

## Alice Werth – 1929-2018

Alice was born April 28, 1929, in Siletz, Ore., to Abraham and Aurilla Tom. She passed away at age 89 of natural causes.

She grew up in Siletz and Salem, Ore., before moving to Springfield, Ore., in 1959.

Alice was preceded in death by her husband, Eugene Werth, whom she married on June 21, 1947, in Vancouver, Wash. They were married 66 years at the time of his death in 2013.

Alice is survived by five children: Gloria Stott (Jessy), Stanley Werth (Pam) and James Werth (Tammy), all of Springfield; Kathryn Dick (Gary) of Newport, Ore.; and Ted Werth (Cheryl) of Keizer, Ore.; 10 grandchildren; and 11 great-grandchildren.

After raising her children, Alice worked for the Confederated Tribes of Siletz Indians, of which she was a member, for more than 15 years, serving as a community health representative and later as area office supervisor and social services representative until her retirement in 1993.

In addition, she served several years as an associate judge on the Siletz Tribal Court. Later in life she was very active with the Tribal Elders Program.

Alice had a wide variety of interests and abilities. At various time in her life she enjoyed baking, quilting, beading and sewing. Family always requested, and looked forward to, her cream pies.

She enjoyed being in the mountains but had a special love for the Oregon

Coast. Camping trips in the summer and stays at the coast throughout the year with family members were activities she enjoyed throughout her life and always looked forward to. Above all she loved her Lord and Savior Jesus and enjoyed any time spent with family.

The funeral service and celebration of life were held Sept. 19 at Major Family Funeral Home in Springfield. A graveside service followed at Springfield Memorial Gardens.

The family would like to thank our family and friends who attended her service. And special thanks to Reggie and Lee Butler for providing the Native drum song.



Courtesy photo

Alice Werth

## Nesika Illahee Pow-Wow

### Attention Siletz Tribal Artists

The Pow Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2019.

All Siletz Tribal artists are encouraged to submit a pow-wow-themed logo. The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. The winning artist will have his/her logo highlighted on Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the cultural education director's office at the Tribal Community Center or mail it to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than Feb. 22, 2019.

### Royalty Crown Proposals

The Pow-Wow committee is now accepting proposals for 2019-2020 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than Feb. 22, 2019.

Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Squash breakfast ideas without grains, low in starch and sugar

By Nancy Ludwig, MS, RDN, LD,  
Siletz Tribal Head Start Nutrition

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment features easy suggestions for breakfast comfort foods that also happen to be grain free and are low in starch and sugar. These suggestions also celebrate squash with easy ways to prepare it for the family. Don't forget to eat the seeds too!

Traditional diets did not include grains, starches or sugar. Modern diets tend to use grains, starches and sugar, which may contribute to poor health.

A return toward more traditional food may offer benefit for people who struggle with illness or autoimmune conditions, such as diabetes, celiac, rheumatoid arthritis, multiple sclerosis, lupus, Hashimoto's Thyroiditis and more.

Fall tends to be a time with abundant squash, such as pumpkin, butternut, acorn or Hubbard. Most squash can be baked or roasted in the oven to prepare it for a meal and to plan to use leftover squash in easy recipes.

Fresh squash is much less expensive and more flavorful than canned pumpkin and can be a fun project with children.

They can help wash the squash and remove the seeds after you cut it open and before you bake it face down at 350 F for 45-60 minutes in a baking dish with ¼" of water.

Consider saving and planting the seeds (if not cooked) or roasting the seeds to eat. There are many ways to roast seeds.

I'm usually most concerned about protecting my time and efficiency in the kitchen and maximizing my time with children while they are helping. Seeds can be roasted at the same time the squash is baking or saved for later. To save the seeds, soak them in salted water in the refrigerator (such as in a jar) to use sometime in the next few days.

When ready to roast, spread seeds on a baking sheet at a low temperature, such as 300 F. If seeds were soaked in water, just spread them on a pan and let them dry in the oven. If seeds will be cooked immediately, you don't have to remove the bits of squash when you bake the seeds. It's best to oil the pan and stir periodically because you will be cooking at a higher temperature.

If the seeds were not soaked in salt, then salt the seeds as soon as they are removed from the oven. Seeds are delicious when warm!

Seed texture will vary based on the type of squash you are baking. They are

all edible, yet you are likely to enjoy some more than others. This also provides another discussion point with children.

Please check out the following recipe ideas for modern-day nutritional equivalents to help reduce reliance on grains, starches and sugary foods.

### Paleo Pancakes with Squash

Prep time: 10 minutes

Serves: 1 generous portion

#### Ingredients

½ cup cooked sweet potato or winter squash (such as butternut, acorn, or kabocha)

3 large pastured eggs

2 tablespoons hemp seeds, flax seeds or nut butter

Virgin coconut oil

#### Instructions

1. Combine all ingredients in a blender or food processor and blend until smooth.

2. Spoon silver-dollar-size dollops into a frying pan with coconut oil, over medium heat. Pancakes cook quickly

3. Serve with applesauce or other topping (such as yogurt, nut butter or low-sugar jam or syrup).

### Mock Cinnamon Sweet Rolls

#### Ingredients

Leftover winter squash (such as butternut, acorn or kabocha)

Butter

Almond butter

Maple syrup or honey

Cinnamon, ground

#### Instructions

1. Bake the sweet potato or winter squash (ideally these are leftovers from another meal).

2. Add butter, almond butter (or other nut butter), maple syrup or honey (for minimal sweetness), sprinkled with cinnamon.

3. Warm in the oven, microwave or a covered skillet on low. Allow the toppings to melt and seem like a cinnamon roll (due to the sweet cinnamon aroma).

4. Remember, this isn't a cinnamon roll but it is a better choice as it contains no grains and is closer to whole and traditional food. This may be considered as a transition food.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.