

# USDA DISTRIBUTION

The following dates are scheduled for July and August Distribution of U.S.D.A. Commodity foods.

Siletz:	
July 15:	9:30 to 12:00 — 1:00 to 4:45
July 16:	9:30 to 12:00 — 1:00 to 4:45
July 23:	9:00 to 12:00 — 1:00 to 4:45
July 30:	9:00 to 12:00 — 1:00 to 4:45
Aug. 12:	9:30 to 12:00 — 1:00 to 4:45
Aug. 13:	9:30 to 12:00 — 1:00 to 4:45
Aug. 20:	9:00 to 12:00 — 1:00 to 4:45
Aug. 27:	9:00 to 12:00 — 1:00 to 4:45

Salem:	
July 10:	9:00 to 12:00 — 1:00 to 4:45
July 11:	9:00 to 12:00 — 1:00 to 4:45
July 12:	9:00 to 12:00 — 1:00 to 4:45
Aug. 7:	9:00 to 12:00 — 1:00 to 4:45
Aug. 8:	9:00 to 12:00 — 1:00 to 4:45
Aug. 9:	9:00 to 12:00 — 1:00 to 4:45

**ALL FOOD PROGRAM CLIENTS: PLEASE,** remember to keep your appointment dates and time. We here at the Food Program, strive to serve each family quickly and efficiently, and your assistance is greatly appreciated and needed to keep the distribution program running as smoothly as possible. If you know that you will not be able to keep your scheduled appointment, please call as soon as possible to reschedule another day and time. Remember to bring boxes to your next distribution. Thank-you and "Have a nice day".

**IN SILETZ:** Tuesdays, July 23 & 30 and August 20 & 27, are scheduled for new client intake and for those who have rescheduled appointments.

Call Robert Simmons at 444-2532 ext. 34 for appointments on these dates.

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

## SUMMER BEVERAGES:

Squeeze, Slosh, Swish, Slurp, Sip, and Savor!

### AMBROSIA SHAKE

4 sliced ripe bananas  
 ½ cup orange juice  
 ¼ tsp. vanilla  
 4 c. reconstituted nonfat dry milk, (use 1 c. ice cubes for 1 c. water)  
 Blend in blender. 6 servings.

### HONEY BUG

2 c. skim or lowfat milk  
 2 tsp. honey  
 1 tsp. vanilla  
 Sprinkle of cinnamon  
 Heat milk, honey and vanilla.  
 Sprinkle with cinnamon before serving.

### SILKY MILKY

1 qt. buttermilk  
 3 c. orange juice  
 ½ tsp. cinnamon  
 1/3 c. lemon juice  
 1 tbsp. honey (optional)  
 Blend ingredients.

### FROSTY FRUIT FROTHS

2 peeled oranges  
 2 peeled bananas  
 2 c. crushed ice or 1 full tray of cubes  
 2 c. apple juice  
 ½ tsp. cinnamon  
 Blend in blender. (gradually add ice cubes).  
 Sprinkle cinnamon on top.

### SNIPPY SIPPY

4 c. tomato juice  
 4 long stems of green onions  
 Trim and wash stems. Sip juice through stem.

### OG NOG

1 well beaten egg  
 1 tsp. sugar  
 1 c. skim or lowfat milk  
 ¼ tsp. vanilla  
 Beat egg and sugar together. Beat in milk and vanilla. Sprinkle with nutmeg.

### BUTTERMILK

¾ c. nonfat dry milk  
 ¾ c. warm water  
 ½ c. buttermilk (may be homemade)  
 Sprinkle nonfat dry milk over warm water and stir. Add buttermilk, cover and let stand at room temperature 8 hours. Stir until smooth, cover and refrigerate. Makes about 1 quart.

### SLUMBER UNDER

2 c. lowfat milk  
 1 c. cider  
 3 sticks cinnamon  
 Heat milk and cider. Stir with a cinnamon stick.

### STRAWBERRY SWALLOW

1½ c. dry nonfat milk  
 2 c. fresh or frozen berries  
 1 tsp. vanilla  
 1 c. water  
 1 tray of ice cubes  
 Blend in blender (add ice gradually).

### SPICE APPLE SIPPER

1 c. yogurt  
 ¾ c. ice cubes  
 1 c. stewed apples  
 ½ tsp. cinnamon  
 Blend in blender. Sprinkle with nutmeg.

### PEANUT SMOOTHIE

2 c. nonfat milk  
 4 ice cubes  
 ½ tsp. cinnamon  
 1/3 c. peanut butter  
 1 Tbsp. molasses or honey  
 Blend in blender. Or omit ice and serve heated.

### HOT MULLED CIDER

1 qt. cider  
 3 whole cloves  
 2 whole allspice  
 2 sticks cinnamon  
 ½ tsp. ground nutmeg  
 Combine and simmer for 30 minutes. (Put allspice and cloves in tea ball).

### GOLDEN COW

1 c. frozen orange juice (6 oz.)  
 1 c. nonfat dry milk  
 1 tsp. vanilla  
 1 c. water  
 2½ c. ice cubes  
 Blend in blender (add ice cubes gradually).

### STRAWBERRY FRAPPE FOREVER

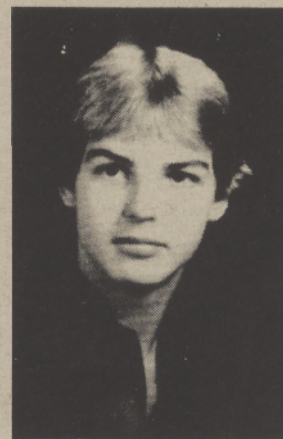
1 c. lowfat or skim milk  
 ¼ c. fresh or frozen berries  
 1 sliced banana  
 Blend milk and fruit



## New Baby

Tony and Theresa Monteverdi of Aloha, Oregon are the proud parents of a new baby boy named Thomas Anthony. Baby Thomas arrived on June 13, 1985 and weighed in at 8 lbs. Theresa is a Tribal member and our Congratulations go out to both parents.

## Honor Students



KELLY MASON



KARI MASON

Kelly Michael Mason graduated from Newport High School on June 1, 1985. Kelly is a recipient of the National Honor Roll. He participated in several extra curricular activities. He was selected at the Western Oregon Drama Conference Improvisation Competition. He attended the Linn-Benton Skills Fair for Algebra and Typing. He earned varsity letters in wrestling, football and baseball.

Kelly has been accepted at the Oregon Institute of Technology (OIT) in Klamath Falls and will major in Computer Science.

In 1982 and 1983 Kelly worked for the Siletz Tribes (Summer Youth Worker) and witnessed the construction on Government Hill.

Kari Michelle Mason, a 6th grader at Lincoln Junior High School, was recently honored for being on the Honor Roll all year, maintaining a G.P.A. of 3.70. She was also honored for her participation in Student Council. Kari is also a member of the percussion section in the band.

Kelly and Kari Mason are the son and daughter of Linda and Larry Dooley of Newport and the late Terry Mason of Waldport.



PAUL BROCK, JR. AND TRISHA BUTLER

## Kindergarten Graduate



JEANNA HARRINGTON

Jeanna Harrington graduated from kindergarten in Springfield. Jeanna, age 5, is the daughter of Dwight and Kathy Harrington. Proud grandparents are Eugene and Alice Werth.

Paul Brock, Jr. and Trisha Butler both graduated from Faith Baptist Christian Kindergarten in May.

Paul is the son of Paul and Sylvia Brock of Neotsu.

Trisha is the daughter of Jim and Pat Fredricson of Lincoln City.

## NESIKA ILLAHEE DAYS

August 16, 17, 18

PRICES: ARTS & CRAFTS NON-INDIAN \$20.00  
 FOOD BOOTHS \$25.00

For TRIBAL MEMBERS \$50.00 all 3 days

FIRST COME, FIRST SERVE!!!

### ATTENTION ALL VETERANS:

We need you to participate in the Siletz Pow Wow Parade. Older ones will be in a pick-up.

DANCE SESSIONS: July 12, 19, 26, & August 2nd.

Contact Pauline Ricks at 1-741-0798 for more info.

We will be selling breakfast Saturday & Sunday only. Prices are \$2.50.