

# Read the Hunting and Fishing News and Get Ready for Upcoming Season

For more information on any of the topics below, contact Natural Resources Department staff Mike Kennedy at 541-444-8232 or Kelley Ellis at 541-444-8227; or 800-922-1399, ext. 1232 or 1227, respectively.

**Hunter Safety Course:** All Tribal youth age 12-17 who wish to hunt using a Tribal tag must first successfully complete a hunter safety course. We are working with a local hunter safety trainer to set up a course in Siletz in August, most likely after the pow-wow. The Tribe's Healthy Traditions Program will pay the \$10 fee for any Tribal youth who wish to attend.

Contact the Tribal Natural Resources Office to sign up. You must be 12 years old by the beginning of the hunting season to be eligible to take the course and get your hunter safety card. Watch for posters in the Tribe's offices and on the Tribe's website for the date, time and place of the course.

**Cultural Hunts:** Every year the Natural Resources Committee sets aside several antlerless elk tags as cultural tags.

These tags are hunted by Tribal member volunteers and the meat is given to the Tribe for distribution to needy Tribal members.

If you are interested in volunteering to hunt one of these tags, please contact Mike Kennedy at the number above to get on the list of cultural hunters. The Natural Resources Committee then will choose from the pool of volunteers.

The Tribe does not reimburse the volunteer for any of his/her hunting costs, but it does take care of the cost of processing the meat. Anyone volunteering must be willing to spend the necessary time and effort to harvest an elk.

**Deer and Elk Bow Tags:** Deer and elk bow tags will be available for the early bow season (Aug. 28-Sept. 26) on a first-come first-served basis beginning Aug. 7 at 1 p.m. at the General Council meeting at the Tribal Community Center in Siletz.

Hunters must physically show up to obtain a tag. A waiting list will be developed for the late-season bow hunt if all of the early season tags are issued.

**General Season Deer Rifle Tags and Salmon Tags:** Deer rifle tags and salmon tags will be available at the Natural Resources Department offices beginning Aug. 16. Natural Resources Department staff also will visit the Salem Area Office on Aug. 18 and the Eugene Area Office on Aug. 23 from 10 a.m. to 6 p.m. each day to issue tags.

If none of these opportunities works, Tribal member hunters can contact one of the staff above to have the tag mailed to them. They will need to provide their name, roll number, mailing address and telephone number (and hunter safety card number if a youth). Each hunter must call for himself or herself (no calling for someone else).

Once the tag is received, the form must be signed and the yellow copy returned to the Natural Resources Department. The tag is not valid until this is done.

**Elk Tag Drawing Applications:** Elk tag drawing applications will be available on the Tribe's website, at the Natural

Resources Office in Siletz and by mail beginning Aug. 16.

**Shellfish Permits:** Tribal members can be issued a shellfish gathering permit from the Natural Resources Department for harvest in Lincoln County for sea anemones, rock oysters (piddocks), salt-water mussels and clams. If you get one of these permits, be sure to report your harvest to the Natural Resources Department. No permits are required to harvest eels, seaweed or freshwater mussels within Lincoln County.

**Tahkenitch Property Access:** Vehicular access to the Tribe's new property on Tahkenitch and Siltcoos lakes in Douglas County will be by permit only for Tribal members. Permits can be obtained by visiting or phoning the Natural Resources Department.

The permit will include a map of the property and instructions on how to get through the gates. No ATVs or camp fires will be allowed on the property. Camping will be allowed by permit in limited areas for limited periods of time.

## Recycle Your Batteries Safely

There are many types of consumer batteries, from the lead-acid batteries we use in our cars to the little button batteries in our watches. There are household batteries like AA, AAA, C, D and 9-volt. Whatever type of battery, they all have chemicals inside them.

Sending any type of battery to the landfill means its contents ultimately will get into the soil, air, groundwater and/or surface water and eventually into the food chain and drinking water supply. Thus, the key is to make sure batteries with toxic components do not go to the landfill in the first place.

What can you do to dispose of those alkaline enemies of the ecosystem? Recycle, of course.

Recycling used batteries is so important that the European Union has made it a law to do so. Over there, you can just take old copperheads back to a retailer.

If you want to recycle your alkaline batteries, call your local disposal company to find the rules for your location. Sometimes the solid waste district in your area can help as well.

An even better way to reduce waste from alkaline batteries is to switch to re-

chargeable batteries. Every year, billions of batteries are produced and sold worldwide. Many are alkaline and are used one time and then discarded.

Fortunately we now have a choice and can use rechargeable batteries in most of our devices. They last far longer in high-drain devices each time they are charged and can be used and recharged hundreds of times. This saves you lots of money over time.

Rechargeable batteries also are recyclable after they finally wear out. Firms such as Call2Recycle will recycle rechargeable batteries for free. See its website at [www.call2recycle.org](http://www.call2recycle.org) for more information.

You also can find more information about your local options for recycling these batteries by calling your local disposal company or solid waste district.

If you would like more information about recycling batteries or recycling in general, contact us at the Siletz Tribal Energy Program. Our e-mail is [step@ctsi.nsn.us](mailto:step@ctsi.nsn.us) and our phone numbers are (toll-free) 800-922-1399 or (local) 541-444-2532, ext.1271, ext. 1300 and ext. 1276.

Look for our recycling stations at the pow-wow!

## Raspberries for the Health of It

If you want a delicious way to add fiber and antioxidants to your diet, look no further than raspberries. They have significant nutritional value because they:

1. Are a good source of vitamin C and fiber
2. Provide folate, vitamins B2 and B3, magnesium and other essential nutrients
3. Contain ellagitannins, natural health-protective compounds that appear to have potent anti-cancer activity
4. Have considerable antioxidant activity (50 percent more than strawberries)
5. Place in the top 15 of the American Journal of Clinical Nutrition's best antioxidant sources

For a quick and simple nutritional boost, top your cereal with raspberries, add some to a salad, use them in sauces, add them to baked goods or enjoy them on their own.

### Easy Healthy Raspberry Vinaigrette Salad Dressing

- ½ cup fresh raspberries – crushed
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 T sugar or honey
- Pinch of salt and pepper



## Siletz Saves! Helps You Save Money and Buy Your First Home

The Confederated Tribes of Siletz Indians has received funding for its Siletz Saves! IDA Program, a matched savings program. This program helps low-income Tribal members understand their credit and correct credit issues, and helps them save toward the purchase of a first home.

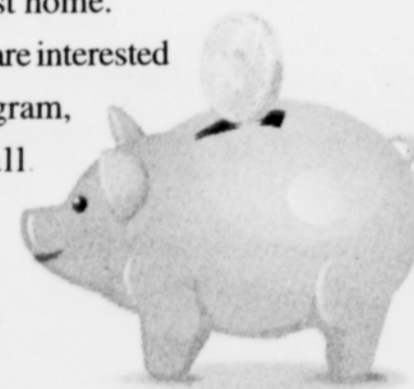
The program is based in the Salem Area Office and available in the 11-county service area.

Participants in the Siletz Saves! Program make regular deposits into a special savings account called an individual development account or IDA. The amount saved is then matched \$3 for every \$1 saved. That's a 300 percent return!



Participants are required to save for at least six months up to three years and to attend financial fitness classes. The object of the IDA is to teach participants how and why they should save and then allow them to use their savings for the purchase of their first home.

If you are interested in this program, please call Yvonne Messmer at 503-390-9494.



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

### Introduction to the Athabaskan Language

Open to Tribal members of all ages

#### Siletz

Siletz Tribal Community Center  
Aug. 3 – 6 p.m. to 8 p.m.  
Sept. 14 – 6 p.m. to 8 p.m.

#### Salem

Salem Area Office  
Aug. 24 – 6 p.m. to 8 p.m.  
Sept. 21 – 6 p.m. to 8 p.m.

#### Portland

Portland Area Office  
Aug. 23 – 6 p.m. to 8 p.m.  
Sept. 20 – 6 p.m. to 8 p.m.

#### Eugene

Eugene Area Office  
Aug. 2 – 6 p.m. to 8 p.m.  
Sept. 13 – 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](mailto:budl@ctsi.nsn.us).