2020 Standing Committee

Applications Due by Feb. 5, 2020

Any Tribal member interested in consideration to serve on a Tribal Standing Committee is encouraged to fill out this form and return it to the council office prior to Feb. 5, 2020.

Please **mail or fax** your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day ( ) _____ Evening ( ) _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference 1 (first choice), 2 (second choice) and 3 (third choice).

___ Education Committee (3)
___ Housing Committee (3)
___ Natural Resources Committee (3)
___ Pow-Wow Committee (5) *See Below
___ Health Committee (3)
___ Budget Committee (1)
___ Cultural Heritage Committee (3)
___ Enrollment Committee (3)

*The Pow Wow Committee appointments will be as follows: four for two-year appointments and one for a one-year appointment.

Committee appointments will be made at the Regular Tribal Council meeting in February 2020. If you have any questions, please call Tami Miner, Executive Secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

USDA distribution dates for December

Siletz

Monday	Dec. 2	9 a.m. – 3 p.m.
Tuesday	Dec. 3	9 a.m. – 3 p.m.
Wednesday	Dec. 4	9 a.m. – 3 p.m.
Thursday	Dec. 5	9 a.m. – 3 p.m.
Friday	Dec. 6	9 a.m. – 3 p.m.

Salem

Monday	Dec. 16	1:30 – 6:30 p.m.
Tuesday	Dec. 17	9 a.m. – 6:30 p.m.
Wednesday	Dec. 18	9 a.m. – 6:30 p.m.
Thursday	Dec. 19	By appt only

In November, Sammy and I made pulled pork with barbecue sauce. I made the sauce out of the canned cranberry sauce and it was so good. He followed the directions on the package of pork and then added the sauce.

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Joyce Retherford, FDP Director
541-444-8393

Sammy Hall, Waehouseman/Clerk
541-444-8279

Cranberry Barbecue Sauce

1 small onion, diced
1 can cranberry sauce*
1 cup tomato sauce
½ cup brown sugar
½ teaspoon liquid smoke
2 tablespoons rice vinegar
1 tablespoon garlic powder
¼ teaspoon salt
½ teaspoon chipotle powder

1. Saute onion in a little butter until soft.
2. Place the cranberry sauce, tomato sauce, sugar, smoke, vinegar and garlic powder in a saucepan over medium heat.
3. Once the mixture is warm, add the onion and let it simmer for about 30 minutes.
4. Place the mixture into a blender carafe and blend until smooth.
5. Put it in a jar for at least a day.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

Anxiety has roots in gut-brain health

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

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic is about anxiety as a physical symptom that may not be caused by worry about an emotional situation.

Merriam Webster defines anxiety as 1) Apprehensive uneasiness or nervousness usually over an impending or anticipated ill: or 2) Medical: an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

Based on my health journey with toxicity from mold and heavy metals, as well as chemical and electro-magnetic exposure, I share the view that anxiety is marked by apprehension, nervousness and fear with possible physical symptoms of tension, sweating and increased pulse rate.

The threat may not originate from thought, however. Anxiety/tension/fear may be a response to a physical threat of which the mind is unaware. This type of anxiety appears to be increasing yet is poorly understood.

Some anxiety is clearly thought-based. Anxiety can have multiple causes, which increases the complexity of addressing and finding relief.

The experience of anxiety is common and can range from mild to extreme. It can be intermittent or almost constant.

Anxiety often accompanies many other conditions, such as autism spectrum, constipation, food sensitivities, toxicity (from chemicals, metals, molds and more), nutrient imbalances, parasites, electromagnetic frequencies and more. Anxiety is often worse in winter or the dark months.

We need focus and support for good thinking, yet anxiety can also be a symptom of a deeper root cause that is physical in nature. Many of these causes or triggers are beyond our control. With awareness, however, we can support our moods and mental health with healthy behaviors.

There is increasing awareness of our body's gut-brain connection. Research reveals that this communication goes both directions (gut to brain and brain to gut).

Poor gut health from any cause can impact brain function and mood. Likewise, brain conditions, such as traumatic brain injury, appear to set the stage for digestive issues. Traumatic brain injury is not limited to a head blow and can be associated with toxic exposure to chemicals, molds, metals, trauma and more.

Anxiety is a common symptom of toxicity. Many toxins loom in the air, water and food supply. Previous articles have addressed some of these toxic concerns (Is Your Child Dealing with a Toxic Burden? – April 2018, Herbicides and You – January 2018).

Additionally, the gut-brain relationship has also been addressed from many angles (Nutrition for Brain Health and Emotional Wellbeing – January 2017, Digestion Under Attack – February 2017, ACE Nutrition – December 2018, Food Ways to Avoid Depression – June 2018, Food Additives and Children's Behavior/Health – February 2019, But I Don't Like to Drink Water – March 2019).

When the body is unable to eliminate harmful substances due to constipation or poor detoxification, symptoms can worsen. To heal, harmful substances need to be removed as safely as possible.

It is important to be aware of whether your children are moving their bowels daily and to focus on solutions if this is not taking place. Unfortunately, many feel embarrassed to have these conversations.

Sometimes when toxicity is high, the body's elimination pathways are blocked. In this case, many of the typical solutions for constipation, such as increasing fluid and fiber intake plus exercise, are inadequate.

"Bile" is a factor often overlooked in supporting detoxification. Bile is a body fluid secreted by the liver to break down fats. In the time before modern medicine, bile was considered as one of the four basic humours.

Yellow bile was thought to control anger. Currently, we know that bile helps to excrete toxicity. We can support bile effectiveness with the use of bitters.

Historically, this was well-understood with the use of bitter herbs or greens. (Bitter Greens for Spring Detox? – March 2014). Bile stimulating and supportive foods include bitter greens, cress, grapefruit, coffee, beetroot and warm lemon water. The bitter taste is what gets the digestive juices flowing.

Historically, people consumed bitters as aperitifs (mixed drinks to stimulate appetite) before meals. Bitters can also be taken as an herbal blend (i.e., Swedish bitters) 20 minutes before meals. Adding salad at the beginning of a meal can provide the effect of bitterness (start with slightly bitter greens and work your way up the bitterness scale as tolerated).

Nausea can be a sign of sluggish bile and the urgent need for detoxification and elimination. Fiber can also help collect and eliminate toxins from our bodies.

Anxiety is generally unpleasant. We can experience anxiety directly or through another person who is anxious. It is not useful to live in denial about anxiety. Seek help.

I highly recommend addressing the unique needs of each person who suffers with anxiety. Root cause medicine is useful for this reason as it attempts to find the underlying reason(s) for symptoms.

The following suggestions are practical and likely to help while you seek health care and counseling: Consume clean food and water (such as organic and uncontaminated sources), pay attention to the frequency of bowel movements and address constipation if frequency is less than once per day, support detoxification with bitter foods and fiber.

Review the previous articles mentioned above. We can support our families, our community and ourselves with a focus on gut-brain health to address anxiety.

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.