

Tribal youth learn about preserving access to land, healing and restoration

Greetings and blessings to the Siletz community. For those who don't know me, my name is Jacob Reid and I've worked as the Youth Development coordinator for our Tribe's Behavioral Health Program for the past three years.

I first wanted to express deep gratitude to the rich array of programs and staff who helped make our Summer Prevention programming successful this year. Big shout out to Natural Resources, Culture, the Central Coast Watershed Council, Siletz Clinic garden staff, Admin, Accounting and Healthy Traditions.

The dream for this summer's program was to connect Tribal and community youth with the healing relationship to the land. We wanted to teach our youth that by taking on the responsibility of protecting and restoring our first foods and gathering spaces, we preserve access for our own healing and restoration. The foundation of our community's health and wellness is the reciprocal relationship of giving back as much as we take.

Through weekly summer outings, our youth learned about land stewardship and place-based learning. Our first trip was to Amanda's Trail in Yachats, where we learned about the Siletz Trail of Tears and resiliency.

Our second trip was to the Otter Crest tide pools, where we learned about stewarding sensitive environments, the history of sea otters, first foods and our ancestral role to take care of these places

Courtesy photo by Jacob Reid

Aviana Bokuro shows off her sand candle.



Courtesy photo by Stan van de Wetering

Above: Tribal biologist Max Tice-Lewis demonstrates how to clean fish.

Courtesy photo by Andrea Sumerau

Below: Stan van de Wetering, Tribal Biological Programs director, talks to the group about salmon restoration.

Courtesy photo by Zeph Mullins

Bottom photo: Members of the group pick blackberries at the Tribal garden property.



Courtesy photo by Stan van de Wetering

Youth look at sea anemones through a viewing tube.



Healthy Traditions by Beverly A. Owen

New steps and a new path to getting food to our tables

Recognizing the beat, the rhythm, the sound of old words and ways

Of new words and ways, remember, remind, renew traditions, healthy traditions

Fresh food, natural food, tasty food

Looks good, smells good, tastes like ... More!

Something's cooking! What's that smell!

Seeds have been planted

Classes, instruction and demonstrations

To some remembering, to some reminders, to some it is brand new

Something's cooking! What's that smell! Seed planting and soil testing

What is that, how does it grow?

Community Garden, my garden, your garden, our gardens

How does your garden grow?

Hard work, lots to know, lots to do

Grow your garden from seed, shared starts, neighbors helping hands.

Partnerships, sharing information, plant trading, Elders lending a hand.

Information gleaned! Everything from:

What to do about your Oregon slug invasions to getting the most out of your

harvest by knowing when to plant, how often and how much.

How to protect our land, restore the soil, tilling, nitro and recycling,

Taking care of the earth – everything goes hand-in-hand

Canning, preserving and drying

Smoking fish, dry meat and jerky!

Learning to eat what is in season, waiting for the harvest, planning, and journaling

Winter, Spring, Summer and Fall

New and old traditions coming together

Regaining traditions in families, growing, remembering, reminding, relearning

Establishing the seed to soil in so many ways

“Eat real food, feel real good”

We dance on the ground in celebrations and in our life cycle we give back. We are closer to the ground, on the ground, in the ground, our seeds now bounding out of the ground, to the kitchen, to the table we spread our bounty of the earth's generosity, that which we helped to grow.

We're doing it together as a community of families, children, parents, grandparents, friends, neighbors – all of us volunteers to make our gardens grow.