

USDA UPDATE

Submitted by Margo Norton, USDA Director

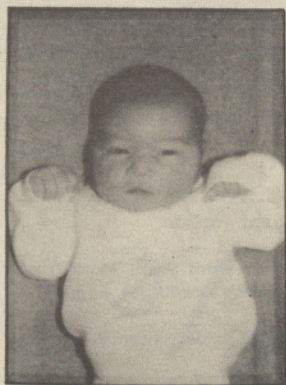
Well it was a very busy holiday season, but things have slowed down some now. Just enough to make work fun. The USDA staff has taken a hand in cooking, some of the things they are making-it's your guess. Just kidding. They are teaching clients to use commodities, and it does taste good. I heard from one of our college clients parents, our students are using the commodities program, but not finding time to cook. To that student-call me-I have some quick recipes that will get you through your busy schedule-trust me!

We are now servicing the Klamath Tribe at either one of our locations who live within our 15 county service area. If you know of any one who may benefit from our program have them contact us at USDA 1-800-922-1399 ext. 226 or 444-4226 ask for Margo or Todd. Siletz Tribal members living in the Klamath service area can also be serviced through the Klamath tribe in Klamath, OR. They may call 783-2219 for assistance.

The USDA is looking for volunteers to help during distribution and we would like to have a list of volunteers who would like to have a list of volunteers who would be willing to help unload trucks. We receive trucks every 3 months and if we get a good crew it would take only 2 hours out of your schedule. Please call Margo or Todd to sign up 444-4226. We could use the help in Siletz especially.

Jean Charles-Azure, nutritionist from IHS will be coming to our warehouses in early spring. She will be bringing a nurse who will take blood pressures for free, plus Jean will be available to discuss any nutritional needs or questions you may have.

Distribution Dates: Salem Feb. 8,9,10
Siletz Feb. 15, 16, 17



Birth Announcement **Baby Mobley**

Christina Williams and Eric Mobley are proud to announce the birth of their son, Joshua Ryan. Joshua was born at Pacific Communities Hospital at 4:01 p.m. on December 11, 1993 weighing 10 lbs. 1 oz.

Grandparents are Carol Williams & Steve Loveland, Don & Jeanette Mobley, Charmaine & Mark Hammett, and Mike & Sissi Breon.

CONGRATULATIONS!!!

Saucy Meatballs

Preparation Time:
15 minutes or less
Additional oven time required
Serves 4
1 Serving:
3 medium fat meat
3/4 bread exchange
1 fat exchange
250 calories
C = 8 P = 22.5 F = 18.5

MEATBALLS:
1 pound ground beef (15% fat)
3 tablespoon onion, chopped fine
1/4 cup cracker crumbs
3-4 tablespoons milk
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon poultry seasoning
chopped parsley, optional

SAUCE:
1 can Cream of Chicken soup
3/4 cup hot water

Mix all ingredients listed under MEATBALLS together and form meatballs about 1 inch in diameter. Brown in skillet over medium heat, pouring off any grease. Mix soup and water and pour over browned meatballs. Simmer 45 minutes in covered fry pan or bake in 325 degree oven covered for 45 minutes. Garnish with chopped parsley if desired. Super served on a bed of noodles or rice.

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Kelli Brugh **Personnel Officer**

Congratulations to Kelli Brugh, our new Personnel Officer. Kelli has relocated to Lincoln County from Portland where she was the JTPA Director for the Tribe these past five years.

Portland's loss is our gain here in Siletz! Welcome to your new position, Kelli.

**Housing Report**

By: Connie Hoffman, SIHA Executive Director.

We are encouraged about the efforts that are being made by the Tribe to support the creation of a law enforcement district for Siletz. Our most pressing need at the moment, I believe, is for adequate law enforcement in our housing project. This is needed for the protection of our families and to prevent an increase of the incidents that have been occurring. It is also needed to adequately enforce parking and traffic violations.

We urge our residents and other Tribal members who are concerned about this problem to attend a meeting at the Lincoln County Commissioners office in Newport on February 16, when formation of the law enforcement district will be decided. Contact the Housing Office or the Tribal Planning Office for further information on the time and place.

We appreciate the effort that the Tribe's planning department is putting into an application for funds for law enforcement.

We also are committed to sponsoring programs for our youngsters. Our Housing Counselor, LeiLani Cordova, who works under contract with Oregon State University's Extension Service, will be attending a conference on Drug Elimination at Denver, Colorado, this month, with other Indian Housing Authority staff from around the country. She will also be attending a HUD conference in Portland in February to get information about organizing a Boys and Girls Club. We are continuing to sponsor swim sessions at the Toledo pool and hope to have our baseball field ready for play this spring.

Irene Holland Says **"Goodbye"**

I am leaving my position as Community Health Registered Nurse in Portland. We are hoping to get another registered nurse soon.

It has been a pleasure to serve you. I have worked for the Tribe for six years. The greatest reward was meeting all of you. I am close to my family and aunts and cousins. Now, I also know my Tribe, the Elders have taught me wisdom for today from their stories and life's hardships they have endured. We have many new families and Siletz babies. You are a joy to know. I feel very fortunate to be a part of the Siletz Tribe. I want to thank the Portland Area Office and Community for your kindness and sharing. I owe thanks to our dedicated Tribal Council members and to Judy Muschamp for making a difference in providing quality health care for our Tribal Members. I am very close to finishing at OHSU School of Nursing, thanks to our Higher Education Program and Management for their support and encouragement.

GOOD LUCK AND BEST WISHES, IRENE!!