

USDA Food Distribution Program

Main distributions for the Food Program were held on the 10th and 11th of June and again on the 8th and 9th of July. For various reasons, several households each month failed to keep their appointments. If your household is unable to keep your scheduled appointment in the future, please call Donnita to schedule a new date and time to receive foods. If there is no answer please leave a message and Donnita will call you back as soon as possible.

FUTURE DISTRIBUTION DATES:

JULY 15	1:00-4:00
JULY 22	1:00-4:00
JULY 29	1:00-4:00
Main Distributions	
AUGUST 12	9:30-4:30
AUGUST 13	9:30-4:30
AUGUST 19	1:00-4:00
AUGUST 26	1:00-4:00
AUGUST 31	1:00-4:00

All distributions are on an appointment basis. All recipients are asked to bring enough boxes to carry their commodities.

NUTRITION EDUCATION WITH NONIE

The nutrition theme for the month of June was "Fruit Provides Nutrition, Too!" Wynona (Nonie) Harrison, IKS Nutritionist, showed us an interesting way to use the commodity canned fruits. Below is the recipe Nonie demonstrated:

FRUIT LEATHER

Puree canned fruits (drain juice off first) or fresh fruits such as cherries, blackberries, strawberries or plums in a blender. Remember to remove pits or large seeds.

Combine:

2 cups fruit puree

2 Tbsp corn syrup or honey

Use a shallow pan, such as a cookie sheet or a jelly roll pan lined with plastic wrap. Spread the fruit mixture evenly in a very thin layer. It is very important to spread the puree as thinly as possible to lessen drying time and improve product. Dry fruit about 4 hours at 150 degrees in oven, for a day in the sun, or borrow the food dehydrator from the Social Services office on Government Hill. The Leather is done when it pulls easily from plastic wrap in a sheet. For variety try adding cinnamon, nutmeg, lemon or orange peel or even coconut.

The nutrition theme for the month of July is "Why are Vegetables Good for Us?" Nonie had two vegetable dishes for all clients to sample, educational handouts and lots of good advice on how to improve our dieting habits at the July 8th main distribution. Following are the two recipes sampled for all to enjoy:

GLAZED CARROTS

- 1 Can Carrots
- 1 Tbsp. Cornstarch
- 1 Med. Orange, diced or sectioned
- ½ Cup Orange Juice
- 2 Tbsp. Butter

Makes 3 cups

1. Drain liquid from carrots into a measuring cup. Add orange juice. If necessary, add enough water to make 1 cup of liquid.
2. In saucepan, mix liquids with cornstarch.
3. Cook on medium heat, stirring constantly, until thickened and clear.
4. Add butter, carrots and orange; heat through.

GREEN BEAN CASSEROLE

Makes 4 cups

- 1 Can Green Beans
- 1 Clove Garlic, minced or 1/8 tsp. garlic powder
- 1 Can Pimiento (optional)
- 1 tsp. Tobasco sauce
- 3 Tbsp. Butter
- 1 Medium Onion
- 1 Small Green Pepper, chopped
- 1 Can Whole Tomatoes
- 1 Cup Cheese, grated

1. Drain beans and place in casserole dish.
2. Melt butter in skillet. Add garlic, onion, pepper, and pimiento. Saute' about 5 minutes. Stir in tomatoes, tobasco and mix well.
3. Pour over green beans and sprinkle with cheese. Bake in 350 degree oven for 20-25 minutes.

"Sugar, What is It?" will be the nutrition theme for August. Look forward to sampling homemade granola and orange drinks at the August main distribution. Nonie will explain hidden sugars in foods and much more.

USDA OFFICE HOURS

The Confederated Tribes of Siletz Food Distribution Program is open Monday + Friday. My normal working hours are from 8:00 A.M. to 12:00 Noon and 1:00 P.M. to 5:00 P.M. To better serve all concerned with the food program, in the future I will reserve morning hours for paperwork and items which will keep me near the phone. Thus from 8 - 12, Monday thru Friday you will have the best chance of reaching me and not the answering machine. Though the office is officially open all day, many afternoons business takes me away from the warehouse location.

SILETZ TRIBE

SERVICES AVAILABLE TO SILETZ TRIBAL MEMBERS AND FAMILIES:

- Family/Child Counseling
- Foster Home Certification Assistance
- Information/Referral/Advocacy Services
- Juvenile Advocacy
- Assistance in Adoption Proceedings and Custody Hearings

CONFIDENTIALITY — The policy of the Indian Child Welfare Project is that the utmost care will be taken to assure the confidentiality of information regarding Indian Child Welfare cases. Indian Child Welfare information is subject of the Federal Privacy Act of 1974.

STAFF

- Doni White, Siletz Family Advocate
Siletz Area Office
P.O. Box 549
Siletz, Oregon 97380
(503) 444-2514

CONTACTS

- Robert Tom, Salem Area Supervisor
Salem Area Office
4821 River Road North
Salem, Oregon 97303
(503) 393-3903
- Frank Peterson, Springfield Area Supervisor
Springfield Area Office
161 North 17th
Springfield, Oregon 97477
(503) 746-9658

INDIAN FOSTER HOME RECRUITMENT

The Indian Child Welfare Act gives tribes the right to set placement for tribal children who need to be temporarily removed from their families. To meet this responsibility, the Indian Child Welfare Project is recruiting Siletz and other Indian families to be foster parents for Siletz children in need of temporary placement. For information and assistance in becoming a foster parent, contact Doni White or the CHR in your local Area Office.

NAME CHANGE ON ROLL

TO ALL TRIBAL MEMBERS: As there seems to be some confusion concerning "Change of Name" on the Tribal Roll, Tribal Council has directed the Enrollment Dept. to publish the following excerpts from the Enrollment Ordinance 8-01, which the Enrollment Dept. must follow on procedures concerning the Tribal Roll:

1. **AUTHORITY:** The authority for this action is vested in the Tribal Council by the Constitution of the Confederated Tribes of Siletz Indians of Oregon adopted June 2 1979, and approved by the Secretary of the Interior June 13, 1979, under Article I, Section 2.

2. **PURPOSE:** The purpose of this ordinance is to provide for the development and maintenance of the Tribal membership roll of the Confederated Tribes of Siletz Indians of Oregon.

3. ENROLLMENT STAFF:

(d) Records: The staff shall maintain appropriate records to support its recommendations and maintain the roll as accurately as possible. The records shall include originals or copies of documentaton received in support of applications, including addresses, birth dates, birth certificates, dates of death, death certificates, change of names, etc.

WANTED

A heartfelt thank you goes to Marty and Johnny McMahon for their much appreciated refrigerator contribution to the Commodity Food Program. Our cheese and butter is now readily available and consistently cool during distributions. Thanks again.

However, the U.S.D.A. Food Distribution Program could still use a second refrigerator. If anyone has one they no longer need please consider donating it to our program. Your donation would be tax deductible. Please contact Donnita Burks at 444-2814 or at the warehouse on the corner just across from the Post Office, entrance in the rear. If there is no answer to your phone call, please leave your name and phone number on the answering system.