

# Help elders stock up on wood at last Cut Wood for the Elders Day this year

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the last Cut Wood for the Elders Day of the year on Saturday, Sept. 16.

The woodcut will be held on the Tribe's Logsdon Road property between the Tribal food distribution warehouse and the Tribal vehicle storage yard in Siletz.

We need lots of volunteers to help cut, split and deliver 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 start at 8 a.m. and go until mid-afternoon.

The goal of this event is to deliver firewood to as many elders as possible. The

Elders Program 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 the Elders Program clerk at 800-922-1399, ext. 1261, or 541-444-8261 to be paired 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 the Elders Program clerk 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! Come help replenish those wood piles for the coming winter.

This is the last woodcut of the year!



Courtesy photo by Denise Garrett

Greg Goodell (left) cuts wood as Jack Cordova (center) and others also lend a hand at the first elders woodcut in May.

## September USDA distribution dates

	Siletz	Broccoli Cauliflower Salad
Tuesday	Sept. 5 9 a.m. – 3 p.m.	1 head broccoli, chopped*
Wednesday	Sept. 6 9 a.m. – 3 p.m.	1 head cauliflower, chopped*
Thursday	Sept. 7 9 a.m. – 3 p.m.	1 pound bacon, cooked and crumbled
Friday	Sept. 8 9 a.m. – 3 p.m.	1 cup shredded cheese*
Monday	Sept. 11 Holiday	1 cup mayonnaise
Tuesday	Sept. 12 9 a.m. – 3 p.m.	1 cup sour cream
		¼ cup sugar
		½ teaspoon salt
		½ teaspoon garlic powder
		Black pepper, to taste

Mix broccoli, cauliflower, bacon and shredded cheese in a large bowl. In a small bowl, mix the mayonnaise, sour cream, sugar, salt and seasonings. Stir until well combined. Pour the mayonnaise mixture over the broccoli mixture and stir until well-incorporated. Eat immediately or chill until ready to serve.

I made this at the Salem warehouse in July. It is so good and easy to make.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.



Joyce Retherford, FDP Director  
541-444-8393  
Lisa Paul, FDP Clerk/Warehouseman  
541-444-8279

### CTSI Jobs - 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.

## Gathering basket-making materials

Summer is coming and hazel sticks are ready to pick and peel.

Hazel stick gathering is a must for anyone interested in making traditional Siletz baskets. Spruce root can be dug all year round and is used for the weavers or weft of Siletz baskets.

Bear grass and maidenhair fern are used for overlay to make our traditional designs or marks in our baskets and both are picked in late summer.

Any Tribal members interested in gathering can call Bud Lane at 800-922-1399, ext. 1320, or 541-444-8320, or email [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us).

Just a reminder – basket materials must be gathered in a timely fashion. Due to our changing climate, these times may vary.

Here is a general breakdown of gathering times for different materials:

September

Bear grass, maidenhair fern, woodwardia fern, spruce roots

### Student Laptop Program

The Central Administration office is accepting applications for the Student Laptop Program beginning Aug. 1, 2017. This program is specifically for higher education and AVT students who meet the following eligibility requirements and have not previously received a student laptop:

- Must be an enrolled Siletz Tribal member
- Must provide a copy of current term class schedule of six credit hours or more
- Must provide an unofficial transcript/grade report of successful completion of two consecutive quarters/semesters (six credit hours or more) of higher education/AVT program with a minimum 2.0 GPA
- Proof of residence is required

Applications are available on the Tribe's website or by contacting April Mid-  
daugh 800-922-1399, ext. 1201, or 541-444-8201.

Desktop Computers – The Desktop Program remains suspended for this calendar year.

### Behavioral Health

#### New Opportunities in Mental Health Coming Soon:

Earlier in the year, Mental Health Specialist Rachel had the opportunity to go to Levels 1 and 2 Gottman couples counseling training. She is ready to start putting these skills to use, both in Siletz and the Portland and Salem area offices.

#### What is Gottman Couples Counseling?

- 1) This is an evidence-based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create the ultimate and unique treatment plan for the couple.
- 2) In Gottman couples counseling, the couple learns many tools that will help them communicate better, understand their partner's needs more fully and work together to create a more satisfying relationship for both individuals.
- 3) Another component of Gottman couples counseling is Emotion Coaching, which is a program designed to help parents better understand and relate to the emotions their children are experiencing and often having trouble expressing.

couples sessions during that time. These would be hour-long sessions with the end goal of leaving the couple with tools to practice until the next session.

- 2) Rachel is formulating a way to do a Gottman Couples retreat, which would be a full weekend in which couples could come do a tune-up in their relationships.
- 3) Rachel is thinking about ways to adapt the Gottman training to include Native healing practices and adventure-based therapy such as ropes courses and hiking.

#### Traditional Coping

Though Gottman's methods are tried and true, they are not the only thing important in living a healthy Native life. Siletz people are encouraged to keep in harmony with their ancestors' ways. September is a time to start preparing for the winter. Gathering fall foods, attending sweats and smudging continue to be of importance in our daily lives.

#### Portland Area Office

Monday & Tuesday  
503-238-1512  
Ext. 1417

#### Salem Area Office

Wednesday & Thursday  
503-390-9494  
Ext. 1864

#### Potential ways Mental Health Specialist Rachel could help Tribal members and their families with these new skills:

- 1) Rachel comes to Siletz at least once a month and she'd like to start offering