

Tribal Head Start volunteers make a difference, more are needed to help out

by Lori Jay-Linstrom, Parent Involvement Coordinator

Can you believe it's February already? Time just seems to fly by, especially when you're working with young children. They fill our days with love and happiness, keep us on our toes and make us laugh daily.

I just love to see the growth, sense of humor and wonderment on the faces of our Siletz Tribal Head Start students as they learn and explore new things daily.

We have met all of our first-of-the-year 45- and 90-day requirements of health and dental, so now we concentrate on our second round of dental fluoride visits at all sites and immunization requirements that are due.

Teachers are getting ready for the second parent/teacher conferences and to share information on the progress children have made with school readiness goals.

Our classrooms are always looking for volunteers and donations of materials. Please, if you have an interest in helping in the classroom or have anything that we might be able to use, call us.

Our Policy Council representatives had their second meeting on Jan. 25 at the Salem Head Start center. Our representatives for this school year are: Siletz – Rusty Butler, Alicia Keene and Samantha Brown; Salem – Priscilla Lopez and Isaac Zepeda; Portland – Peche Barteaux, Nicole Barney and Cherity Williams; and Lincoln City – Jeff Pistoressi, Priscilla Sweitz and April Fox.

We are fortunate to have Stephanie Chamberlin as our community representative. If you would like to serve on our Policy Council as a community rep, please let us know. We would welcome newcomers to our Policy Council team.

Head Start would like to thank everyone who comes into our program to provide services in many different ways. We are happy to have Mary Ellen Volansky, who does the fluoride and varnish for our Siletz, Tenas and Lincoln City Head Starts; Beth Finnon from Chemawa Dental, who works with our Salem center; and Amber Gutierrez, who takes care of fluoride for the Portland classroom and also is a Siletz Tribal member.

We also would like to thank the Siletz Tribe's Community Health representatives – Verdene McGuire, Adrienne Crookes and Cecilia Tolentino. These ladies are a big help during our health screens and are ready to go to the classrooms for any makeup screens.

Our Parent Committees have had several meetings. Rosie Williams is the Parent Committee chairman for Siletz/Tenas,

Peche Barteaux is Portland's chairman, Priscilla Sweitz is Lincoln City's chairman and Linh Hang is Salem's chairman.

Everyone is gearing up for our annual Head Start raffle. Parents will contact local businesses in their respective areas to ask for donations. If you are interested in donating items for our raffle, please contact the classroom teachers at their sites or me at 800-922-1399 or 541-444-2532 and ask for Head Start. Parents will collect raffle items until the drawing in May and we will start selling tickets in March.

If you have not filled out an application for our Head Start Program and think it's too late, please know that we always accept applications, anytime of the year. Call us at the numbers above to request an application.

Nourishing soups made with ease

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on nourishing soups and routines for easily making your own soup stocks.

During the winter rains, warm soup feels good. Soup can be nourishing and soothing. It also can be a way to use your leftovers in new ways while managing your food resources wisely and economically.

Soup stocks can be made from bones or from vegetables or both.

For vegetable stock, I recommend saving the cooking water from vegetables and freezing it in glass canning jars to use for soup.

In addition, I make vegetable soup stock from fresh vegetable scraps such

as stems, tops, cores and peels. In other words, before putting them into my compost, I first extract some of the flavor and nutrients for my use. Then I put the spent vegetable scraps into the compost.

Please note: I rinse the scraps to be sure they are clean. Also, I do not use rotten produce. This goes straight to the compost.

For bone broth, I generally make this without vegetables because I feed my scraps (without the big bones) to the seagulls.

Bone broth is a traditional recipe that is both medicinal and nourishing. Its high mineral content makes it easy to digest and it's highly nutritious, especially the gelatin obtained from the bones.

The broth also supports strong bones and detoxification of the liver. The vinegar helps pull the minerals into the broth from the bones.

Return your Questionnaire to be eligible for a prize drawing!

Comprehensive Plan

Attention Siletz Tribal Members

Have you turned in your Questionnaire yet? The deadline to turn it in to your local area office and be eligible for prize drawings is Feb. 3, 2014.

Download it from the CTSI website: <http://www.ctsi.nsn.us/multnomah-falls-siletz-news-events/current-events> or pick one up at an area office. Questionnaires also will be available at the upcoming Community Meetings in January.

Questions? Call Dave Davis at 800-922-1399, ext. 8235, or 541-444-8235.

Questionnaires due: 02/03/14

Ingredients

Bones from poultry, fish, shellfish, beef, lamb or wild game
Cooked remnants of a previous meal, with or without skin and meat
Raw bones, with or without skin and meat
A whole carcass or just parts (feet, ribs, necks and knuckles), shellfish shells, whole fish carcasses (with heads) or small dried shrimp
Water
Vinegar, apple cider or balsamic (2 tablespoons per quart of water or 2 pounds of bones)
Vegetables (optional): Celery, carrots, onions, garlic and parsley, but any will do; peelings, ends, tops and skins or entire vegetable

Directions

1. Place bones in a crockpot or stove pot over low heat and cover with water.
2. Simmer gently for 12 hours.
3. Strain the bones to collect the broth/stock.

Resources

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Preventing & Treating Diabetes Naturally The Native Way by Leslie E. Korn, Ph.D., MPH and Rudolph C. Ryser, Ph.D., 2009, DayKeeper Press, Olympia, Wash.

Traditional Bone Broth in Modern Health and Disease by Allison Siebecker, Townsend Letter, Feb/March 2005, townsendletter.com/Feb-March2005/broth0205.htm

Mystery Greens Soup

1 quart broth, salted vegetable or bone broth
1 cup brown rice, cooked or cannellini white beans
½ cup chopped parsley
1 can cooked chicken meat
1 med carrot, thin sliced or ½ cup frozen vegetables
1 cup mystery greens, chopped (choose from combination of Swiss chard, beet tops, kohlrabi, collard, kale, mustard, spinach, etc.)
? Other appropriate leftover

This is a simple soup to show how simple it can be to eat greens with the aid of a few basic kitchen staples. Get your children to help you pick out the greens (from the garden or the store). Tear them together while talking about how they feel, look, taste, etc. Wash them again in a colander after handling them.

Heat broth (chicken, veggie or just frozen vegetable-cooking water). Add other ingredients. Heat until greens are tender.

Squash Bisque

1 quart broth, vegetable or bone broth
2 cups roasted squash, such as butternut
To taste salt, pepper and optional cinnamon

Puree the squash with the stock. Heat. Adjust seasonings. Serve

Please let me know what you think of these recipes. Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me at 503-588-5446 if you have nutrition concerns about your Head Start child.

Siletz Clinic can help with dental emergencies

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. The staff will do everything it can to see you as soon as reasonably possible.

Morning heck-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m. Afternoon check-in time is Monday-Friday from 1-1:30 p.m.