



Siletz News
Confederated Tribes of
Siletz Indians
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All tribal offices will be closed Jan. 19, in observance of Martin Luther King Jr. Day

Start the New Year by taking charge
and making your health a priority

By Andy Taylor
As the calendar turns to January, many of us set goals for fitness, finances, and personal growth. But one of the most important resolutions you can make is to schedule you and your family’s annual health checkups. Beginning the year with a physical exam, an eye exam, and a dental visit is a simple and powerful way to invest in your well-being.
Putting your health on a cycle like timing it with the New Year,

can make it easier to remember to get your health checks. Similarly to how we change out the batteries on the smoke detector during daylight savings. It makes it routine and easy to remember!
However, your annual physical is more than a routine appointment, it’s a first action towards preventive care. These visits allow your health-care provider to check for conditions

New Year, on page 9



Siletz Community Health Clinic

Photo by Andy Taylor

Drumming up joy for tribal elders



Ramona Luledjian wearing a festive prop from the photo booth

Photo by Andy Taylor

More from the elders party, on page 15

Hibler, awarded employee of the year



Photo by Andy Taylor

Jessica Hibler (center) was awarded 2025 employee of the year. Kelley Ellis (left) and Stormie Ehret (right) presented the award.

At the Winter All-Staff meeting, Eugene Area Office supervisor, Jessica Hibler was awarded the 2025 employee of the year for her outstanding leadership and dedication to the membership.
She paves the way for staff to be successful and support their needs.

Under her leadership the Eugene office provides meal services to the membership offering a food pantry and fresh weekly produce.
She is inventive in new ways to grow and serve. Great job Jessica!

All-Staff, on page 13

Catching crabs at Yaquina Bay



Photo by Andy Taylor

Cameron Pearson, throwing his crab pot into the Yaquina Bay

A cultural opportunity offered Saturday, Dec. 6, at the Yaquina Bay Bridge pier offered members a lesson on crabbing.
This experience was offered in partnership with behavioral health, community health and natural resources. Members were shown by tribal experts in fishing, how to anchor the crab bait in the pot, tie off thier

line on the pier and how to properly identify a crab.
Identifying a crab is more than color. It’s the legal size of the crab, as well as know that females get returned to the ocean. This lesson and many more were shared and appreciated by all attendees.

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