

TRIBAL PROGRAM NEWS



A Siletz Warrior player kicks the ball off to start the game against Mapleton High School.

Siletz Valley Early College Academy Football Game vs. Mapleton

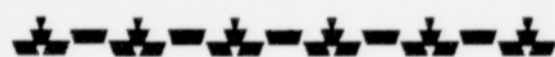
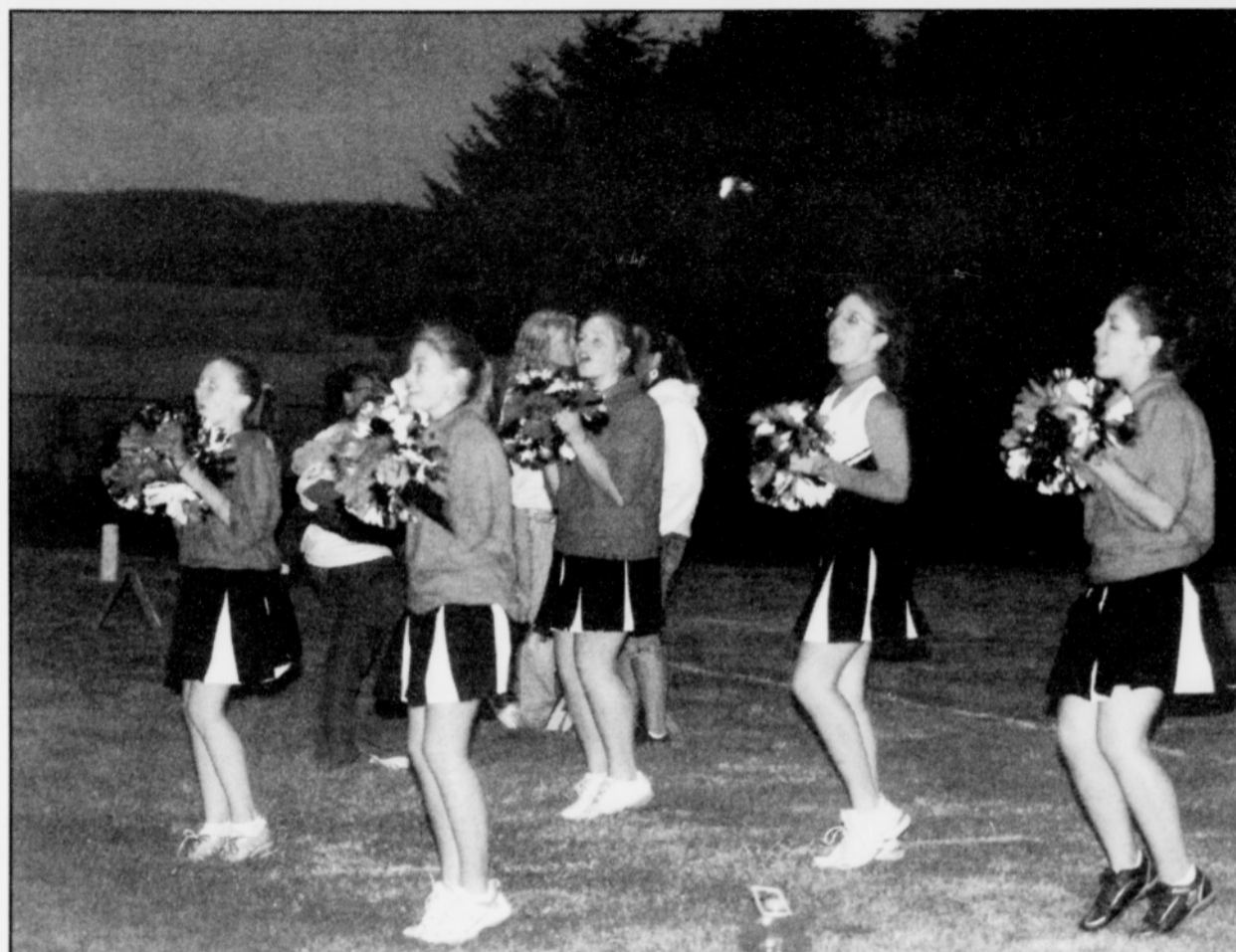
Sept. 19, 2008

Final Score
Siletz 72, Mapleton 16

Photos by Natasha Kavanaugh

Right: The Siletz Warrior Cheer Squad leads the crowd in a cheer and kept them involved by showing their school spirit to motivate the players.

Below: Both teams get ready for the next play.



Most Often Requested Numbers

Confederated Tribes of Siletz Indians

1-800-922-1399

Salem Area Office

503-390-9494

Salem Finance Office

1-888-870-9051

Portland Area Office

503-238-1512

Eugene Area Office

541-484-4234

Springfield Siletz Tribal Head Start

541-747-0161

Contract Health Services (CHS)

1-800-628-5720

Siletz Community Health Clinic

1-800-648-0449

Siletz Alcohol and Drug

1-800-600-5599

Chinook Winds Casino Resort

1-888-244-6665

Chemawa Health Clinic

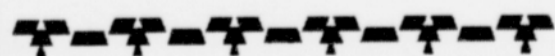
1-800-452-7823

Bureau of Indian Affairs

1-800-323-8517

Website

www.ctsi.nsn.us



October USDA Distribution Dates

Siletz

Monday, Oct. 6 9 a.m. – 3 p.m.
Tuesday, Oct. 7 9 a.m. – 3 p.m.
Wednesday, Oct. 8 9 a.m. – 3 p.m.
Thursday, Oct. 9 9 a.m. – 3 p.m.
Friday, Oct. 10 9 a.m. – Noon

Salem

Monday, Oct. 20 2 p.m. – 7 p.m.
Tuesday, Oct. 21 9 a.m. – 7 p.m.
Wednesday, Oct. 22 9 a.m. – 4 p.m.

We would like to thank Sharon Mason for coming in and cooking up a great meal! She made roast beef and gravy, with a side of spinach and rice with a yummy fruit dessert. The recipes are listed at right.

Would you like a \$25 gift card for Fred Meyer? All you have to do is come in and prepare a healthy meal using commodities, leave your recipe and you will receive a \$25 gift card. Please call Joyce or April to schedule an appointment.

Please make it to your scheduled appointments. If you are a walk-in client, please remember to bring all documents necessary to be certified. You will need:

- One **full month** of income verification (per capita and child support are reportable income)
- Verification of child care paid out
- Tribal ID or CIB, Social Security cards or numbers for all household

members. If you live with someone not on the application, we will need a statement from them regarding your living arrangements.

- Picture ID for all adult household members

You can visit the Tribe's website at www.ctsi.nsn.us and print the application packet.

Joyce Retherford, FDP Director

541-444-8393 or

800-922-1399, ext. 1393

Or

April Scoggins, USDA Clerk

541-444-8279 or

800-922-1399, ext. 1279

Happy Meals!

Roast Beef & Gravy, Spinach and Rice, and Fruit Dessert

Ingredients Needed:

- * 2 lbs of Frozen Roast Beef
- Granulated Garlic
- ½ tsp of Kosher Salt
- ½ tsp of Pepper
- ½ tsp of Italian Seasoning
- * 1 Yellow Onion
- 2 cups of Water

- * 3 cans of Spinach
- * ½ cup of diced onion

- * 1 bag of Long Grain Rice
- 1 qt of Water
- 1 lb of Kosher Salt
- 1 tsp of Garlic Powder

- * 3 cans of Peaches
- * 1 can of Pineapple Chunks
- 1/8 tsp Cinnamon
- 1/8 tsp All Spice

- * Commodity Foods

Pour water into slow cooker. Slice onion into rings about 1 inch. Place half the onion into the water. Rub the roast with the garlic and place it into the slow cooker while still frozen. Place the other half of the onion on top of the roast and sprinkle the roast with pepper, salt and Italian seasoning. Let cook overnight or all day on low heat.

Mix 2 cups of juice for the roast and 2 cups of water with ½ cup of white flour into large saucepan, stir quickly to avoid lumps on medium heat. Salt and pepper to taste.

Mix the spinach and onion together in a 2-quart saucepan and heat until onions are soft.

Put water into the saucepan, turn burner on medium heat and add salt and garlic to taste. Add rice and cook until rice is soft.

Open all cans of fruit and pour with juice into large bowl. Sprinkle spices on top, gently stir and place into the refrigerator to chill.