

Edwin Leroy Sondenaa – 1943-2016

Ed was born in Toledo, Ore., on May 22, 1943, to Raymond and Viola (Logan) Sondenaa. He returned to the creator on Feb. 29, 2016, when he passed away at his home along the Siletz River.

Ed grew up with his two brothers on Ojalla Road north of Siletz, Ore. He remained a resident of the Siletz area his entire life.

During high school, he was an outstanding athlete with a particular talent for football. It was in high school that he met Brenda Tindall, whom he married shortly after graduation. They had four children together but the marriage sadly didn't last.

After their divorce, Ed married Kimberly Shepard and became stepfather to her son, Bruce. This marriage too ended

in divorce after which Ed remained single for the rest of his days.

During the '70s, Ed worked alongside many others to bring federal recognition back to the Confederated Tribes of Siletz. He served on the first Tribal Council elected in 1973. He also served on the Siletz Tribal Economic Development Committee for several years.

Ed spent his whole life in the logging industry and was one of the many "damned fine loggers" that Siletz is known for. He was particularly talented at running heavy machinery, which is a trait he shared with his father and youngest son, Jeffrey.

Ed was always happiest when out in the forests of Lincoln County. He liked to fish but his biggest passion in life was hunting

big game. Ed was a lifetime member of the Rocky Mountain Elk Foundation and enjoyed attending their banquets. He also loved to pick berries, go clam digging, mushrooming and otherwise foraging for nature's bounty.

He lived his life on his own terms and remained fiercely independent and strong willed until the end, just like he wanted.

A celebration of life was held at the Siletz Tribal Community Center on March 12, 2016. Following the potluck dinner, Ed was laid to rest in the Paul Washington Cemetery next to his son, Loney. Many thanks to the Elders Program for providing the meal and beautiful flowers, and to Stuart Whitehead for his excellent help.

As a tribute to Ed, the family requests that you plant a tree in his memory.



Courtesy photo

Edwin Leroy Sondenaa



Siletz Tribal Prints & Gifts LLC (STPG), formerly Imprints Print Shop, is seeking products from Tribal members who wish to sell their products through its retail location at 1520 NE Highway 101 in Lincoln City, Ore., as well as its online store located at store.stpgifts.com.

Please contact Casey Cox, interim manager of STPG, at 541-996-5550 or manager@stpgifts.com for more information.

Please come by the store or visit our website at stpgifts.com to see the other products and services we offer.

GMO concerns? What are they? Where do they come from? Are they safe?

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 potential health concerns about genetic engineering (GE), also known as GMO or genetically modified organisms or genetic modification (GM).

What is a GMO?

According to the World Health Organization, genetically modified organisms (GMOs) are "organisms in which the genetic material (DNA) has been altered in such a way that does not occur naturally."¹

This technology also is referred to as "genetic engineering," "biotechnology" or "recombinant DNA technology" and consists of randomly inserting genetic fragments of DNA from one organism to another, usually from a different species.

What problems are created through genetic engineering of food and crops?

Genetic engineers continually encounter unintended side effects. GM plants create toxins, react to weather differently, contain too much or too little nutrients, become diseased or malfunction and die.

When foreign genes are inserted, dormant genes may be activated or the functioning of genes altered, creating new or unknown proteins, or increasing or decreasing the output of existing proteins inside the plant. The effects of consuming these new combinations of proteins are unknown.

What foods are genetically modified (GM)?

In the U.S., three major commodity crops are raised predominantly from GMO

seed – field corn (92 percent*), soybeans (94 percent*), and cotton (94 percent*).

Almost 98 percent of Canadian-grown canola is genetically engineered for herbicide resistance. U.S. sugar beet production is estimated to be more than 95 percent genetically modified for herbicide resistance.

GMO sweet corn, papaya, zucchini and yellow summer squash are also for sale in grocery stores, but in far lesser amounts. Genetically modified alfalfa is grown for use as hay and forage for animals.

NEW: 'White Russet' brand potatoes, genetically modified to resist bruising, were introduced to some grocery stores in 2015, but are not yet widely available. Genetically engineered non-browning "Arctic" apples have been deregulated by the USDA and are expected to be on the market in 2016.

What are other sources of GMOs?

Products derived from the above, including oils from all four, soy protein, soy lecithin, cornstarch, corn syrup and high fructose corn syrup among others. Also:

- Meat, eggs and dairy products from animals that have eaten GM feed (the majority of GM corn and soy is used for feed)
- Dairy products from cows injected with rbGH (a GM hormone)
- Food additives, enzymes, flavorings and processing agents, including the sweetener aspartame (NutraSweet) and rennet used to make hard cheeses
- Honey and bee pollen that may have GM sources of pollen

Why are children particularly susceptible to the effects of GM foods?

Children face the greatest risk from the potential dangers of GM foods for the same reasons they face the greatest risk

from other hazards like pesticides and radiation. These include:

- Young, fast-developing bodies are influenced most
- Children are more susceptible to allergies
- Children are more susceptible to problems with milk
- Children are more susceptible to nutritional problems
- Children are in danger from antibiotic resistant diseases

View additional information at IRT, the Institute for Responsible Technology, at responsibletechnology.org/gmo-education/higher-risks-for-children/.

How dangerous, or potentially dangerous, are GM foods relative to other food dangers, e.g., pesticides, irradiation, additives, preservatives?

Since so little research has been done on the safety of GM foods, it is not possible to rank its risks. Unlike the others, GM crops persist in the environment and may continue to pose risks to health for centuries.

In addition, transfer of transgenes to gut bacteria may present long-term chronic exposure since the foreign protein may continue to be produced inside of us after we no longer consume the GM food.

Is there a connection with autism?

There is concern about the association with autism and GMO foods. These usually are related to gastrointestinal problems or digestive issues and often are described as holes in the gut leading to intestinal permeability (leaky gut) and compromised gut flora.

For more information, visit responsibletechnology.org/gmo-education/autism/.

Why is there a dramatic rise in gluten intolerance?

There is an excellent 25-minute interview with Jeffery Smith and Tom Malterre discussing GMOs and gluten at responsibletechnology.org/gmo-education/gluten-disorders/.

There appear to be many contributing factors to the rise in gluten sensitivity. For the Tribal population, the incidence is compounded by the fact that grains (and gluten-containing grains like wheat, rye and barley) are not traditional foods.

Jeffrey Smith has written a comprehensive book (and there is a movie) *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*. I had the privilege of hearing him speak in person in early 2000, when I was an inspector for organic certification. He is collecting a tremendous amount of science to address the issues.

For more information on how to avoid GMOs in your food, check out the following link – nongmoshoppingguide.com/why-should-i-avoid-gmos.html.

* Percentages are based on U.S. acreage as of 2015 (USDA)

References

1. World Health Organization. (Internet). (2002). Foods derived from modern technology: 20 questions on genetically modified foods. Available from: who.int/foodsafety/publications/biotech/20questions/en/index.php
Smith, JM. *Genetic Roulette*. Fairfield: Yes Books. 2007.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child.