

## New Babies!



### Nayson Tooya (Ten Bears) Ben Warren

Joseph Warren and Tiffany Stuart would like to announce the birth of their baby, Nayson Tooya (Ten Bears) Ben Warren, on May 9, 2012, at Sacred Heart Medical Center at River Bend in Springfield, Ore. He weighed 7 pounds, 4.4 ounces and was 20¼ inches long.

Nayson is the grandson of Al and Mary Warren and Thomas and Marlene Stuart (Rilatos/Simmons/Ben/Butler).



I have my first beautiful granddaughter, Madalynn Elizabeth Ruth Gamboa, on May 6! I love you so much, Maddy.

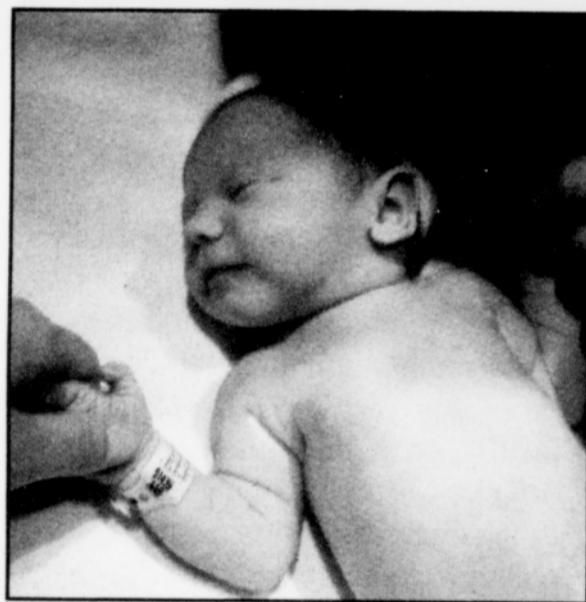
Grandma April

Sam – I'm so proud of you and love you so much. You're an awesome mama!

Mom

Daniel Garcia with his (newest) niece, Madalynn Elizabeth Ruth Gamboa. You're a super cool uncle. I love you, D.

Mom



## USDA distribution dates for June

### Siletz

Monday	June 4	9 a.m. – 3 p.m.
Tuesday	June 5	9 a.m. – 3 p.m.
Wednesday	June 6	9 a.m. – 3 p.m.
Thursday	June 7	9 a.m. – 3 p.m.

### Salem

Monday	June 11	1:30 – 6:30 p.m.
Tuesday	June 12	9 a.m. – 6:30 p.m.
Wednesday	June 13	9 a.m. – 4 p.m.
Thursday	June 14	9 – 11 a.m.

It's that time of year again, when USDA staff is very hard to catch up with. We have our distribution in Siletz on June 4-7 and in Salem the following week, June 11-14. We then will be available for deliveries during the third week, which takes us up to the week of June 25-29, when we will attend our national conference.

Please make it to your scheduled appointments so you won't be without your food. Remember that we need **Tribal ID**

**and current full month income verification** if you are a new client.

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

### Baked Chicken Breasts Supreme (diabetic friendly recipe)

1½ cups plain yogurt or sour cream  
¼ cup lemon juice  
½ teaspoon Worcestershire sauce  
½ teaspoon celery seed  
½ teaspoon Hungarian sweet paprika  
1 garlic clove, minced  
½ teaspoon salt (optional)  
¼ teaspoon freshly ground pepper  
8 boneless, skinless chicken breast halves  
2 cups fine dry bread crumbs

In a large bowl, combine first eight ingredients. Place chicken in mixture and turn to coat. Cover and marinate overnight in the refrigerator.

Remove chicken from marinade; coat each piece with crumbs. Arrange on a lightly greased shallow baking pan.

Bake uncovered at 350° for 45 minutes or until juices run clear. Makes 8 servings.

Nutrition information per serving:  
271 calories, 293mg sodium, 76mg cholesterol, 22gm carbohydrate, 32gm protein, 5gm fat. Diabetic food exchanges:  
3½ lean meat; 1 starch; ¼ skim milk.

When you call the **Siletz Community Health Clinic** at 541-444-1030 or 800-648-0449, you can choose from the following:

- Schedule or confirm a dental appointment, press 1
- Schedule or confirm an optometry appointment, press 2
- Schedule or confirm a medical appointment, press 3
- Pharmacy refill line, press 4
- Pharmacy staff, press 5
- Contract Health Services, press 6
- Behavioral Health, press 7
- Address, phone and fax, press 8
- Listen to options again, press 9
- All other options, dial 0



Courtesy photo

### Congratulations!

Tonya Smith receives a Pendleton blanket as she completes training and becomes a journeyman operating engineer. She finished her Tribal adult vocational training and the Oregon State Apprenticeship and Training Council programs and now is certified as a crane operator. Smith is pictured at the Portland State University and Siletz Career and Internship Fair on April 19 with Tamra Russell (left) from Cooper Zietz Engineers Inc. and Katy Holland (right), education specialist in the Portland Area Office.