

Siletz Elders News

January 2022

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

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

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Attached please find a thumb drive with Siletz history stories and four historical maps. This is a gift from the Siletz Tribal Elders Council. If you have any difficulties loading or opening the documents, please call 541-444-8220. Enjoy!

Virtual Elders Council Meetings

January 15, 2022 @ 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.

SILETZ TRIBAL ELDERS COUNCIL UNAPPROVED MOTIONS

December 11, 2021 ZOOM Meeting

Motion #1 – Alan Fish made a motion to approve the agenda. Motion was seconded by Jacquelyn Taylor. ***MOTION PASSED.***

Motion #2 – John Roe, Jr. made a motion to approve the Elders Council meeting minutes for November 13, 2021, as amended. Motion was seconded by Marci Taylor. ***MOTION PASSED.***

Motion #3 – Marci Taylor made a motion that we approve the Elders on the waiting list, approve up to an additional 35 hotel rooms (subject to hotel capacity), approve the additional meals, and the photo booth for the Christmas party. Motion was seconded by Marlene Stuart. ***MOTION PASSED.***

Motion #4 – Marci Taylor made a motion that when you come to the Elders' Christmas party that you bring your Covid vaccination record and if you do not have a Covid vaccination record, there will be testing kits available at the door. Motion was seconded by John Roe, Jr. ***MOTION FAILED.***

Motion #5 – Marci Taylor made a motion that any Elder that is staying in a room receive four meal vouchers when they check in at the hotel on Wednesday. ***MOTION RESCINDED.***

Motion #6 – Marci Taylor made a motion that, if you are staying one night at the hotel, you receive two meal vouchers. If you are staying two nights at the hotel, you receive four meal vouchers. Motion was seconded by Shelley UpChurch. ***MOTION PASSED.***

Motion #7 – Lydia Kentta made a motion to adjourn the meeting. Motion was seconded by Juanita Smart. ***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.

GROUND BEEF WITH VEGGIE SOUP

INGREDIENTS

- 2 pounds ground beef
- 5 carrots (chopped)
- 2 small onions (diced)
- 2 14 1/2 ounce cans of diced tomatoes with liquid
- 1 small head of cabbage
- 1 15 ounce can green beans (drained)

- 2 quarts tomato juice
- 2 green peppers (diced)
- 5 stalks of celery (diced)
- 1 14 ounce can beef broth (low sodium)
- 4 beef bouillon cubes
- Salt and pepper to taste
- 1 small turnip (diced)
- 1 small rutabaga (diced)

PREPARATION

1. Fry ground beef until meat browns.
2. Add onions and celery to mixture while frying. Drain the ground beef.
3. Pour cooked meat, fresh vegetables, tomatoes, green beans, tomato juice, broth and bouillon cubes into a soup kettle.
4. Cover and simmer on medium for about 2-3 hours until fresh vegetables are tender.
5. Serve and enjoy!

If you haven't had an opportunity to order your Hoodie or T-Shirt from the Elders Council, here is the inventory of items still available. Please contact Shelley Upchurch at 541-992-5095 to place your order.

HOODIES			T-SHIRTS			V-NECKS		
Medium	\$30.00 ea	1	Medium	\$20.00 ea	2	Medium	\$20.00 ea	6
X Large	\$30.00 ea	9	Large		6	Large	\$20.00 ea	7
2 X Large	\$32.00 ea	4	2 X Large	\$22.00 ea	9	X Large	\$20.00 ea	12
3XL	\$33.00 ea	14	3 X Large	\$23.00 ea	4	2 XL	\$22.00 ea	5
4XL	\$34.00 ea	2				3XL	\$23.00 ea	1



Refrigerated Foods

Refrigerated foods are items that need to be stored in a refrigerator kept at 40°F or below. These items come in different types of packaging and the shelf life may vary depending on the type of food item. Follow the “two-hour rule” and never allow items that require refrigeration to sit at room temperature for more than two hours, including meat, poultry, seafood, eggs, and dairy products. This recommendation decreases to one hour if the air temperature is above 90° F. Keep refrigerated foods safe to eat by storing them in the refrigerator immediately. Refrigeration maximizes the quality and shelf-life of foods.

Fresh Milk



Store milk in the coldest part of the refrigerator, which is usually furthest away from the door. Do not leave milk out of the refrigerator for any length of time. Milk is typically safe to use after the ‘sell by’ date, but milk with a sour smell, yellow color, or lumpy texture should not be consumed.

Fresh Cheese and Butter



Store in the refrigerator and keep tightly sealed to maximize the shelf life and quality.

Tip

Break down large packages of cheese into smaller portions by using resealable bags and air-tight containers to extend the shelf life of the product. When storing cheese in a resealable bag or air-tight container, remove as much air and moisture as possible to help prevent mold from forming.

Fresh Eggs



Store in the refrigerator until ready to use. Do not leave eggs out of the refrigerator for any length of time. Discard eggs that are cracked.

Fresh Fruits and Vegetables



Some fruits, such as peaches, plums, apples, oranges, and pears should be ripened at room temperature, then stored in the refrigerator. Store items such as grapes, lettuce, cucumbers, and carrots in the refrigerator to maintain quality. Wash all fresh produce thoroughly under running water before preparing and/or eating. Cut off any damaged or bruised areas on fresh produce before preparing and/or eating. Discard produce that is spoiled or rotten.

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USDA
Foods

Reminder: New Year, New Possibilities! Let's do this!