

Siletz Elders News

December 2021

Elders Title VI Program & Elders Council Staff
Mon - Fri, 8:00 am to 4:30 pm phone 1-800-922-1399

Anita Bailor - Programs I Manager, ext. 1220

Email: anitab@ctsi.nsn.us, direct line (541)444-8220

Alfred "AJ" Warren - Title VI Coordinator, ext. 1212

Email: ajw@ctsi.nsn.us, direct line (541)444-8212

Brian Crump - Elders Council Coordinator, ext. 1233


Email: brianc@ctsi.nsn.us, direct line (541)444-8233



SILETZ TRIBAL ELDERS HOLIDAY PARTY!!

Thursday, December 16, 2021, 4:00 pm

Chinook Winds Casino and Resort.



Please call 541-444-8220, text 503-545-0434 or email anitab@ctsi.nsn.us
to get your name added to the **wait** list ~
if there are cancellations, we'll be able to get you added.

Virtual Elders Council Meetings

December 11 @ 1:00 pm

Contact the Elders Program by phone (541-444-8220), text (503-545-0434) or email (anitab@ctsi.nsn.us) to be added to the ZOOM invite list. Elders who attend the virtual meeting will be issued two Chinook Winds meal vouchers.



Are you interested in attending a Portland Trail Blazers basketball game in late December? The Elders Council has approved a one night hotel stay for those traveling over 50 miles as well as one ticket for the Siletz Tribal Elder.

A specific date, time and details are to come.

Please call the Elders program to be added to the list.

MAPLE BLACK PEPPER AND BACON BRUSSEL SPROUTS

This Brussels sprouts recipe, however, is a smart way to fit veggies into your meal. It offers a great source of fiber and protein, two things that are crucial for stabilizing blood sugars over the holidays. It's also low in carbohydrates and sugar. **Serves:** 6 people, **Serving size:** 2/3 cup

Carbohydrates: approximately 15 grams

Ingredients

- 8 oz. thick-cut uncured bacon
- 1 1/2 pounds Brussels sprouts, peeled and trimmed
- 2 tbsp. avocado oil
- 1 tbsp. minced garlic
- 1/2 tsp. black pepper
- 2 tbsp. maple syrup

Directions

1. Preheat a large cast iron skillet or Dutch oven on the stove over a medium heat. Add the bacon to the pan and cook until crispy.
2. While the bacon is cooking, chop the Brussels sprouts in half, lengthwise.
3. Remove the bacon from the pan, and set aside.
4. Add the avocado oil to the pan along with the Brussels sprouts and minced garlic. Sauté them for 10–15 minutes (stirring occasionally) or until the Brussels sprouts begin to brown.
5. Add the black pepper, bacon, and maple syrup to the pan, and toss to combine.
6. Serve immediately. Enjoy!

MOTIONS OF NOVEMBER 13, 2021 ELDERS COUNCIL MEETING

Motion #1 – John Roe, Jr. made a motion to approve the agenda, as amended. Motion was seconded by Danielle Billmyre. **MOTION PASSED.**

Motion #2 – Alan Fish made a motion to approve the Elders Council meeting minutes for October 9, 2021. Motion was seconded by Juanita Smart. **MOTION PASSED.**

Motion #3 – Bonnie Petersen made a motion that we approve a Trailblazers game activity, with a maximum of 50 Elders, tickets (not to exceed \$200.00), lodging (not to exceed \$300.00) for 30 rooms for Elders who live 50 or more miles away, and per diem of \$100.00. Motion was seconded by Bonnie Hart. **MOTION PASSED.**

Motion #4 – John Roe, Jr. made a motion that the lodging for the Elders' Christmas party be paid for two nights – December 15 and 16, 2021. Motion was seconded by Alan Fish. **MOTION PASSED.**

Motion #5 – Marci Taylor made a motion to have Turkey and Prime Rib entrees and sides. Motion was seconded by Donna Kessinger. **MOTION PASSED.**

Motion #6 – Bonnie Petersen made a motion to give each Elder \$100.00. Motion was seconded by Marlene Stuart. **MOTION RESCINDED.**

Motion #7 – Bonnie Petersen made a motion that the Elders be able to have a plus one for the holiday dinner. Motion was seconded by Cynthia Farlow. **MOTION PASSED.**

Motion #8 – Bonnie Petersen made a motion to use \$1,000.00 for gifts, plus using the gifts from Port Orford. Motion was seconded by Sandi Steele. **MOTION PASSED.**

Motion #9 – Kay Steele made a motion to have the dinner from 4:00 pm to 9:00 pm. Motion was seconded by Cynthia Farlow. **MOTION PASSED.**

Motion #10 – John Roe, Jr. made a motion to have a certified CPA prepare a forensic audit of the Elders program. Motion was seconded by Cynthia Farlow. **MOTION PASSED.**

Motion #11 – Bonnie Hart made a motion to adjourn the meeting. Motion was seconded by Bonnie Petersen. **MOTION PASSED.**

Elder Check in Calls

Elders who chose to receive Check-in Calls are being called weekly.

If you chose not to receive a weekly Check-in Call and changed your mind and want to begin receiving calls, please contact AJ Warren to have your name added to the Check-in Calls list.

Newsletter preference

Would you like to receive the monthly newsletter by email? If so, please contact the Elders Program with your email and a virtual newsletter will be emailed to you at the beginning of each month.

Winter

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

H G I E L S E S R O H A Y C C
 H S C A R F Z H A T S O L R D
 T A G L O V E S I N N G L T O
 E M I S T L E T O E D I I C E
 E T F F E R R W E Y N T H S T
 T S O R F U F D D R A I C N E
 G I C I C L E S E A S O N O S
 N R T H T E A H T U T E R I C
 I H T L I O C I S N R Z I T C
 R C A E O I S V O A O E M A E
 E S L L T I N E R J N E G T D
 T B G C O L D R F O O R T I E
 T I C I N E S S E S M F H P C
 A F I R E I N S M T I I U I E
 H S E L A G M M O E C T E C M
 C K R A R C T I C W I N D E B
 A I E T A K S N E D W A I R E
 N T E R S R A E B R A L O P R

FIRE
 FREEZE
 FROST
 GALE
 GLOVES
 HAT
 HORSE SLEIGH
 ICE
 ICICLE
 ICINESS
 IGLOO
 JANUARY
 MISTLETOE
 POLAR BEARS
 PRECIPITATION
 SALT
 SCARF
 SEASON
 SHIVER
 SKATE
 SKI
 SNOW
 STEW

ANTIFREEZE BECOME FROSTED CHRISTMAS
 ARCTIC WIND CHATTERING TEETH COLD
 ASTRONOMIC CHILLY DECEMBER

2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members:
 Please report all harvests of deer, elk,
 salmon and shellfish to the Natural
 Resources Department. The name on the
 tag/permit will be submitted into a
 drawing after the seasons end and could
 receive one of the following Cabelas Gift
 Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
 CABELAS GIFT CARDS

FISHING INCENTIVE

\$50
 CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50
 CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy
 541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at
 541-444-8227

deniseg@ctsi.nsn.us

“For somehow, not only for Christmas, but all the long year through,
 The joy that you give to others is the joy that comes back to you.”

Margaret Elizabeth Sangster

