

Tribal Candidates

Dear Tribal members,

Being on Tribal Council the last three years has been very exciting and a lot was learned. If I'm reelected I feel the last three years of serving on council will be a great asset.

We are in the process of long range planning, this is very critical to the future of the Tribe.

I want to be in on decisions that affect our future. I would appreciate your vote of confidence very much.

Sincerely,
JoAnn Miller

Dear Tribal members,

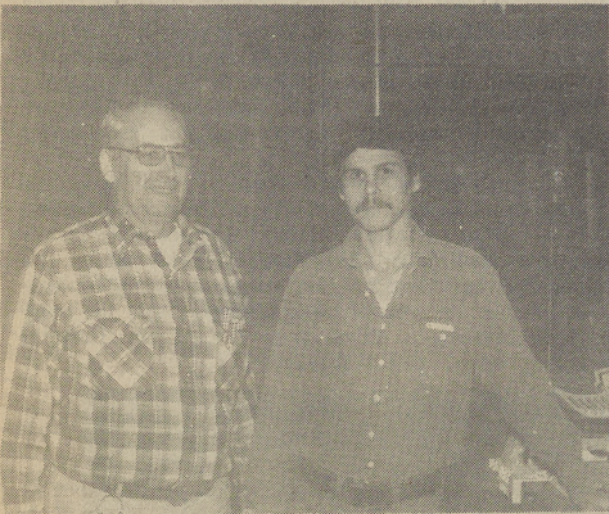
There is a lot of important work that must be done very soon to ensure our existence and success as a people.

We have so much undeveloped potential for economic growth, with the results of this growth we will be able to provide the services to all of our people.

I would very much like to be a part of the driving force that initiates the plans for our future.

Thank you,
Robert Kentta

Mason Attends Community College



Harry Armstrong, Instructor; Tim Mason.

Tim Mason is attending Linn-Benton Community College in Albany, Oregon. Tim and his wife Karen and their three children, Staisha, 6 years old; Trairs, 3 years old; and Heidi, 19 months, moved to Albany from Waldport.

Tim is studying for a certificate in construction and cabinetmaking. Tim is attending college through the Tribal AVT and a work study plan which is coordinated through the college. In his

work study program, Tim earns money which goes toward his tuition. His major duties are assisting in the machine shop with instructor Harry Armstrong. Tim has had some construction experience in the past.

When I asked Tim how he felt about attending school, he said, "School is fantastic." His future plans: business for himself, as a general contractor and possibly be able to assist the Tribal housing program.

USDA Distribution Dates For February

February 13, 14, & 15
February 21
February 28

Main Distributions
1:15 PM to 4:30 PM
1:15 PM to 4:30 PM

For March
March 12, 13 & 14
March 20
March 27

Main Distributions
1:15 PM to 4:30 PM
1:15 PM to 4:30 PM

A monthly service is provided by Terry's Pest Control to insure the cleanliness of the USDA warehouse. We thank Terry for providing this service free of charge in our ongoing effort to keep budget expenditures to a minimum.

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Nutrition With Nonie

The nutrition theme for January was, "What is Diabetes?" Nonie, IHS Nutritionist, provided the program with a fact sheet pertaining to Diabetes. Diabetes is a disease of the pancreas in which the body cannot make use of sugars and starches in a normal way. There are two types of Diabetes, Insulin-Dependent Diabetes and Non-Insulin-Dependent Diabetes. The warning signals of Diabetes are as follows:

Insulin-Dependent: is characterized by the sudden appearance of . . .

Constant urination
Abnormal Thirst
Unusual hunger
The rapid loss of weight
Irritability
Obvious weakness and fatigue
Nausea and vomiting

Drowsiness
Itching
A family history of diabetes
Blurred vision
Excessive weight
Tingling, numbness, pain in the extremities
Easy fatigue

Non Insulin-Dependent: may include any of the signs of insulin dependent.

The nutrition theme for February will be: Lactose Intolerance and Calcium Sources.

Recipes For The Diabetic

BASIC CASSEROLE RECIPE

½ pound lean meat*, fish, or poultry, cooked (¾ pound raw)
2 cups cooked rice, or noodles, or macaroni
1 cup vegetables (mushrooms, green pepper, onions, broccoli, etc.)

J O M NEWS

SILETZ JOHNSON O'MALLEY NEWS

By Cheryl Lane

Attention eligible Grand Ronde Tribal members; if you live in either Lincoln or Tillamook county and you have a child or children you would like to sign up for Johnson O'Malley please contact Cheryl Lane at P.O. Box 549, Siletz, or call 444-2517. The eligibility requirements for the JOM program are;

1. Child must be 3 thru 18 years old
2. Child must show proof of having at least ¼ Indian blood.

If you would like more information on the Johnson O'Malley program do not hesitate to contact Cheryl Lane, JOM Coordinator.

Title IV Program

You are cordially invited to attend
an Open House of the
Title IV Program
on Parent-Teacher
Conference Day

January 27, 1984

8 a.m. - 4 p.m.
at the Title IV Office
Siletz School

Notice!!

Hunting and Fishing
Committee Meeting
Feb. 2, 1984 — 6:30 p.m.
Siletz Area Office

1 cup tomato sauce (use canned soup or broth if you can eat salt)

Water, if desired for a moister casserole

Seasonings - Add to taste using garlic powder, pepper, bayleaf, oregano, chili peppers or powder, etc.

*85% lean hamburger

Mix and heat. Bake for 30 minutes at 350 degrees F. Yields about 4 one-cup servings.

1 cup equals 1 serving

1 cup equals 2 medium fat exchanges plus 1 bread exchange plus 1 vegetable exchange.

MODIFIED GELATIN SALAD

1 tablespoon plain D-Zerta gelatin or Knox gelatin**

½ cup cold water

1 cup boiling (orange) juice

¼ cup lemon juice

1½ cups prepared unsweetened fruit (canned pineapple, halved fresh grapes, apple slices, any other canned fruit in its own juice)

Directions:

Soak gelatin in cold water. Dissolve in fruit juice. Add lemon juice. Pour into mold. Chill until thickened. Fold in fruit.

Yield: 6 servings. Each serving equals 1 fruit exchange.

**when using Knox, add artificial sugar to taste.

WEIGHT WATCHERS SALAD DRESSING

1 tablespoon dry mustard

½ teaspoon black pepper

1 teaspoon paprika

¼ cup Sugar Twin

1 package M.C.P. pectin

½ cup cider vinegar

1½ cups water

1 tablespoon Worcestershire sauce

1 teaspoon garlic powder

1-15 oz. can tomato sauce (or 6 oz. tomato paste)

1 teaspoon minced onion

Combine and put into blender. Blend until smooth. Store in covered glass jar in refrigerator. Shake before using.

1 tablespoon serving is free.

USDA PINTOS 'N SPICE CAKE

PAN SIZE: 8" square baking pan (greased and lightly floured)

YIELD: 16 2"x2" pieces

OVEN: X

TEMPERATURE: 350 degrees F.

TIME: 40-50 minutes

INGREDIENTS:

2 cups sifted flour*

3 tsp. baking powder

¼ tsp. salt

1 cup sugar

½ tsp. nutmeg

1 tsp. cinnamon

Sift together.

½ cup melted shortening*

2 eggs, beaten*

½ cup grated apple (optional)

½ cup raisins

1½ cups boiled, mashed pinto beans*

¾ cup milk*

1 Tbsp. lemon juice

Combine and add to flour mixture. Blend well.

Note: If using egg or milk powder, mix with water before adding to recipe.

Pour into pan and bake.

Cool or if preferred, serve warm.

Leonards Restaurant

VERNON, Marie, Doug Brown have
opened "Leonards Restaurant"
in Siletz

HOURS:

Monday - Thursday

6:00 a.m. to 10:00 p.m.

Friday and Saturday

6:00 a.m. to 12:00 midnight

Daily Lunch Specials