

## 2015 Medicare Rates

Medicare Part B rates remain the same this year at a base of \$104.90.\*

Medicare Part D (prescription plans) change every year.\*

You must turn in a 2015 benefit statement showing your new monthly premiums. Some individuals who have not turned in current information may be reimbursed less than the base amount for Part B. Some individuals are getting overpaid because their Part D is less than it was last year.

In order to keep our funding available, please update your information by mailing or faxing your information to:

Wendi Schamp  
Siletz Clinic  
P.O. Box 320  
Siletz, OR 97380  
Fax: 541-444-9678

\*Note: Not everyone has a monthly premium. Notices from your prescription plans and Social Security have been sent out. Please watch your mail and turn in ASAP.

If you are unsure if you are getting reimbursed or at what amount, please contact Wendi at 541-444-9670 or 800-648-0449, ext. 1670.

## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

## February USDA distribution dates

### Siletz

Monday	Feb. 2	9 a.m. – 3 p.m.
Tuesday	Feb. 3	9 a.m. – 3 p.m.
Wednesday	Feb. 4	9 a.m. – 3 p.m.
Thursday	Feb. 5	9 a.m. – 3 p.m.
Friday	Feb. 6	9 a.m. – 3 p.m.

### Salem

Monday	Feb. 16	Holiday
Tuesday	Feb. 17	1:30 – 6:30 p.m.
Wednesday	Feb. 18	9 a.m. – 6:30 p.m.
Thursday	Feb. 19	9 a.m. – 6:30 p.m.
Friday	Feb. 20	9 – 11 a.m.

## Culture Craft Night

Feb. 17 • 4 – 7 p.m.  
Siletz Tribal Community Center  
Rope/String Making  
Stvs, hii-chu stvs-chu yvlh-sri  
(String also rope making)



Siletz Tribal members are invited to come and learn how to make string and rope the old way.

All ages welcome. Young people under age 10 need an adult to accompany and assist them. The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us); 541-444-8320 or 800-922-1399, ext. 1320

Sponsored by the Education and Culture Departments

## Family Literacy Night

Feb. 19 • 5 – 7 p.m.  
Siletz Tribal Community Center  
Hii-da'-ye'-yu wee-ya'vm-nvlh-ts't'et  
(Family words learning night)

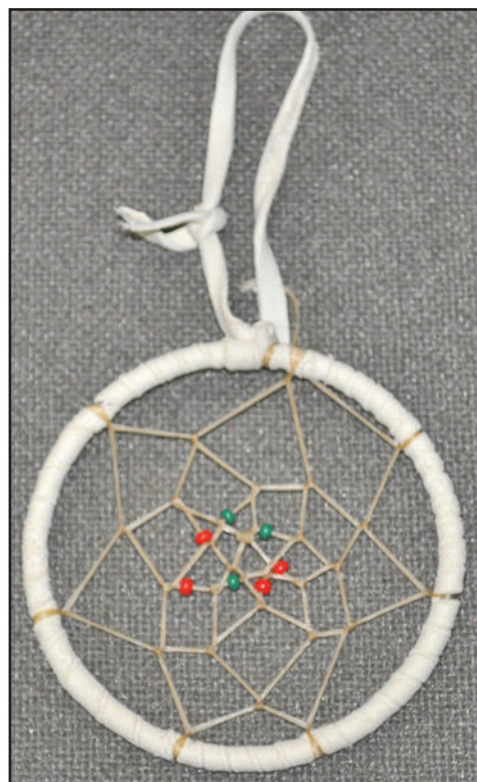
Open to the entire Siletz community, youth in grades K-6 are invited to explore their *Love of Reading* through a variety of reading games and challenges. Along with a lot of fun, a light meal will be provided. Participants also will have a chance to win a Kindle Reader (two will be raffled off at the end of the evening).

Contact: Alissa Lane, 541-444-8373 or [alissal@ctsi.nsn.us](mailto:alissal@ctsi.nsn.us)

Sponsored by Youth Development Coalition of Lincoln County and Tribal Education, Culture, Healthy Families and Head Start Departments

## Culture Craft

Feb. 22 • 11 a.m. – 1 p.m.  
Siletz Tribal Community Center  
Dream Catchers  
Ch'an'-ghee-lvlh yvlh-chut-ne yvlh-sri  
(Dream Catcher making)



Siletz Tribal members of all ages welcome. Young people under age 10 need an adult to accompany and assist them. Come and learn how to make beautiful dream catchers. The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Instructor: Lisa Paul

Contact: Buddy Lane, [buddyl@ctsi.nsn.us](mailto:buddyl@ctsi.nsn.us); 541-444-8230 or 800-922-1399, ext. 1230

Sponsored by the Education and Culture Departments

## Culture Craft Night

March 2 • 4 – 7 p.m.  
Siletz Tribal Community Center  
Feather Tying  
Ch'ee-ta' yee-li'  
(Feather tying)



Siletz Tribal members of all ages welcome. Young people under age 10 need an adult to accompany and assist them. Come and learn how to tie feathers for regalia and other uses. The Siletz Culture Department will provide material and instructors. If you have your own feathers/project, please bring them.

Contact: Bud Lane, [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us); 541-444-8320 or 800-922-1399, ext. 1320

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## Project Night

March 17 • 4 – 8 p.m.  
Siletz Tribal Community Center  
Finish any unfinished culture project  
Yvlh-sri t'et  
(Project night)

Siletz Tribal members of all ages welcome. Young people under age 10 need an adult to accompany and assist them. Bring your unfinished cultural projects and work on them. The Siletz Culture Department will provide assistance and instructors.

Contact: Bud Lane, [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us); 541-444-8320 or 800-922-1399, ext. 1320

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## Carrot Nut Cake

2 cups all-purpose flour\*  
2 teaspoons baking soda  
2 teaspoons baking powder  
½ teaspoon salt  
3 teaspoons cinnamon  
½ teaspoon nutmeg  
8 tablespoons egg mix\*  
1¼ cups applesauce\*  
1 cup white sugar  
1 cup packed brown sugar  
1 can skim evaporated milk\*  
2 teaspoons vanilla  
3 cups grated carrots\*  
2 cups fruit & nut mix chopped\*  
\*Indicates items in food package

1. Preheat oven to 325°. Line cake pan with waxed paper.
2. Mix together in a bowl flour, baking soda, baking powder, salt, cinnamon, nutmeg and egg mix.
3. In a mixing bowl, mix together evaporated milk, applesauce, sugars and vanilla for about a minute.
4. Add the dry ingredients to the wet mixture and mix for about 2 minutes more.
5. Add the grated carrots and chopped fruit & nut mix.
6. Pour batter in prepared cake pan and bake 45-50 minutes. Test for doneness by inserting a skewer. It should be dry when removed. Cool, then fill and frost with cream cheese frosting.

### Cream Cheese Frosting

8 ounces cream cheese  
½ cup butter, softened  
2 cups confectioner's sugar  
1 teaspoon vanilla extract

To make frosting, put all ingredients in mixing bowl and beat until creamy. Frost the cake and enjoy.

Joyce Retherford  
FDP Director  
541-444-8393

Lisa Paul  
FDP Clerk/Warehouseman  
541-444-8279

## General Council Meeting

Feb. 7, 2015

1 p.m.

Siletz Tribal Community Center  
Siletz, Oregon

Call to Order  
Invocation  
Flag Salute  
Roll Call  
Approval of Agenda  
Approval of Minutes

Healthy Family Healthy Child Program  
Diabetes Program  
Tribal Members' Concerns  
Chairman's Report  
Announcements  
Adjourn