



Photo by Diane Rodriguez

Tribal Council candidates (l to r) George Siniscal, Reggie Butler Jr., Melinda Logan, Elizabeth "Lisa" Norton, Gloria Ingle, Robert Kentta, Loraine Butler, John Johnson and Ronald Belgard gather at Chinook Winds Casino Resort for the Candidates Fair on Jan. 11.

All ballots for the 2014 Tribal Council election must be received by 4 p.m. on Feb. 1. You can vote in person on Feb. 1 at the Tribal Community Center in Siletz, Ore., from 10 a.m. to 4 p.m.

Vocational Rehab program here to help Tribal members with disabilities

By Angie Butler, STVRP Director

The Siletz Tribal Vocational Rehabilitation Program is here to assist Siletz Tribal members (living within the service area) with overcoming impediments to employment. We work with a diverse population of individuals who have disabilities ranging from cognitive impairments to physical limitations.

If you have a documented disability that creates limitations or prevents you from doing the work you desire or are qualified for, we would like to assist you.

We can help with obtaining and maintaining employment and developing skills. We focus on motivation, identifying your abilities, skills that lead to successful employment and developing self-advocacy.

You should have a strong desire to work and be willing to work collabora-

tively with STVRP staff to provide you with the services needed to overcome your disability. Your personal goal should be self-sufficiency and to live a healthy sustainable lifestyle.

STVRP also assists with transitioning students with disabilities. The ideal age for students to start working with STVRP is 2-3 years before graduation until age 22 or graduation from high school.

Our program can provide vocational guidance and counseling, and assist with identifying employment goals, employment retention and advocacy within the academic environment.

Students with a documented disability or who are on an individualized education plan (IEP) or a 504 plan are encouraged to participate in STVRP.

Services provided by STVRP include:

- Guidance and counseling
- Referral to services
- Employment services
- Portfolio building, résumé writing, interviewing techniques, job coaching
- Culturally relevant individualized services
- Evaluations and assessments
- Training placement opportunities
- Adaptive equipment

For more information about STVRP, call 800-922-1399 or 541-444-2532.

We also maintain a resource and employment board, so please stop by if you're interested. You can speak to any of the VR staff. They include Selene Rilatos (program aide) and Jackie Welch



(job developer/counselor) in Siletz; and Fawn Glover (program aide) and myself (program director/counselor) in Salem.

USDA distribution dates for February

Siletz

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

Salem

Monday	Feb. 17	Holiday
Tuesday	Feb. 18	2 – 6:30 p.m.
Wednesday	Feb. 19	9 a.m. – 6:30 p.m.
Thursday	Feb. 20	9 a.m. – 4 p.m.
Friday	Feb. 21	9 – 11 a.m.

Mini Chicken Pot Pies

350° oven

- 1 can chicken
- 1 onion diced
- ½ can peas
- ½ can carrots (diced)
- 1 box cream of chicken soup
- 6 slices low fat sliced cheese
- Pepper and salt
- Cayenne pepper (optional)
- Garlic powder
- 12 3" biscuits rolled thin

Drain chicken and place in pot with onion. Cook over medium heat until onion is transparent.

Add the peas, carrots and cream of chicken soup along with the seasonings. Heat through. Add cheese slices and heat until cheese is melted.

Biscuits

Prepare the biscuits according to package directions (I used the recipe on

the back of the bakery mix). Spray cooking spray into 12 muffin tins and form the biscuits into each cup. Bake the cups for about 5 minutes and remove from oven.

Push the sides and bottoms down with a spoon and add a heaping teaspoon of the chicken mixture to each cup. Return it to the oven and cook for 15 minutes longer.

I added a couple slices of the cheese to the top and put it in the oven until it was melted.

You can heat some cream of chicken soup, drizzle it over the top and serve.

Joyce Retherford
Tribal FDP Director
541-444-8393

Lisa Paul
Tribal FDP Warehouseman/Clerk
541-444-8279

Native Arts Marketing Strategies for Creative Entrepreneurs

Marketing and professional skill-building workshops for Native artists in visual and traditional arts

CHOOSE ONE OF THREE SATURDAY WORKSHOPS, FROM 9AM - 4PM:

February 1

Confederated Tribes of Grand Ronde Portland Office
4445 SW Barbur Boulevard, Portland, OR
Register by Jan. 27

February 15

Longhouse Education and Cultural Center
The Evergreen State College
2700 Evergreen Pkwy NW, Olympia, WA
Register by Feb. 10

March 1

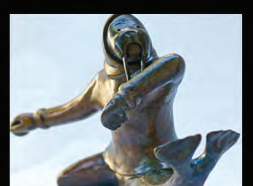
The Museum at Warm Springs
2189 U.S. 26, Warm Springs, OR
Register by Feb. 24

WORKSHOPS ARE FREE. REGISTRATION IS REQUIRED
Register online at: <http://tinyurl.com/lw9w3jx>



FOR MORE INFORMATION:
Lisa Watt, (503)892-6560
or lisa_joel@msn.com
Laura Grabhorn, (360)867-6413
or grabhorl@evergreen.edu

NATIVE ARTS & CULTURES FOUNDATION



From top left: *Recycled Flying Head* by Linley Logan, Alaska Kuteeyaa Dancers, Longhouse model canoe gifts for Paddle to Quinalt, *Seaweed Gatherer* by Denise Emerson, *Purple Frost* by Alex McCarty, *Honoring Our Ancestors* by Joe Seymour, *Walrus Dance Transformation* by Terrisa White