



**Robin Limbert**  
Employee of the Year

See details on page 5.  
(Photo by Natasha Kavanaugh)



Photo by Natasha Kavanaugh

Fourth-grade students at Siletz Valley School celebrate the holidays with a performance of Rockin' Around the Christmas Tree at the Winter Program on Dec. 20. See more holiday-themed photos on pages 10-11.

## President, cabinet officials, Tribal leaders reaffirm nation-to-nation relationship

From the National Congress of American Indians

The Fourth Annual White House Tribal Nations Summit convened the president, eight members of his cabinet, numerous high-level administration officials and hundreds of Tribal leaders from across the country in our nation's capital in early December to discuss key issues facing Tribal nations.

"Three years ago, I was proud to see that this conference was the largest gathering of Tribal leaders in our history. Back then, an event like this was rare. Today, it's gotten routine," said President Obama. "What I told you then is that I was committed to more than a unique nation-to-nation relationship. I was committed to getting this relationship right so that your nations could be full partners in our economy and your children can have a fair shot at pursuing the American dream and that no one has to live under the cloud of fear or injustice."

### Key Announcements

The administration responded with action to address top Tribal priorities through a number of important announcements.

Secretaries Ken Salazar (Interior) and Tom Vilsack (Agriculture) announced an interagency policy on sacred places.

"The president is very, very insistent that these sacred sites are protected and treated with dignity and respect," said Vilsack. He also announced that his department's report on sacred places, a collaborative effort with Tribes and the Forest Service, would be released in December.

Deputy Secretary of the Treasury Neal Wolin announced the release of a guidance document on general welfare exclusion. This contains a wide range of benefits, including assistance with housing, utilities, education, job placement,

See Summit, con't on page 4.



Courtesy photo from NCAI

President Obama addresses Tribal leaders at the White House Tribal Nations Summit.

## NCAI remembers Inouye as 'distinguished warrior,' Native rights champion

### Sen. Daniel Inouye, former chairman of Senate Committee on Indian Affairs, passes on

WASHINGTON – U.S. Sen. Daniel Inouye of Hawaii passed away Dec. 17, 2012, at the age of 88, with his wife and son by his side at the Walter Reed National Military Medical Center in Washington, D.C.

A World War II combat veteran, Inouye served the second-longest term of any U.S. senator in history, representing Hawaii since its statehood in 1959. He passed away from respiratory complications.

Inouye was a prominent member and leader of the Senate Committee on Indian Affairs, serving as its chairman for 10 years during two different periods.

The National Congress of American Indians (NCAI) released a statement following the loss of a great friend and warrior for the rights of all people, including indigenous peoples and Tribal nations:

"Sen. Inouye was one of the most honorable and courageous men modern Indian Country has known. He was a distinguished warrior and he served his country and people with dignity and a strong sense of advocacy. As a member and chairman of the Senate Committee

on Indian Affairs, he championed the rights of Native peoples and we will always remember him for holding the line on numerous issues critical to cultural protection and Tribal sovereignty. Our thoughts and prayers are with his family at this time. This country has lost a true patriot and statesman.

"In the words of our Native Hawaiian brothers and sisters, we say *Mahalo nui loa* for his service and commitment and will forever remember this son of Hawaii as a great leader."

Inouye's outstanding commitment to Indian affairs was demonstrated by his long service on the Senate Committee on Indian

Affairs, serving as chairman from 1987-1995, vice-chairman from 1995-1997 and again as chairman from 2001-2003. He was slated to continue his role as a committee member in the 113<sup>th</sup> Congress.

Throughout his incredible tenure, Inouye worked closely with NCAI and American Indian and Alaska Native Tribes as he advocated for Tribal sovereignty, Tribal colleges and universities, and housing and community development, among many other issues.

He also supported the Hawaiian Homes Commission Act and was later

See Inouye, con't on page 5.

**President Obama's White House Summit**

Robert Kentta, Bud Lane, our attorney Craig Dorsay and I traveled to Washington, D.C., to meet with our congressional delegation about our pending legislation. In addition to meetings with our delegation, one Tribal representative was invited to attend a meeting with President Obama and other heads of the federal government.

We were informed that our legislation that has had hearings in both the House and the Senate would not be acted on in this congressional year. We were assured, however, that it will be introduced in the new Congress in 2013.

The National Congress of American Indians as well as the National Indian Gaming Association held pre-summit meetings to prepare Tribes for any discussion that might take place at the summit.

Female warriors along with Navajo Code Talkers led the flag procession; it was very impressive. The Secretary of Inte-

rior was the coordinator of the event and opened the discussion with Tribal leaders.

The Obama administration has made much headway in moving fee-to-trust applications (more than 100,000 acres have been taken into trust) as well as having Tribal consultations in almost every agency and setting high priorities for education and energy development.

Other officials described changes in the IRS having to do with some general welfare categories of Tribal income; these changes will be officially announced very soon. The Secretary of Health and Human Services announced that Tribal clinics soon will begin receiving reimbursements for services provided to veterans.

Not only was the meeting informative, but I also had the opportunity to visit with other Tribal officials from across the nation as well as Bureau of Indian Affairs and Office of the Special Trustee staff. Unfortunately, I was unable to stay for the president's presentation as we had a flight to catch.

**Government-to-Government Summit**

Several Tribal Council members and staff attended the Government-to-Government Summit with Gov. John Kitzhaber and state department officials in North Bend in late November.

Each summit begins with meetings between Tribal officials and state officials one day prior to the meeting with the governor. On the second day, each Tribe gets a short period of time to talk about pre-arranged subjects with the governor leading the discussion.

This year's pre-arranged subject was how to do more with less. I let the audience know we have been doing that since our 35 years of Tribal restoration.

We have worked closely with state, county and federal governments to accomplish many things that we could not have done without not only their financial help, but also their support. Examples of this include the new sidewalks and storm drains in Siletz, additional public transportation to and from Newport and Lincoln City, the new water storage tank in Siletz and various highway improvements.

The bottom line is that funds are going to be very tight in the coming years. Partnering and maintaining good relationships with others will be important in order to meet our goals.

**Casino general manager**

The Tribal Council hired Tribal member Mike Fisher on a two-year contract to



Delores Pigsley

be general manager of Chinook Winds Casino Resort (see page 17). Mike was one of the original gaming commissioners hired in 1995.

He worked for Chinook Winds for several years and went on to be general manager at other casinos. We are glad to have him back at Chinook Winds. Congratulations, Mike!

**Restoration**

This year's 35<sup>th</sup> Restoration was great. The food was excellent, it was well organized, our Tribal staff and casino staff did an excellent job and made us proud. Thank you to all of you who made it great.

**High school seniors, current college students and Tribal members who are thinking of returning to college**

From the Siletz Tribal Education Department

Your 2013-2014 FAFSA (Free Application for Federal Student Aid) must be filed within the month of January!

Any Tribal member who wants to apply for Education funds for the 2013-2014 academic year must file his or her FAFSA application between Jan. 1-31, 2013.

The FAFSA can be completed online at [fafsa.ed.gov](http://fafsa.ed.gov).

Print your confirmation and provide this documentation when you apply for higher education or AVT funds in the spring.

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 [angelam@ctsi.nsn.us](mailto:angelam@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  
 E-mail: [pias@ctsi.nsn.us](mailto:pias@ctsi.nsn.us)

**Deadline for the February issue is Jan. 10.**

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

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



**Member of the Native American Journalists Association**



Courtesy photos

Robert Kentta, Delores Pigsley and Bud Lane in Washington, D.C., in December

# Youth Council development meeting set for Jan. 19 at UO Longhouse

Do you love your Tribe? Do you care about your community? Are you interested in building leadership skills? We are looking for youth just like you to develop the Siletz Tribal Youth Council and become a part of student government.

Please join us for the Youth Council

development meeting on Jan. 19, 2013, at the University of Oregon's Longhouse. We will gather there from 11 a.m. to 3 p.m.

If you would like to attend, please contact your local Tribal office. We will provide transportation to the longhouse plus lunch at the event. We look forward to seeing you!

Siletz Area Office: George Nagel, P.O. Box 320, Siletz, OR 97380; 541-444-9667

Portland Area Office: Katy Holland and Lauren Patterson, 12790 SE Stark, Suite 102, Portland, OR 97233; 503-238-1512

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

Eugene Area Office: Nick Sixkiller and Nora Williams, 2468 W 11<sup>th</sup> Ave., Eugene, OR 97402; 541-484-4234

## Tribe seeks applicants to coordinate farmers market for next 2 years

The Siletz Tribe has been awarded a two-year grant to develop a farmers market in Siletz and create a support network for the program among community members and groups. In addition, the program will develop partnerships with other food-related programs in Lincoln County.

We are seeking to fill a half-time contract position over the next two years to coordinate the program. Primary requirements for this position include:

- Knowledge of local area and its farming culture

- Knowledge of marketing, budgeting and principles of community organizing
- Ability to network and communicate effectively with a wide variety of community members, including Tribal and non-Tribal members
- Ability to work independently toward broad objectives and be self-motivated to accomplish them
- Ability to plan and coordinate activities in situations where numerous diverse demands are involved

The farmers market coordinator will have the following responsibilities:

- Act as main contact person and spokesperson for the project
- Recruit a steering committee to take over and oversee the project following the initial two-year project period
- Oversee day-to-day operations of the program
- Collect vendor and member fees as applicable
- Obtain proper permits and insurance for program projects

- Enforce rules and regulations of program projects
- Recruit market vendors and control vendor and product mix for the farmers market
- Handle complaints and disputes by members and vendors
- Establish strong community contacts and partnerships

If you are interested in this position, please send a resumé to [paml@ctsi.nsn.us](mailto:paml@ctsi.nsn.us) no later than Jan. 15, 2013.

## Students invited to enter statewide Kids Safe cyber security poster contest

The Oregon Education Information Security Council (EISC) has opened the Oregon Cyber Security Awareness Kids Safe Online Poster Contest.

The contest is designed to engage students in education about Internet and computer safety. All students in public and private schools and youth organizations with children in kindergarten through 12<sup>th</sup> grade are eligible to participate. Winners will be selected from each of the following grade groups: K-5, 6-8 and 9-12.

Winners from the Oregon competition will be entered in the national contest

sponsored by the Multi-State Information Sharing and Analysis Center. National winners will be notified in May 2013.

National winners will have their artwork replicated into a poster calendar (available October 2013) that will be distributed throughout the country. The artwork also may be used in campaigns to raise awareness among children of all ages about Internet and computer safety.

### Contest Details

- Review poster topics and technical specifications for details about rules,

size and layout at [ode.state.or.us/search/page/?id=3558](http://ode.state.or.us/search/page/?id=3558).

- Submit the poster entry form (available at the same website) and artwork to Oregon Department of Education, Cyber Security Awareness Poster Contest, Attention: ODE Helpdesk, Office of Assessment and Information Services, 255 Capitol St. NE, Salem, OR 97310-0203; e-mail: [infosec@ode.state.or.us](mailto:infosec@ode.state.or.us).
- Limit one entry per student.
- All entries must be received by 5 p.m. on Jan. 18, 2013.

EISC is a workgroup of technology and security experts from schools, districts, ESDs and the Oregon Department of Education.

EISC is responsible for setting the vision, direction and best practices regarding information security across all levels of preK-12 education institutions in Oregon. This includes strategic planning, policy development, and identification and pursuit of opportunities to collaborate on information security initiatives.

For more information, visit [ode.state.or.us/search/page/?id=3558](http://ode.state.or.us/search/page/?id=3558).

## Tribal Planning Department Annual Community Meetings



### Continuing the work that formed a people ...

Come out and join us and let your voice be heard! A light dinner will be served prior to the meeting.

### Annual Area Office Community Meetings Schedule

Eugene Area Office	Jan. 10, 2013	Thursday night	5:30-7:30 p.m.
Salem Area Office	Jan. 17, 2013	Thursday night	5:30-7:30 p.m.
Portland Area Office	Jan. 24, 2013	Thursday night	5:30-7:30 p.m.
Siletz Area Office	Jan. 31, 2013	Thursday night	5:30-7:30 p.m.

## 2013 Standing Committee Applications Due

Deadline for consideration for committees is Jan. 31, 2013

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Jan. 31, 2013.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

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

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

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

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

Choose the first, second and third choice of committees you are requesting by numbering your preference 1, 2, 3 in the space provided. If you only want to be considered for one committee, please indicate this by inserting "1" next to the committee of choice.

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| ____ Education Committee (3)         | ____ Housing Committee (3)        |
| ____ Natural Resources Committee (3) | ____ Pow-Wow Committee (no limit) |
| ____ Health Committee (3)            | ____ Budget Committee (1)         |
| ____ Cultural Heritage Committee (3) | ____ Enrollment Committee (3)     |

Tribal Council will review applications and approve appointments at the Regular Tribal Council meeting in February 2013. If you have any questions, please call Tami Miner, Tribal Council executive secretary, at 800-922-1399, ext. 1203, or 541-444-8203.



## Years of Service Awards

Photos by Natasha Kavanaugh

Above: 25 years of service – Mike Kennedy

Top left: Five years of service – Rosie Williams, Misty Reed, Brett Lane, Papa Williams, Tracey Bailey, Jennifer Most, Clint Muschamp, Buddy Lane and Robert Arce-Torres. Not pictured: Al Warren

Middle left: 10 years of service – Tracey Worman, Cecilia Tolentino, Erin Carrington, Delina John, Bev Baumgardt, Laura Bremner, Christina McCord, Tony Blomstrom and Stan Werth

Left: 15 years of service – Trish Daniel, Jack McCord and Violette Lafferty. Not pictured: Wendi Schamp and Stan van de Wetering

### Summit, con't from page 1

Elder assistance, disabilities, emergency/temporary assistance and religious/cultural activities payments.

Secretary of Health and Human Services Kathleen Sebelius announced a national agreement for the Department of Veterans Affairs to reimburse the Indian Health Service for services provided to Native veterans.

Secretary of Labor Hilda Solis announced the finalization of the department's consultation policy.

Throughout the summit, the administration also underscored its commitment to key Tribal priorities during the Lane Duck session, including protecting the Indian Country budget, passing a clean Carcieri fix and reauthorization of a Violence Against Women Act with Tribal priorities included.

This year's White House Summit speakers included Salazar; Vilsack; Sebelius; Wolin; Solis; Secretary Arne Duncan, Department of Education; Acting Secretary Rebecca Blank, Department of Commerce; Secretary Ray LaHood, Department of Transportation; and President Obama.

Media coverage of the event included articles on/in *The Washington Post*, *Associated Press*, *Al Jazeera*, *TheHill.com*, *Indian Country Today*, *MSNBC*, *WGBA-TV* (Green Bay, Wis.) and *Alaska Public Radio*.

### Key Tribal priorities

In advance of the Tribal Nations Summit, NCAI and regional intertribal organization partners developed a briefing book outlining key Tribal priorities.

One aspect of this book is a Framing Paper of Nine Transformative Steps the president could take to advance our nation-to-nation relationship. The nine steps are as follows:

- Visit Indian Country.
- Create an Interagency Policy Council.
- Modernize the trust relationship.
- Establish an administration-wide policy on sacred places.
- Promote economic security by ensuring governmental parity between Tribes and states.
- Recognize our nation-to-nation relationship in international forums.
- Prioritize appointments that impact Indian Country.
- Direct the Census Bureau to lead a periodic Indian Country economic survey.
- Ensure Tribes are included in national policy reform efforts.

To continue this important work with the administration, NCAI will host a transition meeting on Jan. 22 in Washington, D.C., to set the agenda for Congress and the administration for the next four years.

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

### Introduction to the Athabaskan language

Open to Tribal members of all ages

#### Eugene

Eugene Area Office  
Jan. 7 – 6-8 p.m.  
Feb. 4 – 6-8 p.m.

#### Portland

Portland Area Office  
Jan. 14 – 6-8 p.m.  
Feb. 11 – 6-8 p.m.

#### Siletz

Siletz Tribal Community Center  
Jan. 8 – 6-8 p.m.  
Feb. 5 – 6-8 p.m.

#### Salem

Salem Area Office  
Jan. 15 – 6-8 p.m.  
Feb. 12 – 6-8 p.m.

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

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

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

## Third Quarter Incentive Awards

### Employee of the Quarter

Nick Sixkiller

### Performance Bonuses

Ralene Butler  
Darlene Carkhuff  
Cyndee Druba  
Jessica Garcia  
Alissa Lane  
Brett Lane  
Marci Muschamp  
Bernadette Ray  
Kathy Wilson

### Special Acts and Services

Sherry Addis  
Jody Greene  
Delina John  
Verdene McGuire  
Dee Navarro

### Extra Effort

Jeanette Aradoz  
Randy Christensen  
Mike Fisher  
Casey Godwin  
Jeremy Mason  
John Pfeiger  
Al Warren

### Time Off Award

Pam Ben

### Pizza/Lunch Party

Accounting  
Clinic  
Force Account/Housing Maintenance  
Pharmacy

### Incentive Award Committee

Heather Butler  
Debbie Herres  
Alicia Keene  
Bonnie Petersen  
Nora Williams



Third quarter award recipients, l to r: Casey Godwin, Darlene Carkhuff, Bernadette Ray, Kathy Wilson, Mike Fisher, Delina John, Marci Muschamp, Jessica Garcia, John Pfeiger, Dee Navarro, Sami Jo Difuntorum, Brett Lane, Ralene Butler, Randy Christensen, Jeanette Aradoz, Randy Wilson, Verdene McGuire, Judy Muschamp, Nick Sixkiller, Pam Ben, Jody Greene and Leatha Lynch



Photos by Diane Rodriguez

Fourth quarter award recipients, l to r: Kelly Lane, Natasha Kavanaugh, Shawna Henarie, Lauren Patterson, Kelley Ellis, Candace Difuntorum, Laura Bremner, Karen McGowan, Brenda Howell, Teresa Ueland, Bonnie Petersen, Maggie McAfee, LaRita Lundy, Misty Hammett, Kurtis Barker, Sammy Bayya, Lisa Paul, Max Hoover, Stan Werth, Shyla Simmons, Issac Kentta, Clint Muschamp, Dillon Blacketer, Robert Arce-Torres, Cova St. Onge and Felicia Carmona

### Robin Limbert • Head Start Teacher • Employee of the Year

From the nomination form: Robin spends a lot of time making sure each child has the emotional and social skills needed. She goes out of her way to make sure she acknowledges each child by telling them a little something they may know. The amount of effort and care she puts into her job and the Head Start program is exceptional. Robin is not only a resource for parents and children during the Head Start years but beyond, she is a pillar in the community and our Head Start program would not be nearly as great without her.

## Fourth Quarter Incentive Awards

### Employee of the Year

Robin Limbert

### Employee of the Quarter

Kelly Lane

### Performance Bonuses

Kurtis Barker  
Laura Bremner  
Brenda Howell  
LaRita Lundy  
Maggie McAfee  
Lisa Paul  
Joyce Retherford  
Shyla Simmons

### Special Acts and Services

Kelley Ellis  
Natasha Kavanaugh  
Lauren Patterson

### Extra Effort

Sammy Bayya  
Dillon Blacketer  
Candace Difuntorum  
Misty Hammett  
Shawna Henarie  
Max Hoover  
Christy Hurt  
Issac Kentta  
Karen McGowan  
Clint Muschamp  
Teresa Ueland  
Stan Werth

### Time Off Award

Bonnie Petersen

### Pizza/Lunch Party

Elders  
Enrollment  
IS  
Public Works

## Inouye, con't from page 1

### Statement by President Obama on the passing of Sen. Inouye

"Tonight our country has lost a true American hero with the passing of Sen. Daniel Inouye. The second-longest serving senator in the history of the chamber, Danny represented the people of Hawaii in Congress from the moment they joined the Union. In Washington, he worked to strengthen our military, forge bipartisan consensus and hold those of us in government accountable to the people we were elected to serve. But it was his incredible bravery during World War II – including one heroic effort that cost him his arm but earned him the Medal of Honor – that made Danny not just a colleague and a mentor, but someone revered by all of us lucky enough to know him. Our thoughts and prayers are with the Inouye family."

able to secure funding for Native Hawaiians to purchase property as a part of the Home Lands effort.

Inouye was honored by NCAI in 1999 with the NCAI Leadership Award for his service to Indian Country.

The official statement released by Inouye's office describes his long history of military service:

"Sen. Inouye began his career in public service at the age of 17 when he enlisted in the U.S. Army shortly after Imperial Japan attacked Pearl Harbor on Dec. 7, 1941. He served with 'E' company of the 442 Regimental Combat Team, a group consisting entirely of Americans of Japanese ancestry. Sen. Inouye lost his arm charging a series of machine gun nests on a hill in San Terenzo, Italy, on April 21, 1945. His actions during that battle earned him the Medal of Honor."

Inouye, a second-generation Japanese-American, was a true son of Hawaii who created a national legacy of leadership. His role as the first Japanese-American to serve

in the U.S. House of Representatives, and later the first in the U.S. Senate, blazed a trail for the record number of Asian Americans now serving in Congress.

Fourteen members were set to make up the Congressional Asian Pacific American Caucus in 2013, with five new Asian-American and Pacific Islander leaders elected to serve in the 113<sup>th</sup> U.S. Congress – the largest caucus of Asian-American and Pacific Islander members in any single congressional session.

The Capitol Rotunda saw Inouye lie in state on Dec. 20, followed by a funeral service at the National Cathedral on Dec. 21. A final memorial service was held in Hawaii at the National Memorial Cemetery of the Pacific in Honolulu on Dec. 23.

At the request of the family, a memorial fund has been established to honor the senator. The fund will be used to help organizations and causes that he supported over the years. Contributions can be made to the Daniel K. Inouye Fund through its website at hawaiicommunity-foundation.org.

## New Babies!



### Nathan and Nolan Ike

Dawn DePoe-Ike and her husband, Matthew Ike, welcomed twin boys on Dec. 6 at Yakima Valley Memorial Hospital.

Nathan William Ike (left), 6 pounds and 5 ounces, was born at 5:39 p.m. Nolan Kinswa Ike, 7 pounds and 1 ounce, was born at 5:46 p.m. Both were 19 inches long.

Big sister Madelyn Roberta Ike celebrated her 3<sup>rd</sup> birthday in September.

The children's grandparents include their grandmother, Suzanne DePoe; great-grandfather, William DePoe Jr.; and on their dad's side, grandmother Janice Sam.

Congratulations to my beautiful daughter, Dawn, and her husband, Matthew, on their new additions.

### CTSI Jobs

Tribal 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.

## Healthy Family Healthy Child Project: How to stop yelling at our children

By Megan Hawley, HFHCP Social Service Advocate

"You're really nice. My mom is mean, all she does is yell at me." – Child

"I don't know why they don't listen to me. I ask them nicely and then I get frustrated and have to yell at them. They still don't listen. I just don't know what to do. Sometimes, I just want to give up." – Parent

In the last article, I mentioned that yelling can be very negative to the parent-child relationship. In this article, I will go further into this topic and discuss what is wrong with yelling and ways we as adults can stop doing it.

I know, sometimes yelling seems like the best option. You may have several children in your care and oftentimes the only thing you can even think of doing is yelling. Well, sometimes it works, so what other options are there? This is a question I have often thought myself.

During my time student teaching, as a nanny and being the second eldest of nine children, there were too many times I simply wanted to just let out a big scream while caring for children. Sometimes my frustration was with the child who just wanted five minutes more than the rest of class at the end of recess so she would cling to the slide with all her might. I had to resist not embarrassing her in front of the class by yelling for her to come and line up.

Or sometimes when it was fighting siblings in the car, it would take some extra effort to not just pull over and yell at them, "Stop it! Right now, you two! Or so help me God I will turn this car right around!"

Alas, I was not able to do these things as I probably would have failed my classes or maybe lost my job.

### Why not yell?

So what is so damaging about yelling anyway? For one thing, I don't know if you as a parent, caregiver or whoever you are have noticed, but it usually doesn't work out as well as we envisioned the yelling playing in our heads.

According to Tamara Eberlein, author of *How I stopped yelling (and still got my kids to listen)*, studies have determined that yelling just excites children, which can make them act even more aggressively, so your child may hit his younger brother even harder! This is not exactly useful in trying to calm them down and get them to behave.

After awhile, children begin to believe that the only time a parent/guardian means business is when he or she is yelling, so of course when you do attempt to speak to them in a regular calm tone, they are not going to listen to you.

Yelling teaches children that this is the only way to gain power, so you will end up not only with a yelling parent, but also yelling children. In time, your entire household may be yelling at each other.

If you show your children what an adult temper tantrum looks like on a daily basis, then anger and rage become a normal thing to your child, who then may not learn how to control an escalated situation. This eventually could lead to a biter in preschool or an aggressive middle school student who comes home with grass stains from wrestling with a classmate in the school yard.

One study found that children who grew up in a home with a parent who was verbally aggressive displayed higher rates of physical aggression, delinquency and interpersonal problems than children who did not experience this.

Yelling at your child can send all sorts of unwanted messages. To children, when an adult shouts at them, it doesn't matter what the adult may be yelling at them. The initial message you send your children is that you don't respect them enough to properly take the time to speak to them with respect. This is a huge and damaging flaw in the act of yelling.

It is incredibly petrifying for a child to experience being yelled at by the person who is supposed to be the child's stability, their consistency. Losing your wits displays to your children that you can't even control your own emotions, let alone their well-being. This could cause a child

to believe you might physically hurt her and maybe even leave her.

To children, yelling is scary. I recall being a child and I was relatively well-behaved, so my mother didn't yell at me much. Because of this, I worried about what would happen if I ever did get into trouble.

As an adult now, that is a very powerful thing to know. As a child, I felt respected when I wasn't yelled at and I liked this feeling so I didn't want to find any reason for my parents to yell at me.

This is clearly a very tough psychological thing for a child and even an adult. The study *Verbal Aggression by Parents and Psychosocial Problems of Children* found that verbal aggression or yelling is an experience that has severe negative psychosocial ramifications on a child.

How does one control their temper and quit yelling at their children?

### Take notes, what started it?

One of the best ways to find your own boiling point is to jot it down. It may be difficult, but when you find you are about to blow your top (or you already may have blown it), write down details of what lead you to that point.

What was going on? Were you struggling to get dinner and homework done at the same time? Did you get going late and were you trying to rush the kids out the door?

### Develop a consistent routine

One of the biggest stressors is time management. I know when I am in a rush, I am more likely to snap at someone. My fiancé knows this one well.

To solve this issue, one needs to decrease the chaos and increase the organization. Give yourself and your children certain times to get tasks done and keep these tasks at the same times of the day. You'll have much less yelling if things are predictable for all of you.

Wonder why your children are so good at school, but not so good at home? Well, everything is consistent at school. Why not try using similar techniques to have an organized family?

### Ask your children to tell you what they think of your yelling

Here is one that might open your eyes to the way your child sees your verbal aggression. Get down to your child's level and simply ask them how it makes them feel when you get angry and yell at them.

Another approach would be to have your child draw a picture of what she thinks you look like when you are yelling. Children can be incredibly honest and this approach will help parents remember how their yelling makes their children feel.

### Pretend you're not alone

This is a tricky one because you may have to go back in your memory and think of a person who you would be really embarrassed to see you yelling at your children. This could be your mother, your mother-in-law or maybe even a teacher or mentor. With this person in mind, pretend they are there with you monitoring your parenting.

This came in handy a lot when I was a nanny. I would think to myself, "How would I feel if their parents were watching my every move?" You are a lot less likely to perform bad parenting behaviors if you are being "watched."

### Give yourself a time out!

Sometimes, it is not only the child who needs to calm down, but the parent needs to as well. If you can, walk into the next room and let yourself calm down for a few minutes. If you are unable to be away, simply do some "yoga" breathing, where you inhale through your nose and exhale very slowly through either your nose or mouth.

Now that we know ways in which we can calm down and stop yelling, in the next article I will discuss the impact of parental role modeling and how this can affect our children for years to come.

Please feel free to contact me at 541-444-8262 or 800-922-1399, ext. 1262; or e-mail [meganh@ctsi.nsn.us](mailto:meganh@ctsi.nsn.us) if you have a parental question you would like mentioned in a future article.

# Noble advances to state competition with Creeperbots robotics team

The Creeperbots, a robotics team at Isaac Newton Magnet School in Newport, Ore., will compete at the state competition in January. Tribal member Hunter Noble is a member of The Creeperbots team.

The team qualified for state at an Intel Oregon FIRST LEGO League 2012 Qualifying Tournament held Dec. 9 in Salem, Ore. According to Coach Marcus Spink, just 30 percent of teams qualify for the state competition, which will be held Jan. 19-20 in Hillsboro, Ore.

According to the Oregon Robot-

ics Tournament and Outreach Program website (ortop.org), "In FIRST LEGO League, 9- to 14-year-old youngsters learn to design and build autonomous robots using special LEGO kits. The program includes a 10- to 12-week period in which youngsters form teams, develop robots that can respond to individual tasks as part of an overall challenge, then compete at one of the many tournaments we hold in Oregon and Southwest Washington. Through this process, youngsters experience the fun and excitement of solv-

ing problems in a positive and supportive team environment."

An international nonprofit organization called FIRST (For Inspiration and Recognition of Science and Technology), located in Manchester, N.H., organizes an annual network of robotics tournaments under the names FIRST Robotics Competition, FIRST Tech Challenge, FIRST LEGO League and Junior FIRST LEGO League. FIRST focuses on promoting science and technology to young people.

The Oregon Robotics Tournament

and Outreach Program (ORTOP) is a program of the Oregon University System. ORTOP serves as the affiliate partner for FIRST in Oregon and Southwest Washington.

ORTOP is almost entirely volunteer-driven. Its Planning Committee is made up of volunteers from the program sponsors and partners as well as private individuals. Many adult volunteers organize and coach teams, while additional volunteers plan and stage workshops, scrimmages and the championship tournament.

## Nesika Illahee Pow-Wow

### Attention Siletz Tribal Artists

The 2013 Nesika Illahee Pow-Wow Committee once again is having a logo contest for the upcoming pow-wow in August 2013. All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo.

The winning logo artist will receive a cash prize of \$250 and a professional banner with your logo. The winning artist will have his or her logo highlighted on the Nesika Illahee Pow-Wow flyers and merchandise.

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

All entries must be received no later than March 15, 2013.

### Royalty Crown Proposals

The 2013 Pow-Wow Committee is now accepting proposals for 2013-2014 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

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

Crown proposals must be turned in to the committee no later than March 15, 2013. Proposals can be sent to: Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

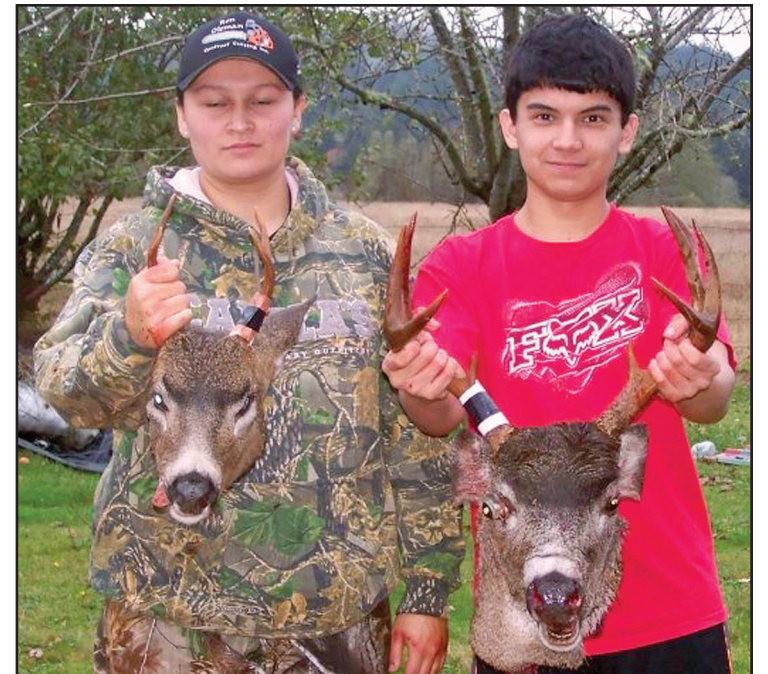
### Elders Council Meeting

Jan. 12 • 1-4 p.m.  
Chinook Winds Casino Resort

For more information, contact  
Dee Navarro at 800-922-1399,  
ext. 1261; 541-444-8261; or  
deen@ctsi.nsn.us.

### Hunting Success!

Rilatos five-point  
elk!



Congratulations, Sister – dropping your buck first shot! Sidney shot a forked-horn. Way to go, Sis.

Congratulations to my son, Robby, for his hunting skills that paid off this year. He got a four-point! Way to go, Sonny!



Rilatos bull elk

Courtesy photos

Left: Rilatos kids and a bull elk

Right: Robby Rilatos and Randy Rilatos



Dear Tribal members:

We have at least 1,000 eligible but not registered Tribal members who are missing out on the opportunity to vote.

This year, the Election Board has the mission to get as many Tribal members registered as possible. We

encourage everyone to take the time to fill out their Signature Card and return it to the Election Board. All eligible but not registered members and those who will be 18 on or before the election on Feb. 2, 2013, were mailed a Signature Card in November.

Additionally, if you can't remember the last time you filled out a Signature Card, you can request a new one to update your card on file. Signatures change over time and it would help ensure your vote is counted. Please remember to update your address with Enrollment to receive your ballot in a timely manner.

If you have any questions about the Tribal election, please feel free to contact any Election Board member at 800-922-1399, ext. 1256, or 541-444-8256; or elections@ctsi.nsn.us.

Thank you,  
Election Board

## 2013 Election Calendar

### Election Deadlines

Week of Jan. 1-4, 2013	Absentee ballots mailed out	
9 a.m. – Noon	Jan. 12, 2013	Candidates Fair, Chinook Winds
4 p.m.	Jan. 25, 2013	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 2, 2013	In-person Voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 2, 2013	Deadline for returning absentee ballots

### 2013 Election Board Members

Kurtis Barker  
Michelle Runyan  
Tracey Worman  
April Middaugh (alternate)

### CTSI Election Board

P.O. Box 549  
Siletz, OR 97380-0549  
541-444-8256 or 800-922-1399, ext. 1256  
541-444-2307 (fax)



Photo by Diane Rodriguez

Dave Lapof (third from right), chief of the Siletz Valley Fire District, accepts a \$15,000 donation from the Siletz Tribal Council at a council meeting in November. Pictured l to r are Reggie Butler Sr., Lillie Butler, Loraine Butler, Delores Pigsley, Sharon Edenfield, Robert Kentta, Tina Retasket, Lapof, Bud Lane and Jessie Davis.

**Vet rep asks Tribal veterans to call in** – All Siletz Tribal veterans are asked to call Tony Molina, Honor Guard director and Tribal veterans representative, to verify their DD214s and enrollment numbers so he can process their names to be placed on the Veterans Memorial on Government Hill.

Molina can be reached at 541-444-8330 or 800-922-1399, ext. 1330.

## Betty Helmig, 1943-2012

Betty Helmig, 69, of Salem, Ore., died Nov. 28, 2012, in Salem.

She was born June 25, 1943, to Elmunt and Henrietta Koehler in Marion County, Ore.

She is survived by her children, Thomas (Thoi) Helmig, Tony (Leona) Colling, David Colling and Jackie (Michael) Hove.

Betty was a wonderful grandmother to her four grandchildren and five great-grandchildren.

At her request, there were no services. She was laid to rest at the Paul Washington Cemetery in Siletz.

Bateman Funeral Home handled arrangements.

## James H. McCormick, 1947-2012

James H. McCormick, a member of the Confederated Tribes of Siletz Indians and a resident of Independence, Ore., died Dec. 6 at Salem Hospital with family by his side.

James was born to Edythe Logan on May 8, 1947, in Otis, Ore. He grew up in Otis on the Logan family farm.

He graduated from Taft High School in 1966. He proudly served in the Marine Corps during the Vietnam War, where he was awarded a Purple Heart.

James lived in California prior to coming to Monmouth and Independence in the early 1970s. He worked at the Kings Valley Mill prior to working at Willamette Industries in Dallas, Ore. He retired as lead millwright electrician in 2004.

James was a long-time member of BPOE #1950 Independence Elks Lodge. He enjoyed many outdoor activities, including water skiing, whitewater rafting, softball, family road trips, camping, hunting, crabbing, clamming and fishing. He was an avid cribbage, pinochle and dominos player.

James loved to spend time with his family and grandchildren. He enjoyed teaching them how to do the things he loved and passing down his ways to them, and they all enjoyed learning. He enjoyed watching them play sports and dearly enjoyed their company. He was very proud of them all.

James was known by many and is greatly missed by all who knew him. He is a beloved husband, dad, grandpa, brother, uncle and friend.

He is survived by his wife, Melissa, of Independence; sons, Ryan (Liz) McCormick of Independence, Chad (Michelle) McCormick of Lincoln City, Ore., and Matt Franklin of Independence; daughter, Cassie Franklin (Shane Stull) of Jefferson, Ore.; nephew, Shawn (Brittney) Thomas of Dallas; sisters, Elaine Thomas of Dallas, Patricia (Jim) Fredrickson of Neotsu, Ore., and Sylvia Butler of Siletz, Ore.; brother, Charlie (Sally) Butler of Siletz; grandchildren Terran, Sydney, Joey, Malachi, Josh and Lily; great-nephews Kyler and Brayden; and tons of nieces, nephews, great-nieces and great-nephews.

He was preceded in death by his mother and his brother, Buck Butler.

Funeral services were held Dec. 13 at the Dallas Mortuary Tribute Center. Visitation took place Dec. 12 at the Dallas Mortuary Tribute Center. Private interment is in the Logan Family Cemetery in Otis.

To leave an online condolence for the family, visit [dallastrIBUTE.com](http://dallastrIBUTE.com). Dallas Mortuary Tribute Center is caring for the family.

## Siletz Valley Grange fundraiser

The *Happy Humor Hour* fundraiser for the Siletz Valley Grange is set for Jan. 19 at 7 p.m. at the grange.

The *Happy Humor Hour*, coordinated by Elizabeth Kosydar, will feature humorous stories told by local residents of all ages. Tickets to this family friendly event are \$5 per person, with group/family rates available.

For tickets or more information, please call 541-444-1212.



## Intertribal Timber Council

BOARD OF DIRECTORS

President Philip Rigdon, Yakama Nation; Vice President Jonalhan Brooks, White Mountain Apache; Secretary Theron Johnson, Confederated Tribes of the Warm Springs Indian Reservation of Oregon; Treasurer Timothy P. Miller, Grand Portage Band of Lake Superior Chippewa. BOARD MEMBERS: Sylvia Peasley, Colville; James "Bing" Mott, Confederated Salish & Kootenai Tribes; Larry Blythe, Eastern Band of Cherokee Indians; Leonard Masten, Jr., Hoopa; Brooklyn Baptiste, Nez Perce; James Sellers, Quinalt; Vernon Stearns, Jr., Spokane Tribe

### Scholarship Announcement For Native American/Alaskan Natural Resource Students

**Deadline:** January 18, 2013, 5:00 p.m. PST  
**Award:** \$2,000 for college students (number of awards varies per year)  
\$1,500 for graduating senior high school students  
**Purpose:** The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing a higher education in Natural Resources.

**Required Material:** The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

- Letter of Application:** The letter must include your name, permanent mailing address, email address if available, and phone number. It should be a maximum of two pages in length, and discuss the following:
  - Interest in natural resources.
  - Commitment to education, community and your culture.
  - Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should attach the Student Aid Report or have the report sent to the ITC office. If it has not been completed, send last year's report.
- Resume**
- Three signed letters of reference**, on letterhead and dated within the last six months.
- Evidence of validated enrollment** in a federally recognized tribe or Alaska Native Corporation, as established by the U. S. Government. A photocopy of your enrollment card, front and back, or Certificate of Indian Blood (CIB) will suffice.
- Transcripts:** ALL students must include transcripts.
  - High school students must also provide documented proof of acceptance to an institution of higher education and a review of college class schedule to verify major before a check is released.
  - College students must also provide proof of their declared major.

All requested information MUST be received by the close of business (5:00 p.m. PST) January 18, 2013 for consideration. For more information, please visit our website [www.itcnet.org](http://www.itcnet.org). Fax (503) 282-1274 and e-mail ([itc1@teleport.com](mailto:itc1@teleport.com)) submissions are acceptable as long as we receive them by 5:00 p.m. January 18, 2013, and the original is mailed and postmarked by January 18, 2013.

Inquiries and applications should be directed to the Intertribal Timber Council office:

ATTN: EDUCATION COMMITTEE  
INTERTRIBAL TIMBER COUNCIL  
1112 N. E. 21<sup>st</sup> Avenue, Suite 4  
Portland, Oregon 97232-2114  
(503) 282-4296

The Intertribal Timber Council (ITC) has cooperative financial aid agreements with the University of Washington and Salish Kootenai College. Recipients of the ITC Truman Picard Scholarship are eligible to receive additional scholarships including tuition waivers, if attending one of these two colleges. For more information, visit the ITC website or contact the colleges directly.

#### TRUMAN D. PICARD (1946-1986)

To honor Truman D. Picard the Intertribal Timber Council (ITC) established a scholarship program in his name. Truman served on the ITC Board of Directors from 1982 to 1985. While working for the Bureau of Indian Affairs, Colville Agency (Nespelem, Washington), in presales he attended the Forest Engineering Institute at Oregon State University becoming one of the first people from the agency to complete this program. In 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisory Forest Technician in charge of woods operations. Later he was promoted to Assistant Supervisor of Forestry Operations.

Because of his drive and determination to complete his education Truman returned to Oregon State University earning a Bachelor of Science Degree in Forest Management.

Upon his return from college, he was appointed Director of Colville Tribal Forestry. His work for the Tribe will always be remembered by his individual efforts to bring BIA Forestry and Colville Tribal Forestry together in a joint effort to improve the level of Forest Management on the reservation – truly a lasting legacy.

1112 N.E. 21<sup>st</sup> Avenue, Suite 4 • Portland, OR 97232-2114 • (503) 282-4296 • FAX (503) 282-1274  
E-mail: [itc1@teleport.com](mailto:itc1@teleport.com) • [www.itcnet.org](http://www.itcnet.org)





COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.



### SEXUAL ASSAULT TRAINING

On Thursday, January 10th the CARE Program will be hosting a Tribal Sexual Assault Dynamics training. The training is sponsored by the Response Circles Sexual Assault Prevent Project, a program of the Northwest Portland Area Indian Health Board. Participants will learn about what sexual assault is, how common it is, the effects of sexual assault, and how historical trauma and the portrayal of American Indian women contribute to a higher rate of sexual assault in Indian Country.

The training is free and open to all members of the community. Participants will also gain tools for effective and appropriate response to sexual assault. Training will be held from 5-8pm at the Siletz Tribal Community Center. A light dinner is provided for all participants. For more information contact Brittany Russell 541-444-9679.

On Wednesday, December 12th the CARE Program sponsored a Family Night at Siletz Valley School, along with the Siletz Tribal Energy Program, the LCSD Homeless Program, the CTSI Prevention Program, the CTSI Tobacco Prevention Program, and the Siletz Food Pantry. Dinner and ice cream was served to the families that attended, and a variety of crafts and activities kept children and adults alike entertained.

### CALLING ALL ARTISTS!



In honor of Sexual Assault Awareness Month (April), the CARE Program will be holding a Fun Run/Walk to raise awareness of sexual assault and help bring an end to sexual violence in our community.

We are in need of a logo to use on t-shirts and promotional materials for the event.

Contact Brittany at (541) 444-9679 or [brittanyr@ctsi.nsn.us](mailto:brittanyr@ctsi.nsn.us) for more information on submitting a design.

### NATIONAL STALKING AWARENESS MONTH

Since 2004, January has been designated National Stalking Awareness Month. Stalking is generally defined as a course of conduct directed at a specific person that would cause a reasonable person to feel fear. It is a dangerous crime, and often goes unreported because victims do not realize the behavior is criminal. Stalking behaviors can include watching, following, calling, text messaging, tracking, electronic monitoring, taking photographs, and a variety of other behaviors.

According to the Stalking Resource Center:

- 6.6 million people are stalked in one year in the United States
- 1 in 4 women and 1 in 13 men report being a victim of stalking in their lifetime.
- 89% of female homicide victims who had been physically assaulted had also been stalked in the 12 months before their murder.
- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.
- 1 in 7 stalking victims move as a result of their victimization.
- 11% of stalking victims have been stalked for 5 years or more.
- Weapons are used to harm or threaten victims in 1 out of 5 cases.
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.

For more information, visit [www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org)



### JANUARY EVENTS

**Stalking Awareness Month** -- display a silver ribbon on your car antenna or clothing to show support for stalking victims.

**Wednesday, Jan 9th** -- CARE Community Meeting, 5:15pm at Siletz Library

**Thursday, Jan 10th** -- Sexual Assault Dynamics Training, 5-8pm at Siletz Tribal Community Center



Find us on: **facebook**

The Siletz CARE Program now has a Facebook page! "Like" our page at [facebook.com/SiletzCAREProgram](http://facebook.com/SiletzCAREProgram) for updates and information.



**2012 Siletz Community Christmas Program  
Dec. 13, 2012 • Siletz Tribal Community Center**



*Bailey Baker*



*Travis Oleman*



*Kassandra Rilatos*



*Luke Case*

*Photos by Natasha Kavanaugh*

*Right: Hoxie Yontockett*

*Far right: Madison McMillan and Karen Bayya*

*Below right: Violet Rainwater*

*Below center: Hayley Bostwick*

*Below: Zaiden Howard and Delina John with Santa (Andrew Eddings)*





Elders Luncheon • Dec. 12, 2012 • Siletz Tribal Community Center

Photo by Natasha Kavanaugh



Photos by Diane Rodriguez

Aushay Lucas and her mom, Tiffany Haynes, decorate a Christmas tree.



Mason Chamberlin and his mom, Stephanie, make a Santa Clause.



Blaike Stringer and Samantha Brown glue a Santa Clause together.



Sally Flatt helps her son, Isaiah Brandt, glue a reindeer together.

**Christmas Crafts  
Dec. 10-11, 2012  
Siletz Tribal Head Start**



Tehya Seltenreich and her dad, Floyd, decorate a Christmas tree.



**Siletz Valley School  
Dec. 20, 2012  
Kindergarten – 8<sup>th</sup> Grade  
Winter Program**

Photo by Natasha Kavanaugh

The kindergarten class entertains the audience by singing Rudolph the Red-Nosed Reindeer.

# Tooth Talk: Oral malodor – 90 percent of bad breath originates in the mouth

By Mary Ellen Volansky, EPDH, MS

What better way to start the New Year than with a discussion of bad breath. Wait a minute, maybe it's what better way to prepare for Valentine's Day? Whatever your motivation, bad breath can be impractical and embarrassing.

Bad breath, or oral malodor as the dental profession refers to it, is categorized into "transitory and chronic."<sup>1</sup> Transitory bad breath comes from food-related malodor that can last as long as 72 hours. You know the after-glow repetitive taste of spicy garlic sausage or pizza, a fresh salty green onion, alcohol and other items.

Chronic causes of bad breath refer to long-standing oral or medical problems, such as sinus or throat infections or gum infections. Up to 50 percent of us suffer from chronic oral malodor. Half of those who suffer bad breath experience severe malodor problems sufficient to cause personal discomfort and social embarrassment.

Did you know a meter has been devised to measure oral malodor? This tool is called a Halimeter as in halitosis, another word for bad breath or oral malodor. This instrument measures the vaporized molecules of sulphur compounds in mouth air, the same sulphur we smell

when we get a whiff of someone's bad breath, even our own, or rotten eggs.

The first thing you can do to remove the cause of bad breath is keep your teeth clean by brushing twice a day and flossing daily. You knew I had to get that in somewhere in this article! But it is also true. Seeing your dentist and hygienist for regular checks is also helpful in preventing bad breath.

Microorganisms (and dead cells) reside on our tongue. The living critters eat the foods we put in our mouths. This process is the most common cause of oral malodor.<sup>2</sup>

Cleaning your tongue is also a helpful step to stopping halitosis. This cleaning can be done with a tongue-scraper, a tool designed for cleaning tongues, or you can use a toothbrush. Some toothbrushes have tongue scrapers on the back of the brush head.

Gently brush/scrap the surface of the tongue in a back-to-front motion. These instruments are used to dislodge food particles and bacteria from the tongue. Do this scraping after meals and/or in the morning and at night before bed.

Another source of halitosis is tobacco use – smoking and chewing. When someone has just smoked a cigarette or when a person has chewing tobacco in

his mouth, the tobacco gives the user's breath an odor.

Many breath sprays and mints are available for a tobacco, garlic or onion lover. As you know from how well these products actually change the taste in your mouth, they don't work thoroughly. The only way to stop bad breath from these causes is to not use those products.

OK, what about us ol' stubborn individuals, those who won't "not use those products"? Here are some suggestions, three from the American Dental Hygienists Association and the last one from the University of British Columbia at Vancouver, Canada:

1. Rinse your mouth with water after eating. Research I saw years ago said to swish twice with water. This will remove food particles and can significantly reduce the sugar and acid content in our mouths, which helps lower the risk of tooth decay.
2. Chew a piece of sugarless gum to stimulate saliva flow – nature's own cleanser. Add to this a sugarless gum sweetened with Xylitol and you have two agents helping. The bacteria that cause cavities like Xylitol better than sugar. The bacteria cannot digest the

Xylitol, so the bacteria are not making acids to dissolve our teeth.

3. Snack on celery, carrots or apples. They tend to clear away loose food and debris during the chewing process. When I was a kid, these vegetables were call "nature's toothbrushes."
4. Use baking soda toothpaste. Toothpaste "containing 20% or more baking soda can confer a significant odor-reducing benefit for time periods up to three hours."<sup>3</sup> This study tested toothpaste with different levels of baking soda and baking soda with zinc, silica and fluoride to come up with this recommendation.

Now you are armed with ways to reduce oral malodor. Happily, they also help reduce the risk of cavities.

In 2013, may you have a full year of reasons to always have a bright healthy smile!

- 1 Want some Life Saving Advice? Ask Your Dental Hygienist About Understanding and Eliminating Bad Breath, 7/16/2010, American Dental Hygienists Association
- 2 ncbi.nlm.nih.gov/pubmed/9086681 J Can Dent Assoc. 1997 Mar;63(3):196-201.
- 3 The Effects of Dentifrice Systems on Oral Malodor, DrunetteDM, Proskin HM, Nelson BJ, J Clin Dent 1998;9(3): 76-82

# Nominees sought for new Champions for Change award for Native youth

We would like to announce an initiative at the Center for Native American Youth – Champions for Change.

Former Sen. Byron Dorgan of North Dakota and our team invite you to engage in our work through this new program. We need you and inspirational Native youth across the country to apply and help spread the word about Champions for Change and the center.

The Champions for Change (CFC) program, a spinoff of a White House initiative, recognizes and encourages inspirational Native youth (age 14-24)

working in their Tribal or urban Indian communities to promote hope and make a positive impact.

The center is calling for young American Indians across Indian Country to submit their stories of leadership and service in Tribal and urban Indian communities, schools and programs across the country. Champions include individuals who initiate programs, events or other efforts to improve the lives of fellow Native youth and Indian Country.

The center invites youth to get creative – submissions can be in a written

or video form. The center will collect and review these stories and then select five finalists who will be recognized at a spring 2013 event in Washington, D.C.

In addition to an all-expense-paid trip to Washington, D.C., these finalists will have an opportunity to participate in a mentorship pairing, serve a two-year term on a newly created Youth Advisory Board at the center and be eligible for consideration for a future visit from a member of the center's board of advisors

to their home community to share more about their initiative for change.

Applications can be found at [cnay.org/Online\\_Application.html](http://cnay.org/Online_Application.html). The application deadline is Jan. 31, 2013.

For more information, visit [cnay.org](http://cnay.org) or contact the center at [cnayinfo@aspens-institute.org](mailto:cnayinfo@aspens-institute.org), 202-736-2905 or Center for Native American Youth, The Aspen Institute, One Dupont Circle NW, Suite 700, Washington, DC 20036-1133.

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

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


**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.

Jan. 2  
5:30 p.m.

Siletz Public Library  
255 SE Gaither, 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)


January 26, 2013

Oregon State Fair & Expo Center  
Salem Pavilion  
2330 17th Street NE, Salem, OR  
Doors open at Noon  
Grand Entry - 1 p.m.  
Break - 5 - 6 p.m.  
Powwow ends at 9 p.m.  
Tribal vendors contact us at  
1-800-422-0232

Save the Date!

5th Annual "GATHERING OF OREGON'S FIRST NATIONS"

Celebrating Healthy Tradition



## Become a Master Gardener or Master Food Preserver...



Sponsorship is available to Tribal Members who would like to become a Master Gardener or Master Food Preserver!

Then share your knowledge by volunteering at gardening and cooking classes held at the Area Offices.

**Class dates start soon—call us today!**

Contact Sharla Robinson at 541-444-9627

Master Gardener and Master Food Preserver training is conducted through the OSU Extension Program. Volunteers are sponsored by the CTSI Healthy Traditions Program.

Pictured: Tribal members, Verdene McGuire (left) and Rachel Summer (right). Verdene completed the Master Food Preserver training and Rachel completed Master Gardener training this past year. They both help the community by teaching classes at the Portland Area Office.

## Portland Area Office Garden Club and Community Garden



Pictured: Tribal Members at the Portland Community Garden Plot. Come grow with us!

Join us for gardening advice, garden supplies and food!

**First Garden Club Meeting of the 2013!**  
Tuesday, January 22nd, 5:30-7:30pm  
Portland Area Office Community Room

Contact: Sherry Addis or Verdene McGuire at 503-238-1512

# Positive Indian Parenting Workshop

Wednesdays 5-8pm  
starting January 9th at the  
USDA Warehouse Kitchen

This 8-week workshop will focus on traditional and modern parenting skills and basic cooking. The workshop will include cultural activities, guest speakers, and much more! Childcare will be available, as well as local transportation, dinner and prizes!

Each week, the students learn cooking skills, food safety, new tasty recipes, childhood nutrition, and making your own baby food!

Pre-register by Monday, January 7th  
with Megan Hawley at:  
541-444-8262, [meganh@ctsi.nsn.us](mailto:meganh@ctsi.nsn.us)  
Healthy Family Healthy Child

Sharla Robinson, Healthy Traditions  
541-444-9627, [sharlar@ctsi.nsn.us](mailto:sharlar@ctsi.nsn.us)

This cooking series is sponsored by  
Food Share of Lincoln County, Siletz Community  
Food Program, Ten Rivers Food Web,  
and the CTSI Healthy Traditions Program.

Pictured: 2012 Cooking Class Graduates,  
Samantha Brown and Kyanna Fisher.



## Tribal RV parks offer special winter rates

### Logan Road RV Park

Logan Road RV Park's Stay3Pay2 winter promotion is now available. Come stay at the beautiful Logan Road RV Park with a free shuttle to Chinook Winds Casino Resort for a great price now through March 31, 2013. Stay any three nights and only pay for two! Certain restrictions apply.

Please visit [loganroadrvpark.com](http://loganroadrvpark.com) or call 877-LOGANRV for more information.

### Hee Hee Illahee RV Resort

Come stay at the beautiful five-star Hee Hee Illahee RV Resort for a great price now through March 31, 2013. Daily and weekly stays are now 20 percent off! Certain restrictions apply.

Please visit [heeheeillahee.com](http://heeheeillahee.com) or call 877-564-7295 for more information.

## Important information, deadlines for the college-bound Tribal senior

### January

- FAFSA forms can be submitted Jan. 1. Do not delay – do this ASAP!
- Complete scholarships that are due.
- Check for Student Aid Report (SAR) on the FAFSA website several days after filing out the FAFSA).
- Request mid-year transcripts be sent to colleges to which you have applied.
- Request transcripts needed for OSAC scholarship application.
- Send thank you notes to people who have helped you.
- Students who plan to apply for Tribal assistance for college must apply for FAFSA no later than Jan. 31 at [fafsa.ed.gov](http://fafsa.ed.gov).

### February

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

### March

- Check for three Tribal scholarships at [ctsi.nsn.us](http://ctsi.nsn.us).
- Complete scholarships.
- Start working on Tribal higher education or adult vocational training grant application. This can be found on the Tribe's website and is due June 30.
- Review the Student Aid Report (SAR).
- You should start receiving admission responses.

### April

- Send thank you notes to people who have helped you.
- Make final decision about which college or university you will attend.

- If you decide to decline enrollment to a college or university to which you have been accepted, send notice indicating this to the college's admissions office.

### May

- This is the deadline for final decisions for universities.
- Send letter of intent to registrar.
- Line up a summer job.
- Attend your Senior Awards Night.
- Review any award letters and be sure you understand the terms and conditions that accompany each type of aid.
- If necessary, arrange for housing and a meal plan (at school).
- Send thank you notes to any person/committee from which you received a scholarship.

### June

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

## Do you plan to apply for Tribal education funds?

### Some requirements and deadlines to keep in mind

1. The once-a-year annual deadline for funding is **June 30** of each year (for funding for the upcoming fall semester or academic year).
2. Students must apply for FAFSA (Free Application for Federal Student Aid) at [fafsa.ed.gov](http://fafsa.ed.gov) between **Jan. 1-31** each year. Your application for Tribal funding will not be accepted if you do not meet this deadline.

## Reading program, scholarship available

Reading is an Investment, sponsored by the state treasurer and the Oregon College Savings Plan, promotes literacy and financial education among K-5 students.

As part of the program, all public elementary school libraries received two free books, *Three Cups* and *Spending Success*. Students are encouraged to:

- Read books related to financial literacy
- Track their time on the English or Spanish reading log
- By April 5, 2013, submit up to 10 entries for a chance to win a \$500 college savings plan scholarship

Questions? Contact the state treasurer at [oregon.treasurer@state.or.us](mailto:oregon.treasurer@state.or.us) or 503-378-4329.

## Kaiser, OHSU partner to offer scholarships

Kaiser Permanente has partnered with the Oregon Area Health Education Center at OHSU to offer a \$2,000 scholarship to one senior at each high school in its service district.

Applicants must:

- Be a senior in the 2012-13 school year
- Be pursuing a career in health
- Have a minimum cumulative GPA of 2.5
- Reside and attend high school in Kaiser's service area
- Be enrolling at a U.S.-accredited college or university in the fall of 2013 or winter of 2014

Submit applications by Jan. 18, 2013. Applications can be obtained online at [kp.org/communitybenefit/scholarship/nw](http://kp.org/communitybenefit/scholarship/nw).

## Emergency dental visits available

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. The staff will do everything possible to see you as soon as reasonably possible.

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.



*Over a hundred years ago Black Elk had a vision of the time when Indian People would heal from the devastating effects of European migration. In his vision the Sacred Hoop which had been broken, would be mended in seven generations.*

*The children born into this decade will be the seventh generation.*

*Photo used with permission of Sacred Ground Outreach*



**"When the Children Grow Old ...**

**We Want Them to Know We Fought for Them"**

*There are many ways to fight to protect our children ~ one of those ways is by being a foster parent.*

*The Siletz Tribal Indian Child Welfare Department is accepting and recruiting foster homes on behalf of our Tribal children.*

*For more information, call Christy Hurt, foster care certifier, at 800-922-1399, ext. 1338, or 541-444-8338.*

# College speech contest that requires video entries to award scholarships

## Speakin' in Indian encourages Native youth to showcase skills

SUQUAMISH, Wash. – Cut Bank Creek Press, a Native-owned publishing company, will award two \$1,500 college scholarships to the winners of its first speech contest titled *Speakin' in Indian*.

Currently enrolled college students will upload five-minute video entries to YouTube in response to one of two theses:

1. Native people and Tribes should expend substantial resources on the preservation/restoration of Native languages and make it a top priority because ...”
2. “Native people and Tribes should not expend their limited resources on the

preservation/restoration of Native languages and make it a top priority because ...”

One scholarship will be awarded for each argument – the best argument in favor of language preservation and the best argument against making language preservation a priority.

Spokespeople for the contest are Dallas Goldtooth (Dakota and Diné), a renowned speaker and language preservation advocate; Mike LaFromboise (Blackfeet), Blackfoot language scholar and computer nerd; Gyasi Ross (Blackfeet), author of *Don't Know Much about Indians (but I wrote this book about us anyways)*; and Steven Paul Judd (Kiowa and Choctaw), a renowned visual artist and filmmaker.

Goldtooth, Ross and Judd also will serve on the final panel of judges.

Ross created the scholarship specifically to increase the number of young Native people who feel confident speaking for themselves and for Native people.

“It's a very small step. Still, those that can speak persuasively and passionately tend to be leaders within our communities. Native people are, and always have been, perfectly capable of speaking for ourselves, yet we haven't had a formal pipeline to develop strong Native speakers and leaders,” said Ross. “Now, of course we have some amazing and great Native leaders, but they succeeded through sheer will and without a formal mechanism to develop them. This scholarship is a start to creating a formal program because the leaders of today need to take the initiative to help mentor and cultivate tomorrow's leaders.”

Contest rules will be announced Jan. 1, 2013. Submissions will be accepted from Jan. 15 through Feb. 15 and will be reviewed from Feb. 15 to April 1. Finalists will be announced during the first week of April.

In late April, four finalists will be flown to Albuquerque, N.M., to present their speeches, after which the two winners will be selected. Finally, scholarships will be awarded at the beginning of the 2013-2014 academic year.

*Speakin' in Indian* is presented in partnership with Red Eagle Soaring Native Youth Theatre, a progressive 20-year-old Seattle nonprofit engaging Native youth in creative self-expression and critical discussions about the issues affecting their lives.

For more information, e-mail [speakinindian@cutbankcreekpress.com](mailto:speakinindian@cutbankcreekpress.com).

# Interior launches Land Buy-Back Program for Tribes to consolidate lands

## Plan helps unlock lands for various Tribal uses

WASHINGTON – The Department of the Interior announced on Dec. 18 the initial framework of the Land Buy-Back Program for Tribal nations that will purchase fractional interests in American Indian trust lands from willing sellers, enabling Tribal governments to use the consolidated parcels to benefit their communities.

The initial implementation plan, based on consultation with Tribes, outlines how Interior will carry out the land

consolidation component of the Cobell Settlement, which provided a \$1.9 billion fund to purchase the fractionated interests in trust or restricted land, at fair market value, within a 10-year period. These acquired interests will remain in trust or restricted status through transfer to Tribes.

Fractionation of Indian lands stems primarily from the General Allotment Act of 1887 that allotted Tribal lands to individual Tribal members, often in 80- or 160-acre parcels. The lands have been handed down to heirs over successive generations, causing the number of shared

interests in one parcel to grow exponentially. Currently, more than 92,000 tracts of land held in trust for American Indians contain 2.9 million fractional interests.

When tracts have so many co-owners, it is often difficult and impractical to obtain the required approvals to lease or otherwise use the lands. As a result, highly-fractionated tracts lie idle.

The Buy-Back Program will be structured to allow as much opportunity for Tribal participation and assistance as practical, including consulting with Indian Tribes to identify acquisition priorities.


The program will actively report progress and communicate with Tribal communities throughout the life of the initiative.

Interior will host three consultation sessions in January and February to discuss the initial implementation plan and receive Tribal feedback – on Jan. 31 in Minneapolis, Minn.; on Feb. 6 in Rapid City, S.D.; and on Feb. 14 in Seattle, Wash.

The initial implementation plan is available for public comment for 75 days.

For more information on the Buy-Back Program and to view the plan, visit [doi.gov/buybackprogram](http://doi.gov/buybackprogram).

### OREGON HEALTH & SCIENCE UNIVERSITY ANNUAL MULTICULTURAL HEALTH, SCIENCE & ENGINEERING CAREER CONFERENCE



**COLLEGE AND HIGH SCHOOL STUDENTS ARE INVITED TO:**


- Attend information sessions with OHSU's admission teams
- Listen to a panel discussion featuring current OHSU students
- Participate in healthcare and science hands-on activities
- Meet OHSU faculty & staff
- Participate in an internship, information & career fair

**FRIDAY, FEBRUARY 22, 2013**

Online registration will be available on December 25, 2012  
Register online at [www.ohsu.edu/diversity](http://www.ohsu.edu/diversity)  
Registration deadline is Friday, February 8, 2013

Sponsored by:  
OHSU Center for Diversity & Inclusion

If you require accommodation to attend this event, please contact the Center for Diversity & Inclusion at [cdi@ohsu.edu](mailto:cdi@ohsu.edu) or (503) 494-5657 prior to the event.



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APPLICATIONS ARE AVAILABLE STARTING MONDAY, NOVEMBER 5, 2012  
Visit our webpage [www.ohsu.edu/diversity](http://www.ohsu.edu/diversity) for more information or  
email the Center for Diversity & Inclusion at [cdi@ohsu.edu](mailto:cdi@ohsu.edu)  
**APPLICATION DEADLINE FRIDAY, MARCH 22, 2013 4:00PM (PST)**

 **Like Us On Face book & Learn More!**  
[Center for Diversity & Inclusion](#)



OREGON  
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& SCIENCE  
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# Tribal Council Timesheets for November 2012

## Lillie Butler – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
2.5	2.5				11/1 Packets
2	2				11/3 Health, Housing
2.75	2.75				11/5 Pow-wow, packet
7.5	7.5				11/6-8 Packets
1.5	1.5		3	2	11/9 STBC mtg, packets
		8		2	11/12 Budget
2.5	2.5	5			11/13-14 Packets
4.25	4.25				11/15 Regular TC
4	4			1	11/16 Council, restoration, packets
1	1			1	11/17-18 Restoration
15	15				11/19-27 Packets
6.5	6.5			6	11/28-29 State summit
2.5	2.5				11/30 Special TC, packets

## Lorraine Y. Butler – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
6.5	6.5			6	11/1-2 Governor's summit
4	4				11/3 Health, Housing, General Council
		3.5			11/6-7 Packet
.75	.75			5	11/8 Ed Metcalf reception
		1			11/9 Gaming discussion
2	2	1.5			11/10-11 Packets
		9		2	11/12 Gaming budgets
2.5	2.5				11/13 CPT, packet
4	4				11/15 Regular TC
1.25	1.25			2	11/16 Restoration dinner
4	4			1	11/17-18 Restoration pow-wow
.75	.75				11/21 Packet
7.75	7.75			6	11/28-29 State summit
.5	.5				11/30 Special TC

## Reggie Butler Sr. – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
4.25	4.25				11/1-2 Packets
4	4				11/3 Health, Housing, General Council
7.25	7.25				11/5-7 Packets, sign checks
3	3				11/8 Housing, packets
1.75	1.75		4	2	11/9-10 STBC mtg, packets
		8		2	11/12 Budgets
2.25	2.25	4			11/13-14 Packets
5	5				11/15 Regular TC
3.75	3.75			1	11/16 Council, restoration, packets
1	1			1	11/17 Restoration
15.75	15.75				11/19-27 Packets, sign checks
6.5	6.5			6	11/28-29 Governor's summit
2	2				11/30 Special TC, packets

## Jessie Davis – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
		1		1.5	11/2 STCCF distribution
4	4			2.5	11/3 Special TC, General Council
1	1	4			11/8-9 Packets
		8		3	11/12 CW budget
6	5.75	2		3.5	11/14-15 Regular TC, packets
1.75	1.75	1.5		2	11/16 Special TC, CW activity
3	3			1.5	11/17-18 Restoration, packets
1	1				11/27 Packets
3.5	3.5			7	11/28-29 Governor's summit
1.25	1				11/30 Investment/Audit conf call

## Sharon Edenfield – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
.5	.25			2	11/2 STCCF reception
4	4				11/3 Health, Housing, General Council
		8		2	11/12 Gaming budget wkshp
5	5				11/15 Regular TC
1.5	1.5				11/16 Hearing
4.5	4.5			2	11/16-18 Restoration events, STAHS
.5	.25				11/29 Pow-Wow Comm
.75	.75				11/30 Special TC

## Robert Kentta – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
1	1				11/2 Packet, minutes
3	3				11/3 Special TC, General Council
.75	.75				11/5 Natural Resources Comm
1	1			5.5	11/13 Ecotrust dinner
1	1				11/14 Packet
4.75	4.75				11/15 Regular TC
2.25	2.25			2	11/16 Grievance hearing, Restoration dinner
				4	11/27-29 Gov't to Gov't summit
.5	.5				11/30 Special TC

## Delores Pigsley – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
2	2	.5			11/1 Mail, agenda items
2.5	2.5	1		3.25	11/2 OSU symposium, charitable donations, mail, conf call
4	4	.25		3	11/3 Special TC, General Council
1	1				11/4 Mail, agenda items
4	4	.5		2	11/5-6 Self-Gov negotiations, mail
1.75	1.75				11/7 Radio show, mail
1.5	1.5			6	11/8 Mail, Ed Metcalf gathering
1	1	.25	1.5	2.5	11/9 STBC mtg, mail, agenda items
1.75	1.75	2		2.5	11/10-11 Mail, prep for mtgs, casino event
.25	.25	8.5		2.5	11/12 Budget wkshp, mail
2	2	3.25		2	11/13 OTGA, Ecotrust dinner, mail
2	2	.75			11/14 Mail, prep for council
4.75	4.75	.5		3	11/15 Regular TC, mail
3.25	3.25				11/16 Appeal, Restoration activities, mail
2.75	2.75			1.5	11/17-18 Restoration activities, mail
9.5	9.5	2			11/19-26 Mail, news article, agenda prep
2	2	.25			11/27 Mail, prep for mtg
6	6	.5		6.5	11/28-29 Governor's summit, mail
1.5	1.5			2.5	11/30 Investment and Audit Comm, Special TC, mail

## Tina M. Retasket – 11/1/12-11/30/12

TC	Ind	Gmg	STBC	Tvl	
1.25	1.25		2.5		11/2 Minutes
1.75	1.5				11/3 General Council
1.5	1.25		.5		11/5-7 E-mail, packets, resolutions
.5	.5	4	2.75	2	11/8-11 STBC mtg, packets, e-mail
		8.5		2	11/12 Gaming budget wkshp
1.5	1.25				11/13 Checks, e-mail, phone calls
1.75	1.75				11/14 Notebook, e-mail
6.5	6.5				11/15 Regular TC, minutes
3	3				11/16-17 Restoration events
1.5	1.25				11/19-27 E-mail, packets, sign checks
6.25	6.25			5	11/28-29 Gov't-to-Gov't mtgs

## General Council Meeting

Feb. 2, 2013 • 1 p.m. • Siletz Tribal Community Center • Siletz, Oregon

Call to Order	Programs:
Invocation	Update on Clamming Issue
Flag Salute	Tribal Council Committee Reports
Roll Call	Tribal Members' Concerns
Approval of Agenda	Chairman's Report
Approval of Minutes	Announcements
	Adjourn

## Tribal Council E-mail Addresses

• Tribal Chairman: Delores Pigsley	dpigsley@msn.com
• Vice Chairman: Alfred "Bud" Lane III	budl@ctsi.nsn.us
• Treasurer: Jessie Davis	jl_davis41@msn.com
• Secretary: Tina Retasket	retasket@hotmail.com
• Lillie Butler	lebutler2@hotmail.com
• Lorraine Butler	loraineb@ctsi.nsn.us
• Reggie Butler Sr.	lebutler2@hotmail.com
• Sharon Edenfield	sharone@ctsi.nsn.us
• Robert Kentta	rkentta@ctsi.nsn.us



# Chinook Winds Casino Resort

## Entertainment

Jan. 4&5: Comedy on the Coast  
8 p.m., \$15  
Jan. 11&12: Charley Pride  
8 p.m., \$30-\$45  
Feb. 1&2: Comedy on the Coast  
8 p.m., \$15  
Feb. 22&23: Gabriel Iglesias  
8 p.m., \$40-\$55  
March 1&2: The Beach Boys  
8 p.m., \$40-\$55

## Rogue River Room

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

## Aces Bar & Grill

Trivia: Third Tuesday, 6 p.m.

## Special Events

Mon: Bearable Monday  
Saver Mondays Bingo  
Double Eagle steak dinner for 2, Aces  
Tue: Boomers Club  
Lucky Lobster dinner for 2, Chinook's Seafood Grill  
Wed: Wild Wednesday Nights Bingo  
Double Down Wednesdays steak dinner for 2, Rogue River Steakhouse  
Thurs: Deuce's Wild surf & turf dinner for 2, Chinook's Seafood Grill  
First Tue: Senior Slots  
First Thurs: Twilight Slots  
Last Tue: Senior Sunrise Slots



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

**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).**

# Tribal member Mike Fisher named general manager of Chinook Winds

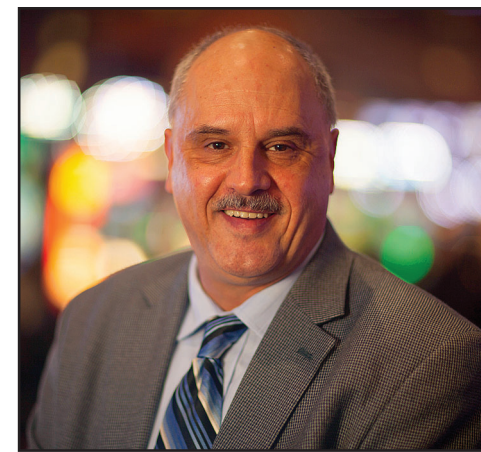
Siletz Tribal Chairman Delores Pigsley has announced the appointment of Mike Fisher as general manager of Chinook Winds Casino Resort.

Fisher has served as interim general manager since February 2012 and previously served on the startup Ad Hoc Gaming Committee, starting in 1993. He then became one of the first five Siletz Tribal gaming commissioners. He later held the position of compliance director for the casino from 2005-2007.

In 2007, Fisher left Chinook Winds to be general manager of Kla-Mo-Ya Casino in Chiloquin, Ore. He has more than 15 years of experience in the gaming industry.

Fisher's employment with the Tribe coupled with his drive and enthusiasm already has made a significant contribution to the success of Chinook Winds since February.

"Mike has been an integral part of our casino operations and growth," said Pigsley. "We are very happy to appoint a Tribal member as general manager at



Courtesy photo by Chinook Winds staff

Mike Fisher

Chinook Winds Casino Resort. We are confident that his gaming and regulatory experience coupled with his commitment to the property, the community and the Tribe are the exact qualities we need to ensure our future growth and success."

When asked about his return, Fisher said "I am glad to be back at CWCR. I look forward to any challenges that may come my way and to celebrating successes in 2013 and beyond."

Follow us on Twitter, find us on Facebook or visit our website at [chinookwindscasino.com](http://chinookwindscasino.com).

## Get More Information

- **Chinook Winds Casino Resort – [chinookwindscasino.com](http://chinookwindscasino.com)**
- **Chamber of Commerce – [lcchamber.com](http://lcchamber.com)**
- **Visitor & Convention Bureau – [oregoncoast.org](http://oregoncoast.org)**

# Chinook Winds Restaurant Hours

### Rogue River Steakhouse

Mon-Fri: 11 a.m.-10 p.m.  
Sat-Sun: 9 a.m.-10 p.m.

### Rogue River Lounge

Mon-Thurs: 11 a.m.-11 p.m.  
Fri: 11 a.m.-1:30 a.m.  
Sat: 9 a.m.-1:30 a.m.  
Sun: 9 a.m.-11 p.m.

### Siletz Bay Buffet

Daily: 8 a.m.-10 p.m.

### Chinook's Seafood Grill

Daily: 7 a.m.-10 p.m.

### Chinook's Seafood Grill Lounge

Sun-Thurs: 9 a.m.-11 p.m.  
Fri-Sat: 9 a.m.-midnight

### Aces Bar & Grill

Mon-Thurs: 10 a.m.-10 p.m.  
Fri: 10 a.m.-11 p.m.  
Sat: 8 a.m.-11 p.m.  
Sun: 8 a.m.-10 p.m.

### Euchre Creek Deli

Open 24 hours daily

## Play Palace/Arcade Hours

### Play Palace Hours

Sun-Thurs: 7 a.m.-10 p.m.  
Fri-Sat: 7 a.m.-midnight

### Arcade Hours

Sun-Thurs: 9 a.m.-10 p.m.  
Fri-Sat: 9 a.m.-midnight

## Tribal Member Business Owners

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

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](mailto:erica@cwresort.com)

## Attention Siletz Tribal Members

Chinook Winds Casino Resort is looking for talented Tribal members who would like to sell their quality American Indian works of art to the casino gift shop.

We will need to set you up as a registered vendor. For an appointment or any questions, contact Dona at 541-996-5791 (office) or 541-996-5969 (gift shop).

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 227-room ocean-view hotel.

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



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

# Chinook Winds

## CASINO RESORT

### \$75,000

# CRUISE CONTROL

FEBRUARY 17 & 24

Get ready to set sail as Cruise Control returns to Chinook Winds in 2013!

Wouldn't it be nice to get away and simply relax? Imagine a week, better yet two, to let your hair down and your worries disappear. Well, that's exactly what 20 lucky guests will do when they play "Cruise Control" at Chinook Winds January 14 through February 24, 2013.

Start earning entries on January 14 by playing your favorite games throughout the Casino.

Drawings will be held on Sundays, February 17 and 24 at 6pm. 10 names will be drawn to pick a square in the Cruise Ship punchboard. 10 Cruises will be given away each Sunday.

Destinations each drawing day include:

- One - 15 day Panama Canal Cruise for 2
- One - 7 day Caribbean Cruise for 2
- Eight - 7 day Mexican Riviera Cruise for 2



# BOOMER

## tuesdays

**Attention Baby Boomers!**  
(That includes YOU if you're over 55 years old.)

Tuesdays at Chinook Winds were tailored to fit you! If you haven't already signed up, it's quick, easy and free!



### 200 Point Boomer Breakfast Buffet

Just swipe your Boomer Club card at Siletz Bay Buffet to redeem 200 points for breakfast, Tuesdays 8-11am.

### 400 Point Boomer Lunch Buffet

Swipe your Boomer Club card at Siletz Bay Buffet to redeem 400 points for lunch, Tuesdays 11:30am-3:30pm.

### \$2 Boomer Blackjack

We've set aside a special \$2 table just for you. Just play with your Boomer Card. We'll be dealing 5am-1pm.

### FREE Boomer Slot Tournament

The first Tuesday of every month 9am-12:30pm & 1pm-4:30pm. Signups for both morning and afternoon sessions begin at 7am, and is limited to the first 200 players. Top finishers share 3000 Sand Dollars in prizes every month. Players also get **DOUBLE POINTS** from 8am-8pm on Tournament Day.

### Boomer Sunrise Slot Tournament

The last Tuesday of every month, from 8:30-11:30am. The first 150 players to register beginning at 6:30am for 300 player points receive a \$7 restaurant food voucher, **DOUBLE POINTS** from 8am-12pm, and tournament play where the top finishers share 2000 Sand Dollars!

Complete rules are available at Winners Circle.

Management reserves the right to change the offer at any time.

### Bearable Wednesdays

Featuring January Bear



Every Wednesday in 2013, Winners Circle Members get a monthly themed bear for every 250 points collected from 12am - 11:59pm. Limit 2 bears per guest per Wednesday. Complete details at Winners Circle.

Bears available while supplies last.

### MAYHEM MONDAYS

#### Slot Tournament



Don't miss your chance to WIN a share of 2,500 Sand Dollars on the third Monday of each month in 2013!

- Must redeem 100 points to qualify
- Sign-up begins at 1pm at the Winners Circle
- 100 players maximum. First come, first play
- Double points from sign-up until 5pm

Rules available at the Winners Circle.

### Cosmic Bingo

January 18 • 10pm

Only \$5 to play every game in the session!

Dance club music, no-host bar, prize giveaways and lots of fun. Don't miss out on this late-night session paying out \$1,400!

Must be 21 or older



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



To the editor:

Hello, my name is Teresa Gomez and I'm from the Pueblo of Isleta.

Thanks to AIGC (American Indian Graduate Center), I was able to pursue my graduate studies in political science at the University of New Mexico. I was recently named the president and CEO of Futures for Children, a 40-year-old nonprofit organization that encourages American Indian students to graduate high school and pursue post-secondary education. I look forward to working closely with AIGC as our organizations cooperate to help our young people get the most out of their lives.

Those of you who have received AIGC funding know that however much it is appreciated, it barely makes a dent in school expenses. They tell me that the average funding shortfall grantees face is over \$18,000 per year. Over 90 percent of each dollar that comes into AIGC goes to scholarships and student support, but with the increasing number of grad students every year, the pressure on resources is going to increase. Our programs and our students are facing budget cuts that could seriously impede our efforts.

AIGC has been in existence for over 40 years and is proud to have sustained contract funds to support the fellowship program. Yet there is still an important goal to be accomplished – to develop connections with AIGC recipients and other beneficiaries throughout the nation and ensure strong Tribal and alumni support. This is the ultimate endorsement about which other funding sources always ask – how is the organization (AIGC) supported by the people that it serves?

That is why I am writing this letter. For those of us who have benefited from national programs like AIGC, it's time for us to show our appreciation by giving generously to support its work. We must adhere to the principle of "giving back" so those students who are currently in need are receiving the same opportunities we were afforded.

Send a check (AIGC, 3701 San Mateo Blvd. NE, #200, Albuquerque, NM 87110) or donate online at aigcs.org and plan to include them every year. Your generous financial support will directly affect American Indian students pursuing a post-secondary education.

I call on you to continue to grow this talented and educated pool of American Indian leaders. Your donation of \$20, \$50, \$100, \$500 or whatever you can give truly does make a difference. Your contribution to AIGC will help us to continue to make a significant difference in the opportunities available to students across Indian Country, the opportunity of higher education, the opportunity of achievement.

Thank you for helping to support the work of AIGC.

Sincerely,  
Teresa Gomez



To the membership:

I am once again running for a position on the Tribal Council. I have served on the council for several years and in many ways, having served on many committees as well as a Tribal Council officer. My interests have always been the Tribe's interests.

Serving on the Tribal Council has been a great honor and I have served with great pride. The Tribe has had many accomplishments over the years and those accomplishments were recently highlighted at our 35<sup>th</sup> Restoration Celebration.

Those accomplishments are the result of Tribal Council members working together and having a competent workforce. While we don't always all agree with each other on issues, we have active discussions and we do go forward with the best solutions and decisions the council makes.

Not only do I have the time and energy, I am healthy and have the desire to continue to represent the Tribe in the best way possible. I commit to working toward Tribal goals in providing even better health and educational opportunities as well as addressing our housing, Elders, natural resources, cultural and general welfare needs.

I believe the economy will slowly improve this year and in the coming years, but we must diligently watch our budgets and make the best use of our funds. Our Tribe must be present and we do need to be at the table working with other Tribal, state, federal and local governments. Throughout the years our Tribe has established very good working relationships with all those entities, including Tribal organizations.

If I am elected, I will represent you to the best of my ability. Thank you for your past support and I ask for your continued support. I can be reached at 503-393-6516 or 541-270-5017.

Delores Pigsley

To the editor:

I would like to take a moment to express my gratitude for all the Siletz Tribe has done for my family. Thank you for:

- Paying for my husband's college tuition back in the 1990s
- Paying the co-pay for the delivery of my second child
- Allowing us to live in subsidized housing and helping us save enough money to buy our own home
- Giving our family two computers over the last 10 years
- Paying for the sports fees for my children. This helps stretch our budget.
- Starting my children's education out right with the extraordinary Head Start program
- The per capita payments that help us with school clothes and pay down debt
- Putting the per capita payments for our children into trust so they are financially secure when they start life on their own
- Providing education to my children during Culture Camp
- Supporting Siletz Valley School and Siletz Valley Early College Academy so my children can remain in their hometown, with their friends and with their Tribe
- The fish distribution – salmon is very expensive!
- Hunting tags each year – my daughter will cherish memories of time with her Papa Bristo
- Having an over-income grant for housing repair – we will now be able to replace siding on our home once the rains end
- Providing free health care and prescriptions for my husband and children, and for paying for their co-pays on my employer-sponsored insurance

What I am most thankful for today is the medical diabetes program. In 2010, my daughter was diagnosed with Type 1 diabetes. Since then, we have not had to pay for any of her medical care or her daily medication. Sometimes non-Tribal families can't afford the costs and risk the life of their child. We are blessed to have a pharmacy where we can get our medication pretty quickly and at no cost to us.

Also, thank you for paying tuition to Gales Creek Camp for children with Type 1 diabetes. It is one week a year where my daughter can just be a kid like all the other kids, and mom and dad feel safe leaving her in the very capable hands of the doctors and counselors there. Each year she has returned managing her diabetes in a way we could not get her to do on our own. I can't quite explain what a sense of relief and joy I have because of this.

Thank you again for not only improving the lives of our family, but in a way for helping to save the life of our daughter.

Susan Trachsel



To the editor:

I know that this time of year is hard on everyone, but it's real hard on those who are away from family and sitting in the hole right now. So please keep them in your thoughts and prayers.

Little Chief – Merry Christmas, homie. Stay strong.

Anyone out there reading this who feels like writing to a good young Native bro, feel free to shoot him some words of encouragement. We can all use those once in a while. Here is his name and SID #: Bernadito Garcia #16928659, 777 Stanton Blvd., Ontario, OR 97914.

Merry Christmas to all and Happy New Year.

Todd Ramsey



To the editor:

It was a magical week for me thanks to a variety of people and businesses.

Most of my family and many friends gathered Friday morning bright and early to join me in my swan song on KBCH, followed by a wonderful breakfast at the Anchor Inn.

Saturday, we enjoyed the Angel Ball as our community came together to raise money to assist North Lincoln County families with immediate and basic needs.

Sunday found us spellbound by LeAnn Rimes in Christmas concert at Chinook Winds Casino Resort.

Monday, I truly felt the celebration was over and was meeting with Eric Smileuske, marketing director of Chinook Winds Casino Resort, to discuss details on a boxing program. Much to my amazement and grand delight, Eric led me into the convention center to be greeted by 250 wonderful people.

The Chinook Winds staff served a buffet that was incredible to say the least – tasty food, beautiful presentation and service that was over the top. The room was decorated only like Teresa and her staff can do.

I have been fortunate to have been honored now twice by members of the Confederated Tribes of Siletz Indians. My good friend Frank Simmons presented me with dentalia following a Celebration of Honor weekend. Now the crowning point. Mike Fisher, general manager of Chinook Winds, and Marketing Director Eric Smileuske wrapped me in a Pendleton blanket. The blanket will forever honor my home. I was deeply touched by their gracious presentation.

My sons spent days producing a video tribute to their father and family that will remain on my laptop for the rest of my life so I can relive the most wonderful party of my life.

Great friends had fun with stories about my life in Lincoln City. Have to admit most were even true.

Thank you Robertson family and our many friends; thank you Chinook Winds Casino Resort.

It really is "Better at the Beach."

Roger Robertson

Semi-retired and loving it

## 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  
Assistant: Natasha Kavanaugh



Happy 2<sup>nd</sup> Birthday, Bray Bray! You're an amazing little boy who brings joy to all you meet! We love you, son, and are so proud of you and your tough spirit!  
All our love, Momma and Dad

Happy Birthday, Baby Brother Bray Bray! I love you. You're the very best little brother!  
Love, your Big Brother Ky Ky

Merry Christmas to all my kids – Keyonna Williams, Jaylee, Caleb and Jacob. I love you with all my heart and miss you every single day. You're always in my thoughts and prayers.  
Love, your dad Todd Ramsey Williams

#### 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 this section.

Siletz News reserves the right to edit any submission for clarity and length. Not all submissions are guaranteed publication. Please type or write legibly and submit via e-mail when possible.



Happy 3<sup>rd</sup> Birthday, Joshua! We love you so much!  
From Mama, Daddy, Alex and Torito

Merry Christmas to my mom, Ronda Ramsey; my wife, Bekki Ramsey; my grama, Connie Williams; and my other daughter, Keaston Eve ☺. Also to my aunts, uncles, nieces and nephews. I miss you all so much. Sondra and Jesse – I love you, brother and sister. Merry Christmas! Give all the little ones a hug and kiss. I love you all.  
Love, Todd



Happy 6<sup>th</sup> Birthday, Alex! We love you, big brother!  
From Mom, Dad, Joshua and Torito



Happy Belated Birthday to my most favorite twins in the whole wide world! Hard to believe you are 17 years old! Your Dad is getting old.



Happy Belated Birthday to Tyson Hunter Rilatos! It's hard to believe you're 12 years old already! Luv u too much.

## Pow-Wow and Siletz Feather Dance Practice

Jan. 10, 2013 • 5:30-7 p.m.

Siletz Tribal Head Start • 1220 SE Oar Ave., Lincoln City, Ore.

Rusty Butler (Tribal prevention coordinator) will teach the boys and Tiffany Stuart (Tribal Head Start teacher) will teach the girls.

Questions? Please call Butler at 541-444-8618 or 800-922-1399, ext. 1618, or Stuart at 541-994-0400.

## Recruitment for Siletz Tribal Vocational Rehabilitation Program Advisory Committee

Members of this committee will consist of Siletz Tribal members with a disability/disabilities or someone with a background in disability programs and/or vocational rehabilitation.

You need to have a willingness to express and present ideas to STVRP staff and be willing to participate in outreach to the membership for the STVRP program and its services.

If interested in serving on this committee, please submit the completed form to STVRP, Attn: Angie Butler, Salem Area Office, 3160 Blossom Drive NE, Suite 105, Salem, OR 97305.

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

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

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

Phone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

## SVECA class has funds to disburse

We, the Community 101 students of Siletz Valley Early College Academy (SVECA), with the support of the PGE Foundation and the Meyer Memorial Trust, have made it our mission to raise money to help prevent drug and alcohol abuse. By giving money to nonprofit organizations, we hope to make our community a better and safer place.

We want to work with as many Lincoln County nonprofit organizations as possible. We have received funding that will allow us to provide funds to nonprofit organizations through the grant-making process.

We are especially looking for nonprofits that fit our mission statement, which is focused on drug and alcohol abuse prevention, but would also like to hear from others that are making a difference in our community.

If you are a nonprofit organization in need of some funding, please contact the SVECA Community 101 leadership class at 541-444-1100, ext. 151, or lorriesyms@gmail.com.

In December, SVECA held a food drive, placing a collection bin in each high school advisory class. The food from the food drive went directly to the Siletz Food Pantry, which is located on the lower level of the school.

The winner of the food drive was the senior class with 161 pounds of food. The seniors will receive a pizza party for bringing in the most food.

The sophomore class came in second with 101 pounds and the freshman class came in third with 86 pounds. The junior class didn't bring any food, so the total was 348 pounds of food. Way to go, Warriors.

We are having another food drive that is continuing until the end of this quarter. Bins have been placed around town and are still in each advisory class. Please donate to this worthy cause if you are able.

After the end of the second quarter, we will have another awards ceremony for grades, attendance and the food drive.