



Courtesy photo by Sarah Lally

Children in the Siletz Tribal Head Start classroom in Lincoln City, Ore., show off the daubers that were donated by Chinook Winds Casino Resort. The donated case of bingo daubers are for the children to take home and use during math activities with their families.

Salmon, continued from page 1

“A healthy and vibrant Columbia River Basin is good for the economy and it’s good for the people of the Pacific Northwest,” observed Commerce Secretary Gina Raimondo. “The Columbia River Basin is essential to salmon and steelhead production on the West Coast, providing a key refuge for salmon and steelhead from the effects of climate change. Finding effective solutions to conserve and rebuild these species and their habitat is of critical importance to our work.”

“For the sake of everyone who lives in the Northwest, it is time to chart a more sustainable path in the Columbia River Basin,” said White House Council on Environmental Quality Chair Brenda Mallory. “This agreement opens an opportunity for states, Tribes, federal agencies, Congress, and all stakeholders to work together to forge enduring solutions that are so badly needed. The administration is committed to reaching a long-term solution in the region to restore salmon, honoring our commitments to Tribal nations, ensuring reliable clean energy and addressing the needs of stakeholders.”

2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela’s gift card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELA’S GIFT CARDS

FISHING INCENTIVE

\$50
CABELA’S GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELA’S GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett

541-444-8227

deniseg@ctsi.nsn.us

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

We can’t eat money: Consequences of our decisions plus potential rewards

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

Chief Seattle may have made this statement, “When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realize that one cannot eat money.” I had an opportunity to hear Pat McCabe share wisdom in *A Gathering of Stories: The Pandemic is a Prism*. She seems to believe we are almost reaching the state described in this quote.

As we support our young ones to be healthy and grow into wisdom, we are experiencing consequences for many of the decisions made without regard for the next seven generations. I offer information for families as part of my role as consultant nutritionist to Siletz Tribal Head Start.

Pat McCabe (Weyakpa Najin Win, Woman Stands Shining) is a Diné (Navajo) mother, grandmother, activist, artist, writer, ceremonial leader and international speaker. She draws upon the Indigenous sciences of Thriving Life to reframe questions about sustainability and balance, and she is devoted to supporting the next generations, Women’s Nation and Men’s Nation, in being functional members of the “Hoop of Life” and upholding the honor of being human.

As a non-Tribal member, I paraphrase the words of Pat McCabe. I share her message as grounded inspiration, supported by Confederated Tribes of Siletz Indians history as shared on the website.

Pat shared many points, including the power of prayer as we inquire into the truth with deep listening and curiosity. This allows deep conversation with the natural world and sense of place with all of our relations.

From this process, we sense guidance for how to be human because everything causes something else to happen. This human possibility includes how our actions cause mother earth to flourish with sustainability, leading to our mad love affair with earth and life. This brings joy!

Pat reminded us that anything gained by force will have to be redone. She explained that there is spiritual accountability on earth because of free will. We have been talked out of consent, due to the practices of “power over” that are part of the colonized rule. Our consent is powerful in the long story. The cultural mindset does not impose will on another. We can declare dissent in action, words and voice.

We ask, what is “right action” now? Pat said she senses that all possibilities are humming in the air. To uphold the honor of being human and to heal, we need to rectify harm. We need to tell the original story and allow this to shift consciousness and change the directive for the future.

We need to feel safe enough to step fully into our Eros to allow our sacred medicine to be released. What will it take to change us into the centeredness of life? Our future is present now.

A few excerpts of Tribal history from ctsi.nsn.us/the-early-days-on-the-siletz-reservation/:

All our families have stories about things that happened during the removal to the reservation and/or events in the early days of the Siletz Reservation. It was an unpleasant time for everybody involved, marked by starvation, disease, violence, poverty and depression of spirits. It is good for us to know and try to understand what our ancestors went through so that we can be here as healthy Indian people today. It’s Terry Tafoya who says something

like, “That which we forget – we always are ... that which we remember – we can overcome.”

“... One of the other hardships our ancestors faced was the federal policy of ‘civilizing’ our Indian people. Civilization meant in the U.S. government’s mind – cultivation of the soil at the time that the treaties were drafted, the purchase of farming equipment, seed and supplies, and the hiring of a “Boss Farmer” to teach farming on the reservation was a standard part of the treaty package. It definitely was not a voluntary or optional thing. All able-bodied Indians were expected to work long days – every day – except Sunday (another part of the civilization effort) – fencing fields, plowing, sowing, tending and harvesting crops that often failed. Our people worked diligently on farms that often didn’t produce much for all the labor that went into it. Wheat was a waste of time, but the worst part was that when the crop failed, then the people had to really scramble to gather and prepare enough salmon, venison, eels, seaweed, camas, hazelnuts, berries, etc. to make it through the winter. Some were not able to scramble fast enough.”

How do these concepts impact our plate and our nutrition? Food and seeds contain information. Growing indigenous cultivars (plant variety) is essential because they are the carriers of knowledge. Restoring or reclaiming relationships with landscape and “place” is part of remembering. Prayer and deep listening with the natural world is how we experience everything as sacred.

We are interconnected. Remembering and sharing our history and foods are keys to healing. Sustainability and balance come from our love affair with Mother

Nature. Seeking support for individual and collective unresolved grief and trauma, including the long history of assimilationist policies, is key for healing.

There is a call to participate in truth telling in public hearings for survivors, victims, families, communities, organizations and Tribal leaders to testify about the impacts of the physical, psychological and spiritual violence of Indian boarding schools.

November’s *Siletz News* shared many organizations that advocate for healing and safety as well as governmental movement. These organizations include StrongHearts Native Helpline, National Domestic Violence Hotline, National Indigenous Women’s Resource Center, National Indian Child Welfare Association (NICWA) and Siletz Tribal Arts and Heritage Society.

Governmental movement includes progress for Indian Country with Deb Haaland as the first American Indian to serve as U.S. Secretary of the Interior and the proposed Native American Voting Rights Act.

We must know accurate American Indian history so we can grieve together, heal and build a better future for our children and our children’s children. These include efforts to heal trauma, increase our body’s ability to be nourished by foods, to be in relationship with Mother Earth, and to be healthy.

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, please contact your teacher or the director and ask to speak to the nutritionist.