

USDA distribution dates for March

Siletz

Monday	March 4	9 a.m. – 3 p.m.
Tuesday	March 5	9 a.m. – 3 p.m.
Wednesday	March 6	9 a.m. – 3 p.m.
Thursday	March 7	9 a.m. – 3 p.m.
Friday	March 8	9 a.m. – 3 p.m.

Salem

Monday	March 11	1:30 – 6:30 p.m.
Tuesday	March 12	9 a.m. – 6:30 p.m.
Wednesday	March 13	9 a.m. – 3:30 p.m.

March is a busy time for USDA staff. We will distribute in Siletz during the first week, the Salem distribution will be the

second week and in the third week, we will travel to our regional conference, Western Association of Food Distribution Programs on Indian Reservations. The last week of the month will be set aside to make a few local deliveries.

In February, I found a great recipe for cornbread. I made it to go with three-bean chili and it was so good. I hope you can try it at home.

Joyce Retherford
USDA FDP Director
541-444-8393

Lisa Paul
Program Clerk/Warehouseman
541-444-8279



Courtesy photo

Chewescla DePoe participates in the University of Washington Winter Pow-Wow on Jan. 26. He carried the eagle staff at the request of pow-wow officials.

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

The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We appreciate your understanding and willingness to help keep our clinic tobacco-free and clean.



BEST EVER CHEESY CORNBREAD

- ✓ 3 tablespoons butter, melted
- ✓ 1 cup yellow cornmeal
- ✓ ¾ cup all-purpose flour
- ✓ 1/3 cup sugar
- ✓ 1 tablespoon baking powder
- ✓ 1 can (10 ¾ oz.) condensed cheddar cheese soup
- ✓ ½ cup milk
- ✓ 1 egg, beaten
- ✓ 1 can (about 8 oz) kernel corn, drained
- ✓ ½ cup shredded cheese (about 2 oz)



1. Preheat the oven to 450°.
2. Pour 1 tablespoon melted butter into a 9-inch round cake pan and set it aside.
3. Stir the cornmeal, flour, sugar and baking powder in a medium bowl and set aside.
4. Stir together the soup, milk, egg and remaining melted butter until the mixture is smooth.
5. Add the soup mixture to the cornmeal mixture and stir just until moistened. Stir in the corn. Pour the batter into the prepared pan.
6. Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven.
7. Sprinkle with the cheese. Let cool for 15 minutes on a wire rack. Cut into 8 wedges and serve warm.

Recruitment for Siletz Tribal Vocational Rehabilitation Program Advisory Committee

Members of this committee will consist of Siletz Tribal members with a disability/disabilities or someone with a background in disability programs and/or vocational rehabilitation.

You need to have a willingness to express and present ideas to STVRP staff and be willing to participate in outreach to the membership for the STVRP program and its services.

If interested in serving on this committee, please submit the completed form to STVRP, Attn: Jackie Welch, P.O. Box 549, Siletz, OR 97380-0549.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: Day () _____ Evening () _____

Courtesy photos

Youngsters show the results of a drum making class held Feb. 9 at the Portland Area Office. Anthony Washington, Kenai Robertson and Chris Rupert (below left) have both unfinished and finished products while Joseph and Jessica Gifford (below) watch their triplets, Narayana, Zoé and Aurora, practice on their drums.

