

This is one of a series of articles that will spotlight business enterprises owned and managed by Siletz Tribal members. If you would like to spotlight your business as a part of this series, please contact Stephen Larrabee or Michael Phillips at 541-994-2142 or 877-564-7298; or e-mail them at slarrabee@stbcorp.net and mphilips@stbcorp.net.

Tribal Member Business Spotlight: Nelscott Wine Shop, operated by Karen and Sar Richards

Karen and Sar Richards have been operating the Nelscott wine shop, formerly known as C&J Boutique, since 2008. The shop sells wines from around the world, imported and domestic beer, gourmet cheeses, cigars and other tasty treats.

Since moving the business in June of last year, the couple has doubled the shop's wine inventory, which includes great buys from the United States, Spain, Portugal, Italy, France, Germany, Australia, New Zealand and South America. They also offer Northwest pinot noirs and the red blends that are popular with Oregonians, like cabernet-merlot and cab-franc.

"We have some terrific wines, pinots that you can't get at the grocery store, so this is a great deal," Karen Richards said. "If you didn't get them here, you'd have to drive to the winery."

Customers are offered the option to purchase the wines by the bottle or by the glass. If they decide to try the wine in the shop, they can enjoy their beverage along with a selection of cheese and crackers and other delectable items.

Karen, who manages the shop during the day, has a simple motto: We have what you need to relax. Customers have been known to spend hours at the shop,

trying, tasting, talking and chilling out on the deck. That's what the couple has in mind.

"We want customers to feel relaxed when they are in the shop and to take the time to enjoy the finer things in life," said Karen. "The atmosphere we create, along with the products we sell, help make this happen."

Starting any business takes a lot of hard work and the Richards had a few valuable pieces of advice for new business owners.

"Any individual or couple who wishes to start a new business needs to have a long-term business plan. It usually takes three to five years before you really see any substantial growth and increase in profits," said Karen. "In addition, think carefully about how to set up your business structure. We created a limited liability company (LLC) to protect our family assets."

Though the recent downturn in the economy has slowed the tourist industry along the Oregon Coast, Karen has discovered something positive in this environment.

"I have noticed that customers are trying to make the most of every vacation moment



Courtesy photo

Karen Richards displays a variety of wine available at the Nelscott Wine Shop.

and taking more time to pair cheeses with wine, and enhancing their home-cooked meals with special sauces and condiments, which has helped our business."

The Richards welcome any and all to come and browse in their shop and to take the time to relax. And if your schedule is too busy to take the time to relax, the Richards have that covered as well – "Just let us know what you need and we can

assemble a gift pack and deliver anywhere in Lincoln City."

The Nelscott Wine Shop is located at 3203 SW Highway 101, at the north end of the Historic Nelscott Strip in Lincoln City. Hours are 10 a.m. to 5 p.m., Tuesday-Thursday; 10 a.m. to 7 p.m., Friday and Saturday; and 10 a.m. to 4 p.m., Sunday. Call 541-996-2898 or 800-549-7364, or visit www.cj-boutique.com.



Photo by Natasha Kavanaugh

Sharla Robinson and Alison Noble plant peas in the Siletz community garden. The gardeners would like to thank Tony from Toledo Feed & Seed for the donated kale, bell pepper and tomato starts.

Summer Events for Traditional Foods

Healthy Traditions events are posted in the Members Only section of the Tribal website – www.ctsi.nsn.us. All event dates/times can change suddenly because of red tide/weather/seasonal conditions. Last-minute announcements are recorded for your convenience, call 541-444-9627 or 800-648-0449, ext. 1627.

Siletz Community Garden

Hours: 7 a.m. to 8 p.m., Monday through Friday; 8 a.m. to 8 p.m., Saturday; Noon to 4 p.m., Sunday

Key checkout at Tillicum Fitness Center
Sign up to adopt a plot with Sharla Robinson, Healthy Traditions Project
541-444-9627, located at the Tillicum Fitness Center

Burden Basket Workshop

Siletz Tribal Community Center

Traditional Cooking

Learn to prepare salmon over fire
Instructor: Bud Lane

Youth Hunter Safety Training

Big Timber Rifle Club

Sign up for free classes with Natural Resources, sponsored by Healthy Traditions Project

Huckleberry Gathering

August/September

New events are added on an ongoing basis and we will post them to the Tribal website as soon as possible. For more information, contact Sharla Robinson at the Healthy Traditions Project, 541-444-9627 or 800-648-0449, ext. 1627; or e-mail healthytraditions@ctsi.nsn.us.

August USDA Distribution Dates

Siletz

Monday	Aug. 2	9 a.m. – 3 p.m.
Tuesday	Aug. 3	9 a.m. – 3 p.m.
Wednesday	Aug. 4	9 a.m. – 3 p.m.
Thursday	Aug. 5	9 a.m. – 3 p.m.
Friday	Aug. 6	9 a.m. – 3 p.m.

Salem

Monday	Aug. 16	1:30 p.m. – 7 p.m.
Tuesday	Aug. 17	9 a.m. – 7 p.m.
Wednesday	Aug. 18	9 a.m. – 5 p.m.
Thursday	Aug. 19	9 a.m. – 11 p.m.

Commodity Recipe

Whole Wheat Breadsticks

Ingredients

- 1 cup warm water (about 100°F)
- 1 packet dry yeast
- 3 cups white whole wheat flour
- 1 T olive oil
- pinch brown sugar
- dash garlic powder
- vegetable oil spray

Directions

1. Mix warm water and yeast until the yeast dissolves. Add flour, oil and sugar and knead well by hand or on a mixing machine until the dough is very elastic. I like the paddle of a mixing machine because the hook is too thin on a home version and it tends to tear the dough apart. You may want to add a bit more flour if it's too wet.
2. Cover the dough and allow it to rise for about one hour.
3. Turn the dough onto a lightly floured board and divide into 12 small sections. Roll each section until it's the size of a large thumb. Arrange on a baking pan. Lightly spray the tops with the vegetable oil cooking spray and sprinkle with garlic powder and a little parmesan cheese.
4. Bake for 10 minutes at 400°F. When the breadsticks are done, you can serve

them warm with salt-free tomato/pasta sauce or keep at room temperature until ready to serve. You also can wrap and freeze them for later use. Yield: 12

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

Joyce Retherford
USDA Food Program Director
Derek Simmons
USDA Food Program Clerk