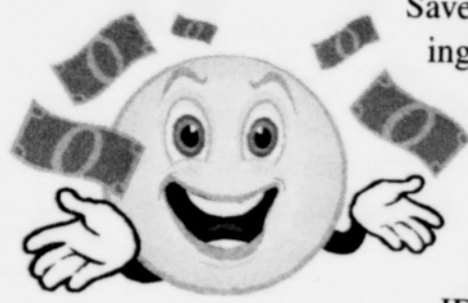


## Siletz Saves! IDA Program Sets Orientation



The Confederated Tribes of Siletz Indians has received funding for its Siletz Saves! IDA Program, a matched savings program. This program helps low-income Tribal members understand their credit, correct credit issues and save toward the purchase of a first home.

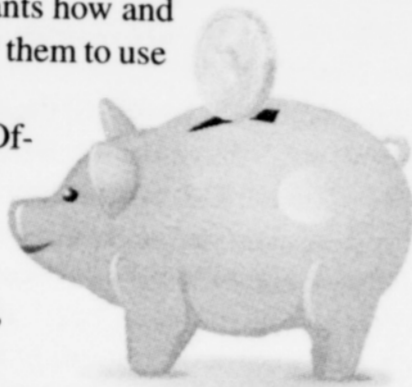
The pilot program is based in the Salem Area Office. Participants in the Siletz Saves! Program make regular deposits into a special savings account, called an Individual Development Account or IDA. The amount saved is then matched \$3 for every \$1 saved – a 300 percent return!



Participants are required to save for at least six months up to three years and to attend financial fitness classes in Salem. The objective of the IDA is to teach participants how and why they should save and then allow them to use their savings for the purchase of their first home.

Come to the orientation meeting at the Salem Area Office on May 4 from 6 p.m. to 8 p.m. to find out what it's all about. Light snacks will be available. The program will be explained fully and applications will be available.

If you think you would be interested in this program, please call Yvonne Messmer at 503-390-9494.



## Elders' Council Meeting

April 3 • 2 p.m. to 5 p.m.

Chinook Winds Casino Resort

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

## April USDA Distribution Dates

### Siletz

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

### Salem

Monday, April 19 1:30 p.m. – 7 p.m.  
 Tuesday, April 20 9 a.m. – 7 p.m.  
 Wednesday, April 21 9 a.m. – 3 p.m.

## Commodity Recipe – Beef Stew with Vegetables

### Ingredients

2 pounds beef (commodity beef roast can be used too) cut up into ¾" \*  
 1 cup chopped onions\*  
 ½ teaspoon seasoned salt  
 2 to 3 teaspoons vegetable oil\*  
 1 can (approx. 10½ ounces) condensed beef broth  
 5 cups diced potatoes\*  
 3 cups diced carrots\*  
 1 can kernel corn\*  
 1 stalk celery, cut into ½-inch pieces\*  
 2 tablespoons flour\*  
 Black pepper and seasoned salt to taste

### Preparation

Rinse the beef under cold running water and cut up into about ¾" pieces. Heat oil in a skillet, add beef, seasoned salt and chopped onions. Cook over medium heat for about 10-15 minutes until the meat is browned on all sides and chopped onions are tender. Drain off excess fat, if necessary.

Add beef broth and hot water to large pot until liquid level is about 2 inches above the beef. Cover and reduce heat to low; simmer covered for 1½-2 hours or until meat is tender. Add potatoes, carrots, corn and celery. Cover and cook, stirring occasionally, for 20-30 minutes longer until vegetables are tender.

To thicken the stew, combine the flour with 1/3 cup cold water; stir until smooth. Gently stir flour mixture into the pot a little at a time, using as much as needed to make the stew as thick as you like it.

Add pepper and taste for seasonings, adding more seasoned salt if necessary.

Serves: 8

\*Commodities used

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

Joyce Retherford

USDA Food Program Director

Derek Simmons

USDA Food Program Clerk

## Take STEPs to Reduce Energy Costs – Change a Light Program

- Are you a Tribal member who needs help decreasing your light bill?
- Do you want to save energy and reduce your impact on the environment?
- Do you need new light bulbs?
- Do you need help navigating the maze of types of light bulbs?

The Siletz Tribal Energy Program (STEP) in cooperation with the Bonneville Power Administration (BPA) wants to offer all local Tribal members in consumer-owned utility company areas free compact fluorescent light bulbs (CFLs). The local electric companies serving Siletz, Toledo and Newport are these types of utilities.

The BPA has generously offered to donate Energy Star-qualified CFLs to all Tribal members served by the local electricity providers PUD and CPI. The STEP program is coordinating the installation of the lights.

The BPA also will provide up to two low-flow showerheads to each eligible household.

If you participate in this program, a Tribal employee will come to your home and install the lights and showerheads for you. They will take away the old light bulbs and showerheads for disposal.

The employee will be trained to choose and install the correct light bulb for your fixtures. They also will have information for you on why it's best to switch to Energy Star CFLs, how much power savings you could see and other ways to conserve energy and power.

The changeover of lights can take up to four hours. You will need to sign a release allowing someone to be in your home and will need to be there to let them in.

Right now we are collecting names of those who are interested in this program. All who are served by Central Lincoln People's Utility District (PUD) and Consumers Power Inc. (CPI) and are Tribal members are eligible. There is no income limit and you do not need to live in Tribal housing.

For more information or to fill out an application for light bulb installation, 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](mailto:clairew@ctsi.nsn.us) or [fawnm@ctsi.nsn.us](mailto:fawnm@ctsi.nsn.us). We are located in the Planning Department if you want to stop by.

For more information, please visit the website [www.changealightnw.com](http://www.changealightnw.com).

## Solar Installation Training May Be Offered if BPA Awards Funds

The Siletz Tribal Energy Program (STEP), in partnership with the Siletz Self-Sufficiency Program and the Siletz Education Department, has applied for funding from the BPA (Bonneville Power Administration) to provide training in solar installation and use.

If the BPA awards the Siletz Tribe the requested funds, we will be able to provide training at the Solar Energy International Training Institute for up to four individuals. The individuals will be selected through a competitive process.

We will look for individuals who are willing and able to handle the physical and mental work involved in learning this new trade. An application will be available and widely publicized if funds are awarded.

The class will involve out-of-state travel for up to two weeks in a row. Online, classroom and in-the-field training will be provided if you are selected for this program.

We expected to be notified about the outcome of our grant application by April 1, 2010.

For more information, contact Claire Wood, STEP project coordinator, at (toll free) 800-922-1399, ext. 1276, or 541-444-8276; or e-mail [clairew@ctsi.nsn.us](mailto:clairew@ctsi.nsn.us).

For more information about Solar Energy International, please visit [www.solar-energy.org/](http://www.solar-energy.org/).

## Apply Now for Tribal Head Start

Applications are now available for the Siletz Tribal Head Start program for the 2010-2011 school year.

In addition to an application, parents also will be asked to fill out a family needs assessment and a health summary for their child.

All of these forms are available from Lori Jay-Linstrom in the Head Start office in Siletz. Please contact her at 541-444-8376 or 800-922-1399, ext. 1376; or [lorij@ctsi.nsn.us](mailto:lorij@ctsi.nsn.us).

## Time to Apply for Royalty

To request an application for Miss Siletz, Jr. Miss Siletz or Little Miss Siletz, you can call Mona Fisher, pow-wow coordinator, at 541-444-8230 or 800-922-1399, ext. 1230; or stop by the Siletz Tribal Community Center.