

USDA DISTRIBUTION DATES

The following dates are scheduled for May and June Distribution of USDA Commodity foods:

SILETZ	SALEM:
May 13 9:30 to 4:45	May 8 9:00 to 4:45
May 14 9:30 to 4:45	May 9 9:00 to 4:45
May 21 1:00 to 4:45	May 10 9:00 to 4:45
May 28 1:00 to 4:45
June 10 ... 9:30 to 4:45	June 5 9:00 to 4:45
June 11 ... 9:30 to 4:45	June 6 9:00 to 4:45
June 18 ... 1:00 to 4:45	June 7 9:00 to 4:45
June 25 ... 1:00 to 4:45

ALL FOOD PROGRAM CLIENTS: PLEASE, remember to keep your appointment date and time promptly! We strive to serve each family quickly and efficiently. Your assistance is needed to keep distributions running as smoothly as possible.

If you know that you will not be able to keep your appointment, call as soon as possible to schedule a new date and time. **ALL CLIENTS — REMEMBER TO BRING BOXES TO THE NEXT DISTRIBUTION!**

ATTENTION GRAND RONDE CLIENTS: Cheryl Kennedy, your tribal Health Administrator, has applications and information for the Food Program available. Cheryl can help you decide if food stamps or commodities would better serve your needs. However, for specific questions regarding eligibility continue to call or write: USDA FOOD PROGRAM, PO BOX 549, SILETZ, OR 97380, ATTN: ROBERT SIMMONS.

FOOD PROGRAM ELIGIBILITY: The following criteria are used to determine eligibility for the USDA Food Program.

- 1. ENROLLMENT STATUS:** A household member 18 years of age or older must be currently enrolled or pending enrollment in either the Grand Ronde or Siletz Tribe. Enrollment does not imply automatic eligibility.
- 2. FINANCIAL CONSIDERATION:** Resources (cash on hand, savings, checking, negotiable bonds, etc.), Gross Income, Unemployment benefits, Social Security, Pensions, College grants and scholarships, etc. are all considered when calculating your household's financial status. Deductions include a flat 20% from total Gross Income, College book fees, Self-employment costs, Child or disabled adult care, and Rental property expenses. All income, resources and deductions must be verified.
- 3. SERVICE AREA:** The household must live in the designated service area for either the Grand Ronde or Siletz Tribe. The service area is slightly different for each tribe. Careful consideration is given to county and city, so when applying it's vital to fill in this information accurately.
- 4. FOOD STAMP PROGRAM:** Clients cannot participate in both commodity and food stamp programs during the same month. However, eligible clients may switch back and forth with proper notification to both programs.

SHAKE THE SALT HABIT

Instead of seasoning your food with salt, use herbs and spices to enhance the natural flavors of food.

- In general, combine 3 herbs or less in one dish and have a preponderance of one herb.
 - Use fresh herbs when possible.
 - Use lemon juice, wine and fresh ground pepper to accent natural flavors.
 - Try orange or pineapple juice as a base for meat marinades.
- Some ideas:**
- For poultry — try garlic, mushrooms, cranberries, orange slices, wine, curry, paprika, parsley, sage, onion.
 - For fish — try bayleaf, marjoram, onion, fresh mushrooms, dry mustard, green pepper, ginger.
 - For pork — try applesauce, apples, garlic, onion, sage.

Experiment with different spices and you'll see just how delicious your meals will taste — even without salt.

Check the special diet section of your grocery store to see what foods are available in low sodium form.

Positively Negative

We drank for joy and became miserable.

We drank for sociability and became argumentative.

We drank for sophistication and became obnoxious.

We drank for friendship and became enemies.

We drank to help us sleep and awakened exhausted.

We drank to gain strength and it made us weaker.

We drank for exhilaration and ended up depressed.

We drank for "medical reasons" and acquired health problems.

We drank to help us calm down and ended up with the shakes.

We drank to get more confidence and became afraid.

We drank to make conversation flow more easily and the words came out slurred and incoherent.

We drank to diminish our problems and saw them multiply.

We drank to feel heavenly and ended up feeling like hell.

Upper Farm Cemetery

Don Cots has given his permission for those who wish to decorate gravesites at the Upper Farm cemetery to gain access across his property. A trail has been marked showing the way.

If you wish to gain access you should stop by the Tribal Community Center to receive instructions on how to find the trail.

Advisory Board Appointment

Mary Alice Muncey was appointed to the Public Health Advisory Board on March 27, 1985 by the Lincoln County Board of Commissioners.

The Advisory Board works with the Lincoln County Public Health Department.

New Baby

Val and Larry Hibdon of Marlboro, Massachusetts, welcome their new daughter, Lynette Marie, born on April 6, 1985. She weighed 9 lbs. 8½ ozs.

Proud grandparents are Maxine and the late Robert Rilatos Sr. and Albert and Sally Hibdon. All live in Siletz.

Great-grandparents are Archie and Victoria Ben and Pearl Rilatos of Siletz and Helen Hibdon of Coquille, Oregon.

Congratulations!

Notes

POW WOWS

CHEMAWA

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SPRINGFIELD TITLE IV

May 3-5

May 10-12

May 25

HUNTING SEASONS

1985 Tribal hunting seasons will start as follows:

Bowhunting (deer & elk)

August 24

Deer (rifle)

September 28

Elk, 1st period

November 9

Elk, 2nd period

November 16

SOFTBALL TRYOUTS

The Siletz Tribal Council is sponsoring a Men's Tournament Softball Team this year. Tribal members 16 years and older are eligible for the tryouts.

Those interested in playing should show up for the tryouts. Team tryouts are scheduled for 12:00 Noon May 4 and 5th and May 18 and 19th at the Little League field in Siletz. Tryouts will be held rain or shine.

The team will be participating in "all Indian" tournaments. The first tournament will be in Toppenish, Washington on June 8 and 9th. Each team member will be required to pay their own travel expenses. Fund raising activities will be scheduled to help with future travel expenses.

POW WOW DATES SET

Siletz Pow Wow dates for 1985 have been set for August 16-18. The Pow Wow Committee will be meeting in the near future to start preparations for what will hopefully be the best Pow Wow yet.

INDIAN MARKET

White Horse Gallery is sponsoring its FIFTH COLORADO INDIAN MARKET in beautiful Boulder, Colorado, July 4-7th. This huge, indoor event is open to both traditional and contemporary visual and performing artists.

If you are a Native American and a leader in your art form, write for application information to White Horse Gallery, 1500 28th Street, Boulder, Colorado, 80303.

REUNION

The 11th annual reunion of Chemawa graduates will be held at Chemawa Indian School in Salem May 31 through June 1st.

The reunion will feature Bingo, a dinner and dance among other activities.

Help is needed in organizing the reunion. If you wish to help, contact Mr. Pat Kelly, phone number (509) 684-6708.