

# STBC's new partnership with Ferrellgas includes Tribal members, employees

The Siletz Tribal Business Corporation is pleased to announce a new partnership with Ferrellgas to provide propane to its RV parks. As part of this new partnership, all Tribal members, current Tribal administration staff (including non-Tribal members) and current Chinook Winds Casino Resort employees (Tribal and non-Tribal members) are eligible for

a special discounted rate on propane they set up through a personal account with Ferrellgas.

All eligible individuals living in the Salem area and north over to Depoe Bay and Astoria can call Larry Joholske at 503-510-0246 for more information.

All eligible individuals living in the Albany area south to Medford, Newport

and Brookings, etc., can call Jessica Mudder at the Eugene Service Center at 541-520-4538 for more information.

Special thanks to Cynthia Farlow, who helped with the new contract.

Example of discounted rate as of Sept. 8, 2016 (prices will vary based on wholesale cost):

- Delivered cost from Portland Service Center (basically Salem area and north, Depoe Bay to Astoria): \$1.38 per gallon
- Delivered cost from the Eugene Service center (basically Albany area and south to Medford, Newport to Brookings): \$1.48 per gallon

# LIHEAP ready to help with home energy bills for low-income households

## What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally funded program that helps low-income households with their home energy bills.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire or eviction).

## What assistance does LIHEAP provide?

- Heating assistance
- Crisis assistance (shut-off or final notice)

## Enrolled Siletz Tribal member

The applicant, or a child residing in the household, must be an enrolled Siletz Tribal member.

## Residence location

The residence must be located within the 11-county service area.

## Income eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

## When can I apply?

Oct. 1 – Siletz Tribal elders and disabled Tribal members

Nov. 1 – Other Siletz Tribal households

## Program Keypoints

- LIHEAP is divided into two categories: 1) Heating; 2) Crisis. The maximum award is \$700 per household.
- Not all households will qualify for the maximum amount. Awards

will depend on family size, income and need.

- When you make your appointment for assistance, please be sure to have all necessary documentation beforehand or be able to obtain it before your appointment.
- Required documentation includes, but is not limited to:
  - Social Security cards for all household members (no exceptions!)
  - Most recent utility bill
  - Current income documents – for each adult household member (e.g. Social Security award letter, unemployment print-out, pay-stubs, etc.)
- If you need documentation from other departments, make those requests prior to your appointment.

Household income not to exceed:

1	\$22,626
2	\$29,587
3	\$36,549
4	\$43,511
5	\$50,473
6	\$57,435
7	\$58,740
8	\$60,045
9	\$61,351
10	\$62,656

Contact your area office for walk-in and available appointment times.

If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program coordinator, at 541-444-8311 or 800-922-1399, ext. 1311.

# USDA distribution dates for October, plus Beef and Bean Burritos recipe

## Siletz

Monday	Oct. 3	9 a.m. - 3 p.m.
Tuesday	Oct. 4	9 a.m. - 3 p.m.
Wednesday	Oct. 5	9 a.m. - 3 p.m.
Thursday	Oct. 6	9 a.m. - 3 p.m.
Friday	Oct. 7	9 a.m. - 3 p.m.

## Salem

Monday	Oct. 17	1:30 - 6:30 p.m.
Tuesday	Oct. 18	9 a.m. - 6:30 p.m.
Wednesday	Oct. 19	9 a.m. - 6:30 p.m.
Thursday	Oct. 20	9 - 11 a.m.

The real eggs are a big hit with our clients and also the whole wheat tortillas are moving fast. I made these burritos at the Siletz warehouse and all of it was made from commodity products, except the spices.

Wrap tortillas in foil and warm in oven at 350 degrees for 15 minutes. Meanwhile, cook beef, onion, garlic, green pepper and black beans in a skillet until browned. Stir in tomato sauce, Cajun seasoning and salt. Cook 3 minutes over medium heat.

## Beef and Bean Burritos

- 24 ounces canned beef, drained and rinsed\*
- 10 tortillas\*
- 1 chopped onion\*
- 1 clove garlic, minced
- 2 (15 ounce) cans black beans, drained\*
- 1 tablespoon Cajun seasoning
- ½ teaspoon salt and pepper to taste
- 1 cup shredded cheese\*
- 1 can tomato sauce\*
- 1 sliced green bell pepper\*
- Instant mashed potatoes (to thicken)\*

Remove from heat and thicken the mixture with instant potato flakes, adding just a little at a time until it is the desired consistency. Spoon ½ cup beef mixture into center of each tortilla. Top with cheddar cheese. Tuck two sides over filling and then roll up. Heat a skillet over medium-high heat with a little vegetable oil. Fry the burritos until crispy. Recipe makes up to 10 burritos.

\* Indicates commodity foods used

Joyce Retherford, FDP Director  
541-444-8393

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

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Siletz Community Health Clinic



*Monday - Friday 8am-5pm*

**Siletz Community Health Clinic offers comprehensive health care to ALL residents of Lincoln County. We accept Private Insurance, Medicare & Medicaid**

*Call the Clinic for more information*  
**541-444-1030**  
200 Gwee-Shut Rd • Siletz, OR 97380



*We'll do everything possible to not only provide you with quality health care, but also to involve you in decisions about your health, and participate with you in developing and maintaining a healthy lifestyle for the future.*

## Siletz Community Health Clinic Providers

### Medical

Lisa Taylor, Medical Director

Dr. Stewart Tuft, Physician (Family Medicine)

Dr. Fred Chavez, Physician (Family Medicine)

Dr. Stephen Burns, Physician (Pediatrics)

Dr. Sean Rash, Physician (Pediatrics)

William Fisher, Physician Assistant

### Dental

Dr. Jeremy Vistica, Dental Director

Dr. Gordon Stanger, Dentist

Teresa Carpenter, Dental Hygienist

### Optometry

Dr. Lorene Stanger, Optometrist



## SMOKEFREE oregon

**When you're ready to quit tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)**