

Bessette is new Crestview Club champion

Avid golfer and Siletz Tribal member Gavin Bessette (35) of Tidewater, Ore., is the proud winner of the Waldport Crestview Club Championship of 2020!

On Sept. 19, Bessette achieved a dream of his ~ to win this championship – since he started playing golf with his dad at the age of 10!

The tournament consists of three rounds of golf. Bessette scored a 32 (2 under par) in the first round. In the second round, he scored a 31 (3 under par). On the last and final round, he scored a 37 (3 over par). The total score for all three rounds was 100 (2 under par).

What made his win even more special is that Bessette dedicated this tournament to Ron Reme’ ~ his friend and fellow golfer who is dealing with cancer.



Gavin Bessette

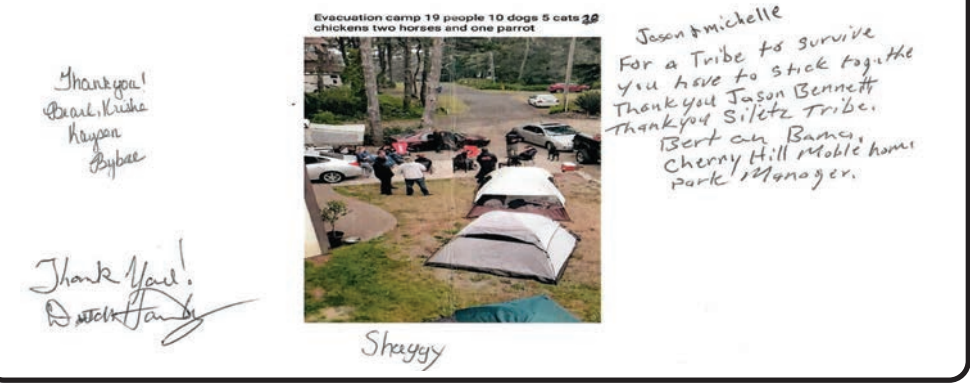
Courtesy photo

To the Confederated Tribes of Siletz Indians: We greatly appreciate all that you did for us during the Echo Mountain Fire evacuation. We were so blessed to have the Bybees open their home to all of us and then to have your assistance with food, phone cards and gas was helpful beyond words. It was such a relief to not have to worry about basic necessities during such a stressful time.

Jason Bennet is a blessing to us in our lives as we are sure that he is in your Tribe, but for your Tribe to help us as complete strangers truly is above and beyond and we want to express our sincere gratitude.

Thankfully, our homes were spared but we know many friends and neighbors who were not so fortunate. We will be praying for them as this fire continues to burn.

Our evacuation camp included 19 people, 10 dogs, five cats, 20 chickens, two horses and one parrot.



Do you need assistance with working in Oregon’s legal marijuana industry?

The 477 Self-Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon’s legal marijuana industry.

With funding provided by the Siletz Tribal Council, we are able to assist American Indians (enrolled in a federally recognized Tribe or descendant) who

reside within the service area with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance.

For more information on how to access this service, please contact the 477 Self-Sufficiency Program located in each of the four area offices or email 477SSP@ctsi.nsn.us.

Invest in your children with kitchen learning: A step-by-step guide for your family

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

In my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families. Today’s topic is about investing in our children by creating learning activities in the kitchen.

Online school, even partially online (depending on the state of affairs when this article is published), can remove children from the feeling of connection. There are risks and benefits in this format.

Parents are spread thin as they try to navigate jobs and support children with online learning. Direct kitchen learning may provide the connection necessary to balance the online learning experience.

I believe the time is now to encourage and empower children to learn in the kitchen. Invest in children through kitchen experiences. Nutrition is a logical consequence of wholesome learning and encouragement practices.

Nutrition is far more than nutrients. When we are aligned with our purpose and our deeper truth, we are more successful at nourishing and supporting our bodies. As we heal ourselves, we heal the planet.

This includes how we care for and fuel ourselves. If we ignore our bodily needs, we limit our power and the positive influence we can bring personally, locally and globally.

Traditional Native cultures have long known that our actions impact the next seven generations. We can live this truth in the kitchen with our children. Our role, as I see it, is to light the way, in age-appropriate ways, so children can step into the kitchen with empowerment.

Children not only need kitchen skills, they can help take their place in the family

structure to participate and to help in greater ways. When done in loving and intentional ways, this can boost self-esteem, a sense of self-worth and a sense of belonging.

At the same time, this investment eventually nurtures the family system as children develop the skills and confidence to help with family meal preparation.

So what are age appropriate kitchen activities for Head Start preschoolers?

1. **Watching you prepare foods (this helps children become familiar and sets the stage for readiness)**
2. **Listening to you as you describe what you are doing and why (another important developmental stage, especially with children who may have food aversions)**
3. **Having a sensory experience, such as feeling the foods and ingredients, possibly tasting them (because there is often less fear around tasting new foods in the kitchen as at the dinner table), smelling and describing, etc.**
4. **Offering a task, such as pouring a prepared ingredient into the bowl, stirring the bowl, using rounded scissors to cut greens, washing or rinsing vegetables in a colander, using a masher to mash potatoes or other vegetables, setting the table and participating in choices with the menu**
5. **Sharing, such as talking at the dinner table about what they did in the kitchen with the food, describing what they liked about what they did and how they like the finished product, and possibly what they would do differently the next time**
6. **Feedback, such as the reciprocal part of sharing as a two-way experience where children get to hear appreciation for what they did and how you**

enjoyed the food, how impressed you are with something new that they tried or how much more skilled they are becoming in the kitchen

7. Repeat, adjust, repeat and have fun. This is an investment in your children’s health, your family support system and empowerment as children grow, develop and move into the world as our future leaders.

Sample activity: Casserole assembly

- Suggested ingredients**
1. Leftover rice, cooked
 2. Can of beans, such as kidney, pinto, garbanzo, black or other
 3. Fresh greens, such as kale
 4. Oil or butter
 5. Sauce or condiment for flavor

- Assembly**
1. Wash hands with soap and water, put on an apron and get your hair out of the way.
 2. Find a casserole dish that is the right size to feed your family.
 3. Have the child spread oil or butter on the casserole dish with a paper towel, bare hands or the wax-coated wrap on the butter (your choice).
 4. Add rice to the casserole dish with a spoon and pat in down gently in the dish.
 5. Ask the child to choose which can of beans they want to try.
 6. Open the can of beans with a can opener (together, with age-appropriate participation – maybe watching you or helping while touching your hands while you use the can opener).
 7. Strain the beans by letting your child pour them into the strainer and run water over them. Add the beans to the top of the rice.

8. Wash greens in a strainer. Ask your child to make the greens bite-size by tearing the leaves with their hands or cutting with age-appropriate scissors that are clean. Remove tough stems and rewash the greens. Add the greens as the next layer of the casserole.
9. Decide what sauce you want to use, possibly with the child practicing choice from suggestions that you are happy with, such as spaghetti sauce, salsa, canned tomatoes, barbeque sauce or your favorite, and pour it over the top. Parental/adult supervision is needed to determine the amount of liquid needed for the casserole to have ideal moisture in the end.
10. Decide if you want cheese, additional herbs, or salt or pepper. Add to the top.
11. When ready to heat, place it in the oven, covered, at approx. 350 F for 30-60 minutes. Remember to explain and demonstrate that ovens are hot and that caution is required. You will likely need to model how to do this for your child many times before they are ready.
12. When the casserole is warm, let the child watch you carefully remove it from the hot oven. Once at the table, remember to talk about the experience! For advanced students, use a notebook and record your actual recipe with amounts used and measured. Record family comments and what you might change the next time.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please ask to speak to the nutritionist. Visits usually occur over the telephone.