

USDA DISTRIBUTION DATES

The USDA Food Program now has a new full-time director, Mr. Robert (Bobby), Simmons. Bobby has been at work full-time as of 1-23-84 and is making rapid progress in learning all the guidelines and deadlines of the tribal program. Bobby will be in-training with USDA Western Regional Director, Mr. Chuck Tercero, during the days of 2-12 to 2-15, 1985. However, regular office hours will be observed.

If you have any questions or concerns about the program, please direct them to: USDA FOOD PROGRAM, P.O. BOX 549, SILETZ, OR 97380, ATTENTION: BOBBY SIMMONS, OR CALL 444-2532, EXT. 34.

The following dates have been scheduled as distribution days for the months of March and April. Please call to schedule appointments.

SILETZ

March 11	9:30 to 4:45
March 12	9:30 to 4:45
March 19	1:00 to 4:45
March 26	1:00 to 4:45
April 15	9:30 to 4:45
April 16	9:30 to 4:45
April 23	1:00 to 4:45
April 30	1:00 to 4:45

SALEM

March 6	1:00 to 4:45
March 7	9:00 to 4:45
March 8	9:00 to 4:45
April 10	1:00 to 4:45
April 11	9:00 to 4:45
April 12	9:00 to 4:45

NUTRITION EDUCATION NEWS:

The topic for this month is "Creating Main Dish Meals with USDA Foods". With the variety of meats, vegetables and carbohydrates on the program a creative cook should be able to make a wide selection of daily meals.

Try using new combinations of the pasta, rice, meats, and vegetables to make tasty casseroles, soups, and stews. The recipes provided this month emphasize using tuna, however you may want to try them with other meats.

Cultural Committee Report

The Tribal Council approved a Cultural Committee Project at the Feb. 16, 1985 Regular Schedule Tribal Council Meeting held in Siletz. The budget for the project is \$25,000.00. The project will start in mid-March and run until Sept. 30, 1985.

The project will hire four temporary half-time positions in the following areas: Siletz (Lincoln and Tillamook counties), Springfield (Linn-Benton and Lane counties), Salem (Polk-Yamhill and Marion counties), Portland Metro Area.

The positions will have three major job responsibilities: One: to identify and interview Tribal members in their area who are willing to share historical and cultural information.

TUNA VEGETABLE PIE

Serves: 4.

- 1 can green beans (or 2 c. fresh beans)
- 1 can carrots (or 2 c. fresh carrots)
- 1 can potato, diced (or 2 c. diced fresh)
- 1 can tuna, drained
- 2/3 cup water
- 2/3 cup powdered milk
- 2 Tblsp. margarine
- 2 Tblsp. flour
- 1/2 tsp. Marjoram
- Dash each of salt, pepper, garlic powder
- 1 cup baking mix
- 3-4 Tbsp. cold water

Combine vegetables & tuna in 2½ qt. casserole dish. (You may substitute other vegetables like broccoli, peas or brussel sprouts).

Mix water and milk. Melt margarine in small saucepan over low heat. Stir constantly. Gradually add milk while stirring.

Stir in spices. Pour over vegetables. Sprinkle with cheese.

Mix baking mix and water. Knead floured surface. Roll into a square. Place on casserole.

Bake at 350 deg. for 20-25 minutes.

BASIC BAKING MIX

YIELD: 13 cups

Here is an all-purpose baking mix that you can make up to be ready for easy baking. It can be used to bake many good foods.

- 9 c. sifted flour (use whole wheat or white flour)
- 1/3 c. double acting baking powder
- 1 c. plus 2 Tbsp. non-fat milk solids
- 2 tsp. salt
- 1 3/4 c. vegetable shortening

Stir baking powder, dry milk and salt into sifted flour. Sift all ingredients together until well mixed.

Cut or mix into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse corn meal.

TUNA-POTATO CAKES

Makes 4 servings

- 1 can potato, diced
- 1/2 cup minced onion
- 2 tsp. enriched flour
- 1 tsp. lemon juice
- 6 oz. drained canned tuna (½ lg. can)
- 3 eggs beaten
- (or 3/4 c. water & 3/4 c. dry egg mix)
- 1/4 tsp. salt
- 1/4 tsp. ground allspice
- Dash pepper

Mix potato, onion, flour, lemon juice, tuna, egg, allspice and pepper.

Heat non-stick skillet. Spoon 1/4 of batter into skillet. Cook on both sides. Repeat until 4 cakes are made.

mation. Two: to address assigned era's of Tribal history. Three: to be responsible for a Culture Fair in their area. One large Culture Fair will be a joint effort held in Siletz at a later date.

The following is the proposed budget for the period 1985, March-September:

Item #	Description	\$ Total Budget
1.	Salaries — 4 six-month 20 hours per week positions	10,400.00
2.	Personnel Benefits	1,560.00
3.	Staff Travel	3,894.00
4.	Committee Costs	973.60
5.	Duplication & Printing	1,973.60
6.	Telephone	1,200.00
7.	Postage	747.20
8.	Supplies & Materials	1,947.20
9.	Culture Fairs	2,000.00
10.	Indirect Costs	1,304.00
11.	Total Costs	25,000.00

Culture Committee Report

The Tribal Culture Committee has been meeting regularly since August of 1984. Its members are: Committee Chairman Andy Viles, Bob Tom, Jane John, Alta Courville, John Roe and Cynthia Viles. This committee has set long and short term goals as well as a six-month project to begin in March. The committee recognizes input from organizations with expertise in formatting successful ways to record, document, identify, and house our Tribal culture and history as long-term goals. As short-term goals the committee is concentrating on establishing a list of all surviving examples of Siletz culture and history from sources within the Tribe and outside such as libraries. Our first project to start our goals in motion is to seek out Tribal members interested in preserving artifacts they have and Tribal members with historical information that will be documented as such with input from all Tribal members about their feelings about what they would like to see done with the information gathered. The committee will hire four people to temporary part-time positions to establish a list of all surviving examples of Confederated Tribes of Siletz culture and history. This spring and summer will see 5 culture fairs: one in the Portland, Salem, Eugene/Springfield and Siletz areas. These fairs will be a celebration of the interest and input found in each area.

Next Meeting

March 17 at 11:00 a.m. at the Salem Area Office.

Agenda

- 1) Tribal Members comments
- 2) Staff work plans and hiring procedures
- 3) Committee budget process
- 4) Election of officers

All tribal members are invited to attend!

Job Openings

This is an Official Announcement of job openings for four (4) six-month half-time* positions. The Committee will be looking for persons that exhibit the following characteristics: friendliness, good communicators; i.e. writing, listening, responsible and good working manners, with a genuine interest in preserving Tribal history and culture. If you are interested please contact your local area office or:

Confederated Tribes of Siletz Indians
P.O. Box 549
Siletz, OR 97300 PH: 444-2532

* Opens March 8, 1985
Closes March 22, 1985

HELP WANTED!

The USDA Food Program occasionally requires workers to unload food shipments, organize pallets in the warehouse, or to distribute foods. We would like any interested tribal member to please call who would like to be on our permanent, part-time employee listing. All work would be on an ON-CALL basis. Call Robert Simmons, 444-2532, extension 34, for further information.