

March USDA Distribution Dates

Siletz		Salem	
Monday, March 1	9 a.m. – 3 p.m.	Monday, March 22	2 p.m. – 7 p.m.
Tuesday, March 2	9 a.m. – 3 p.m.	Tuesday, March 23	9 a.m. – 7 p.m.
Wednesday, March 3	9 a.m. – 3 p.m.	Wednesday, March 24	9 a.m. – 5 p.m.
Thursday, March 4	9 a.m. – 3 p.m.		
Friday, March 5	9 a.m. – 3 p.m.		

Thank you to Maxine Rilatos, community health advocate, for baking a delicious prune cake. Adding almonds to the recipe was an excellent idea and very tasty for the month of February. You do a fine job each month that you come in and prepare a dish.

USDA staff welcomes Marcos Muniz. He works at our Siletz warehouse through the tribe's Work Experience (WEX) program as a warehouse aide. We're real happy to have him here.

If you would like to find out if you're eligible to receive USDA commodities, please call us at 1-800-922-1399 or 541-444-2532 and ask to speak to Kitti Hostler, USDA director, or Joyce Retherford, USDA clerk.

Happy meals! We hope you're eating nutritious and well-balanced meals.

Join an ONABEN Workshop

Artists in Business Bread-and-Butter Basics – You'll learn how to project income from your business, set up a business calendar to meet your financial goals, define your market, design basic markets materials (how and whys), find networking resources, and do basic financial bookkeeping for artists.

Colville, Wash. – April 24, 2004; 9:30 a.m. to 3:30 p.m.

Contact Ted Piccolo at The Colville Tribes Small Business Resource Center, 509-634-2624

Siletz, Ore. – March 31, 2004; 5:30 p.m. to 8:30 p.m.

Contact Lisa Norton, 541-444-8255 or 1-800-922-1399, ext. 1255

Umatilla, Ore. – March 11, 2004; 5:30 p.m. to 8:30 p.m.

Contact Kathleen Flanagan, 541-966-1917

Artists in Business Developing a Market for Your Work – You'll plan a three-year strategy to develop and expand your business clients and relationships.

Colville, Wash. – June 2004

Contact Ted Piccolo at The Colville Tribes Small Business Resource Center, 509-634-2624

To register, call your nearest location. These workshops can be requested by any tribal/Native American organization in the

Northwest. Workshop learning classrooms are located at:

- Confederated Tribes of Grand Ronde – Kristi Burns, 503-968-1500 or kristi@onaben.org
- Confederated Tribes of Warm Springs – Trudy Brunoe, 541-553-3592
- Confederated Tribes of Siletz Indians of Oregon – Lisa Norton, 1-800-922-1399, ext. 1255, or 541-444-8255
- Confederated Tribes of Umatilla – Kathleen Flanagan, 541-966-1917
- ONABEN Central Office in Tigard, Ore. – Kristi Burns, 503-968-1500 or kristi@onaben.org

Did You Know ...

- The computers purchased by the tribe have a three-year warranty on them. If you experience problems with your computer, please contact the Gateway Technical Support Team at 1-800-846-2303.
- The tribe does **not** have a networked services system. If you change your address with a program or the clinic, it does **not** get changed with the entire tribe. Therefore, you also should contact the Enrollment Department at 1-800-922-1399, ext. 1258, or 541-444-8258. Many other departments get their address corrections from the Enrollment staff.
- The tribe has many fine gift items for sale, some with the tribe's logo on them. Stop by the front desk in the admin building or view them in the display case in the lobby.

CHS Changes

On Jan. 1, 2004, Contract Health Services (CHS) changed the separation of the alphabet for authorization and claims processing:

Rhonda Attridge – A to G (out of area)
Danise Barker – H to O (registration updates)

Shelly Macrae – P to Z
Jennifer Metcalf – Pequot Pharmacy benefits and check processing

You can reach CHS at 541-444-1236 or 1-800-628-5720.

Nu'-wee-ya'

(our words)

Introduction to the Athabaskan Language

Open to tribal members of all ages

Siletz

Siletz Tribal Community Center
March 8 – 6 p.m. to 8 p.m.
April 5 – 6 p.m. to 8 p.m.

Portland

Portland Area Office
March 11 – 6 p.m. to 8 p.m.
April 8 – 6 p.m. to 8 p.m.

Salem

Salem Area Office
March 16 – 6:30 p.m. to 8:30 p.m.
April 14 – 6 p.m. to 8 p.m.

Eugene

Eugene Area Office
March 4 – 6 p.m. to 8 p.m.
April 7 – 6 p.m. to 8 p.m.

For more information, contact Bud Lane at the Siletz Cultural Department at 1-800-922-1399, ext. 320, or 541-444-8320, or e-mail budl@ctsi.nsn.us.

TLC Attitudes of Gratitude

The TLC welcomes new volunteer Alice McCain. Alice is a Siletz-area resident who has been active with past TLC functions. She is already at work.

Other volunteers to recognize this month are Selene Rilatos, Joan Hartung, Janice Cameron, Linda Tough, and Jackie Ashley. Thanks to all of you for your dedication and commitment to the success of the TLC and its residents.

We send much appreciation to some other folks, too, for their donations of items for TLC residents.

Thank you to Frank and Teresa Simmons for clothing items; to Lisa Brown for silverware; to Amy Gibson and other Friends of the Siletz Library for clothing, puzzles, paper products, and several miscellaneous items; and to Karen Carlsen for paper products, muffin tins, Karen's Crunch, and miscellaneous kitchen items.

We also appreciate Sunshine Keck's donation of new bath towels, hand towels, and washcloths, plus paper products. Kathy Stewart donated some food items, Debbie Fawver gave Tupperware canisters, Sue Eatherly

provided homemade soaps and other toiletry items, and an anonymous donor left food items on the front stoop. Each and every one of you is appreciated for your caring generosity.

We also appreciate the daily ongoing support of the Siletz A&D staff.

The TLC is still in need of bath towels, new or good used ones. We always need laundry soap, large trash bags, and toilet paper. Other cleaning supplies are appreciated.

If you can help out, contact Lynn Whitlow at 1-800-922-1399, ext. 1238, or 541-444-8238.