To make sure your children get enough vitamins and minerals, include fruits and vegetables. Vegetables are nutrient-dense because they generally are high in vitamins and minerals and low in calories. It is difficult to eat too many vegetables! Meats, fish, poultry, nuts, beans and eggs also are rich in vitamins and minerals as well as proteins and fat.
5. **Water:** If parents consistently offer water every day, children usually will get used to it and may even grow to prefer it to other drinks. People who drink sugary drinks instead of water consume a lot of sugar and many extra calories. This alone can lead to significant weight gain. Water is the best drink for the body. It contains no sugar, artificial sweeteners or colors, or calories. Children who drink water have a definite health benefit over those who do not. Water affects every organ in the body and plays a significant role in life and maintaining good health.

### Empowering children with healthy habits and choices

In supporting your children to learn healthy eating habits for a lifetime, it is important to honor the child's responsibility to decide how much and whether to eat what you serve. For this to be successful, parents also need to follow their foundational responsibilities of what, when and where.

Children need to feel secure with a certain amount of routine around when and where meals and snacks are offered. Children make the best choices when presented with only healthy selections (meaning each choice is a good selection).

Young children feel empowered and learn from making choices. Parents help them succeed by not offering choices that are inappropriate. Also avoid yes or no questions. For example, rather than "Do you want vegetables?" ask "Do you want carrots or peas with dinner?"

This approach is known as The Division of Responsibility and is described further in the book *Child of Mine – Feeding with Love and Good Sense* by Ellyn Satter. She also wrote a book called *How to Get Your Kid to Eat ... But Not Too Much*.

### Magic happens in the kitchen

Remember to include your children in nourishing cooking projects. Remember to have the dinner table be a place of love, support and sharing. Remember to share love and positive messages with your children.

In the kitchen, children are empowered to learn to cook, to help, to connect with family, to recognize when they are hungry and when they are full, to share what happened each day and more. The kitchen is a place where children are nourished not only by nutrients and flavors, but also by affirmations that help them know just how special they really are.

This nurturing work is ongoing. From my perspective, much of that nurturing and nourishing magic happens in the kitchen. Keep your kitchen a place of love and magic.

*Siletz Tribal Head Start is an important and influential program. I am pleased to have assisted in supporting family nutrition education.*

**Tribal RV parks have space available for you**

Logan Road RV Park, Lincoln City, Ore. – loganroadrvpark.com or 877-LOGANRV

Hee Hee Illahee RV Resort, Salem, Ore. – heeheeillahee.com or 877-564-7295

## Missing Moccasins

Adams, Aaron Scott  
Adams, Jeffery Jiles  
Alba, Selena  
Anderson, Antony Lee  
Anderson, Diane Gem  
Arden, Kristi Nicole  
Arellano, Gracie Ana  
Arrington, Cynthia Jean  
Austin, Merrill T.  
Bally, Wednesday  
Barker, Andrea Marie  
Bayya, Manuel Joseph  
Bayya, Richard S.  
Bayya, Sky Blue  
Beals, Kyle Carl  
Belgard, Ronald V.  
Belgard II, Bennie Raymond  
Belgarde, Brian Gerald  
Belgarde, Michelle Tyees  
Billie, Jesse Jerome Cole  
Blacketer, Jesse Lee  
Boerner, Sarah Marie  
Bond, Devlin Ray  
Brokaw, Lynette Rae  
Brown, Matthew Jeffery  
Brown, Sheri Marie  
Butler, Barry Curtis  
Butler, Breena Mia  
Butler, Che' Freedom  
Butler, Clayton Lee  
Butler, Karlee Jane  
Caba, Carlee Brianna  
Cantrell, Jesse Ray  
Carmichael, Scott Richard  
Chase, Kayla Marie  
Clow, Kevin Sakima  
Cochran, Maria Rose  
Cochran, Rose Marie  
Cole, Corey Alan  
Cole, Monica Rae  
Cole, Wesley Derrick  
Collins, Beverly Ann  
Conklin, Ryan Russell  
Conklin, Tegan Marie Montagne  
Cook, Josiah Russell  
Cook, Sarah Jean  
Cortez Jr, Ruben Edward  
Cronin, Candice Diane  
Cronin, Lacey Beth  
Cultee, Edith Marie  
Daugherty, Tirzah Angel  
Davies, Nancy Leigh  
Davis, Joseph Lanny  
DeBusk, Jeffrey Ivan  
Diaz, Ismael  
Downey, Adam Patrick  
Downey, Justina Marie  
Drake, Misty Dawn  
Elliott, Christopher Dale  
Erkkila, Lacy May  
Fisher, Paul A.  
Flores, Athena Renee  
Freniere, Cassandra Jill  
Fuhrer, Jedediah Joseph  
Garcia Jr, Bernardino Jose  
Ghan, Shawn Anthony  
Gilbert, Dannon Aaron Scott

# Mailing address updates needed for per capita checks

The last day to get your mailing address updated in time for your per capita check to be mailed to a new address is **Friday, July 15, 2016**, by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it.

Please see the information below about address changes and Missing Moccasins. For the full policy on regarding per capita checks, please see the Tribal Member Distribution Ordinance on the Tribal website – ctsi.nsn.us – under Government Listings > Tribal Ordinances.

### Important dates for enrollment actions

5/26/2016 – 6/16/2016: Public posting period for Post #293

6/10/2016: Last day to file a protest for Post #293

6/17/2016: Tribal Council action on Post #293

7/15/2016: Third quarter deadline for Enrollment Application/Requests

### Tribal ID machine out on the road

Enrollment staff will be at the area offices with the ID machine in June. This means ID cards will not be available in the Siletz administration building on the dates below.

The format changed April 1 of this year, so come into an area office at the event below get an updated Tribal ID card the same day. Please check your local

newsletters or contact the area office to confirm the location and times as the information may change after this is published in *Siletz News*.

- June Diabetic Luncheon: Portland Area Office – date has yet to be determined, the Tribal ID machine will be there at 11 a.m.
- June 23: Salem Area Office “Summer Daze” event starts at 3 p.m. at the Salem Head Start classroom
- June 28: Eugene Area Office “BBQ & Bicycle Rodeo,” ID machine will be there at 1 p.m.

### Address changes

If you have recently moved, even if you have a forwarding address on file with the post office, please get your Address & Contact Information Update form in as soon as possible. You can get the form on the Tribal website, from any area office or contact the Enrollment Department to have one mailed to you.

As a note, “General Delivery” will no longer be acceptable as a mailing address as it is only temporary and the post office will only hold the mail for a limited time for delivery.

We have had a large amount of “General Delivery” mail returned and this is not effective in getting mail to Tribal members when we need to. It is much better to rent a post office box if you are not able to use a permanent address somewhere else.

If this is a concern for you or someone on the Missing Moccasin list, call 800-922-1399, ext. 1258, or 541-444-8258 and we will work with them to figure out a permanent address solution.

### Missing Moccasins do not receive their per capita checks on time!

If someone does not have a good address on file with Enrollment, that person is considered a “Missing Moccasin.” Please check the list below for anyone you might know.

Missing Moccasins do not receive this newspaper, election mail, per capita checks, 1099 forms and other important mail from the Tribe.

Are you a parent of a minor Tribal member who did not recently receive a statement of their minors’ trust account? It could be that your CHILD is a Missing Moccasin. Help us find the Missing Moccasins!

**As of May 9, 2016, there are 190 adults and 120 children without a good address on file.** Only names of Missing Moccasin adults are listed below.

Contact via email at [angelar@ctsi.nsn.us](mailto:angelar@ctsi.nsn.us) or via phone at 800-922-1399, ext. 1258, or 541-444-8258 if you have an address for someone listed below. If you happen to see them, talk to them or have them as your friend on social media, PLEASE let them know they need to get their address updated as soon as possible.

Gilbert, Willie Jay  
Gomez Jr., Roberto Mendoza  
Gongloff, Tyler Matthew  
Goodell, Chad Edward  
Green, Cynthia Rene  
Gutierrez, Precious Pearle Lillian  
Hagedorn, Cody Michael  
Hammer, Kendall Margaret  
Harrison, Robert Nelson  
Hatfield, Oscar W.  
Hickel, Tamatha Lee  
Hoiness, Sean Russell  
Holmes, Shatara Rosemarie  
Howard, Monica Ray  
Hull, Marcella C.  
Jackson, Monique Fayette  
Jarvis, Trista Marie  
Jobin, Arthur Alexander  
John, Aldo Ray  
Johns, Keaston Eve  
Johnson, Danielle Jean  
Johnson, Felicia Ann  
Johnson, Richene Jo  
Keene, Lacey Ann  
Kentta, Catlin Jared  
Kiely, Gail L.  
King, Bryan David  
Klamath, Barbara Jean  
LaChance Sr., Kevin Rock  
Landeros, Dominic Louis  
Lane, Dennis  
Lane, Devon Bruce  
Lee, Paul Ward  
Lee Jr., Kirk John  
Leppert, Eric James  
Logan, Kenneth Wayne  
Logsdon, Robert Vernon  
Long, Chadwick Tyler  
Lund, Chad Oliver  
Lundy, Cora Eileen  
Mann, Haley Madison

Martin, Talyssa Sheri  
Martin-Nelson, Dustin James  
Marzan, Ashley Pearl  
Mason, Travis Isaiah  
McCleery, Scott Edward  
McGuire, Molly DeeAnn  
Mendoza, Carolina Cristina  
Michael, Gabriel Andrea  
Miholer, Melinda Ann  
Miles, Darby Brenden  
Miles II, Charles Loren  
Miller, Rachael Cassandra  
Millman, Steven Christopher  
Moody, Michael Lee  
Moralez, Natosha Ann  
Morrison, Stephen Andrew  
Mortenson, Mortie Donald  
Moses, Codi Travis  
Napoleon, Lewis Dakota  
Navarro, Jacquelin Marie  
Navarro, Joshua Paul  
Nelson, Charlotte Anne  
Nelson, Jazmine Marie  
Olson, Justin Richard  
Pearson, Daniel Arthur  
Pearson, Ivory Orea  
Pearson, Laiken LeeAnn  
Peddycoart, Robert Edwin  
Phillips, Gregory Shawn  
Phillips, Tyrell Levi  
Porter, Connie Katherine  
Porter, Monty Edwin  
Porter, Zachary Jay  
Prather, Bradford Robert  
Pullam, John Merrick  
Quitevis, Davina Monique  
Ramos, Maria Louisa  
Ramsey, Jess William  
Ray, Ada Nancy Lee  
Reed, Sean Thomas  
Richardson, Charles Eugene

Richardson, Robert Carl  
Rilatos, Rollie Ray  
Roberts Jr., William Ray  
Russell, Tye Nathan  
Sanders, Malissa Dianne  
Sanders, Rebecca Jean  
Schneider, Washakie William Hawk  
Schwalbe, Donna Jean  
Service, Diane Lee  
Severson, Cole Martin  
Shamsud-Din, Ameer  
Shamsud-Din, Jerome Ameer  
Simmons, Ulysses  
Snyder, Jacob Dean  
Snyder, Karen Genevieve  
Starling, Tonya  
Switter, Dennis Clyde  
Sullivan, Mindy Rose  
Tallaksen, Andrea Lynn  
Torrez, Jason Scott  
Treasure, Amy Nicole  
Van Quaethem, Brian James  
Walton, Darcy Kim  
Warner, Danielle Larisa  
Warren, Naida Janene  
Washington, Nathan Lee  
Washington, Rachel Lynn  
Washington, Selina Rose  
Weder, Marie JoAn  
Wertin, Peter Michael  
West, Brenda Kay  
White Eagle, Koda Lawrence Hudson  
Williams, Nakoia Anne  
Williams, Sheena Lyn  
Williams, Todd Wesley  
Wilson, Jeanette Avonne  
Woods, Wyatt Carl  
Yarbour, Amberly Diane  
Young, Brandie Desirae  
Zosel, Ashlee Ann  
Zoske, Frederick William

# Healthy Traditions

## Mussel

### Gathering Trip

Saturday, June 25th

Departing from Siletz Admin at 8am

Mussels are a staple food of our ancestors. Join us to learn to safely and responsibly harvest this traditional food.

Contact Healthy Traditions to sign up:  
541-444-9627 or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)

\*\*Obtain your free Tribal shellfish permit prior to harvesting



### *Siletz* Strawberry Freezer Jam Class

June 21st

5 - 7pm

To sign-up, please call:  
Kathy Kentta-Robinson at  
541-444-9627

### *Tribal Land Enhancement Activities*

*The Natural Resources, Culture department and Healthy Traditions program are working together to establish local gathering sites for harvesting important traditional foods in the future. We will be transplanting camas, cutting trails to huckleberry patches and transplanting some basketry materials as we head into fall.*

*Some of this work will utilize summer youth and introduce them to plants that are good to harvest to eat.*



Updates!

### Siletz Tribal Community Garden

We are under construction.

We are hiring a contractor soon to help make the garden easier to maintain and access. There will be handicapped accessible areas and new raised beds that provide a seat to comfortably and safely reach across your garden space.

#### Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal Members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.



# Over-Income Grant Program ready for applications for repair/renovation

The Over-Income Rehabilitation Construction program funds over-income families with a \$5,000 grant for construction rehabilitation on the primary residence they own.

The over-income grant is for eligible applicants and is limited to one grant per person/address/household. If you have received services for the following programs, you are not eligible for five years – Down Payment Assistance; the NAHASDA Rehabilitation Program, Elders Replacement Program, Rehabilitation Program for Elder Tribal Members or Rehabilitation Program for Disabled Tribal Members; Homeownership Program/Mutual Help; and BIA Self-Governance.

Rehabilitation refers to repairs or renovations to the home, but does not include appliances, saunas, hot tubs, swimming pools, driveways, fences, etc.

Over-income refers to Tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self-Determination Act (NAHASDA). These are listed below.

1	2	3	Base4	5	6	7	8
\$36,792	42,048	47,304	52,560	56,765	60,970	65,174	69,379

Applications, including proof of current annual income, enrollment and proof of homeownership with the Tribal member's name on it, must be submitted to the Housing office by 4:30 p.m. on July 29, 2016. Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department.

Qualified applicants will be placed in the lottery drawing that will be held during August on a date approved by the Tribal Council.

If you would like an application or have any questions, call Jeanette Aradoz at 800-922-1399, ext. 1316, or 541-444-8316.



## Tipi Drawing

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Roll #: \_\_\_\_\_

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug 12-14, 2016. One entry per household. Must be a Siletz Tribal member to enter. Deadline for entries is June 17, 2016. Name will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549.

Note: You do not win the tipi. The drawing is only for a stay in the tipi over pow-wow weekend.

## CEDARR Community Dinner

June 15, 2016

6 p.m. • Siletz Tribal Community Center

Please come check it out – we need you!

## 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.

June 1 • 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](http://aa-oregon.org)



## Siletz Tribal Youth Council Meeting

Date: Tuesday, July 12, 2016

Time: After Culture Camp

Location: Siletz

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, 541-484-4234

Siletz: Sharla Robinson, 541-270-3212

### 2016 Siletz Tribal Youth Council Calendar

Meeting Date	Location	Activity Description
TBA August	TBA	Possible Service Learning Project
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.



# Chronic Obstructive Pulmonary Disease (COPD)

From the Centers for Disease Control and Prevention

## What Is COPD?

Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema, chronic bronchitis and in some cases, asthma.<sup>1</sup>

With COPD, less air flows through the airways – the tubes that carry air in and out of your lungs – because of one or more of the following:<sup>2,3</sup>

- The airways and tiny air sacs in the lungs lose their ability to stretch and shrink back.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed (irritated and swollen).
- The airways make more mucus than usual, which can clog them and block air flow.

In the early stages of COPD, there may be no symptoms or you may only have mild symptoms, such as:<sup>4</sup>

- A nagging cough (often called “smoker’s cough”)
- Shortness of breath, especially with physical activity
- Wheezing (a whistling sound when you breathe)
- Tightness in the chest

As the disease gets worse, symptoms may include:<sup>4</sup>

- Having trouble catching your breath or talking
- Blue or gray lips and/or fingernails (a sign of low oxygen levels in your blood)
- Trouble with mental alertness
- A very fast heartbeat
- Swelling in the feet and ankles
- Weight loss

How severe your COPD symptoms are depends on how damaged your lungs are. If you keep smoking, the damage will get worse faster than if you stop smoking.<sup>4</sup> Among 15 million U.S. adults with COPD, 39 percent continue to smoke.<sup>5</sup>

## How Is Smoking Related to COPD?

COPD is usually caused by smoking.<sup>3</sup> Smoking accounts for as many as 8 out of 10 COPD-related deaths.<sup>6</sup> However, as many as 1 out of 4 Americans with COPD never smoked cigarettes.<sup>5</sup>

Smoking during childhood and teenage years can slow how lungs grow and develop. This can increase the risk of developing COPD in adulthood.<sup>7</sup>

## How Can COPD Be Prevented?

The best way to prevent COPD is to never start smoking, and if you smoke, quit.<sup>8</sup> Talk with your doctor about programs and products that can help you quit.

Also, stay away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars or pipes.<sup>6,9,10</sup> Secondhand smoke also is smoke that has been exhaled, or breathed out, by a person smoking.<sup>9,10</sup>

## How Is COPD Treated?

Treatment of COPD requires a careful and thorough exam by a doctor.<sup>1</sup> Quitting smoking is the most important first step you can take to treat COPD. Avoiding secondhand smoke is also critical. Other lifestyle changes and treatments include one or more of the following:

- For people with COPD who have trouble eating because of shortness of breath or being tired:<sup>11</sup>
  - Following a special meal plan with smaller, more frequent meals
  - Resting before eating
  - Taking vitamins and nutritional supplements
- A broad program that helps improve the well-being of people who have chronic (ongoing) breathing problems and includes the following:<sup>12</sup>
  - Exercise training
  - Nutritional counseling
  - Education on your lung disease or condition and how to manage it
  - Energy-conserving techniques
  - Breathing strategies
  - Psychological counseling and/or group support
- Medicines such as:
  - A bronchodilator to relax the muscles around the airways. This helps open airways and makes breathing easier. Most bronchodilators are taken with a device called an inhaler.<sup>11</sup>
  - A steroid drug you inhale to reduce swelling in the airways.<sup>11</sup>
  - Antibiotics to treat respiratory infections, if appropriate<sup>1</sup>
  - A vaccination during flu season<sup>1</sup>
- Oxygen therapy, which can help people who have severe COPD and low levels of oxygen in their blood to breathe better<sup>11</sup>
- Surgery for people who have severe symptoms that have not improved with other treatments<sup>11</sup>
  - Lung volume reduction surgery (LVRS): Surgery to remove diseased parts of the lung so healthier lung tissue can work better. LVRS is not a cure for COPD.
  - A lung transplant: Surgery in which one or two healthy lungs from a donor are put in the patient’s body to replace diseased lungs. A lung transplant is a last resort.

Even though there is no cure for COPD, these lifestyle changes and treatments can help you breathe easier, stay more active and slow the progress of the disease.<sup>11</sup>

## Additional Resources

The following resources provide information and support to people with COPD and their caregivers:

- To learn more about COPD, visit the National Heart, Lung and Blood Institute’s COPD Learn More Breathe Better webpage ([nhlbi.nih.gov/health/educational/copd/](http://nhlbi.nih.gov/health/educational/copd/)).
- To find peer support, an online community and events in your area, visit the COPD Foundation website and 360Social ([copdfoundation.org](http://copdfoundation.org)).
- To join a network of patients affected by COPD, visit the COPD Patient-Powered Research Network ([copdfoundation.org/Research/COPD-Patient-Powered-Research-Network/COPD-PPRN-Why-you-should-enroll.aspx](http://copdfoundation.org/Research/COPD-Patient-Powered-Research-Network/COPD-PPRN-Why-you-should-enroll.aspx)), which is a lung health research registry.
- To learn more about lung health and diseases, visit the American Lung Association’s COPD webpage ([lung.org/lung-health-and-diseases/lung-disease-lookup/copd/](http://lung.org/lung-health-and-diseases/lung-disease-lookup/copd/)).
- To find peer support and resources for patients and caregivers, contact the COPD Information Line at 866-316-2673.

## References

1. Centers for Disease Control and Prevention. *What Is COPD?* [last updated 2015 Mar 12; accessed 2015 Nov 11].
2. National Heart, Lung, and Blood Institute. *How Does COPD Affect Breathing?* [accessed 2015 Nov 11].
3. National Heart, Lung, and Blood Institute. *What Is COPD?* [last updated 2013 July 31; accessed 2015 Nov 11].
4. National Heart, Lung, and Blood Institute. *What Are the Signs and Symptoms of COPD?* [last updated 2013 July 31; accessed 2015 Nov 11].
5. Centers for Disease Control and Prevention. *Chronic Obstructive Pulmonary Disease Among Adults—United States, 2011.* Morbidity and Mortality Weekly Report 2012;61(46):938–43 [accessed 2015 Nov 11].
6. U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General.* Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2015 Nov 11].
7. U.S. Department of Health and Human Services. *A Report of the Surgeon General. Preventing Tobacco Use Among Youth and Young Adults: We CAN Make the Next Generation Tobacco-Free.* Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health [accessed 2015 Nov 11].
8. National Heart, Lung, and Blood Institute. *How Can COPD Be Prevented?* [last updated 2013 July 31; accessed 2015 Nov 11].
9. Institute of Medicine. *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence.* Washington: National Academy of Sciences, Institute of Medicine, 2009 [accessed 2015 Nov 11].
10. National Toxicology Program. *Report on Carcinogens, 13<sup>th</sup> Edition.* Research Triangle Park (NC): U.S. Department of Health and Human Services, Public Health Service, 2014 [accessed 2015 Nov 11].
11. National Heart, Lung, and Blood Institute. *How Is COPD Treated?* [last updated 2013 July 31; accessed 2015 Nov 11].
12. National Heart, Lung, and Blood Institute. *What Is Pulmonary Rehabilitation?* [last updated 2010 Aug 1; accessed 2015 Nov 11].

Confederated Tribes of Siletz Indians  
Tribal Maternal, Infant & Early Childhood Home Visiting Program  
Naytlh - 'a "We Carry the Children"

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**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.”*  
– Britnee, 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.

# Super senior Fisher putts out on Taft career

By Jim Fossum, SportsLincolnCounty.com; posted May 17, 2016

*“Tyler has been one of the foundation components to our State runs over the past three seasons. It has been my privilege to watch him grow into a fine young man.”*  
– Taft High boys golf coach Mark Swift

## State golf’s final round awaits departing star athlete

Many athletes play golf long after their glory days in organized sports are over. With a background in the game and a tee time Tuesday as the Tigers’ top player for the State boys golf championships, senior Tyler Fisher knows that day will come ...

Today, even.

Whatever his score when the Taft boys golf team takes on Emerald Valley Golf Club, the versatile 18-year-old star athlete will participate in his final competition as a Tiger after four years of prominence in football, basketball and golf. Fisher will compete from the No. 1 position when the Tigers conclude play in the Class 3A/2A/1A Boys Golf State Championships in Creswell.

“He has provided leadership, friendship and has proven to be a great competitor, but also well-liked and respected by his peers and opponents,” longtime Taft coach Mark Swift said of his four-year starter and leading player again this season.

Fisher, no doubt, will play golf often again – recreationally, at least – but he’ll likely never again don a helmet and pads.

“Football’s the best because I enjoy team sports and I played it for eight years with the same group of guys who have turned into brothers,” the second-team all-West Valley League defensive back and honorable mention wide receiver said.

Born Dec. 13, 1997, in Portland, Fisher grew up playing golf on his family’s own golf course in Southern Oregon.

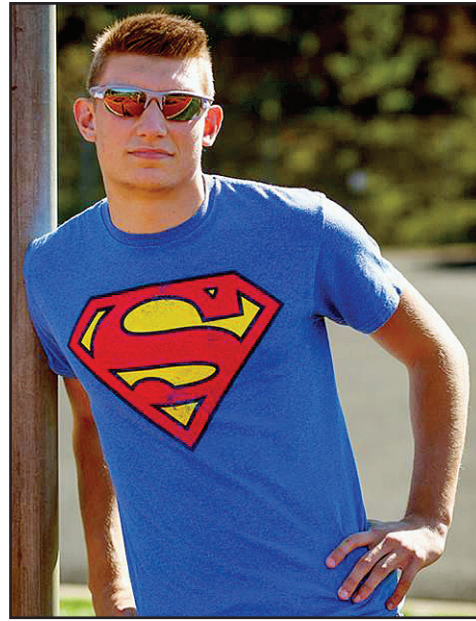
“As a youngster I enjoyed being outdoors,” he said. “I spent most summers at my grandparents’ golf course in Lakeview [near Medford]. Needless to say, I spent a lot of time playing golf as a kid.”

Fisher has two sisters – Jazmyn and Aliyah – has a brother, Tye, who played quarterback for the Tigers junior varsity last season. His parents are Monica Logan and Jamie Fisher.

“I would say I’m a really relaxed person with a good sense of humor,” he said. “I hope others think that I’m funny and the guy who’s always willing to help.”

Volunteering to assist in many capacities, Fisher has been a student athletic director this year for the Tigers, where he has served under AD Shelley Moore and fellow senior co-directors Kelsey Wilkinson and Trent Daniels.

“Tyler is a go-getter,” Moore said. “He has a charismatic personality, funny and a strong athlete. He is open to whatever task the student athletic directors are asked to do and often rises to the challenge.”



Courtesy photo

Graduating senior Tyler Fisher has been all over the playing fields at Taft for the past several years.

“He is a Tiger through and through, and does a good job of representing his school, family and team. He is respectful and kind, too.”

While Fisher favored football in his time at Taft as a member of a talented receiving corps, his impact on Swift’s golf program has been profound.

“Tyler has been one of the foundation components to our State runs over the past three seasons,” he said. “It has been my privilege to watch him grow into a fine young man.”

With that, Swift says he thinks Fisher could become much better.

“He takes his golf game seriously and can take his game to even higher levels with some additional time and practice,” he said. “But while being a three-sport athlete for the Tigers and a successful student, I understand the constraints on his time. It is nice to know that Tyler will be a success in whatever endeavors he undertakes in the future.”

That future will include dual attendance at Central Oregon Community College and Oregon State University Cascades in Bend. With an interest in economics, he plans to study business and sports medicine and become a stockbroker or physical therapist.

“I like to be informed about how our economy goes round and how businesses and different things play into that,” he said.

A hunting and fishing enthusiast, he said he plans to work as a valet attendant at Chinook Winds Casino Resort this summer and at the resort golf course at Salishan.

“And try to spend time with friends that I might lose contact with over college,” he said.

Thankful for his sports career, Fisher points to his grandfather, Frank Logan, as having had the greatest influence on his life.

“He has taught me many life lessons and is a great example of going from rags to riches,” he said.

Somehow, you get the feeling golf figured into that.

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## 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](http://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](http://us20pme.com)



Photo above by Reggie Butler Jr.  
Photo below by Sharla Robinson

Cam Bomberry (in purple), Iroquois Nationals lacrosse coach, teaches lacrosse skills to several Siletz and community youth at Siletz Valley School on April 30. He also shared about the place of lacrosse in Iroquois culture and his experiences as the Iroquois Nationals coach.





# Community Health Department

## Community Health

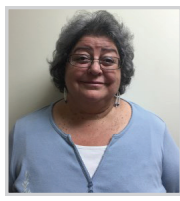
The Community Health Department aims to provide quality outreach health care services and health promotion/disease prevention services to American Indians within our community through the use of well-trained representatives. We provide confidential and compassionate health services. We are here to assist Siletz Tribal members in making healthier decisions to improve their quality of life. All services are free and available to enrolled Siletz Tribal Members and their legal dependents. Please call your area community health advocate with any questions



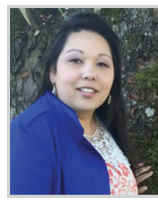
Ruby Moon is the new Community Health Director. She has a BS in Public Health/Human Development and a Master's Degree in Public Policy from Oregon State University. Ruby spent the last five years working for OSU doing public education, outreach and community engagement. She loves being a part of the Siletz Community and is excited about the possibilities for growth within the Community Health Department.



Adrienne has worked as a CHA for 11 years and believes she has the best job on the planet. She loves the wide variety of healthy activities that she is able to offer to her community, and especially enjoys helping with healthy cooking classes and diabetes prevention.



Verdene McGuire is the CHA at the Portland Area Office since 2009. BS in Sociology, Social Science and Women Studies from Portland State University 2001. She is a CNA, Certified Carseat Tech, Siletz Tribal Elder, and grandmother.



Cecilia Tolentino joined CTSI in 2000 as an Area Office Secretary. In the past Cecilia has been a certified nurse's assistant and has recently returned to school to pursue a health degree in order to become more competent in Health Education.



Cyndee Druba is the new CHA for the Siletz area. She has strong ties to the Siletz community and is very glad to be back living and working here. She is ready to learn and looking forward to help create a Community health Department to be proud of.

## Transportation

Siletz Community Health has two full-time transporters, which will allow us to expand transportation services.

- Our transporters are available to transport clients for medical, dental and limited RX needs as a last resort..
- Transportation services require at least 2 days notice, but schedule as soon as possible, because the service is first come- first serve.
- Call Cyndee Druba (Community Health Advocate) directly to schedule 541 444 9633 – you must leave a message with name and phone number for a call back to schedule their appointment.



Judy Johnson has been a transporter for five and a half years. She enjoys her work and has mad some wonderful friends in her time here.



Curtis Hockersmith is our new full time transporter. He enjoys his position driving for the Siletz Community. He also spends part of his time driving for the Elders Program and he has a CDL.

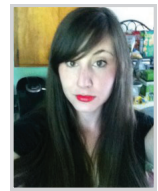
## CARE Program

The CARE Program provides advocacy and direct services to victims of domestic violence, sexual assault, dating violence and stalking. We also provide support groups and community education and awareness activities.

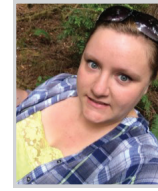
### Events:

**Presentation:**  
Human Trafficking  
June 3, 2:00PM  
Salem Area Office

**Broken & Beautiful**  
Offered twice, June 22 & 25  
9:00AM-12PM  
Tribal Community Center



Kimberly Lane is the CARE Program Advocate. A graduate of PSU's Child and Family Studies program, she travels our 11 county area providing direct services to survivors. She spends her self-care time with her fiancé, playing board games & reading.



Kira Woosley is the Outreach and Education Specialist for the CARE Program. She has a BS in Crime Prevention from Western Oregon University and has been with the CARE Program since February 2015.

## Diabetes Program & Healthy Traditions

The Diabetes Program promotes healthy eating, physical activity as well as overall community wellness. We operate the Tillicum Fitness Center in Siletz which everyone in the community is welcome to join. We also host a Diabetes Luncheon there on the last Thursday of each month which is open to the community. The Healthy Traditions Program is another important part of the Diabetes Program. Healthy Traditions activities reinforce our connection to the land, rivers and sea. Practicing Siletz traditional foods gathering is preserving the traditions. You can join our seasonal activities to improve your health and the health of our Tribal families. Activities such as: gathering, cooking, canning, smoking, gardening, fishing, more. If you live outside of Siletz, contact your Area Office about potential carpooling to the activity with staff.



Kathy Kentta-Robinson is the Project Coordinator for the CTSI Healthy Traditions program. She is a Siletz Tribal member and was raised in Siletz. She grew up harvesting clams, mussels, Dungeness crab, berry picking, and fishing the Siletz river.



Reggie Butler Jr is the Coordinator for the Tillicum Fitness Center. He wants everyone to know that exercise is a very important part of everyday life.

**Muscle Gathering**  
June 25  
Contact Kathy Kentta – Robinson for more info

**Events:** **Hands on Food**  
June 30, 11-3PM  
Breakfast Bowls  
Tillicum Fitness Center

**Diabetes Luncheon**  
June 26, 12-2pm  
Tillicum Fitness Center



Courtesy photo

Chewescla (William) DePoe, Siletz elder (#1975), dances again at the Gathering of Nations Pow-Wow on April 29 in Albuquerque, N.M.

## Apply now for Siletz Tribal Head Start

Siletz Tribal Head Start has completed the first round of selections for children to attend during the 2016-2017 school year. We will continue to make selections until our classrooms are full. We still have openings, but you should apply right away.

If you need an application, it can be downloaded from the Tribal website at [ctsi.nsn.us](http://ctsi.nsn.us), or call us at 800-922-1399 or 541-444-2532 and ask for Head Start so we can mail an application to you.

Remember – the Office of Head Start implemented new verification requirements. All Head Start programs now must verify the information on your application with you before we process the application for enrollment.

Once we receive your application, we will call you to quickly go over the information to verify it with you. If we are unable to reach you by phone, we will leave a message asking you to call us back. Please call us back as soon as possible so we can finish processing your child's application.

### !! MAIL ORDER SERVICE AVAILABLE !!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS LIVING WITHIN THE 11-COUNTY SERVICE AREA.

Please note that this service is not eligible for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy.

THANK YOU  
PHARMACY STAFF

Free child ID kits from the Oregon State Police  
503-934-0188 or 800-282-7155; [child.idkits@state.or.us](mailto:child.idkits@state.or.us)

## 2016 Standing Committee Vacancy

Education Committee – 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 to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380; fax: 541-444-8325.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

\_\_\_\_ 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.

## 477-Self Sufficiency Program Offers Summer Youth Employment Program

The 477-Self Sufficiency Program (SSP) has openings for our Summer Youth Employment Program (SYEP). This Program is separate from the Tribal Employment Program offered through the Education Department.

The Program mission is to give youth ages 14-24 the opportunity to gain employment or education skills in a field that interests them. Our current placements are 240 hours and pays minimum wage. The Program is only available to those youth that reside within the 11-county service area.

### Basic eligibility criteria includes:

- Youth must be between 14-24 at the time of application
- Native American verification (includes Native American, Native Alaskan and Native Hawaiian) and those enrolled in a federally recognized Indian Tribe. Participants can also be eligible with verification of descendency from a family member who is enrolled with a federally recognized Tribe.
- Latest school grade report (for youth who have not yet graduated). Participants will need to have cumulative Grade Point Average (G.P.A.) of 2.0. Participants below a 2.0 can participate in a classroom training program and receive a stipend while they attend summer school.
- Family income must fall below the approved income guidelines used by 477/SSP.

Slots are limited and are on a first come, first serve basis. If you are interested in applying for the Summer Youth Employment Program, please contact one of our Intake Specialists/Job Coaches located in each of the Tribal offices.

**Program will start accepting applications on  
May 1, 2016 until July 15, 2016.**

<b>TRIBAL COURT OF THE CONFEDERATED TRIBES OF SILETZ INDIANS OF OREGON</b>	<b>Notice of Pending Litigation</b>	<b>May 10, 2016</b>
Court Address P.O. Box 549 201 SE Swan Ave. Siletz, OR 97380-0549		Court telephone no. 800-922-1399 541-444-8228

### In the matter of: Siletz Tribal Per Capita Distribution

These matters came before the court on review and the court being fully informed finds as follows:

#### FINDING OF FACT

1. This court has jurisdiction to review this matter as the Respondents' are members of the Confederated Tribes of Siletz Indians (CTSI).
2. Petitioner filed a Notice to Offset/Attached Tribal Per Capita in the Siletz Tribal Court.

#### ORDER

The following Tribal members have a lien filed against their per capita and do not have a valid mailing address with the Enrollment Department and need to contact Tribal Court for their hearing date and time:

Gracie Arellano  
Ronald Belgard  
Lynette Brokaw  
Dent Butler  
Maria Cochran  
Joseph Davis  
Jedediah Fuhrer Jr.  
Cynthia (Yarbour) Green  
Monique Jackson  
Robert (Yarbour) Logsdon  
Stephen Morrison  
Robert Richardson  
Dennis Switter  
Nathan Washington (Mann)  
Todd (Ramsey) Williams

Manuel Bayya  
Michelle Belgarde  
Barry Butler  
Jesse Cantrell  
Corey Cole  
Lynita Flores-Keeley  
Chad Goodell  
Shatara Holmes  
Bryan King  
Darby Miles  
Jess Ramsey  
Ulysses Simmons  
Jason Torrez  
Nakoa Williams  
Brandie Young

If the above-mentioned people do not show for their hearing date, an Order of Default will be entered against them.

SO ORDERED this 10<sup>th</sup> day of May 2016

Calvin E. Gantenbein, Chief Judge  
Siletz Tribal Court



Photo by Diane Rodriguez

Recipients of grants distributed by the Siletz Tribal Charitable Contribution Fund on May 6

## Tribe gives back to the community as STCCF donates to 49 organizations

The Siletz Tribal Charitable Contribution Fund distributed \$172,332.37 to 49 organizations on May 6 as it continued its quarterly donations to nonprofit groups.

The Siletz Tribe has made contributions through employment, monetary donations and cooperative measures to the Siletz community, Lincoln County and the state of Oregon. The seven-member charitable fund advisory board has distributed nearly \$10 million since its inception in 2001.

Overall, the Tribe has honored its tradition of sharing within the community by distributing more than \$12.4 million through the charitable fund and other Tribal resources. Chinook Winds has donated more than \$2.8 million in cash and fund-raising items since it opened in 1995. The casino also provides in-kind donations of convention space for various fund-raisers as well as technical support, advertising and manpower for many events.

**The next deadline to submit applications is June 15, 2016.** Eligibility for money from the charitable fund is limited to two categories:

- Entities and activities located in the Siletz Tribe's 11-county service area (Lincoln, Tillamook, Linn, Lane, Benton, Polk, Yamhill, Marion, Multnomah, Washington and Clackamas counties)

- Native American entities and activities located anywhere in the U.S.

Applications and requirements can be obtained at [ctsi.nsn.us/charitable-contribution-fund](http://ctsi.nsn.us/charitable-contribution-fund); by calling 800-922-1399, ext. 1227, or 541-444-8227; or by mailing Siletz Tribal Charitable Contribution Fund, P.O. Box 549, Siletz, OR 97380-0549. Applications can be submitted via e-mail at [stccf@live.com](mailto:stccf@live.com).

### May 6, 2016 – Distribution of \$172,332.37

#### The Arts – \$10,500

- Artists' Studio Association – instructor/assistant fees and supplies for free summer Art Smart program for children age 7-13; Lincoln City, OR; \$800
- First Peoples Fund – sponsorship of Community Spirit Awards reception honoring Native artists; Rapid City, SD; \$2,000
- Polly Plumb Productions – materials for hanging quilts for juried art quilt show; Yachats, OR; \$700
- The Museum at Warm Springs – reception/programs for new exhibit, *Kindred Spirits: The Artistic Journey of Lillian Pitt*; Warm Springs, OR; \$4,000
- Willamette Heritage Center – event/education supplies, support for volunteers, artifacts and period clothing for Sheep to Shawl Family Festival; Salem, OR; \$3,000

#### Cultural Activities – \$7,000

- Native American Longhouse Eena Haws – salmon for campus/community salmon bake; Corvallis, OR; \$1,000
- Northwest Native American Basketweavers Association – sponsorship of inter-generational basketweaving conference and related activities; Covington, WA; \$6,000

#### Education – \$20,691.67

- American Indian Science and Engineering Society – Power Up science fair and robotics training/materials for students/staff at Siletz Valley School; Albuquerque, NM; \$5,000
- McNary High School – wireless headset microphone system for fitness education program; Keizer, OR; \$800
- Native American Rights Fund – scholarships/stipends for Native law clerk program; Boulder, CO; \$9,600
- Nestucca Valley Early Learning Center – sponsorship of beach run fundraiser at Cape Kiwanda; Cloverdale, OR; \$1,000

- Newport Public Library – supplies for Trail Tales summer storybook walk; Newport, OR; \$125.67
- Oceanlake Elementary – guided reading book sets for K-2 reading program; Lincoln City, OR; \$3,300
- Siletz Valley Friends of the Library – deep cleaning of carpets/facility; Siletz, OR; \$866

#### Health – \$36,899

- Albany Gleaners – food; Albany, OR; \$2,000
- Alsea Valley Gleaners – member share contribution to Linn Benton Food Share; Alsea, OR; \$2,000
- Bright Horizons Therapeutic Riding Center – scholarship program; Siletz, OR; \$5,000
- Coastal Range Food Bank – food; Blodgett, OR; \$2,000
- East County Community Partnership – snacks, prescription copays, glasses, shoe vouchers, backpacks and clothing through school-based health center; Toledo, OR; \$3,000
- Linda L. Vladyka Breast Wellness Foundation – field rental/umpire fees for softball tournament and fundraiser; Salem, OR; \$4,330
- My Sisters' Place – replace refrigerators at shelter; Newport, OR; \$3,525
- North Santiam Gleaners – purchase food from Linn Benton Food Share; Scio, OR; \$4,000
- RSVP of Linn, Benton and Lincoln Counties – durable medical equipment for seniors/persons with disabilities who are uninsured/underinsured; Albany, OR; \$3,044
- Sharing Hands – food for PackSnack program in Central Linn School District; Brownsville, OR; \$2,000
- Spirit of the Valley United Methodist Church – dishwasher/dish table for community hall kitchen renovation; Shedd, OR; \$4,000

- St. Vincent de Paul-Lebanon – emergency food pantry program; Lebanon, OR; \$2,000

#### Historical Preservation – \$26,500

- Benton County Historical Society – chairs for classroom in Corvallis facility; Philomath, OR; \$1,500
- Siletz Tribal Arts and Heritage Foundation – construction of Siletz Tribal Cultural Center; Siletz, OR; \$25,000

#### Other – \$10,054.70

- City of Adair Village – new tables/playground mats at city park; Adair Village, OR; \$3,252.50
- Heroes on the Water – cargo trailer and logo graphic to store/haul fishing kayaks/gear for veterans recreational therapy program; Portland, OR; \$5,802.20
- Toledo Elks – charter fees for bottom fishing/crabbing trip for veterans; Toledo, OR; \$1,000

#### Prevention – \$41,662

- Altrusa International of Yaquina Bay – shoe vouchers, clothing and hygiene supplies for low-income children in Lincoln County schools; Newport, OR; \$4,000
- B'Nai B'rith Camp – scholarships for low-income day camp participants; Beaverton, OR; \$5,000
- CASA of Lincoln and Tillamook Counties – ID badges for CASA advocates; Newport, OR; \$1,080
- Harrisburg High School – alcohol/drug-free graduation celebration; Harrisburg, OR; \$500
- Jefferson Teen Connection – recreation activities, sports scholarships and employment skills training; Jefferson, OR; \$4,000
- McNary High School – alcohol/drug-free graduation celebration; Keizer, OR; \$500

- Olalla Center for Children and Families – OARN development model, training and program materials; Toledo, OR; \$5,000
- Polk County Fair – ID kits, bicycle helmets, car seats, life jackets and space rental for children's safety education booth at fair; Rickreall, OR; \$3,705
- Salvation Army of Marion and Polk Counties – backpacks/school supplies for Tools for Schools in Falls City School District; Salem, OR; \$3,677
- Siletz Valley Early College Academy – shoulder pads, game pants, blocking sled and coaching equipment for football team; Siletz, OR; \$5,000
- Tillamook High School – helmets/other gear for football team; Tillamook, OR; \$5,000
- West Salem High School – alcohol/drug-free graduation celebration; Salem, OR; \$500
- West Valley Housing Authority – food, backpacks and school supplies for Dallas Family Night Out; Dallas, OR; \$3,700

#### Public Safety – \$19,025

- A Social Ignition – books/supplies for inmates to learn/practice sustainable business principles; Portland, OR; \$3,500
- Alsea Emergency Preparedness Council – materials, supplies and mileage for volunteer training with Benton County EMS; Alsea, OR; \$875
- Clackamas County Sheriff's Office and Northwest SARCon – venue rental/materials for search and rescue training conference; Oregon City, OR; \$5,000
- Mt. Wave Emergency Communications – replace/upgrade computers in communications truck; Clackamas, OR; \$3,000
- Siletz Valley Fire District – dispatching voice pagers; Siletz, OR; \$6,650

# Internships

## Carnegie Science Center Internships

**Deadline: Aug. 12**

This program seeks highly motivated college students with a passion for learning. Each intern will be provided with the opportunity to be creative, apply classroom studies in a practical application, and develop personally and professionally. In return, Carnegie Science Center will receive valuable assistance that contributes significantly to the science center's goals.

Internships are available in several different departments within the science center.

## OMSI Internships

**Deadline: Multiple**

Not your grandma's internship, so forget making coffee and running errands. 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, giving you a sense of whether EPA might be the right place for you. 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.

# Visit gardens at Otter Rock, help Samaritan House Homeless Family Shelter

The 13<sup>th</sup> annual Secret Garden Tour sponsored by the Samaritan House Homeless Family Shelter in Newport, Ore., is set for June 26 from 12-5 p.m.

Tickets are only \$25 and include visits to the gardens, light snacks and wine as well as musical entertainment. Participants are encouraged to bring their own water.

Shuttles will be provided to access some of the gardens.

This year the gardens are in the unique coastal community of Otter Rock, just north of Newport. The gardens have many special features, including ocean views, natural grasses, garden art, rock walls and a piece of a McCullough bridge.

The garden tour provides an opportunity to see lovely gardens that normally are enjoyed only by the owners and their families and friends. It is a wonderful way

to see the many flowers, grasses and plants that can be grown at the coast, as well as how to use the natural beauty of the area to enhance your own garden and yard.

The money raised from this event benefits the Samaritan House Homeless Family Shelter, the only family shelter on the Oregon coast between Coos Bay and Tillamook. Its mission is to shelter, educate and guide homeless families with

children toward independent living.

Tickets are available at JC Thriftway Market in Newport, Toledo Feed and Seed, Bear Valley Nursery and Landscaping in Lincoln City, and at the Samaritan House office - 715 NW Bay St. in Newport. Tickets also are available online at brownpapertickets.com.

More information is available at samfamshelter.org or 541-574-8898.

**An Evening with Wisdom**  
**Fifth Annual Event**

Presented by Providence Health & Services

Friday Evening  
**JUNE 10<sup>TH</sup>**  
5PM-9PM  
Melody Ballroom

**\$50 PER PERSON**  
Dinner  
OR  
**\$100 PER PERSON**  
Golden Hour

**Featured Artist & Keynote Speaker**  
*Roger Fernandes*

Roger Fernandes is a member of Lower Elwha Band of the S'Klallam Indians from the Port Angeles area of the state of Washington. Roger is a teller of Native American stories from this region and his own tribe as well as the tribes of the Puget Sound area.  
MORE: [www.wisdomoftheelders.org/turtle-island-storyteller-roger-fernandes](http://www.wisdomoftheelders.org/turtle-island-storyteller-roger-fernandes)

*A Big Thanks to our Sponsors*

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**Bureau of Planning and Sustainability**  
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**AARP**  
Real Possibilities

**The Standard**

**Tickets Available**  
<http://m.bpt.me/event/2541825>

For more information: Wisdom of the Elders [www.wisdomoftheelders.org](http://www.wisdomoftheelders.org) 503-775-4014

**NATIVE WELLNESS**  
*Institute*

**Veterans Summit IV**  
July 8 - 9, 2016  
Uyxat Powwow Grounds  
Grand Ronde, Oregon  
**FREE EVENT!**

The Native Wellness Institute is pleased to present the fourth annual Veterans Summit: Gathering of Warriors IV, July 8 - 9, 2016, in Grand Ronde, Oregon hosted by the Confederated Tribes of Grand Ronde. Our men and women who serve in the military and their families sacrifice much to be of service to our country and all of us. This gathering is in your honor to help you on your healing journey. We want to honor you, care for you, lift you up and be of service to you and your families so that you can live in balance and harmony. We look forward to your presence.

**Workshop Topics**  
PTSD, Mental Health, Suicide Prevention, Self Care, Transition from Soldier to Civilian, Vocational Rehabilitation and more!

**Activities**  
Talking Circles, Support Meetings, Veterans Benefits Coordination, Employment information, Health and Dental Care, Healing Village, Traditional Games, Cultural Activities and Ceremonies, Parade of Color Guards.

For more information and to register, visit our website  
**[www.NativeWellness.com](http://www.NativeWellness.com)**

# For college-bound Tribal seniors ...

June

- Tribal higher education and adult vocational training applications are due June 30!
- Attend graduation – congratulations!
- Arrange for your final grades to be sent to colleges and universities.
- Good luck!

## Other Opportunities

### THRIVE (Tribal Health – Reaching out Involves Everyone) Conference Deadline: June 17

This conference on June 27-July 1 at Portland State University is funded by the Indian Health Service (IHS) and Substance Abuse and Mental Health Services Administration (SAMHSA).

Its mission is to reduce suicide rates among American Indians and Alaska Natives living in the Pacific Northwest by increasing Tribal capacity to prevent suicide and by improving regional collaborations.

### We R Native Youth Ambassador Deadline: June 17

We R Native, a multimedia health resource for Native youth – by Native youth, is designed to empower Native teen and young adults to take an active role in their own health and well-being. The program is asking American Indian and Alaska Native youth age 15-24 to join their team and:

- Make a positive difference in their community
- Travel to other communities and represent We R Native
- Host community events
- Get paid for their time

Learn more about past We R Native ambassadors and apply online at [wernative.org/Ambassador.aspx](http://wernative.org/Ambassador.aspx).

### Tribal Climate Change Photo Contest Deadline: Aug. 26

Our photo contest asks you to take a picture of things you (or your Tribe or village) value and add a short caption describing how a changing climate might affect what's in the photograph. For example, if you take a picture of people working, how might climate change affect their jobs? Will farmers be able to plant earlier in the spring? Will the road crew need to use a different tar mix?

Visit [globalchange.gov/explore](http://globalchange.gov/explore) or <http://climate.gov/> for effects on your region of the country. Then write a caption.

Include your full name, grade and school after caption (either with the photo or in the email) and if you agree to the "terms and conditions." Submit the photo at [bia\\_climate\\_photo\\_contest@bia.gov](mailto:bia_climate_photo_contest@bia.gov) (questions too).

Categories include grades K-5, grades 6-8 and high school.

### Next Generation Climate Justice Action Camp

The Civil Liberties Defense Center will host the third annual action camp for youth age 14-18 to gain knowledge and skills to organize for climate justice. The

camp will include a youth-led public event focused on a climate justice campaign.

The camp runs from 2 p.m. on July 12 to 10 a.m. on July 19. The camp is located at Apserkaha Park at Howard Prairie Lake, 40 minutes east of Ashland.

The registration fee is \$150, but no one will be turned away if they can't afford the fee. We have full and partial scholarships and try to provide transportation to those who needs it.

### 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.

## American Indian areas, including Colville Reservation, named as test sites in preparation for 2020 Census

The U.S. Census Bureau announced in April that it plans to conduct the 2017 Census Test in selected Tribal areas in Washington, North Dakota and South Dakota and in a sample of addresses nationwide.

The 2017 Census Test will allow the Census Bureau to test the feasibility of collecting Tribal enrollment information. It also will refine our methods for enumerating areas with unique location characteristics where we cannot mail to a street address.

In addition to Tribal areas, the test will oversample areas with relatively high populations of American Indians and Alaska Natives as a mechanism for testing potential Tribal enrollment questions nationwide.

The 2017 Census Test will allow the Census Bureau to test the integration of

## Scholarships

### Duane Heglie and the Nez Perce Trail Foundation Scholarship Deadline: June 30

Two scholarships of \$500 will be awarded to two American Indians at the Tamkaliks Celebration & Friendship Feast this summer.

We hope that these scholarships will help further our cause of promoting cultural understanding, appreciation, pride, education, scholarly advancement and success.

### American Indian Services Scholarships Deadline: Aug. 15

American Indian Services, a 501(c)(3) non-profit headquartered in Utah, provides thousands of educational scholarships to American Indians from any federally recognized Tribe who attend more than 400 accredited colleges, universities and trade schools.

These help students afford a college education. Students pay for half or more of their college tuition and the scholarship makes up the difference.

### 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.

systems for the Update Enumerate operation. Update Enumerate is a data collection operation where census field staff visit households to update the list of addresses and count the people at each address.

This operation typically occurs in areas where we have a low likelihood of mail delivery, American Indian reservations and communities with very small populations.

The test will take place on two American Indian areas – the Colville Indian Reservation and off-reservation trust land in Washington and the Standing Rock Reservation in North Dakota and South Dakota. Approximately 3,500 and 2,900 housing units (respectively) within the areas will participate.

Conducting this test will require hiring temporary census staff. Recruiting for local jobs will begin in September 2016.

### The Road to the 2020 Census

The test supports the goal of the 2020 Census, which is to count everyone once, only once and in the right place.

As 2020 Census operations move forward, the Census Bureau will continue to improve the use of mobile technology, administrative records, innovations from the geospatial industry and self-response via the Internet that will support the 2020 Census. This test will provide insights and guide our planning to ensure an accurate census.

For information, visit [census.gov/2017censustests](http://census.gov/2017censustests).

# Tribal Council Timesheets for April 2016

## Lillie Butler – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
2.25	2.25			4/1	Packets
12.25	12.25			18.5 4/3-6	NICWA
1.5	1.5	2.5		2 4/7	Housing, CW strategic planning
		5.5	2	2 4/8	Special TC – gaming, STBC mtg
3.75	3.75			4/11	Budget wkshp, planning wkshp
7.25	7.25			4/12-13	Education, packets
3.5	3.5			4/15	Regular TC
2	2			4/18	Packets
1.5	1.5			2 4/19	Housing conf
4.25	4.25		2	4/20-21	Willamette Nat'l Forest, STBC mtg, packets
4.5	4.5			4/22-25	Housing, sign checks, packets
1.5	1.5			4 4/26	Meet w/ governor, sign checks
7.25	7.25			4/27-29	Social services wkshp, packets

## David Hatch – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
1.5	1.5			1 4/1	STAHS
.5	.5			5 4/4	OR Community Foundation, STAHS
1	1	2		2 4/7	Housing, CW strategic planning
		4		2 4/8	Special TC – gaming
3	3			1 4/11	Budget wkshp, planning wkshp
3	3			1 4/15	Regular TC
1.5	1.5			1 4/20	Willamette Nat'l Forest
1	1			1 4/22	Housing
.5	.5			4 4/26	Meet w/ governor
1	1			4/27	Akana phone mtg

## Gloria Ingle – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
.5	.5			.75 4/1	Interviews
.5	.5			.75 4/4	Health Comm
		1.5		1 4/7	CW strategic planning
		5.5		1 4/8	Special TC – gaming
2	2			.75 4/11	Budget wkshp, planning wkshp
1.75	1.75			.75 4/15	Regular TC
2	2			.75 4/20	Willamette Nat'l Forest
		1		1 4/21	CW Superstar luncheon
1	1			.75 4/22	Credit wkshp
.75	.5			4.75 4/26	Meet w/ governor
2	2			1 4/30	Community Days dinner

## Lorraine Y. Butler – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
8	8			22 4/3-6	NICWA
1	1	2.25	1	1 4/7	Housing, CW strategic planning, STBC mtg
		5.5		2 4/8	Special TC – gaming
3.75	3.75			4/11	Budget wkshp, planning wkshp
1.5	1.5			4/12	CPT, sign checks
.75	.75			2 4/14	Chemawa Station LLC
3.5	3.5			4/15	Regular TC
1.5	1.5	1.5	4.5	4/16-19	Packets, sign checks
1.5	1.5		2	4/20	Willamette Nat'l Forest, STBC mtg
1	1			4/22	Housing, packets
.5	.5			4 4/26	Meet w/ governor
1	1			4/27	Prevent child abuse dinner, sign checks
.75	.75	1.5	.5	4/28-29	Packets, sign STBC checks

## Alfred Lane III – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
		1		4/7	Packets
		5		2 4/8	Special TC – gaming
1.5	1.5			6 4/9	Warm Springs Honor event
2	2			4/11	Budget wkshp
1.25	1.25			4/12-14	Meet w/ U.S. attorney, packets
3.5	3.5			4/15	Regular TC

## Reggie Butler Sr. – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
2	2			4/1	Packets
12.5	12.5			18.5 4/3-6	NICWA
1.5	1.5	2.5	2	2 4/7	Housing, CW strategic planning, STBC mtg
		5.5		2 4/8	Special TC – gaming
3.75	3.75			4/11	Budget wkshp, planning wkshp
4.75	4.75			4/12-13	Packets
2.75	2.75			4/14	Safety Comm, packets
3.5	3.5			4/15	Regular TC
2.25	2.25			4/18	Pow-Wow Comm, packets
2	2			2 4/19	Housing conf, packets
8.5	8.5		2	4/20-25	Willamette Nat'l Forest, STBC mtg, packets
2	2			4 4/26	Meet w/ governor, packets
7	7			4/27-29	Social services wkshp, packets

## Delores Pigsley – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
3	3	.75		4/1-4	Mail, agenda items
1	1			2.5 4/5	Elders Honor Day, mail
1	1			4/6	Mail, prep for council, interview
1	1	2.25	1.5	1.25 4/7	Housing, CW strategic planning, STBC mtg, mail
.25	.25	6		1.25 4/8	Special TC – gaming, mail
2.25	2.25			2 4/9-10	Warm Springs Honor event, mail
4	4			4 4/11	Budget wkshp, planning wkshp, mail
1.5	1.5	.5		2 4/12	Meet w/ U.S. attorney, mail
2.5	2.5			4/13	Mail, prep for council
1.75	1.75	.25	.5	1.25 4/14	Chemawa Station LLC, mail, sign CW and STBC docs
4	4			3 4/15-16	Regular TC, mail
7.5	7.5			16 4/17-19	NAFOA, mail
2	2			3 4/20	Willamette Nat'l Forest, STBC, mail
.5	.5	1.25		1.25 4/21	CW Superstar lunch, STBC, sign checks
2.25	2.25			4/22-25	Mail, agenda items
1.5	1.5			4/26	Meet w/ governor, mail
3.25	3.25	.25		2.5 4/27-29	Sign CW docs, mail, agenda items
.25	.25	1		2.5 4/30	CW event, mail

## Sharon Edenfield – 4/1/16-4/30/16

TC	Ind	Gmg	STBC	Tvl	
1.25	1.25			4/4	STRCP
.5	.5			2 4/7	Housing
1	1			4/11	Budget wkshp, planning wkshp
3.5	3.5			4/15	Regular TC

### 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

along  
comes a  
**SPYDER**



Why sit on a tuffet  
when you could  
straddle a Spyder?

Enter to win a new Can-Am Spyder RS-S Special Series  
5-speed Semi-Automatic from Power Motorsports!

Starting June 13, collect a drawing entry every half-hour  
you actively play the Tables!

**Grand Finale Drawing July 9 at 6pm!**

*Rules available in the Pit.*



**Every week in June, one winner takes it all!**

Starting June 1, collect **FREE ENTRIES WEEKLY**  
with your Winners Circle Card, and gather even more  
when you play in the Casino!

Friday June 3, 10, 17, 24 at 10pm, we'll draw for  
**\$10,000 CASH!**

Thursday, June 30 at 7pm, we'll draw for  
**\$15,000 CASH!**



*Complete rules at  
Winners Circle.*

**SEE THE  
STARS SHINE!**



**Vince Gill**  
June 17 & 18, 8pm  
Tickets \$70 - \$85



**Styx**  
July 22 & 23, 8pm  
Tickets \$45 - \$60  
on sale April 22

**MAVTV**  
**OF THE KING OF THE CAGE**  
**WIPEOUT**  
SATURDAY, JUNE 4, 2016  
CHINOOK WINDS CASINO RESORT  
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

**Beach Blast**  
BLACKJACK TOURNAMENT  
June 11 - 12, 2016  
14,400 prize pool\*  
\$100 Entry - 100% Payout!  
Buy-in on or before June 4 for \$75.  
(We'll add \$25 to the prize pool for early  
birds!) Buy-in after June 4 for \$100.  
Drop by or call the Box Office at  
1-888-MAIN-ACT to reserve your seat!  
*\*with 144 players.*

**21st**  
ANNIVERSARY  
Chinook Winds is turning  
21 this June!  
**June 13-17 3pm-8pm**  
We'll randomly select two carded slot  
players per hour to punch out three  
prizes from the board. Add up all three  
for your total prize. You could pocket  
up to 3000 \$and Dollars!  
**June 18 at 10pm**  
**Fireworks**  
Complete rules at Winners Circle.



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



# Chinook Winds Casino Resort

## Entertainment

June 17-18: Vince Gill  
8 p.m., \$70-\$85

July 22-23: Styx  
8 p.m., \$45-\$60

Aug. 12-13: Tanya Tucker  
8 p.m., \$20-\$35

Sept. 23-24: The Monkees  
8 p.m., \$36-\$51 (on sale June 23)

Nov. 11-12: Wayne Brady  
8 p.m., \$35-\$50 (on sale Aug. 11)

**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.

## Special Events

Sun: 100% Payout Blackjack Tourney  
Multiplier Madness  
Sparkling Sunday Brunch at Siletz Bay Buffet  
Sunday Sturgeon Supper at Chinook's Seafood Grill

Mon: Martini Mondays at Chinook's Seafood Grill Lounge

Tue: Boomers Club  
\$2 Tuesdays at Aces Sports Bar & Grill

Wed: Wine Wednesdays at Chinook's Seafood Grill  
Porkchop & Apple "Sauce" at Rogue River Steakhouse

Thu: BBQ Beef Brisket & Brew at Aces Sports Bar & Grill

Fri: Free Weekly Keno Tournament

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](http://chinookwindscasino.com).**

**For more information about events in North Lincoln County, visit [lcchamber.com](http://lcchamber.com), [oregoncoast.org](http://oregoncoast.org) or [lincolncity-culturalcenter.org](http://lincolncity-culturalcenter.org).**



Photos by Diane Rodriguez

The baskets of Ida Bensell are on display at The Past is Present, sponsored by the Siletz Tribal Arts and Heritage Society at Chinook Winds Casino Resort on May 21. Some of Bensell's descendents, including Clint Muschamp (standing), Jack Muschamp, Shirley Muschamp and Shelby Muschamp, listen to Bensell's voice as she talks about her baskets. Jerome Viles (right), a member of the STAHS board of directors, operates the equipment. More photos from the event will appear in the July issue of Siletz News.

**Chinook Winds**  
CASINO RESORT

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](http://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 Embrace Change Accountability Customer Service Happiness**

**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 44<sup>th</sup> 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](http://chinookwindscasino.com), or call 888-CHINOOK (244-6665) or 541-996-5825.

**Chinook Winds**  
CASINO RESORT

**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](http://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.

# Check on elders you know during Elder Abuse Awareness Month in June

Elder abuse is an under recognized problem with devastating and even life threatening consequences.

Every day, headlines throughout the U.S. paint a grim picture of seniors who have been abused, neglected and exploited, often by people they trust the most. Abusers may be spouses, family members, personal acquaintances or professionals in positions of trust, or opportunistic strangers who prey on the vulnerable.

How big is the problem? Research indicates that more than one in 10 elders may experience some type of abuse, but only one in 23 cases is reported. This means that very few seniors who have been abused get the help they need.

One thing is certain: Elder abuse can happen to any older individual – your neighbor, your loved one – it can even happen to you.

## What is elder abuse?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or “trusted” individual that lead to, or may lead to, harm of a vulnerable elder.

Physical abuse, neglect, emotional or psychological abuse, verbal abuse and threats, financial abuse and exploitation, sexual abuse and abandonment are considered forms of elder abuse. In many states, self-neglect also is considered mistreatment.

## Who is at risk?

Elder abuse can occur anywhere – in the home, in nursing homes or in other institutions. It affects seniors across all socio-economic groups, cultures and races. Based on available information, women and “older” elders are more likely to be victimized.

Dementia is a significant risk factor. Mental health and substance abuse issues – of both abusers and victims – are risk factors. Isolation also can contribute to risk.

## Types of elder abuse

- Physical abuse: Use of force to threaten or physically injure an elder
- Emotional abuse: Verbal attacks, threats, rejection, isolation or belittling acts that cause or could cause mental anguish, pain or distress to a senior

- Sexual abuse: Sexual contact that is forced, tricked, threatened or otherwise coerced upon an elder, including anyone who is unable to grant consent
- Exploitation: Theft, fraud, misuse or neglect of authority and use of undue influence as a lever to gain control over an older person’s money or property
- Neglect: A caregiver’s failure or refusal to provide for a vulnerable elder’s safety, physical or emotional needs
- Abandonment: Desertion of a frail or vulnerable elder by anyone with a duty of care
- Self-neglect: An inability to understand the consequences of one’s own actions or inaction, which leads to, or may lead to, harm or endangerment

Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

## What can I do to prevent elder abuse?

**Report suspected mistreatment** to your local Adult Protective Services

agency or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out.

**Keep in contact** – Talk with your older friends, neighbors and relatives. Maintaining communication will help decrease isolation, a risk factor for mistreatment. It also will give them a chance to talk about any problems they may be experiencing.

**Be aware of the possibility of abuse** – Look around and take note of what may be happening with your older neighbors and acquaintances. Do they seem lately to be withdrawn, nervous, fearful, sad or anxious, especially around certain people, when they have not seemed so in the past?

**Contact your local area agency on aging office** to identify local programs and sources of support, such as Meals on Wheels. These programs help elders maintain health, well-being and independence – a good defense against abuse.

**Volunteer** – Many local opportunities are available to become involved in programs that provide assistance and support for seniors.

## Participate in Native youth survey

The Center for Native American Youth (CNAY) is calling on Native youth across the country to join our first Generation Indigenous Online Roundtable. Fill out this brief 5-10 minute survey, share your opinion, win cool stuff. It’s that simple.

Since its launch in 2011, CNAY has traveled to 23 states and connected with more than 5,000 Native youth to better understand their challenges, strengths and priorities in urban and reservation communities. This is your chance to be part of that conversation.

The Gen-I Online Roundtable is open to Native youth under 25 until September. Everyone who participates will be entered to win one of two full Nike N7 gear packages. Additional prizes will be awarded monthly, including gift cards, T-shirts and other cool stuff.

We’ll share the results of the survey widely so that Native youth, and those who serve them, can use the information to help raise money and educate their communities. Check out our blog to find more information.

Pull up a chair and join our online roundtable. We can’t wait to hear from you!

The CNAY Team – [cnay.org](http://cnay.org) | [@Center4Native](https://twitter.com/Center4Native)

## Remains, continued from page 1

determination. Once determined to be a Native burial, then Tribes have the role of determining some of the next steps – Is the area a known village site and/or cemetery? If so, planning departments for county/city government should be informed so future proposed construction projects can be proactive in design/layout and utilities planning.

If additional ground disturbance work is needed/planned, then a determination is made as to if, how and when that can happen. This might include a planned approach as laid out in a work plan attached to a SHPO permit. Permit applications generally take 30 days of review time so all parties can respond. In these situations, however, an Expedited Permit Application can be sent out, in which reviewers are given 48 hours to respond.

Tribal reps are generally reasonable, experienced/seasoned staff who have seen lots of similar situations, know how to operate within the law and can work with land owners to make decisions that do not leave them hanging with uncertainty or unnecessary construction delays. Sometimes construction can resume as planned, sometimes it is determined that

ground disturbance does not need to go as deep and the sensitive area can be avoided. Sometimes plans need to shift more significantly. It all depends upon the situation and what can or cannot be avoided.

These situations are always upsetting to all involved on some level – someone’s or a whole crew’s work schedule is altered, a company’s project schedule is in question, a home owner has multiple issues to consider, and the state agencies and local law enforcement have their own perspectives.

Tribal folks do not automatically operate from a place of anger or resentment even in these situations, though these circumstances do bring up a remembrance of historical wrongs. The history of a place is not necessarily known or respected by modern residents or visitors of areas that once were exclusively ours, promised by treaty agreements to be always ours. These remains are likely those of someone forced to leave their homelands and come to this reservation in the 1850s, only to die 20 or so years later, then be buried in a place that has seen many changes since the early 1900s. The remains of their relatives and friends also likely lie nearby, if not intact, then strewn about by earlier construction activities.

## Find farm stands, U-pick fields and more with Oregon’s Bounty directory

Use a smart phone to easily find farm stands, U-pick fields, on-farm festivals – and get driving directions – with Oregon’s Bounty at [oregonfb.org](http://oregonfb.org).

Strawberries, asparagus, squash and salad greens – not to mention a vast array of bedding plants, flowering baskets and fresh-cut flowers – are just a few favorites of the agricultural bounty of spring. But if you want to buy directly from the source on a trip out to the countryside, where do you go?

“Everyone knows where their local farmers market is. But what about farm stands, U-pick fields and on-farm festivals out in rural areas? That’s where Oregon’s Bounty comes in,” said OFB Communications Director Anne Marie Moss.

Oregon’s Bounty at [oregonfb.org](http://oregonfb.org) is a searchable directory of more than 300 family farms and ranches that sell food and foliage directly to the public.

Easily navigable with a smart phone, Oregon’s Bounty allows visitors to search for specific agriculture products – like strawberries, cauliflower and eggs – and/or search for farms within a region of the state. Visitors also can do a search for “U-pick” or “events” to find farms that offer those activities.

Once a farm stand is located, visitors can get driving directions from their current location or another address.

“Oregonians love farm-fresh food. Thanks to the diversity of Oregon agriculture, we can buy an enormous variety of fruits, vegetables, meat, nuts, flowers and foliage directly from the families who raised it,” said Moss.

“Each of the farms listed in Oregon’s Bounty are owned and operated by Farm Bureau members, who are proud to share what they’ve raised with the public,” said Moss. “Spring is a great time to take a trip into the beautiful countryside and experience Oregon agriculture firsthand.”

## 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



To my first-born son, Aden Arrisola – I can't believe what an awesome little man you've become. Happy 5<sup>th</sup> Birthday! To think in a month you'll be a big brother.  
 ♡Mommy



Happy 4<sup>th</sup> Birthday to Khloee Adams on June 8! I love you so much, Princess SassyPants. It doesn't seem like it's been four years since I pulled you free of your mommy. Hugs and kisses.  
 Love, Grandma Stephanie



Happy 1<sup>st</sup> Birthday on June 26 to Nova June Neal. We love you, baby girl.  
 Grandma Kathy, Grandpa Hap, Mom, Dad, Grandpa Carl, Angie, Ron, Laurie and your whole family



Happy 1<sup>st</sup> Birthday to Sophia Marie Bowers! You're such a darling little girl, so smart and amazing. We love you very much.  
 Mom, Dad, Mia, Tye, Beansie, Chvne and Gabs



Former Junior Miss Siletz Faith Kibby represents her father Jai Kibby's Tribe at the Klamath River dam removal signing. The Ben family is so proud of you!  
 Love, Grandpa Ed Ben Jr.



Happy Fathers Day to my son, Donovan! Against all odds you've become a wonderful father – that shows how strong you are. I'm filled with pride when I see you with Hayleigh Rayne. Love you very much!  
 Love, Mom

Happy Birthday, Delina! You are loved very much, so have a good day and be safe.  
 Love you, Mom

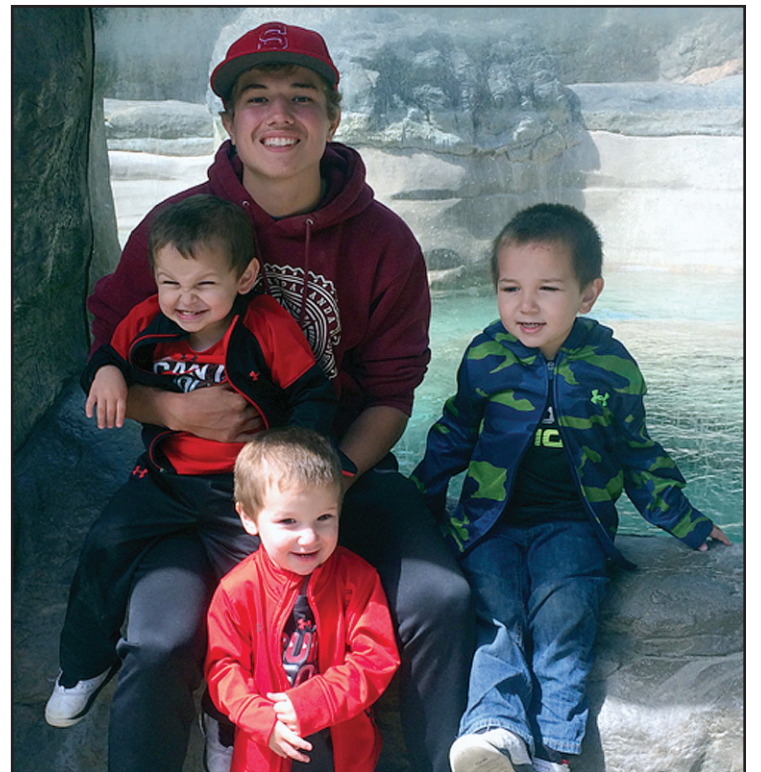
Happy Birthday, Mom! Hope you get everything you want.  
 Love, Zoey and Zaiden

Happy 16<sup>th</sup> Birthday on June 18, Tye-man! Your daddy and I are so proud of what a wonderful young man you are. We love you beyond measure.

Love always,  
 Mom and Dad

I want to wish my baby brother a Happy 16<sup>th</sup> Birthday on June 18. Hope you have a awesome day, brother.

Love, Sis and your nephews Zay, E E and No No



**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](http://ctsi.nsn.us)



Happy 3<sup>rd</sup> Birthday to Azlyn Naomi Rodriguez! You're growing up so fast. We love you so much.  
 Love, Bobbi and Frede Rodriguez

**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.