

Foster Parent Trainings Set in July

Register with Shawna Henarie, foster care certifier, at 800-922-1399, ext. 1275, or 541-444-8275; or e-mail shawnan@ctsi.nsn.us

Enhancing Teen Attachment

July 15, 2010 5:30 p.m.-9 p.m.
or
July 29, 2010 8:30 a.m.-Noon

Some teens in care have not had the opportunity to firmly attach to primary caregivers. In this training, we will focus on how this impairs teens from moving through adolescence and into a successful adulthood. Participants will leave this training with tools to assist teens with attachment and accomplish essential developmental tasks, enhancing their transition to young adulthood.

Common Mental Health Disorders in Teens

July 22, 2010 1 p.m.-4:30 p.m.

This training will provide the participant with a basic understanding of the common mental health disorders that occur in the teen-age years, along with signs and symptoms to watch for. Introductory information on the stages of psycho-social development and factors that put the teen-age foster child at increased risk will be discussed. Suggestions will be made on possible ways to approach a teen in need of mental health intervention to increase the likelihood that the teen will be agreeable to an evaluation or to treatment.

Join the Crew for the Next Cut Wood for the Elders Day in Toledo

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the next Cut Wood for the Elders Day on **July 17**. The woodcut will be held at the log yard at the Tribe's **Toledo Mill property** off Sturdevant Road in Toledo.

We need lots of volunteers to help split firewood for Tribal Elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes and lots of energy.

Lunch, drinks and snacks will be provided. We will meet at the Tribal administration building at **8 a.m.** and caravan to the cutting site. Anyone wishing to come later will find directions to the site posted on the front door of the administration building.

The goal of this event is to deliver firewood to as many Elders as possible. Elders' Program Clerk Brett Lane maintains a list of Elders who burn wood for their winter heat.

People willing to haul firewood to Elders outside of the Siletz area should contact Brett at 800-922-1399, ext. 1261, or 541-444-8261 and he will pair you up with an Elder in need. We especially need folks who can haul wood to the Eugene, Salem and Portland areas.

Elders in need of firewood also should contact Brett to get their name on the delivery list.

If you have parents or grandparents who burn wood in the winter to stay warm, you need to help out at this event!

July USDA Distribution Dates

Siletz

Monday	July 5	Closed - Holiday
Tuesday	July 6	9 a.m. - 3 p.m.
Wednesday	July 7	9 a.m. - 3 p.m.
Thursday	July 8	9 a.m. - 3 p.m.
Friday	July 9	9 a.m. - 3 p.m.

Salem

Monday	July 19	1:30 p.m. - 7 p.m.
Tuesday	July 20	9 a.m. - 7 p.m.
Wednesday	July 21	9 a.m. - 5 p.m.
Thursday	July 22	9 a.m. - 11 a.m.

Please make it to your scheduled appointments. If you are a walk-in client, please remember to bring all documents necessary to be certified. You can visit the CTSI website at www.ctsi.nsn.us and print the application packet.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 1393 or ext. 1279, or you can call direct at 541-444-8393 or 541-444-8279.

Joyce Retherford
USDA Food Program Director
Derek Simmons
USDA Food Program Clerk

Stir Fry Chicken with Pan Fried Noodles

Ingredients

- 1 cup chicken thighs, cut up into small strips*
- ½ cup sliced carrots, sliced diagonally*
- ½ cup snow peas or sugar snap peas
- ½ cup yellow onion, sliced*
- ½ cup green pepper, sliced*
- ½ cup celery, sliced diagonally*
- ½ cup cabbage, sliced*
- ½ cup bean sprouts
- ¼ cup salted or unsalted peanuts*
- 6 oz. yakisoba noodles
- ½ cup teriyaki sauce

Directions

Put 3 or 4 tablespoons of oil in pan or wok. Add chicken, stir in hot oil until browned, about 5 minutes. Add vegetables, ½ cup teriyaki sauce, peanuts and noodles, stirring occasionally about 5-7 minutes. Serve hot.

Prep: 15 min; Cook Time: 10-12 min;
Total: 20-25 min; Yield: 4-5 servings;
* = commodities. Note: You can use any vegetables to your liking.

Caremark/Pequot Pharmacy Has Changes for Tribal Members

As of July 9, 2010, Tribal members no longer will be able to use their Caremark Pharmacy card at Walgreens. Members will need to transfer their prescriptions to another participating pharmacy.

If you have any questions or need information on how to transfer current prescriptions from one pharmacy to another, please contact the Pharmacy Benefits Management team at 888-779-6638 on Monday through Friday from 8:30 a.m. to 5 p.m.

Graduates are Eligible for Student Incentive Program

The Siletz Tribal Council established a Student Incentive Program to reward achievement as students graduate from the following levels:

- Head Start/Preschool
- Kindergarten
- Elementary School
- Middle School
- High School
- Adult Vocational Training
- Higher Education

Students can submit a copy of their graduation certificate, name and mailing address to the education specialist for their area. The education specialist will submit the certificate for the student incentive and mail the incentive to the student.

For More Information

Portland Area Office: Katy Kaady, 503-238-1512, 12790 SE Stark St., Suite 102, Portland, OR 97233. E-mail - katyk@ctsi.nsn.us

Salem Area Office: Sonya Moody-Jurado, 503-390-9494, 3160 Blossom Drive NE, Suite 105, Salem, OR 97305. E-mail - sonyamj@ctsi.nsn.us

Eugene Area Office: Nick Sixkiller, 541-484-4234, 2468 W 11th Ave., Eugene, OR 97402. E-mail: - nicks@ctsi.nsn.us

Siletz and all students outside of the 11-county service area: Alissa Lane, 541-444-8373 or 800-922-1399, ext. 1373; 201 SE Swan Ave., Siletz, OR 97380. E-mail - alissal@ctsi.nsn.us

Elders' Council Meeting

July 10 • 2 p.m. to 5 p.m.

Chinook Winds Casino Resort

For more information, please contact April Bender at 800-922-1399, ext. 1225; 541-444-8225; or aprils@ctsi.nsn.us

Standing Committee Vacancies

There currently is one vacancy on the Enrollment Committee and one vacancy on the Housing Committee. Both are for terms ending in February 2011.

For an application, please contact the Tribal Council executive secretary at 541-444-8203 or 800-922-1399, ext. 1203. Applications are due prior to the close of business on Aug. 18, 2010.

Nuu-wee-ya' (our words)

Introduction to the Athabaskan Language

Open to Tribal members of all ages

Siletz

Siletz Tribal Community Center
July 7 - 6 p.m. to 8 p.m.
Aug. 3 - 6 p.m. to 8 p.m.

Salem

Salem Area Office
July 27 - 6 p.m. to 8 p.m.
Aug. 24 - 6 p.m. to 8 p.m.

Portland

Portland Area Office
July 26 - 6 p.m. to 8 p.m.
Aug. 23 - 6 p.m. to 8 p.m.

Eugene

Eugene Area Office
July 6 - 6 p.m. to 8 p.m.
Aug. 2 - 6 p.m. to 8 p.m.

Come and join other members of your community and Tribe in learning to speak one of our ancient languages.

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.