

TRIBAL PROGRAM NEWS

Elders to Attend Stars on Ice

At the Elder Council Meeting in March, the Elder Council voted to attend the 25th Stars on Ice show in the evening on May 26 (Memorial Day).

Because this falls on a holiday, if you signed up and have changed your mind, please contact Kathryn Dick at 1-800-922-1399, ext. 261, or 541-444-8261. If you're taking a non-tribal spouse or partner, you'll be responsible for paying for their ticket.

Nez Perce Elder Day

The Elder Council will attend the Nez Perce Elder Day on June 6, 2003, in Lapwai, Idaho. There's still time to sign up to attend; the deadline is May 10. This trip will be two or three days. Please call if you're interested.

Elder Council Meeting

May 10, 2003

Chinook Winds Casino & Convention Center

2 p.m. – 5 p.m.

Another Year of Wisdom Happy Birthday!

Alice Balza, 5/22
Ray Ben, 5/19
Barbara Bennett, 5/5
Elsie Bennett, 5/26
Virgene Blair, 5/24
Bensell Breon, 5/22
Bennie Brown, 5/13
Leland Collins, 5/19
Roy Downey Jr., 5/4
Thomas Downey, 5/22
Stephen Endres, 5/4
Sally Engstrom, 5/19
Roger Freeman, 5/26
Dorothy Hall, 5/10
Ila Hoiness, 5/18
Jane John, 5/11
Elmer Jordan, 5/3

Walt Klamath, 5/18
Iola Larson, 5/4
Lila Larue, 5/16
Meri McClay, 5/4
James McCormick, 5/8
Pauline Peterson, 5/27
Joan Randol, 5/6
Deanna Redlinger, 5/1
Velma Redmer, 5/29
Edwin Sondenaar, 5/22
Rachel Summer, 5/24
Betty Whitehead, 5/19
Charles Wilcox, 5/16
Aurelia Williams, 5/19
Elizabeth Worthington, 5/27
Ernestine Yarbrough, 5/19
Gloria Zimmerman, 5/16

To the editor:

On Tuesday, April 8, 2003, I attended the Elders Circle of Wisdom Gathering at Chinook Winds Casino. I want to thank Selene Rilatos-Lynch and Valerie Hibdon for going to the elders' get-together and helping the elders. They got us our food, pop, and our dessert. At other tribes' gatherings, they have young people who ask if anyone needs help; our tribe does not do this.

I also want to thank Selene for getting up and singing for us. It is nice that the younger tribal members have this consideration for their elders.

Thank you for the good food and service, Derek Simmons, Denise Riding In, and the Chinook Winds staff.

Sincerely,

Victoria Nelson

USDA Distribution

Siletz Warehouse

Monday, May 5 9 a.m. – 3 p.m.
Tuesday, May 6 9 a.m. – 3 p.m.
Wednesday, May 7 9 a.m. – 3 p.m.
Thursday, May 8 9 a.m. – 3 p.m.
Friday, May 9 9 a.m. – 3 p.m.

Salem Warehouse

Monday, May 19 2 p.m. – 7 p.m.
Tuesday, May 20 9 a.m. – 7 p.m.
Wednesday, May 21 9 a.m. – 5 p.m.

Congratulations and thank you to Marion Morales. She received a \$20 gift certificate from our USDA program for preparing a Nutrition Education Meal.

*Note: You do not have to be a client to participate in preparing meals and receiving a gift certificate.

Here is the recipe if you would like to try it for yourself.

Enchiladas

1/3 block of cheese (grated)*
2 cans tomato sauce*
1 can boneless chicken*
1 can tomatoes (diced)*
1 package enchilada sauce mix
1 cup water
° onion, chopped
Corn or flour tortillas



*Commodity foods

Mix 2 cans tomato sauce, 1 cup of water, and 1 package enchilada sauce mix. Bring to a boil, mixing well. Take off stove and pour 1 cup of sauce mix into 8"x11" pan.

In a bowl, mix 1 can of chicken, 1/4 cup of onion, 1/2 can of tomatoes, 1 cup of sauce mix, and 1 cup of cheese.

Warm up tortillas on stove or in microwave. Put some of mixture in tortilla and roll it up, then set in pan. Continue until pan is full. Pour rest of sauce mix on top of enchiladas, then put the rest of the cheese on top of sauce mix and add onions and tomatoes to top of cheese.

Pre-heat oven to 350° and put pan in for 15-20 minutes, until cheese is melted or light golden brown.

Happy meals from the USDA Food Distribution Program.

ONABEN

A Native American Business Network Presents Small Business Workshops in Siletz

Small Business Web Site Planning and Development, May 15 – Make a Web site map and plan all the pieces of your Web site to market your business.

Artist's in Business Basic Financials, June 19 – Lay out all financial documents necessary for your artist or craft business to be prepared for tax time next year.

All workshops are **free**. Classes are held from 6 p.m. to 9 p.m. **Dates and topics are tentative and subject to change.**

Location: Siletz Small Business Center, Siletz, Ore.

Contact: Confederated Tribes of Siletz Indians of Oregon, Lisa Norton, 541-444-8255 or 1-800-922-1399, ext. 255; or Kayeri Akweks at ONABEN, 503-968-1500, or kayeri@onaben.org

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