

TRIBAL PROGRAM NEWS



Joe Scott, Siletz Valley School's cultural education instructor, teaches first-graders the Dee-Ni language.



Photos by Natasha Kavanagh

Siletz Valley School Open House Oct. 9, 2008

Above: Joella and Mindy Blomstrom

Above, left: Melissa Butler

Left: Elka Fisher and Nancy Simmons

Below: Kaetlin Bayya and Mahala Fisher



TICC Board

ANNOUNCEMENT: Résumés are being accepted for the Tenas Illahee Childcare Center Board of Director's positions. There are currently two vacant positions.

Appointments are to be made at the Regular Tribal Council meeting in November. Please submit your résumé to Attn: Tami Miner, Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549.

November USDA Distribution Dates

Siletz

Monday, Nov. 3 9 a.m. – 3 p.m.
Tuesday, Nov. 4 9 a.m. – 3 p.m.
Wednesday, Nov. 5 9 a.m. – 3 p.m.
Thursday, Nov. 6 9 a.m. – 3 p.m.
Friday, Nov. 7 9 a.m. – Noon

Salem

Wednesday, Nov. 19 2 p.m. – 7 p.m.
Thursday, Nov. 20 9 a.m. – 7 p.m.
Friday, Nov. 21 9 a.m. – 4 p.m.

Vegetable Beef Stew Pie

Ingredients needed:

- * 1 can of whole kernel corn
- * 1 can of peas
- * 1 can of mixed vegetables
- * 1 can of carrots
- * 1 can of sliced potatoes
- * 3 cans of beef stew

1 T of Knorr roasted beef base

* ½ cup of flour

* 2 cups of instant mashed potatoes

1 T of minced garlic

2 Tsp of salt

½ cup of butter

* Commodity foods

Combine corn, peas, mixed vegetables, carrots, sliced potatoes and beef stew into a large skillet.

Mix and cook on low heat the Knorr beef base, 1 q of water and ½ cup of flour until thick and then pour into the large skillet.

Bring 2 q of water to a boil, lower heat to medium and add the garlic, salt and butter. Stir for a few minutes and then add the instant potatoes, stirring quickly to prevent lumps from forming. When thick, pour on top of beef stew and serve!

Mac & Cheese Lasagna

Ingredients Needed:

- * 1 box of mac & cheese
- * 1½ cups of spaghetti sauce
- * ½ pound of ground beef
- 1 cup of shredded mozzarella cheese
- 2 tsp of parmesan cheese
- * ½ of an onion

* Commodity foods

Pre-heat oven to 350 F. Cook ground beef with chopped onion until brown. Combine half of all the ingredients together into a lightly greased 8-inch square baking pan. Top with each of the spaghetti sauce, ground beef and shredded cheese, repeat layers, sprinkle with parmesan cheese. Bake for 20 minutes and serve!

Be sure to note the date changes for distribution at the Salem warehouse. With all the holidays at this time of year, we have a difficult time finding a full week to get things done. Hope this doesn't inconvenience you, but we want you to have your food for the Thanksgiving holiday.

We would like to thank Sharon Mason for coming in and cooking up a great meal at the Siletz warehouse as well as Norma Jimenez at the Salem warehouse. Sharon made Vegetable Beef Stew Pie and Norma made Mac & Cheese Lasagna. Both recipes are listed below.

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 Tribal 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

USDA Fax: 541-444-8306

Happy Meals!