

PROGRAM NEWS



Mother's Day Tea

Submitted by Cathy Glowacki, RN
Community Health Director

On May 12, the Community Health Department honored Siletz mothers with a very special event. Held at Salem's Mission Mill, mothers, grandmothers, and great grandmothers enjoyed desserts and each other's company. Ruth Jensen, a Native Alaskan and Director of the Women's Health Promotion Program with the NW Portland Area Indian Health Board, gave a presentation on the importance of annual screenings for breast and cervical cancer. Mothers get so busy taking care of their families they can sometimes forget to protect their own health through well women visits. Mothers received carnations with the pink ribbon of breast cancer awareness, and many lucky moms went home with pots of beautiful purple mums.



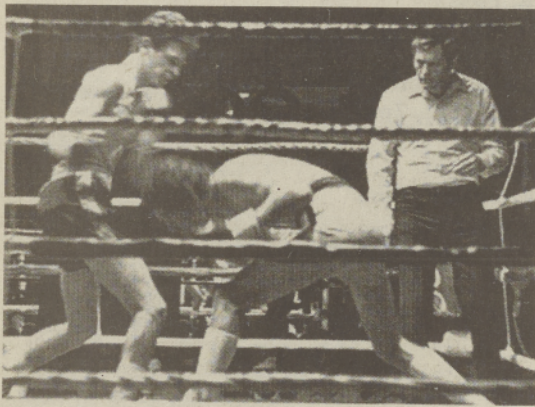
Mayo Clinic Trains SCHC Nurses

Submitted by Cathy Glowacki, RN Community Health Director

Siletz Community Health Clinic nurses recently completed a breast exam and pap test training offered through the Mayo Clinic in Minnesota. The training was provided through a National Cancer Institute grant meant to increase the number of Native American women getting women's annual breast and cervical health checks. Mary Alice Trapp, RN led the training and shared her wonderful experiences working with native women at places as diverse as Rosebud, SD and American Samoa. Thank you to Mary Alice for being such an encouraging example, and a very special thank you to all the Siletz women who volunteered to come in and have their *Circle of Life* exams as we were learning!

This training is part of a major campaign to encourage Siletz women to prioritize their own wellness with regular self-breast exam, annual visits to their healthcare providers, and mammograms for women over 40. Rates of tribal women coming into the clinic for women's annuals only around 10%. If it seems you are keep hearing about this, that's because it is so very important! For information on incentives to complete your screenings, contact Rose Bremner or Sandra Hahn, RN at the Siletz Community Health Clinic.

Make Wellness a Priority!
Call today for your women's annual exam
Siletz Community Health Clinic: (800)648-0449 / (541)444-1030



Tye Fighting in Las Vegas



Tye at the Winter Olympics



Tye seen here at U.S. Olympic Team Training camp, with Evander Holyfield when Evander still had both ears!!!!

TRIBAL MEMBER TYE MERRILL SHARES HIS SUCCESS IN BOXING!!!!

Tye boxed for U.S. International team 6 times. He won 8 consecutive or. Golden Glove Championships, a Bronze Medal in national G.G. in Kansas City Mo. Another Bronze medal in ABF nationals Col. Springs, CO, and was a member of 1983 U.S. all American team. Coached by Ed Milburger & Greg Merrill at Mt. Scotty Comm. center in S.E. Portland.

He boxed for a 18 year span. He started as a 8 year's old and retired at 25 year's old. He has visited 35 states and 8 countries by 18 years of age, due solely to boxing. He would like to pass on his experience as a coach and athlete to our youth. He feels they should have the same opportunity he had to travel and learn about the world we live in. What most people need to know about amateur Boxing is that, of all the amateur sports it is the least expensive, Ty maintains.

It may be interesting to know that soon Amateur & Pro Boxing will be coming to Chinook Winds. Tye feels that of our people have been in the ring and he is sure their stories are worth hearing. When Indians would fight long ago, they would count coup. Boxing is equally respectable as a means of confrontation, Tye stated. A lot can be learned in the ring.

Ty Merrill's Win/Loss record as a Amateur & Professional Boxer:
(237 w, 23 L Amateur) & (6 w, 2 L, 2 k.o) as a Pro.

U.S.D.A. UPDATE

BOTH SALEM AND SILETZ WAREHOUSES ARE DOING VERY WELL. U.S.D.A. WILL BE RECEIVING NEW SHIPMENTS IN JULY FOR BOTH WAREHOUSES. WE WANT TO THANK SUE BENNETT FOR HER TIME AND ENERGY IN SILETZ. "THANKS SUE" WE WANT TO THANK TRISH CAREY AND ALICE KEENE FOR THEIR TIME AND ENERGY. TRISH HELPED DURING DISTRIBUTION AND ALICE PREPARED WHOLE WHEAT BISCUITS AND PEANUT BUTTER BREAD BOTH RECIPES WERE VERY DELICIOUS. "THANKS ALICE AND TRISH" WE WANT TO THANK RANDY BUTLER FROM THE SALEM AREA OFFICE FOR MAKING SURE THAT WE GET HELPERS EVERY MONTH. "THANKS RANDY" A BIG THANK YOU GOES OUT TO RANDALL MC COLLUM, ELVIN BUTLER SR, VIRGIL LANE, LARRY BOSTWICK SR. AND SHAWNTAE LUCAS ALL DID A GREAT JOB HELPING IN OUR SALEM WAREHOUSE THIS MONTH (THANKS GUYS).

DISTRIBUTION DATES ARE AS FOLLOWS

SALEM JULY 16TH 3:00 P.M. — 8:00 P.M.	SILETZ JULY 22ND 8:00 AM. — 4:30 P.M.
JULY 17TH 8:00 AM. — 8:00 P.M.	JULY 23RD 8:00 AM. — 4:30 P.M.
JULY 18TH 8:30AM. - 10:00AM	JULY 24TH 8:00 AM. — 4:30 P.M.

SALEM WAREHOUSE WILL BE CLOSED THE REMAINDER OF THE MONTH AFTER DISTRIBUTION. SILETZ WILL BE CLOSED JULY 4TH FOR THE HOLIDAY, JULY 30TH AND JULY 31ST FOR OUR MONTHLY INVENTORY. NO DISTRIBUTIONS WILL TAKE PLACE ON EITHER DAYS. (NO EXCEPTIONS) IT IS VERY IMPORTANT THAT ALL CLIENTS KEEP THEIR SCHEDULED APPOINTMENTS. THANK YOU!

THIS MONTHS SELECTED RECIPE IS WHOLE WHEAT PEANUT BUTTER BREAD

2 CUPS WHOLE WHEAT FLOUR
4 TEASPOONS BAKING POWDER
1 TEASPOON SALT
1/3 CUP SUGAR
1 CUP PEANUT BUTTER
1 1/2 CUPS MIXED POWDERED MILK
1/2 CUP MIXED EGG MIX
MIX FLOUR, BAKING POWDER, SALT AND SUGAR IN A LARGE BOWL.
ADD PEANUT BUTTER AND MIX WITH A FORK UNTIL MIXTURE LOOKS LIKE CORNMEAL.
ADD MILK AND EGGS AND STIR JUST UNTIL MIXED. POUR INTO GREASED LOAF PAN.
BAKE AT 350 DEGREES FOR 50 MINUTES, UNTIL BROWNED. "ENJOY"

PLEASE NOTE: IF ANYONE WOULD BE INTERESTED IN VOLUNTEERING TO HELP UNLOAD THE NEW SHIPMENTS BEING RECEIVED IN JULY. PLEASE CONTACT U.S.D.A. AT 444-8279 OR 1-800-922-1399 EXT. 279. WE WILL RECEIVE OUR TRUCKS IN BOTH SALEM AND SILETZ APPROX THE FIRST TWO WEEKS OF JULY, HELP IS ALWAYS NEEDED AT BOTH WAREHOUSES.