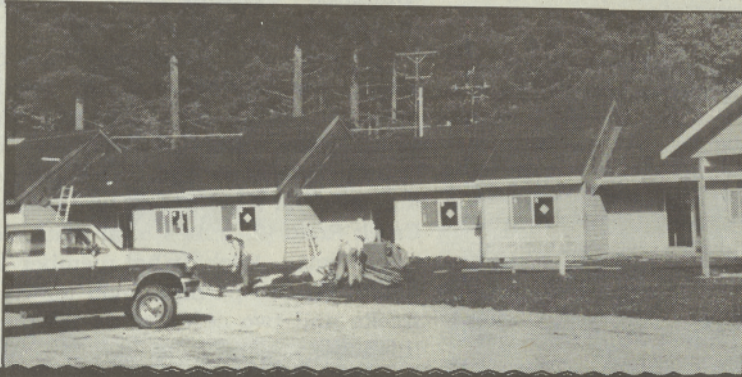


## Siletz Housing Authority News

by: Connie Hoffman, SIHA Director

I want to assure Tribal members that all parties concerned- our architect, our general contractor, our suppliers-- are doing their best to solve the many problems that have faced us as we work to complete our apartment project. This has certainly not been an easy project to develop and it looks like it will be February before the units are completed. The fact that we are addressing and correcting each problem as it arises, means that we will end up with high quality housing that will serve Tribal members for many years to come. We've waited a long time, but I think it will be worth it in the end. Anyone who would like to tour the apartments, contact the Housing office.

Our Homebuyers received a compliment this week from a visiting delegation from the Grand Ronde Tribe. They were impressed with the appearance of our housing on the Rogue, Shasta, Chetco



### USDA Update

submitted by: Charlene Holycross

October has been a busy month for us here. We have just begun a new fiscal year. We had 4 trucks in this month, 2 in Salem and 2 here in Siletz. I would like to thank Darlynnne Carey, Michael Metcalf, Archie Nelson, William Docksteder (Doc), Lisa Brown, and Darwin Simmons for helping us in Siletz. Also Lenny Simmons, Bristo Bayya, and Sammy Bayya for their help up at the Alderidge House at the cooler. Thanks Dan Rilatos for letting your big guys help us out. I'd like to thank Bennie Belgard, Michael Metcalf, Alice Keene, and Darlynnne for their help in Salem. Thank you to Lisa Brown who has put in many volunteer hours at the warehouse, it has really helped us out tremendously. Thanks again for all your help everyone.

The frozen ground beef that we have distributed in the past few months seems to be liked quite well. This month we have a new item added to our pasta group. Macaroni and Cheese is our new item. I tried it earlier this year and it seemed to be pretty good (even though it was cooked in a microwave in a conference room.) Also starting this month each family

and Tootootney Court. Our Homebuyers take pride in their homes and it shows. During October, Housing Authority staff are conducting annual inspections. These help assure that the Tribal investment in these homes is protected and also provides an opportunity to assist the homebuyers with any questions they have about maintenance and repair of their homes.

A reminder to applicants for our various housing programs. Be sure you respond to notices to update your applications. If you have changes in your income, your household size or you change mailing addresses, be sure you keep us informed so that your application file can be kept up to date. If you fail to do this, you may be removed from the waiting list and you may miss out on an opportunity to receive housing assistance.

The largest of our housing programs- the Section 8 rent subsidy program underwent a massive change in regulations by HUD the first week in October. We will assist our applicants and participants in understanding these changes. Please be patient with us as it is taking us some time to absorb all these changes and make the necessary adjustments in our forms.

member will receive one more vegetable each month. Our income guidelines have changed so give us a call to see if you are eligible. Also remember that every Tribal member is eligible for a one time service each year. So if you haven't received your one time service give us a call we will be more than happy to help you out. If you drive a long distance to pick up food and are getting the frozen ground beef, please remember to bring a cooler to take it home in. This will help keep it frozen until you reach home.

Also I would like to Welcome Darlynnne Carey to the USDA staff. She was just hired as the new USDA clerk. A welcome also goes out to Darwin Simmons who just recently joined our crew. Welcome aboard Darlynnne and Darwin.

### Our Distribution Dates Are:

#### Salem:

November: 7, 8\*, 9

December: 5, 6\*, 7

\* Our late night until 8pm

#### Siletz:

November: 20, 21, 22

December: 19, 20, 21

## Getting the Most From Your USDA Products

by Jane Thacker, MS, RD  
Community Health Director

You might think dessert would be the most difficult part of the meal to make low in calories and saturated fat. This is not true! There are many delicious desserts that perfectly fit in to a low-fat diet, and the best part is that if you receive commodities, you may already have these ingredients on your shelf.

The following pumpkin cake recipe calls for seven USDA commodities (canned pumpkin, diluted dry milk, butter, whole wheat and white flour, raisins and diluted egg mix). Follow the package directions on the dry milk and egg products to produce the desired amount. Margarine may be substituted for butter to reduce the amount of saturated fat.

### PUMPKIN CAKE

- 1 1/4 unbleached white flour
- 1/2 cup wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 1/2 tsp cinnamon
- 1 tsp cardamom
- 1/2 cup raisins
- 1 cup pumpkin puree
- 3/4 cup brown sugar
- 6 Tbs. margarine (or butter)
- 1/4 cup skim milk (or dry)
- 1 egg (or powdered)
- 1 egg white

Preheat oven to 350F. Grease a loaf pan with margarine.

Combine flours, baking soda, baking powder, salt, cinnamon, cardamom and raisins. Set aside. In a large mixing bowl, mix together pumpkin puree, brown sugar and margarine. Add milk and egg. Mix until smooth.

Stir in flour mixture.

Pour batter into loaf pan and bake for approximately 30 minutes or until a cake tester comes out clean.

Makes 18 1/2-inch slices.

Per slice: 128 total calories;

7 saturated fat calories.