

Tribal Head Start prepares for new year, retirement of longtime staff member

By Lori Jay-Linstrom, Parent Involvement Coordinator

There is still time to send in your Head Start application. Siletz Tribal Head Start continues to accept applications for the 2015-2016 school year.

We have Head Start centers in Siletz, Salem, Portland and Lincoln City. For an application, please call 800-922-1399 or 541-444-2532.

Head Start now requires that the information submitted on an application be verified either by a face-to-face interview or a telephone interview with the family. This is a new requirement and it must be completed before any child can be selected for enrollment into our program.

We look forward to an exciting new school year with our new and returning students and families.

Our parents have an array of volunteer opportunities. They can volunteer in the classrooms by participating during class time. They can help with building and lawn maintenance. Parents can volunteer their time by serving on the Parent Committees, Policy Council and our Health Services Committee.

We need volunteers every year, not only parents but community members as well. It's easy to become a volunteer. Once the required packet is completed, returned and approved, you will be on your way.

If you would like to volunteer for our Head Start program in your area, please do so. Your help is needed in a variety of ways. Call the numbers above for more information or contact the classroom directly.

August is the month for our Head Start orientations for all sites. Head Start staff will return soon to get the classrooms ready for our students and parents.

This year, we will work on the School Readiness Goals; family fun nights; Policy Council; Parent Committee meetings; volunteer training; heights and weights; dental screens; developmental testing; mom, dad and grandparents breakfast; plus much more. As you can see, we are going to have a busy year.

At this time, I would like to thank all the Head Start families, community members, Head Start staff and Siletz Tribal staff for a wonderful 20 years of working for the Siletz Tribe. I am retiring at the end of August. It has been rewarding to work for the best Head Start program ever.

The Tribe also has been one of the best employers I have ever worked for. I have learned so much about Tribal cultural, Head Start and what it is like to be Grandma Lori to 112 children every year for almost 18 years.

I will miss my Head Start family and the friendships I have made in the past 20 years.

10 energy-saving tips to help you save money on your summer vacation

SALEM, Ore. – If you're planning a summer vacation, chances are you're trying to fit it into a budget. But while you're looking for the best deals on motels, restaurants and perhaps airplane fares, don't forget how to save money on what you already own. Here are the top 10 ways to save money while on summer vacation:

1. If you're taking the family car on vacation, be sure it is tuned up and the tires are properly inflated. If your car does not have fuel injection, a clean air filter also will improve fuel economy.

2. Consider taking buses and trains to travel, which use less fuel and have fewer emissions than flying or driving.
3. When you arrive at your vacation destination, check with your hotel or local tourism office to find bike, bus and walking routes so you don't have to use money on a rental car or gas.
4. Bring a reusable water bottle and coffee cup to avoid buying disposable items.
5. Unless you leave pets in the home, turn off your cooling system or set it to a higher temperature – up to 85° F.
6. Either turn off your home's water heater, turn it down to 80°-90° F or put it in vacation mode. (a. Consult your water heater owner's manual for instructions on how to operate the thermostat. b. You can find a thermostat dial for a gas storage water heater near the bottom of the tank on the gas

7. Unplug as many electrical items as you can. Most of them – especially TV cable boxes – continue to use power even when they are not in use. This includes computers, modems and routers, printers, coffee pots, microwaves, toasters, plug-in chargers, TVs, surround sounds, DVD players and game consoles. A simple way to do this is to

- plug these items into a power strip that can turn off multiple devices at once.
8. Make sure all lights are turned off. For lights on a security timer, use CFLs or LEDs, which use much less energy.
9. Keep your window shades or drapes drawn to keep the house cool in the afternoon sun.
10. If you set up a water timer, make sure it is watering in late evening to avoid evaporation and get the most value from your water use.

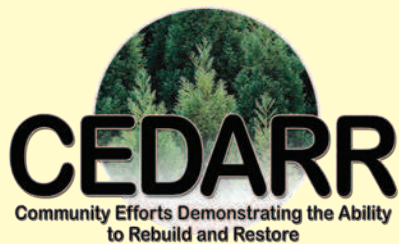
For more information, visit oregon.gov/ENERGY.

CEDARR

**Community Efforts
Demonstrating the Ability to
Rebuild and Restore**

Mission Statement

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



Aug. 13 • Noon

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Babies!



Nova June Neal

Congratulations to Samantha Messer and Rob Neal!

Welcome little Miss Nova June Neal, born June 26, 2015, in Newport, Ore. She weighed 6 pounds 8 ounces and was 18 inches long.

Nova's grandparents include Kathy and Hap Ness and Anna and Jerry Neal.

Election Board Application

Tribal members interested in serving on the Election Board are encouraged to fill out the form and return it to the address below. The Election Board consists of three regular board members and one alternate board member.

Applications will be reviewed at the Regular Tribal Council meeting on Aug. 21, 2015.

All applications should be mailed to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, Oregon 97380-0549; or faxed to 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Maude and Alfred Lane Family Reunion at Crooked River Ranch, Oregon

There is a get-together at the Sandbagger Saloon and Restaurant
Aug. 14 (Friday), 4-9 p.m.

Family BBQ at Crooked River Ranch's MacPherson Park
Aug. 15 (Saturday) • 2 p.m. to sunset

Bring your favorite beverages
BBQ will be provided. Side dishes welcome!

Please RSVP/call Linda & Greg Merrill for info at
(home) 541-548-2452, (cell) 541-598-6683 or
crookedwillowm@gmail.com

Lodging info and RV/camping info available - reserve early!

I have reserved a block of tee times, so if you want to play golf on the morning of the 15th, let us know.

See you soon!

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