



Tribal Youth Council members discuss their travels to the White House Tribal Youth Gathering and to the UNITY Conference during the General Council meeting.



Courtesy photos

Siletz Tribal Youth Council and Tribal Council members (l to r): Dave Hatch, Daneisha Lucas, Terrell Casey, Bud Lane, Sharon Edenfield, Jeidah Dezurney, Robert Kentta, Loraine Butler, Delores Pigsley, Gloria Ingle, Lillie Butler, Savanna Rilatos, Reggie Butler and Devontè Casey. Not pictured: SuSun Fisher.

Members of Tribal Youth Council attend national events in Washington

By Savanna Rilatos

This past summer, the Siletz Tribal Council granted the Siletz Tribal Youth Council with enough funds to send seven youth to the first White House Tribal Youth Gathering and the United National Indian Tribal Youth (UNITY) conference in Washington, D.C.

This was the second year that the Siletz Tribal Youth Council attended the annual UNITY conference. Representatives were chosen from every area to attend the conference - Jeidah Dezurney and

Gaven Patrick from Eugene, SuSun Fisher and Daneisha Lucas from Salem, Devontè Casey and Terrell Casey from Portland, and I attended from Siletz.

On Nov. 7 at the General Council meeting, Jeidah, Daneisha, Devontè, Terrell and I presented a slide show to the Tribal Council to show what we learned at the conference, share our experience and thank them for their contribution to the trip.

“The goal for the White House Tribal Youth Gathering was for youth to interact

directly with senior administration officials and the White House Council on Native American Affairs,” and this goal was definitely achieved as Native youth got to ask questions of members of the Obama administration.

“The UNITY mission is to foster the spiritual, mental, physical and social development of American Indian and Alaska Native youth and to help build a strong, unified and self-reliant Native America through greater youth involvement,” and these different things were

taught to the youth over the course of the four days at the UNITY conference.

The slideshow we presented during the General Council meeting featured pictures from both the White House gathering and the UNITY conference. Included in these pictures were First Lady Michelle Obama, Taiwan Natives and New Zealand Natives.

We also shared pictures of different monuments in Washington, D.C., that we visited and the American Indian archives that featured Siletz basketry and regalia from the early 1900s.

What’s next for the Siletz Tribal Youth Council? We plan to work on community involvement and relationships between youth and Elders.

Although transportation has been our biggest issue, considering that members of the Tribal Council come from every area, we are working on fixing this issue for good, which will allow us to use all of the things we learned at the UNITY conference and bring them back to our fellow youth and community.

So plan to see more from us in the next couple of months.

Creamed soups – a cheaper, healthier option

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

As my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This feature promotes the following link for the Cheaper Healthier YouTube channel – [youtube.com/channel/UCimw30_MTAE9PKWOnhW-BeIg](https://www.youtube.com/channel/UCimw30_MTAE9PKWOnhW-BeIg). These videos were produced by Laurel Grove and Nutrition Etcetera in Salem, Ore., as a project to promote basic cooking skills with emphasis on economical and simple ways to prepare healthy foods. CCTV (the community TV station in Salem) is showing these.

The Cheaper Healthier YouTube channel is informative. I am one of the presenters demonstrating a variety of kitchen tips for easy, safe, economical, delicious and nourishing meals. Some of my recipes have appeared in previous articles.

Eventually my demonstration of the Broccoli Cheddar Soup recipe will be posted on the YouTube channel. I show how to make a basic white sauce and how to make creamed soup by adding veggies and broth to the basic white sauce.

Once you know the basic formula for white sauce and the proportions to make a creamed soup, your options are endless. You can incorporate leftovers and adapt the ingredients to be gluten- and dairy-free.

Check out the easy recipe for broccoli cheddar soup below as well as the recipe for a basic white sauce and the basic proportions for creamed soup.

Broccoli Cheddar Soup

- ½ cup butter (or margarine) 1 stick, or other edible fat
- ½ cup all-purpose flour (or rice flour for gluten-free)
- 1 quart milk (could use powdered milk and water or other non-dairy milk)
- 2 cups chicken or vegetable broth (make your own or use bouillon cubes)
- 1-pound bag broccoli, chopped, frozen (16 ounces)
- 1 each leek, chopped or onion, medium, diced
- 2 teaspoons garlic powder
- 8 ounces cheddar cheese, shredded (optional)

Make a medium white sauce by starting with a “roux.” Melt butter over low heat. Add flour and stir over low heat for 3-5 minutes (while the mixture bubbles and loses the starchy flavor). Do not let it brown.

Add milk and stir with wire whip or wooden spoon until thickened and smooth (starch will thicken below boiling temperature). To this traditional medium white sauce you can add anything to create a creamed soup.

If vegetables are not precooked, heat them in the broth until tender. If using leftover cooked vegetables, add broth and veggies directly to the white sauce with garlic powder.

Add shredded cheese; stir until melted and soup is heated through. Season to taste with salt & pepper

White Sauce – Medium*

Yield: 1 cup

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- 1 cup milk

Melt butter in saucepan over low heat. Blend in flour, salt and dash white pepper to make a roux.** Add milk all at once. Cook quickly, stirring constantly until mixture thickens and bubbles.

* Standard white sauce proportions from Better Homes & Gardens Cookbook

** A roux is generally equal parts of fat and starch cooked over low heat, to coat starch with fat and cook out the starchy flavor without allowing it to brown.

Basic proportions for creamed soup

- 1 cup medium white sauce
- ½ - 1 cup* broth
- ½ - 1 cup* veggies

*Please note: This can be thought of as equal proportions of sauce with veggies in broth. For example, use the approximate amount of veggies (leftover, fresh, sautéed, frozen, etc.) as you have cream sauce. Add broth or cooking water to a level just below the top of the veggie combination (the total volume is still the same).

If using raw or frozen vegetables, cook to the desired texture before combining with the white sauce.

Heat and season finished soup to taste