

Portland Area Office staff honors Bluehorse-Skelton and her PSU students

Judy Bluehorse-Skelton, senior instructor of the Indigenous Nations Studies program at Portland State University, and her students came to the Portland Area Office (PAO) in July.

Bluehorse-Skelton demonstrated how to extract essential oils from the branches of Western Red Cedar and other plants, which has been used medicinally for thousands of years by Tribes of the Pacific Northwest Coast.

Western Red Cedar also was used for constructing homes and ceremonial objects. The roots, leaves and bark were used for baskets, ropes and clothing.

Today, Western Red Cedar essential oil is known to be nourishing to the skin and hair, and contains a high percentage of ketones, which stimulate cell regeneration; are helpful with such conditions as dry asthma, colds, flu and dry cough; and

are largely found in oils used for the upper respiratory system.

While we waited for the extraction process to complete, PAO Supervisor Sherry Addis shared a brief history of the Tribe, our Healthy Traditions program and the work we do today to improve the health and economic welfare of Tribal members and their families.

Addis and Verdene McGuire, Contract Health advocate, then presented Bluehorse-Skelton with a copy of the Siletz history book *The People Are Dancing Again* as a token of appreciation, and presented handmade necklaces to her and all of her students for all that she and these students have accomplished through the years (i.e. the Portland Area Office-Lori Johnson Memorial Learning Garden) as community partners with the Siletz Tribe and Healthy Traditions.



Courtesy photo by Andrew Johanson

Sherry Addis (right) and Verdene McGuire (left) present Judy Bluehorse-Skelton with the Siletz Tribal history book.

USDA distribution dates for September

Siletz

Tuesday	Sept. 1	9 a.m. - 3 p.m.
Wednesday	Sept. 2	9 a.m. - 3 p.m.
Thursday	Sept. 3	9 a.m. - 3 p.m.
Friday	Sept. 4	9 a.m. - 3 p.m.
Monday	Sept. 7	Holiday
Tuesday	Sept. 8	9 a.m. - 3 p.m.

Salem

Monday	Sept. 21	1:30 - 6:30 p.m.
Tuesday	Sept. 22	9 a.m. - 6:30 p.m.
Wednesday	Sept. 23	9 a.m. - 6:30 p.m.
Thursday	Sept. 24	9 - 11 a.m.

These are so good and easy to make on a warm summer/fall evening.

Black Bean & Corn Quesadillas

- 2 teaspoons olive oil
- 3 tablespoon finely chopped onion*
- 1 can (15.5 ounces) black beans (drained and rinsed)*
- 1 can (10 ounces) whole kernel corn, drained*
- 1 tablespoon brown sugar
- ¼ cup salsa
- ¼ teaspoon red pepper flakes
- 2 tablespoon butter, divided*
- 8 tortillas
- 1½ cups shredded cheese, divided*

2. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden then flip and cook on the other side. Melt more butter as needed and repeat with remaining tortillas and filling.

*Indicates food available in our food box

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Corrections

In the August issue of *Siletz News*, both Leslie Simmons and Chase Loveall were misidentified. *Siletz News* regrets the errors.

Maori Weavers to Visit Siletz

On Sept. 27, a group of Maori weavers from New Zealand will visit Siletz.

There will be sharing of Siletz and Maori culture at the Tribal Community Center on Government Hill

The event will run from 11 a.m. to 3 p.m.

Tribal members and your families – Come be a part of this event and learn about Maori culture.

For more information, contact Bud Lane in the Tribal Culture Department at 541-444-8320 or 800-922-1399, ext. 1320; or budl@ctsi.nsn.us.

Accounting technician position open at STBC

The Siletz Tribal Business Corporation is seeking an accounting technician for its Lincoln City office.

Please visit stbcorp.net or call 541-994-2142 for more information.

Timberland Access

In accordance with the Siletz Tribal Timberlands Access Policy, access to Tribal timberlands that are located behind closed gates is by permit only. This pertains to the Tribe's Bulls Bag, Reed Creek, Arnold Creek and Tahkenitch properties.

Tribal members can obtain a free permit at the Tribe's Natural Resources Department office in Siletz. The permit includes a map of the property and a listing of the rules governing use of the property.

Tribal members also will receive a key to the lock on the gate after providing a \$20 refundable key deposit. The deposit will be returned to the Tribal member upon return of the key to the Natural Resources Department.

A link to the full text of the Siletz Tribal Timberlands Access Policy can be found on the Tribe's website (ctsi.nsn.us) under the Natural Resources section.

Questions regarding the policy should be directed to Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.

Time to go gather basket materials

Spring is here and very soon hazel sticks will be ready to pick and peel.

Hazel stick gathering is a must for anyone interested in making traditional Siletz baskets. Spruce root can be dug all year round and is used for the weavers or weft of Siletz baskets.

Bear grass and maidenhair fern are used for overlay to make our traditional designs or marks in our baskets and both are picked in late summer.

Any Tribal members interested in gathering can contact Bud Lane at 800-922-1399, ext. 1320, or 541-444-8320; or budl@ctsi.nsn.us.

Just a reminder – basket materials must be gathered in a timely fashion. Here is a general breakdown of gathering times for different materials:

September

Bear grass, maidenhair fern, woodwardia fern, spruce roots