

# Tribe invites local students to free sealant clinic to help take care of teeth

Feb. 15-17 • Siletz Community Health Clinic

Siletz Valley School and the Siletz Clinic again are working together for the oral health improvement of children in the Siletz area. All children at SVS are invited to participate in this annual event, the first to be held at the new clinic on Gwee-Shut Road.

The students who participate will have a screening, sealants, home care instructions and supplies, and a chance

to see this wonderful new clinic. A letter to parents will be sent home with each student that will provide information on their child's dental experience.

Transportation will be provided to get students to the clinic and back to SVS.

Only one item of paper is required, a signed parental consent form (which includes a health history section). Most

parents had an opportunity to fill this out when registering their children for the school year last August.

If you need to complete this form, one can be obtained at the SVS business office. The completed form must be back in the SVS office by Feb. 11.

Students who participate in this clinic will have their name added into a drawing

to win one of three kids Sonicare toothbrushes or one of three spin brushes. The drawing will be held Feb. 18 after the three-day clinic has been completed.

If you have questions, please contact Judy Line at SVS, 541-444-1100, or Mary Ellen Volansky at the Siletz Clinic, 541-444-9640 or 800-648-0449, ext. 1640; or maryellenv@ctsi.nsn.us.

## USDA has February distribution dates and a recipe for chicken rice soup

### Siletz

Tuesday	Feb. 1	9 a.m. – 3 p.m.
Wednesday	Feb. 2	9 a.m. – 3 p.m.
Thursday	Feb. 3	9 a.m. – 3 p.m.
Friday	Feb. 4	9 a.m. – 3 p.m.

### Salem

Monday	Feb. 14	1:30 – 6:30 p.m.
Tuesday	Feb. 15	9 a.m. – 6:30 p.m.
Wednesday	Feb. 16	9 a.m. – 4:30 p.m.
Thursday	Feb. 17	9 – 11 a.m.

### Chicken Rice Soup

#### Ingredients

Makes about 6 servings

- 1 can (12½ oz.) chicken, undrained
- 5 stalks celery, chopped
- 1 medium onion, chopped
- 1 tablespoon parsley
- 1 teaspoon black pepper
- 1 teaspoon salt
- 4 cups water
- 1 tablespoon margarine

- 4 cups rice, cooked
- 1 can (about 15 oz.) carrots, drained
- 1 can (about 15 oz.) green beans, drained

#### Directions

1. In a large pot over high heat, combine chicken, celery, onion, pepper, salt, parsley and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.

3. Add carrots, green beans and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.

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

## New Pharmacy Hours

### Siletz Community Health Clinic

Monday – Thursday  
8:30 a.m. to 5 p.m.

Friday: 10 a.m. to 5 p.m.

Closed for lunch: 12:30-1 p.m.

## 2011 Election Board

Kelley Ellis, Chairman  
Sharmon Cook-Wright  
Rebekah Goulet  
Marci Garrett, Alternate

Siletz Election Board  
P.O. Box 490  
Siletz, OR 97380

Contact Information: 800-922-1399, ext. 1256 or 541-444-8256  
elections@ctsi.nsn.us

## Election Deadlines

10 a.m. – 4 p.m. • Feb. 5, 2011

In-person voting  
Tribal Elections

Tribal Community Center, Siletz

4 p.m. • Feb. 5, 2011

Deadline for returning  
absentee ballots

## Energy conservation vs. energy efficiency: Both save, so what's the difference?

The OPEC oil embargo, related energy shortages and gas lines in the 1970s ...

The president of the United States sitting in a cardigan asking all Americans to turn down their thermostats and industries to run factories at partial capacity ... being somewhat less comfortable ...

Sacrificing ...

These are such graphic images of energy and national security in the American consciousness that they often are the first thoughts that come to mind when the words "energy conservation" are heard.

But energy efficiency is a far cry from the energy conservation images and practices of old – of doing with less or doing without, of being uncomfortable or less comfortable. Not unlike the tremendous technological strides on computers, electronics and other fronts, energy efficiency takes advantage of advances in technology to provide significantly better and smarter services.

Energy efficiency means:

- Using advanced and state-of-the-art technologies to provide better-quality energy services with less energy

- Getting the most productivity from every unit of energy
- Getting the desired energy services – comfortable homes, profitable businesses, convenient transportation – with less energy use, less air pollution and lower total cost
- Using energy wisely
- Eliminating energy waste
- Using technology to easily reduce energy use without having to "remember" daily to do it yourself

Energy efficiency is a valuable resource that creates a win-win solution on

multiple fronts. One action = five major consumer and societal benefits. It saves consumers money, increases comfort, protects the environment, enhances the economy and promotes national security.

When energy efficiency is combined with energy conservation – like turning off lights, TVs, computers and electronics that you're not using them – all of the benefits above are compounded.

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## CTSI Jobs

Tribal employment information is available at  
[www.ctsi.nsn.us](http://www.ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

### Job Vacancy Announcement

Opening Date:	01/11/11
Closing Date:	Open till filled
Job Title:	Pharmacist
Salary/Wage:	DOE
Location:	Siletz, Ore.
Job Posting Number:	201101

## Elders' Council Meeting

Feb. 12 • 1-4 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