

Adult Education

The Adult Education Program still has funds for Fiscal Year 1985. This program is for adult tribal members not currently enrolled in formal education courses and of 1/4 or more degree of Indian blood. You don't need to reside in the 8 county service area.

This program is designed to aid tribal members to:

- become functionally literate
- raise their levels of educational achievement through GED and other study courses
- improve employment status through education and training courses
- pursue special interests and training

This program is open to all tribal members who meet the above criteria. More information can be obtained by contacting any of the three Area Supervisors. Send inquiries to: Confederated Tribes of Siletz. Attention: (Area Supervisor)

Siletz	Salem	Springfield
Jeff Williams P.O. Box 549	Bob Tom 4821 River Rd. N.	Alice Werth 1293 N. 18th St. Suite B
Siletz, OR. 97380 (503) 444-2532	Salem, OR. 97303 (503) 393-3903	Springfield, OR. 97477 (503) 746-9658

I.D. Photos

If you have lost your Tribal I.D. Card or have never had one, now is your chance.

The I.D. machine will be at the Springfield and Salem Area Offices on the first day of their subsistence meat distributions. The I.D. machine will also be at the Siletz Community Center on the first day of distribution.

The schedule is as follows:

Salem Area Office	April 15th — 8 a.m. to 8 p.m.
Siletz Community Center	April 16th — 1 p.m. to 6 p.m.
Springfield Area Office	April 18th — 1 p.m. to 7 p.m.

I.D. Cards are required for exercising Hunting and Fishing privileges.

The CONFEDERATED TRIBES of the COOS, SIUSLAW and LOWER UMPQA

RESTORATION CELEBRATION

DATE: Saturday, April 13, 1985

TIME: 1:00 p.m.

PLACE: The National Guard Armory
255 N. Norman
Coos Bay, Oregon

Pow Wow will begin at 8:00 p.m. that evening at the same place.

Please come and share
this joyous
celebration
with us.

USDA DISTRIBUTION DATES

The following dates are scheduled for Food Program distributions:

SILETZ:	SALEM:
April 15 9:30 - 4:45	April 10 1:00 - 4:45
April 16 9:30 - 4:45	April 11 9:00 - 4:45
April 23 1:00 - 4:45	April 12 9:00 - 4:45
April 30 1:00 - 4:45	
May 13 9:30 - 4:45	May 8 9:00 - 4:45
May 14 9:30 - 4:45	May 9 9:00 - 4:45
May 21 1:00 - 4:45	May 10 9:00 - 4:45
May 28 1:00 - 4:45	

ATTENTION ALL SILETZ & GRAND RONDE MEMBERS: Whenever possible please call ahead to schedule appointments on the above dates. However, the Food Program staff strives to serve all tribal members in an efficient and timely manner when same day requests are made. At the time of your appointment, please bring boxes to carry your foods.

HELP! HELP! HELP! Each month the program regularly requires warehouse aides to unload food shipments, distribute foods and organize the warehouse. In the past this help has been paid; however, in the future we will need **VOLUNTEERS** to do this important work. Our budget for warehouse aides is completely spent for this fiscal year, but the work continues. Please, consider donating a few hours to help serve our needy families. Call Robert Simmons, 444-2532, ext. 34 for further information.

NUTRITION EDUCATION: The month of March, nutritionist Jean Charles-Azure from Indian Health Service provided the following information and recipes.

Everything we eat belongs to five food "families". Nutrients in these foods fit together like pieces of a puzzle to help our bodies grow, fight disease and infection, stay active and healthy.

Knowing which foods contain which nutrients is the first step toward eating a balanced, nutritious diet. Eating foods with more calories, or food energy, than we can use means a weight gain. It is a good, general rule to choose foods from the following groups.* They provide nutrients as well as the energy our bodies need.

***FRUITS & VEGETABLES:** These foods are good sources of vitamin A, vitamin C and fiber. Nearly all fruits and vegetables are low in fat and cholesterol unless animal fat is added in cooking.

***BREADS & CEREALS:** Enriched breads and cereals, especially whole-grain products, are important sources of the B vitamins, iron and fiber.

***MILK & CHEESE:** Milk and its products supply most of the calcium in the average American diet. Foods from this group also supply vitamin A and protein. Most milk you buy has vitamin D added.

***MEAT, POULTRY, FISH & BEANS:** Foods from this group are important sources of protein, iron and other minerals and vitamins. All meat contains cholesterol. Fish and shellfish, except shrimp, are relatively low in cholesterol. Egg yolks, liver & heart have the most cholesterol.

FATS & SWEETS: Most of the foods in this group are high in calories and low in nutrients. They should be eaten very moderately and only once in a while if you are trying to lose weight.

ORANGE-RAISIN DROP COOKIES (NO SUGAR ADDED)

Ingredients	Steps
1 3/4 c. flour (whole wheat)	1. Preheat oven to 375.
2 tsp. baking powder	2. Combine all ingredients and mix well.
1/4 tsp. salt	3. Drop by heaping teaspoons onto ungreased -no stick- cookie sheet.
1/2 tsp. cinnamon	4. Bake 12-15 min. until firm and lightly brown. Cool on wire rack.
1/2 tsp. grated orange rind (if desired for a more distinct orange flavor)	
1/4 cup vegetable oil	
1 egg	
1/2 cup chopped nuts	
1/2 cup raisins	
(62 calories per cookie)	

APPLESAUCE BARS (NO SUGAR ADDED)

Ingredients	Steps
1/2 cup applesauce	1. Preheat oven to 350.
1/2 cup apple juice	2. Grease & flour an 8" square pan.



3 eggs

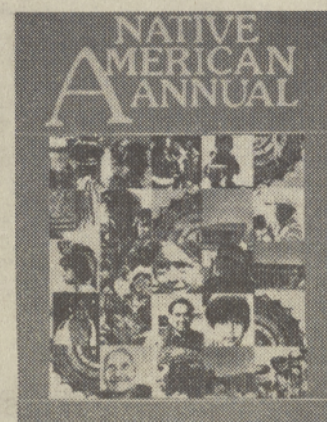
1/4 c. butter or margarine
2 c. flour (whole wheat)
1/2 tsp. salt

1 tsp. baking soda
2 tsp. baking powder
1/2 tsp. nutmeg
1 1/2 tsp. cinnamon
1/4 chopped nuts
3/4 c. raisins

(200 calories per slice)

- In medium mixing bowl, beat applesauce, apple juice, eggs, & butter until well blended.
- Add flour, salt, baking soda, baking powder, nutmeg and cinnamon.
- Beat on medium speed 2 minutes, scraping sides often.
- Stir in nuts and raisins.
- Bake 25-30 minutes until a pick inserted in center comes out clean.

DISCOVER THE GLORY



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