

Siletz culture events, classes held in Siletz, area offices throughout year

The Siletz Culture Department hosts many activities for Tribal members and their families to participate in during the year.

They range from our large events like the Nesika Illahee Pow-Wow, Restoration Day Celebration and Pow-Wow, Run to the Rogue, Feather Dances, Culture Camp and the annual Easter Egg Hunt to smaller events like gathering trips to Cougar Rock for berries and bear grass to gathering

Siletz basketry materials to the monthly Athabaskan language classes in all the area offices.

The Culture Department also hosts many different culture classes during the year. In the last 12 months, the department held 20 culture classes, teaching dentilium stringing, rope and string making, feather tying, Feather Dance regalia making, hazel stick peeling and processing,

tule mat making and maple bark cape and dress making in the Siletz community and the area offices.

The classes offered change from time to time to include other cultural activities, such as salmon stick carving, basket making, drum making, traditional materials dyeing, acorn soup making, cattail mat making and also project nights to just work on unfinished projects.

The department encourages Tribal members to watch for information in Siletz News for the classes in which they would like to participate.

If you are interested in something that is not offered or have other questions, call 800-922-1399 or 541-444-2532 and ask for the Culture Department. If we cannot directly assist you with an individual project request, we may be able to connect your with someone who can.

USDA distribution dates, recipe for September

Siletz		
Monday	Oct. 2	9 a.m. – 3 p.m.
Tuesday	Oct. 3	9 a.m. – 3 p.m.
Wednesday	Oct. 4	9 a.m. – 3 p.m.
Thursday	Oct. 5	9 a.m. – 3 p.m.
Friday	Oct. 6	9 a.m. – 3 p.m.

Salem		
Monday	Oct. 16	1:30 – 6:30 p.m.
Tuesday	Oct. 17	9 a.m. – 6:30 p.m.
Wednesday	Oct. 18	9 a.m. – 6:30 p.m.
Thursday	Oct. 19	9 – 11 a.m.

There is the most awesome restaurant in Denver, Colo., called Tocabe. Their recipes are made up of traditional foods from their Tribal background with a modern flair. The restaurant has partnered with USDA and mid-west Tribes to show people how to use their commodities in a healthy way.

Since USDA has added the blue cornmeal to our food package and many people from our area don't know how to use it, I contacted them and asked if they had a recipe using this product. They shared this recipe with me and I can't wait to try it. When I do get a chance to try it, I am going to substitute the fruit and nut mix that is in our food package for the chopped

pecans and toasted pine nuts called for in their recipe.

Blue Corn Mush

Bring 4 cups water to a boil; just before water boils, slowly whisk in 1 cup Ute Mountain Bow & Arrow brand blue cornmeal. Reduce heat to medium and continue to cook to desired texture, whisking constantly.

Stir in 1 teaspoon kosher salt and 2 tablespoons Red Lake Nation organic maple syrup. If available, add ½ teaspoon fine cedar ash as water is coming to a boil to increase blue vibrancy and give a nice hint of smoke.

Serve with chopped pecans and toasted pine nuts and add your favorite fruit to complete your nutritious meal.

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

January 2018 Community Meetings

Here is an early heads-up for your 2018 calendar! The dates for this winter's Planning Department Community Meetings are:

Eugene – Jan. 11
Siletz – Jan. 18

Salem – Jan. 25
Portland – Jan. 31

We expect to follow the usual agenda, with a light soup dinner at 5 p.m., presentations beginning at 5:30 p.m., with open discussion to follow.

We plan to be done around 7 p.m., but are always happy to talk longer if you'd like. We look forward to seeing you there again.

What's up with the lighting on Gwee-Shut Road?

Did you know our new road lighting system on Gwee-Shut Road was hit by lightning this summer?

The lightning caused severe damage to both the pedestrian lighting and crosswalk lights as the bolt surged along the wiring. This was frustrating after ongoing problems with near weekly vandalism of the pedestrian lights/bollards.

We're working with the Tribe's insurance to get repairs made. Making these repairs more challenging was our discovery that only specialized contractors will fix the fried crosswalk signage due to higher liability concerns.

The Planning Department is considering replacing the pedestrian lights with

LED street lights. While the bollards are attractive, the constant repairs have been time consuming for Frank Aspria, road maintenance technician, and Public Works.

What do you think of streetlights instead? We think they'd be more vandal proof and wouldn't shine in driver's eyes so much.

We would appreciate your feedback. Call Tribal Planner Pam Lind at 541-444-8361 or Construction Engineer Tracy Bailey at 541-444-8278; or leave a message with Planning Clerk Danise Barker at 541-444-8257.

Or call 800-922-1399 and ask for Pam at ext. 1361, Tracy at ext. 1278 or Danise at ext. 1257.

Tribal RV parks have space available for you

Logan Road RV Park
Lincoln City, Oregon
loganroadrvpark.com
877-LOGANRV

Hee Hee Illahee RV Resort
Salem, Oregon
heeheeillahee.com
877-564-7295

Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10:30-11 a.m. Afternoon check-in time is Monday-Friday from 1:30-2 p.m.

Tule Mat Making Class

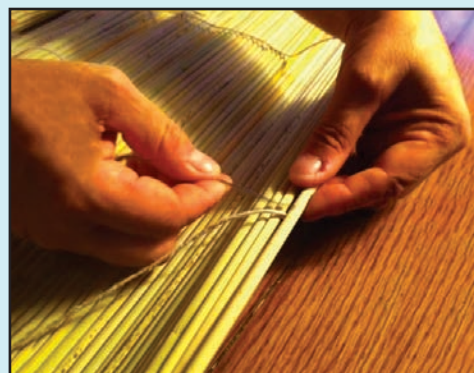
Siletz Tribal members and their families welcome

Siletz
Siletz Community Center
Oct. 2 • 5-7 p.m.

Eugene
Eugene Area Office
Oct. 3 • 5-7 p.m.

Portland
Portland Area Office
Oct. 9 • 5-7 p.m.

Salem
Salem Area Office
Oct. 10 • 5-7 p.m.



Come and learn how to make a Tule mat. Young people under age 10 need an adult to accompany and assist them. The Siletz Culture Department will provide material and instructors.

Sponsored by the Siletz Education and Culture Departments

Contract Health Services – Preventing Denials

1. When using CHS, you must have every appointment pre-authorized by obtaining an authorization number within 24 hours of services rendered.
2. If you are going to a specialist appointment (not your primary care physician), it must be approved through Gatekeeping. This means your doctor must fax referrals and chart notes by Tuesday of each week for consideration on Wednesday morning. If approved through Gatekeeping, you must then obtain an authorization number from your CHS worker within 24 hours of the appointment.
3. When going to the ER or urgent care, you must notify CHS within 72 hours (3 business days) of the

visit. The ER and urgent care must be a last resort; if the service is deemed inappropriate, CHS will not cover the services. You must utilize your primary care doctor when possible.

4. CHS requires you to apply for alternate resources. This means you are required to apply for the Oregon Health Plan if you do not have other insurance, such as Moda, Blue Cross Blue Shield or Medicare. If you are over-income for alternate resources, you can provide that proof to CHS and they can issue a waiver for that year.

CHS Phone Numbers

Toll-free: 800-628-5720
Local: 541-444-1236
Fax: 541-444-9645