

Babies!



Che Freedom Butler Jr.

Che Freedom Butler Jr. was born March 9, 2020. He weighed 8 pounds, 13 ounces.

We are truly blessed to finally have him in our arms, truly a miracle.

Visit ctsi.nsn.us.

Trisha,
I would like to let Savanna Lorree and Shahayla Arayya know how proud I am of them. What beautiful young ladies they have turned out to be and a great example for my granddaughters, Tenaya Rosemarie, Nehayla Jade, Magala Rose (18 on Feb. 12) and Luta Rose.

Good job, Trish Lorree!
Love you all,
Aunt

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

Tipi Drawing

Name: _____

Address: _____

Phone: _____ Roll#: _____

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug 7-9, 2020. One entry per household. Must be a Siletz Tribal member to enter.

Deadline for entries is June 1, 2020. Name will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549.

Note: You do not win the tipi. The drawing is only for a stay in the tipi during pow-wow weekend.

2020-2021 Siletz Royalty Applications

Applications are being accepted for 2020-2021 Miss Siletz, Junior Miss Siletz and Little Miss Siletz. Applications must be turned in by 4:30 p.m. no later than June 1, 2020. Applications should be sent to: Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

Applications can be downloaded from the Tribal website located under the Pow-Wow tab.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230; 541-444-8230; or buddyl@ctsi.nsn.us.

USDA distribution dates for April, plus message for clients

Siletz

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

Salem

Monday	April 13	1:30 – 6:30 p.m.
Tuesday	April 14	9 a.m. – 6:30 p.m.
Wednesday	April 15	9 a.m. – 6:30 p.m.
Thursday	April 16	By appt only

A message to all USDA clients

Because of the coronavirus, our warehouses will remain operational, however, the doors will be locked. When it is your scheduled appointment time, we will do an auto-fill from your last month's issuance, fill the food boxes and bring them to your car.

We will not require a signature on your shopping lists, but please, if you are missing something from your order be sure to call and we will set it aside for you. This will be the distribution practice until further notice.

We ask that you please stay home and be healthy unless it is absolutely essential that you go out and about.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Warehouseman/Clerk
541-444-8279

Simple meals to WOW the busy family; porcupine meat balls, anyone?

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

Have you ever had the thought that you don't have time to eat well? In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic addresses key concepts in timing to meet the needs of a busy schedule, a simplified focus by limiting number of items served and attention to presentation for the WOW factor.

Information below is provided in outline form. Recipe ideas describe methods that speed up cooking time or extend it (pressure cooker or crock-pot) and simple side dish suggestions. Additionally, the reader is encouraged to consider beautiful presentation.

Key concepts for simple meals to WOW the busy family:

Meeting your target mealtime (when time is limited):

1. Cook fast (pressure cooker, microwave*)
2. Cook slowly (crock-pot)
3. Assemble pre-made food

To simplify, focus on 2-3 items:

1. Main dish (casserole, stuffed vegetable, protein item or soup)
2. Vegetable dish and/or salad
3. Bread, if needed (optional, due to health concerns about grains and gluten)

WOW is in the presentation:

1. Work with color and shape variation.
2. Remember to garnish.
3. Assemble a skillet or platter for the table and serve from that.
4. Simple foods can be an expression of artistry.
5. Use individual vegetables or squashes as edible bowls.

Porcupine Meat Balls

- 1 pound ground turkey, raw (or ground beef, sausage, or wild game)
- ½ cup brown rice, uncooked
- 2 tablespoon onion, finely chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ small can tomato paste (or 1/3 cup)**
- 2 cups hot water

**Or use more sauce and less water to same total liquid

Combine first five ingredients and shape into small balls (approx. 1")

To cook quickly, use a pressure cooker: Place meatballs in pressure cooker and add sauce. Cover and heat on high until steam is released. Place weight on top (15 pound) and when it begins to jiggle, turn heat down (until you hear a slight jiggle). Cook 20 minutes. Reduce pressure and uncover.

To cook slowly, use a crock-pot: The above recipe can be made in a slow cooker

(crock-pot) on high for approximately 1-1.5 hours or extended longer on low.

Serving Suggestion: Serve meatballs on a vegetable bed, such as steamed cabbage, French-cut canned green beans or an edible bowl of cooked squash for a beautiful presentation. Pair with a side of carrot-raisin salad or applesauce.

*Please note: A microwave can speed up cooking time, yet due to health considerations this method is not promoted. If you choose to use a microwave, please remember to use non-reactive containers such as glass (not plastic) to warm leftovers or for short heating.

Examples include warming cooked leftovers (such as precooked winter squash for a bowl or boat), canned vegetables (such as sliced green beans) or greens (such as thinly sliced cabbage) to provide a bed for the main meal.

Basic Carrot Salad

- 3-4 cups freshly grated carrots (from 4-6 medium-sized carrots)
- ½ to 1 cup raisins (regular, golden or substitute dried cranberries)
- 1 large apple, (peeled or not, your preference) cored and chopped
- ¼ to 1/3 cup mayonnaise

Gently combine all ingredients in a medium-sized bowl. Cover and refrigerate until ready to serve.

Soup Variation (One Pot Meal)

Make soup by starting with the meatball recipe above. Cook raw or browned meatballs with additional vegetables such as sliced carrots, sliced celery, diced onions, chopped cabbage or whole Brussels sprouts.

Consider beautiful complementary colors and shapes as you select and cut the veggies. Be sure to add enough liquid (water or tomatoes) to barely cover vegetables and meatballs.

To season, add bay leaf and Italian herb blend (or your personal favorite).

Decide when you want to serve your meal. Either cook fast in the pressure cooker or prepare ahead for a longer cook time in a crock-pot. Choose low or high on the crock-pot, depending on your schedule (use low when you are at work). Adjust with salt and pepper.

Serving Suggestion: Serve soup in a pretty bowl garnished with a sprig of herb, such as parsley or rosemary, with a side of applesauce or sliced fruit (such as pear or apple). Consider bread or crackers as an option, if tolerated.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss nutritious convenience ideas, please contact your teacher or the director and ask to speak to the nutritionist.