

Babies!



Russell Masters Cook

Love from Grandpa and Grandma Cook and Aunt Jennifer Cook

Russell Masters Cook was born May 12, 2013 (Mother's Day). He weighed 6 pounds, 14 ounces and was 20 inches long.

Congratulations, Josiah and Felician! Russell is so blessed to have such loving parents. We are so happy to be his grandparents. He is such a sweet first grandchild.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

TRIBAL COURT OF THE CONFEDERATED TRIBES OF SILETZ INDIANS OF OREGON	Notice of Pending Litigation	June 10, 2013
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Court Address
P.O. Box 549
201 SE Swan Ave., Siletz, OR 97380-0549

Court telephone no.
800-922-1399
541-444-8228

In the matter of: Siletz Tribal Per Capita Distribution

These matters came before the Court on review and the court being fully informed finds as follows:

FINDING OF FACT

This Court has jurisdiction to review this matter as the Respondents are members of the Confederated Tribes of Siletz Indians (CTSI).

Petitioner filed a Notice to Offset Tribal Per Capita in the Siletz Tribal Court.

ORDER

The following Tribal members have a lien filed against their per capita and do not have a valid mailing address:

Gracie Arrellano	Hearing Date:	July 2, 2013 at 9:00 a.m.
April Bender	Hearing Date:	July 1, 2013 at 11:00 a.m.
Alfred Warren	Hearing Date:	July 3, 2013 at 9:00 a.m.
Yolanda Belgard	Hearing Date:	July 2, 2013 at 9:00 a.m.
Christina Rife	Hearing Date:	July 1, 2013 at 2:30 p.m.

If the above-mentioned people do not show for their hearing date, an Order of Default will be entered against them.

SO ORDERED this 10th day of June 2013.

Calvin E. Gantenbein, Chief Judge
Siletz Tribal Court

USDA distribution dates set for July

Siletz

Monday	July 1	9 a.m. – 3 p.m.
Tuesday	July 2	9 a.m. – 3 p.m.
Wednesday	July 3	9 a.m. – 3 p.m.
Thursday	July 4	Holiday
Monday	July 8	9 a.m. – 3 p.m.

Salem

Monday	July 15	1:30 – 6:30 p.m.
Tuesday	July 16	9 a.m. – 6:30 p.m.
Wednesday	July 17	9 a.m. – 3:30 p.m.

We attended the National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) annual conference in June in Denver, Colo. It was a very informative event.

In August, we should begin seeing pork chops on our catalogue. They should be in our warehouse for distribution starting in September.

I have not had a chance to make this recipe, but it looks great. Perhaps this month it will get done. Try it out and let us know how you like it.

Joyce Retherford
FDP Director
541-444-8393

Lisa Paul
FDP Warehouseman/Clerk
541-444-8279

Cauliflower Bread Sticks

Slightly adapted from The Examiner

Ingredients

1 cup raw grated cauliflower or 100 grams
(2 greens)

¼ cup egg substitute (you can add up to
2 ounces of additional protein per
nutrition support)

1 cup shredded or 4 ounces 2% light moz-
zarella, divided (1 lean)

Garlic salt and Italian seasonings, to taste

¼ cup egg substitute and 3 ounces or
¾ cup shredded mozzarella together in a
bowl until combined.

Line a 9 x 13 loaf pan with parchment
and lightly spray with Pam. Pour mixture
into pan about 1½ inches deep. (It's OK if
the mixture does not cover the entire pan.)
Bake at 350 for 30 minutes or until set.

Lift the edges of the parchment and
place bread with parchment onto cookie
sheet. Carefully use a spatula to lift the
edges of the dough off the parchment and
flip the dough. Bake for an additional 15
minutes at 450 degrees.

Take out of oven and with a pizza
cutter, slice strips through set dough.
Separate slightly. Sprinkle with garlic salt,
Italian seasonings and 1 oz or ¼ cup 2%
reduced-fat mozzarella or three-cheese
blend. Continue baking at 450 degrees
for about 10 more minutes until cheese
is melted.

Serve with marinara sauce.

Marinara Sauce

½ cup Italian diced tomatoes – less than
5g of carbs per serving (1 green)

You also can use Walden Farms Mari-
nara Sauce, but ¼ cup is considered to be
2 condiments and is not a vegetable. You
would have to add a third of veggies to
your meal if you choose this option.

Directions

Preheat oven to 350 degrees.

Puree Italian diced tomatoes in a
small chopper. Set aside. Mix cauliflower,

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional

Siletz: 800-600-5599 or
541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

Narcotics Anonymous Toll-Free
Help Line – 877-233-4287

For information on Alcoholics
Anonymous: aa-oregon.org

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement: We will utilize resources to prevent the use of alcohol
and other drugs, delinquency and violence; we will seek to reduce the barriers
to treatment and support those who choose abstinence.

July 10
5:30 p.m.

Siletz Public Library
255 SE Gaither, Siletz

