

## July USDA distribution dates

### Siletz

Wednesday	July 1	9 a.m. – 3 p.m.
Thursday	July 2	9 a.m. – 3 p.m.
Friday	July 3	Holiday
Monday	July 6	9 a.m. – 3 p.m.
Tuesday	July 7	9 a.m. – 3 p.m.

### Salem

Monday	July 13	1:30 – 6:30 p.m.
Tuesday	July 14	9 a.m. – 6:30 p.m.
Wednesday	July 15	9 a.m. – 6:30 p.m.
Thursday	July 16	9 – 11 a.m.

I hope that so far you are having a great summer break with your families.

I love this time of year with all the fresh produce we are able to get. Right now, we have lemons, grapefruit, peaches, plums, nectarines, all kinds of apples, oranges, pears, asparagus, green peppers, corn on the cob and more.

## Stuffed Bell Peppers

4 green or red bell peppers\*

Salt

5 tablespoons extra-virgin olive oil

1 medium yellow onion, peeled and chopped\*

1 clove of garlic, peeled and chopped

1 pound lean ground beef\*

1½ cups cooked rice\*

1 cup chopped tomatoes, fresh or canned\*

1 tablespoon chopped fresh oregano or 1 teaspoon of dried oregano

Fresh ground pepper

½ cup ketchup

¼ cup Worcestershire sauce

½ tsp Tabasco sauce

Cook rice according to package instructions.

Bring a large pot of water to a boil over high heat. Meanwhile, cut top of peppers 1 inch from the stem end and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant green (or red if red peppers) and their flesh slightly softened, about 3 minutes. Drain and set aside to cool.

Preheat oven to 350 F. Cook ground beef in a large skillet over medium heat until brown, drain fat. Add onions and garlic and cook, stirring often, until soft and translucent, about 5 minutes. Remove skillet from heat, add rice, tomatoes and oregano, and season generously with salt and pepper. Mix well.

Arrange peppers cut-side-up in a baking dish, then stuff peppers with filling. Combine ketchup, Worcestershire sauce, Tabasco sauce and ¼ cup of water in small bowl, then spoon over filling.

Add ¼ cup of water to the baking dish. Place in oven and bake for 40-50 minutes (or longer, depending on size of the peppers), until the internal temperature of the stuffed pepper is 150-160 F.

Joyce Retherford, FDP Director  
541-444-8393

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

## Help Tribal Elders during Cut Wood for the Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the second Cut Wood for the Elders Day of the year on July 18.

The woodcut will be held on the Tribe's Logsdon Road property between the Tribal food distribution warehouse and the Tribal vehicle storage yard in Siletz.

We need lots of volunteers to help cut, split and deliver firewood for Tribal Elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes and lots of energy.

Lunch, drinks and snacks will be provided. We will start at 8 a.m. and go until mid-afternoon.

The goal of this event is to deliver firewood to as many Elders as possible. The Elders Program maintains a list of Elders who burn wood for their winter heat.

People willing to haul firewood to Elders outside of the Siletz area should contact the Elders Program clerk at 800-922-1399, ext. 1261, or 541-444-8261 to be paired up with an Elder in need.

We especially need folks who can haul wood to the Eugene, Salem and Portland areas.

Elders in need of firewood also should contact the Elders Program clerk to get their name on the delivery list.

If you have parents or grandparents who burn wood in the winter to stay warm, you need to help out at this event! Come help replenish those wood piles for the coming winter.

This year's final woodcut is Sept. 19.

## Fisher among newest members of UNITY's renewed Earth Ambassadors Leadership Program

MESA, Ariz. – United National Indian Tribal Youth, Inc. (UNITY) has announced the first 13 members of its re-established UNITY Earth Ambassadors Leadership Program.

The environmental stewardship program was started in the 1990s, but due to funding challenges was suspended until this year when the Shakopee Mdewakanton Sioux Community agreed to provide partial funding for its return.

The new class will attend training sessions and informational workshops to increase their knowledge of environmental issues affecting Native America, learn to serve as an ambassador to increase awareness of the issues affecting the environmental quality on Native lands and promote efforts to address environmental concerns within the nation's Native communities.

Topics will focus on, but are not limited to, recycling, conservation, regeneration and restoration.

The 2015 class of the UNITY Earth Ambassadors Leadership Program includes:

- Henry Birk Albert, 16, Koyukon Athabaskan – Lake Placid, N.Y.
- Kristine Baker, 16, Turtle Mountain Band of Chippewa Indians – Belcourt, N.D.



Courtesy photos by Mike Kennedy

Bennie Brown, Charlie Black, Mitzi Brown and Dennis Tufts (above) operate a woodsplitter during the Elders woodcut in May.

Pam Ben, Charlie Ben and Raymond Ben take their turn at a woodsplitter during the same woodcut.



- SuSun Fisher, 16, Confederated Tribes of Siletz Indians – Grand Ronde, Ore.
- Mariah Gladstone, 21, Cherokee Nation of Oklahoma/Blackfeet – Helena, Mont.
- Wyatt Goggles, 20, Eastern Shoshone – Fort Washakie, Wyo.
- Tequorra Green, 22, Lumbee – Baskerville, Va.
- Kenaba Hatathlie, 18, Navajo – Kirtland, N.M.
- Jessica McCool, 17, Santa Ynez Band of Chumash Indians – Solvang, Calif.
- Xavier Medina, 16, Pascua Yaqui – Tucson, Ariz.
- Nadira Mitchell, 14, Navajo – Tucson, Ariz.
- Ryan Stiffarm, 15, San Carlos Apache/Acoma/Gros Ventre – Chandler, Ariz.
- Rory Wheeler, 17, Seneca Nation of Indians – Irving, N.Y.
- Tomas WhiteAntelope, 24, Northern Arapaho/Lummi – Richmond, Calif.

The newly selected ambassadors were nominated by a member of their community, meeting criteria that included demonstrating leadership potential, showing an interest in protecting the environment, and experience and participation in community service projects.

The remaining 12 members, making a full class of 25, will be announced at the

upcoming National UNITY Conference on July 10-14 in Washington, D.C.

The new class of ambassadors will receive their initial training at the national conference.

"We are so pleased that this valuable and important program has made its return to UNITY, providing our Native youth leaders an opportunity to further enhance their skill set in environmental stewardship," said Mary Kim Titla, executive director of UNITY. "The training they will receive over the next nine months will include outdoor experiences, working with Tribal Elders in their respective communities and working with professionals in the field of environmental protection."

In addition, the ambassadors will be provided with special opportunities, coordinated through UNITY, to take their message to Tribal and government agency representatives and lawmakers.

### About UNITY

Established 39 years ago, UNITY is a national organization that promotes personal development, citizenship and leadership among American Indian and Alaska Native youth age 14-24.

With one of the largest and oldest American Indian youth leadership networks in North America, UNITY has 155 affiliated youth councils in 35 states. Youth councils are sponsored by Tribes, Alaska Native villages, high schools, colleges and other community organizations.