



Courtesy photos

Portland Area Office Activities

Shirley Walker (above) holds a wreath for the Memorial Day Ceremony while Pauline Montana and Dolores Fernandez (left) show the wax flowers they helped create. A group (above left) gathers for drumming classes and other activities.

Distribution dates for USDA in July

Siletz

Monday	July 2	9 a.m. – 3 p.m.
Tuesday	July 3	9 a.m. – 3 p.m.
Wednesday	July 4	Holiday – closed
Thursday	July 5	9 a.m. – 3 p.m.
Friday	July 6	9 a.m. – 3 p.m.

Salem

Monday	July 16	1:30 – 6:30 p.m.
Tuesday	July 17	9 a.m. – 6:30 p.m.
Wednesday	July 18	9 a.m. – 4 p.m.
Thursday	July 19	9 – 11 a.m.

It's very exciting to see the changes in the food package. We recently received our first shipment of 3½-pound turkey roasts. It's a fully cooked ready-to-eat turkey breast. Clients have given it rave reviews.

With the first shipment, we were instructed to fair share it. This means that each household member was able to receive one turkey breast. I then received an e-mail stating that the national warehouse was able to get enough turkeys in stock that individuals and families can get as many as the guide rate allows.

We also should be able once again to order the cream soups. We have received just one small shipment of the cream of mushroom soup. USDA ordered a small amount for each Tribal program to see if it would be well-received. It was a big hit, so USDA found a vendor that could supply the programs nationwide for extended periods with cream of mushroom and cream of chicken soup. They arrived in the warehouse at different times to test the take-rate and now they should be available full time.

I have placed my first order for a 1-pound bag of fruit and nut mix. It will arrive in July for distribution.

I also would like to welcome our new USDA Program clerk/warehouseman, Lisa Paul. Yes, I did steal her from the front desk receptionist position at the administration building.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 1393 or ext. 1279, or you can call direct at 541-444-8393 or 541-444-8279.

Joyce Retherford
USDA Food Program Director
Lisa Paul
USDA Clerk/Warehouseman

Tooth Talk: Time to check on chew sticks at Culture Camp

By Mary Ellen Volansky, EPDH, MS

Chew sticks have been documented to have been used by many Native people of the world for more than 7,000 years. The World Health Organization encourages the use of chew sticks in many places of the world as a convenient and economical home oral health care tool.

Chew sticks have the expected value of mechanically cleaning teeth. A single pencil-size stick is chewed to soften the fibers at the end. Then the fibrous end is worked around each tooth to mechanically clean. No misunderstanding there.

New to me is current research on the properties contained in various woods used as chew sticks. Researchers have found antimicrobial substances in these sticks; other medicinal substances have been found as well.

One article I came across did a complete mini-lecture on oral health and diseases along with the outcomes for modern-day products compared to the outcomes of chew stick use. The authors concluded that chew sticks overall were healthier for oral care than modern-day products.

My understanding of this conclusion was that it's based on the instructions we use for toothbrushes, floss, toothpaste and

other products – some people may not use these tools correctly to be efficient in cleaning their teeth.

Oceanspray, *holodiscus discolor* (pursh) maxim, has a history of being used by many Tribes across North America and among Pacific Northwest Tribal members as a chew stick.

The only information on the medicinal qualities of oceanspray was a reference to "prevention of contagious diseases ... a poultice of oceanspray bark and leave applied to burns or sores."¹ The Lummi applied leave to sore lips and feet.²

These statements suggest an antimicrobial benefit; further research will tell scientists for sure.

Here is a play on the old adage by Peter Allen, "Everything old is new again."³ A patient sent this information on bling, specifically "grills." *National Geographic* has an article from 2009 with pictures of a skull with teeth in place.

What is new about that, you ask? It's not that these teeth have colorful gems glued into them? What's new is that the teeth are 2,500 years old.

The author, John Roach, suggested there were dentists back then. Maybe an anesthetic was used to numb the teeth

while the dentist drilled? And the dentists had some knowledge of oral anatomy, not drilling into the nerve or pulp that would lead to infection and tooth loss.

Bling and grills may have been new to Native Americans of southern North America. Another catch – this was done mostly by men and was not a sign of one's social class.

I have one question of those intelligent people – What was in the resin that still holds those gems (jade) in place after all these years? We have trouble keeping a filling in place for more than 10 years.

The definition of the word "chickletize" can be found in *Parade Magazine* (Feb. 12, 2012): To unwittingly have one's teeth bleached whiter than snow. Or maybe whitening one's teeth as white as Chicklets.

No one sent a definition, so no one won the Sonicare. Maybe next time? Do you want a next time?

Remember – Culture Camp is July 10-12. Have a great time!

1 plant-materials.nres.usda.gov

2 wnps.org/landscaping/herbarium/pages/holodiscus-discolor.html, place two.

3 pawprints.kashalinka.com/quotes/history.shtml

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- Schedule or confirm an optometry appointment, press 2
- Schedule or confirm a medical appointment, press 3
- Pharmacy refill line, press 4
- Pharmacy staff, press 5
- Contract Health Services, press 6
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- Address, phone and fax, press 8
- Listen to options again, press 9
- All other options, dial 0