



Richard Lee Baker Sr. – 1950-2021

Richard Lee Baker Sr., 70, of Portland, Ore., passed away April 23, 2021.

Rick was born in North Bend, Ore., on Sept. 1, 1950. He worked as a specialty exhaust mechanic in Portland for most of his career.

His passions were working on cars, riding the dunes, spending time with his grandkids and visiting the beach.

Rick is survived by his wife of 30 years, Cheryl Baker; children, Connie, Ricky, Nick, Chris, Sarah, Brandon and Cheney; 13 grandkids; and six great-grandkids.



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



Soulier enlists in Washington Air National Guard

Congratulations to our son, Gabriel Soulier, for enlisting into the Washington Air National Guard on March 4, 2021.

He is fourth generation military, following his great-grandfather – Chief William C. DePoe (Navy), grandfather – Ronald DePoe (Marines), father – Mark Soulier (U.S. Air Force and Washington Air National Guard), mother – Cynthia DePoe-Soulier (U.S. Air Force and Washington Air National Guard) and sister – Brianna Soulier (Washington Air National Guard).

He will serve our country proud!

Congratulations, Head Start grads! Summarizing nutrition in this pandemic year

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

Congratulations to the graduating students and Head Start families who were asked to learn in different ways with physical distancing! Our world is shifting – we are being asked to look deep and inventory our values and our strategies.

Nutrition is our foundation for survival. As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families and remind readers that I am available to support Head Start families by discussing nutrition-related concerns via telephone at no charge through the program.

This year's topics included the following titles: Supporting Our Children in Stressful Times, Investing in Children with Kitchen Learning, Potatoes in the Kitchen with Your Child, Can Nutrition Really Help My Mood?, Adapting Foodways, Head Start Nutrition and Family Meals Q&A, Why Do I Reach for that Specific Food?, Re-thinking Water and Hydration, and this summary.

Each article contained common messages. Nutrition is our foundation for survival. So let's practice together in the kitchen with our children and discuss our learning at the table while sharing nourishment.

Everything that is important in Head Start is also important to the community. Key points about nutrition are highlighted in the paragraphs below. Full articles are archived on the Tribal website.

Supporting Our Children in Stressful Times in October addressed internal and external stressors. External stressors included wildfires, the pandemic and the available food supply. Internal stressors

included infection, emotions, and stages of growth and development.

We need to talk with our children about what is going on around us and provide opportunities for them to process and release their feelings and fears as a way to protect them, with the goal to support their resilience for our vital future. These stressors interfere with the body's ability to receive nourishment. Children are our future!

Investing in Children with Kitchen Learning in November was an effort to bring age-appropriate activities into the kitchen for hands-on learning. It seemed that children needed hands-on opportunities to encourage and empower them, as well as to bring the family together for meal preparation and sharing at the table.

Our suggested activity was a casserole assembly. What did your family make?

Potatoes in the Kitchen with your Child was the December focus that described how to make many meals from an item that, at the time, was prevalent in many of the food box distributions around the state.

Again, the format was an outline for creating your own plan for more kitchen science with children. Did you write your recipes? Did you adjust and repeat again? Did you try winter squash or another food?

Can Nutrition Really Help My Mood? was January's focus and continued the theme of stressful times and how we can calm our nervous systems with our food choices. The home science experiment suggestion (with parental supervision and approval) was to change the menus to experience the impact of mostly carbohydrates or mostly protein with minimal carbohydrates to see how long it took to get hungry, how you felt and how well you functioned or performed.

The point, of course, is to get in touch with the foods that help you to accomplish

your goals while feeling calm, centered and healthy. What did you learn? What changes did you make?

Adapting Foodways in February was a serious look at "ancestral justice." The views of Jennifer Nez Denetdale, Ph.D. (Diné) and Chef Nephi Craig were shared as we examined ways to support health and resilience with foodways that work.

Chef Craig can be seen on YouTube at youtube.com/watch?v=uxHV6ylliHg as part of the Annual Conference on Native Nutrition, talking about "Indigenous Foodways: Adapting to Change." In this video, he shared introductory information about Indigenous foodways to expand food vocabulary and to make informed healthy purchasing decisions amid the pandemic.

Chef Craig reminded us that cooking is a vital life skill in relationship building, including the psychological, intellectual and spiritual aspects of nutrition that we learn from our food ingredients. He mentioned generational effects of historical culinary trauma through systemic colonial violence.

Dr. Denetdale supported the point that colonial violence is real in her talk, "The Navajo Nation and the COVID-19 Pandemic" in January. This is available on the YouTube channel for Amerind Museum.

Relationships are also echoed in the Cully Park Tribal Gathering Garden in Portland by creating and reclaiming relationship with land for holistic sustainability and restoring a landscape as part of healing ourselves.

Head Start Nutrition and Family Meals Q&A in February reminded us of the Head Start goals of learning practices around the table at mealtime. When adults are clear about the division of responsibility around eating, they help children develop healthy eating habits while they take a long-term view.

Adults control **what** is served, **when** and **where** it is served so healthy foods are provided in a safe and encouraging environment. This helps children step into their responsibility of **whether** they choose to eat what is served and **how much** they eat. In this way, adults help children learn from their decisions in a safe environment while developing healthy habits for a lifetime.

Why Do I Reach for that Specific Food? in March was a look at food cravings with suggestions on how to determine when we are experiencing true hunger, triggering a need for nourishment, vs. when our body is having a possible addictive craving for something that might not be health-promoting.

Re-thinking Water and Hydration in April was a slightly different perspective on how we can benefit and hydrate more fully from our water with three principles: 1. Water is wet for hydration 2. Water is electrically charged. 3. Water contains information.

Which of these seven practical hydration tips below did you try and discuss at the family dinner table? Don't drink "naked water." Consume foods such as fruits and vegetables with high water content. Add lemon, mint or basil sprigs or sliced cucumber to water or drink herbal teas. Add salt or electrolytes. Consider placing crystals in water. Pray or express gratitude to your water before drinking it. Add chia seeds for deep hydration.

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