

Take STEPs to Reduce Your Energy Costs with Help from STEP Program

- Are you a Tribal member who needs help cutting your utility costs?
- Did you buy a new energy-efficient major appliance within the last year?
- Do you need help navigating the maze of rebates and credits for which you are eligible?
- Do you want an energy audit but don't know how to get one?

The Siletz Tribal Energy Program (STEP) wants to help you, free of charge. We have information for everyone; you do not need to be low-income eligible to contact us.

We are energy efficiency experts, trained to spot opportunities for cost reductions in energy use in residential and commercial buildings. We're also knowledgeable about rebates from your local electric and gas companies, individual and business energy tax credits from the State of Oregon and cash-back incentives from Energy Trust.

We have information about additional funding assistance for energy efficiency projects such as weatherization, lighting, heating, insulation and renewable power.

If you would like our assistance, please call Claire Wood, project coordinator, at 541-444-8276 or Fawn Metcalf, energy technician, at 541-444-8300; or our toll-free number at 800-922-1399 during regular business hours. Another way to contact us is by e-mail at clairew@ctsi.nsn.us or fawnm@ctsi.nsn.us.

We are here to help you cut energy costs and reduce energy use without spending too much money. Let us help!

This program is funded by the Administration for Native Americans, the U.S. Department of Energy and the Bonneville Power Administration.

March USDA Distribution Dates

Siletz

Monday, March 1	9 a.m. – 3 p.m.
Tuesday, March 2	9 a.m. – 3 p.m.
Wednesday, March 3	9 a.m. – 3 p.m.
Thursday, March 4	9 a.m. – 3 p.m.
Friday, March 5	9 a.m. – 3 p.m.

Salem

Monday, March 15	1:30 p.m. – 7 p.m.
Tuesday, March 16	9 a.m. – 7 p.m.
Wednesday, March 17	9 a.m. – 3 p.m.
Thursday, March 18	9 a.m. – 11 a.m.

You can reach us at our Siletz Warehouse at 800-922-1399, ext. 1393 or ext. 1279, or you can call direct, 541-444-8393 or 541-444-8279.

Joyce Retherford
USDA Food Program Director

Derek Simmons
USDA Food Program Clerk



Commodity Recipe

Simple Chicken Stir Fry

Ingredients

- 1 pound frozen cut-up chicken sliced from bone* (or 1 pound sliced chicken breast)
- 1 can sliced carrots* (or 2 cups fresh sliced carrots)
- 1 can peas* (or 2 cups snow peas)
- 1 medium yellow onion, sliced*
- 1 green pepper, sliced*
- 2 cups cauliflower*
- 2 cups broccoli*
- 1 bag of rice*

Directions

Cook whole bag of rice according to package directions.

Put 3 or 4 tablespoons oil in pan. Add chicken, stir in oil until browned. Add ¾ cup stir fry sauce, cover and stir occasionally about 10 minutes until cooked through.

Add vegetables. Cover and stir occasionally until done, about 15 minutes. Serve over white rice.

Prep: 10 minutes
Cook time: 25 minutes
Total: 35 minutes
Yield: 4-6 servings
*Commodities

Royalty Crown Proposals Due

The Pow-Wow Committee is now accepting proposals for the 2010-2011 royalty crowns for Miss Siletz, Jr. Miss Siletz and Little Miss Siletz.

All entries must be submitted with a proposed design, including color scheme, size of crown(s), size of beads and total cost.

You can submit a proposal for as many crowns as you would like and they must be received no later than March 26, 2010.

You can send proposals to:

Siletz Pow-Wow Committee
P.O. Box 549
Siletz, OR 97380-0549

Entries also can be dropped off with Mona Fisher at the Siletz Tribal Community Center.

Elk Tag Opportunity Available

The Tribal Natural Resources Department again will offer a limited number of Landowner Preference (LOP) elk tags to Tribal members for this fall's hunting season.

As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres the Tribe owns, we can get five additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State License Required?	No	Yes
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the Thompson Creek unit during the Thompson Creek antlerless elk season
Eligible for other State elk tags?	Yes	No*
Give tag to another Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP drawing; if selected, apply to State for tag (list LOP as first choice on State application)
Obtain Tag From	Tribe	State

* Note: If you are drawn for an LOP tag, you are still eligible to apply for and be drawn for a Tribal tag.

Please note that a major difference between the LOP tags and the Tribe's regular tags is that only the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you. Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the five LOP elk tags will be held at the Natural Resources Committee meeting on April 5 at 4:45 p.m. in the Natural Resources Department map room.

Applications are available on the Tribal website and at the Tribal Natural Resources office in Siletz after March 1. Completed applications are due in the Natural Resources office by 4:30 p.m. on March 26, 2010.

For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.

Elders' Council Meeting

March 13 • 2 p.m. to 5 p.m.

Chinook Winds Golf Resort

For more information, please contact April Bender at 800-922-1399, ext. 1225; 541-444-8225; or aprilb@ctsi.nsn.us

Alternative Health Care Available

by Judy Muschamp, Health Director

Acupuncture and chiropractic care are alternative health choices widely recognized as safe, drug-free and non-invasive therapies for the treatment of a wide array of health problems. The Siletz Tribal Council has appropriated \$30,000 of gaming revenue to pay for acupuncture or chiropractic services for Tribal members, regardless of residency.

You do not have to be CHS-eligible to qualify for this benefit. Criteria are that you be an enrolled Siletz Tribal member. The process to get approval is as follows:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture or chiropractic services might alleviate your symptoms.
2. If your primary care provider believes acupuncture or chiropractic service is appropriate, call CHS and inform them of your request for services.
3. They will approve up to six sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. A written letter will be sent to the patient to take to the acupuncturist/chiropractor informing them of the number of sessions approved, amount approved and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.