

# November USDA distribution dates

## Siletz

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

## Salem

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

The following recipe is from Yvonne Messmer, who took third place in our recipe contest.

## Lettuce Wraps

### Ingredients

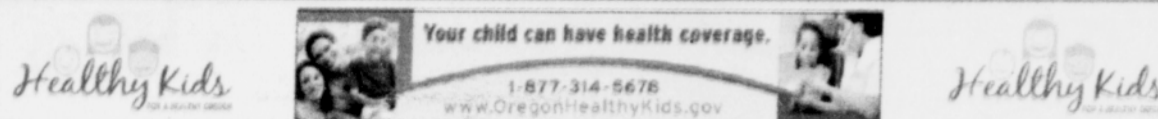
- 1 head romaine lettuce – leaves washed and de-cored
- 1 pound lean ground beef
- 1 tablespoon cooking oil
- 1 large yellow onion, chopped fine
- 3 large cloves fresh garlic, minced
- 2 stalks celery, diced
- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- 1 pound crimini mushrooms, cleaned and chopped
- ½ cup House of Tsang Saigon Sizzle sauce
- 1 (8 ounce) can water chestnuts, drained and finely chopped

### Directions

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain and set aside to cool. Cook the onion in the same pan, stirring frequently until almost translucent. Add the chopped mushrooms and cook down moisture from mushrooms. Add the garlic, soy sauce, Saigon Sizzle, celery, fish sauce and chopped water chestnuts to the mixture and stir about 3-5 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito and enjoy!

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



## Contract Health Service requires uninsured Tribal children to apply for OHP/Healthy Kids for coverage

Healthy Kids provides no-cost, low-cost and full-cost health coverage options for uninsured Oregon children and teens up to age 19. Coverage lasts for one full year and covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions and more. Children will not be turned away because of pre-existing conditions or be put on a waiting list.

American Indians and Alaska Natives who qualify for the low-cost option do not pay a monthly premium. No family makes too much for Healthy Kids. Even middle-income families can qualify for coverage on a sliding scale. For example, a family of four can earn as much as \$67,200 per year and may qualify for the low-cost option.

Enrollment Guideline Based on Family Size/Income	No-Cost	Low-Cost	Full-Cost
Family of 2	\$0-\$29,568	\$29,568-\$44,280	\$44,280 and up
Family of 3	\$0-\$37,248	\$37,248-\$55,776	\$55,776 and up
Family of 4	\$0-\$44,928	\$44,928-\$67,248	\$67,248 and up
Family of 5	\$0-\$52,608	\$52,608-\$78,780	\$78,780 and up

**Siletz Contract Health Service requires patients to apply for alternate resources when they are provided at no cost to the patient. Healthy Kids is considered an alternate resource.**

If a person does not apply for alternate resources when available, they can be denied Contract Health benefits. A person can apply for Healthy Kids by calling CHS at 800-628-5720 to request an application, go online to [oregonhealthykids.gov](http://oregonhealthykids.gov) and complete the application or call Healthy Kids directly at 877-314-5678 to request an application.

CHS workers can help you complete an application or refer you to the Siletz benefits coordinator.

## Great American Smokeout

Nov. 17, 2011



The American Cancer Society is marking the 36<sup>th</sup> Great American Smokeout on Nov. 17 by encouraging smokers to use the date to make a plan to quit or to plan in advance and quit smoking on that day. By doing so, smokers will take an important step toward a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are and where to go for help.

\*\*cancer.org

## November is Lung Cancer Awareness Month

Lung cancer is a tragic disease that takes a terrible toll on those with the disease as well as their loved ones. Lung cancer is the leading cancer killer in both men and women in the United States. In fact, more people die from lung cancer than any other type of cancer.

\*\*lungusa.org

Tasha Mason  
541-444-9659 or 800-648-0449, ext. 1659  
tasham@ctsi.nsn.us

Oregon Quit Line  
800-QUIT-NOW  
oregonquitline.org



## 2012 Standing Committee Applications Due

Deadline for consideration for committees is Jan. 31, 2012

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Jan. 31, 2012.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

Choose the first, second and third choice of committees you are requesting by numbering your preference 1, 2, 3 in the space provided. If you only want to be considered for one committee, please indicate this by inserting the number 1.

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| ____ Education Committee (3)         | ____ Housing Committee (3)        |
| ____ Natural Resources Committee (3) | ____ Pow-Wow Committee (no limit) |
| ____ Health Committee (3)            | ____ Budget Committee (1)         |
| ____ Cultural Heritage Committee (3) | ____ Enrollment Committee (3)     |

Tribal Council will review applications and approve appointments at the Regular Tribal Council meeting in February 2012. If you have any questions, please call Tami Miner, Tribal Council executive secretary, at 800-922-1399, ext. 1203, or 541-444-8203.



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272 SE Highway 101, Depoe Bay, OR 97341  
541-765-4441

Siletz Tribal members - take advantage of a 10% discount with your Tribal ID!