

Alfred Lane Jr. – 1926-2022

In Loving Memory

Our dad, Alfred Lane Jr., was born in Bend, Ore., on March 30, 1926, to Alfred and Maude Lane, the fourth of eight children. The family moved back to Siletz where Junior attended Siletz School.

He joined the U.S. Navy in 1943 at age 17 and served in the Pacific Theater during WW II. He received the Combat Action Medal and other awards in the victory over Japan.

He returned to Siletz and married his high school sweetheart, our mom, Clarice Caston, in 1947. He remained in the U.S. Navy and traveled to duty stations throughout the world, including his family whenever possible.

He saw action on the U.S.S. Missouri during the Korean conflict and received the China Service Ribbon. He served three tours in Vietnam. During his time in the Navy, he was a member of the U.S. Navy Marksmanship Team and awarded the Navy's Expert Rifle Medal for his proficiency in long arm weaponry.

In 1960, the family settled in National

City, Calif., where he lived until his death on May 25, 2022.

Our dad achieved the rank of E8 Senior Chief Gunners Mate before retiring from the U.S. Navy in 1968. He then continued his service to the nation as a contractor with Pacific Ordinance Company, applying his expertise on naval weapons systems.

After retirement, Dad and Mom traveled extensively. They made cross-country trips including Alaska, Canada, Mexico and Hawaii, and always made their way back home to Siletz. His favorite activities with his family included hunting, fishing, golfing, camping, clamming, crabbing, mule packing in the Sierras and stopping at every casino along his path. Dad also loved making and gifting traditional Siletz regalia to family and friends.

Their road trips from National City to Siletz are the stuff of legend and the tradition carries on today with our new generations. After Mom passed, us kids became his "road dogs," traveling with Dad back to Siletz anytime for any reason.

Dad dedicated his life to family and friends. Even though he had a large family of his own, he always made room for more. He lived in the moment, making everyone feel special. You always felt as though you were his favorite.

He was proud of his family, where he was from and being a Native American Navy veteran. He said, "I grew up in the best place, at the best time. Siletz was my playground." Jr. will be forever loved and missed by his family and friends.

Our family gives thanks and much gratitude to all those who assisted us in saying a final farewell to our dad at his memorial service in July on Government Hill in Siletz. A special thank you to William "Buster" Lane Jr. for officiating, to the Siletz maintenance crew, the Siletz Honor Guard, and the drummers and singers for your willingness to assist us during a very difficult time. We also greatly appreciate all of the family and friends who attended and supported us.

We held a second service for our dad in San Diego for his many friends and fam-



ily there on July 30 at Admiral Baker Field. Many thanks to everyone who attended and supported us in honoring our dad.

Thanks to all who came to dad's services. Your love, prayers and presence meant a lot to us.

Sincerely,
The Family of Jr. and Clarice Lane

Tribal employment information is available at ctsinsn.us.

Finding calm in the storm, nutritionally: Stock up and prepare for emergencies

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

Fall is a time of harvest and in the western states, it is frequently a time of wildfires and uncertainty. As part of my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. This month my focus is on the need to store food for later consumption and to set part of it aside for an evacuation "go bag" as a way to find calm in preparedness.

With uncertainty and food insecurity in mind, basic preparedness and stocking up for emergencies is an important point worth considering and incorporating into our approach as we harvest and purchase foods in preparation for fall and winter.

Now is always a good time to prepare foods and herbs for storage. Seeds need to be saved. Water is essential. Some of these foods, seeds and supplies need to be ready to go in case of the need for immediate evacuation.

I see foods and herbs as vital medicine. They nourish us in many ways beyond the basic nutrients of minerals, vitamins, protein, carbohydrate, fat and water. I place many herbs in the food category since they are consumed with, and as, foods. We need to plan and act in ways to stay in connection with this life force.

Preparedness is a practice and a state of mind. How can one find calm in the midst of uncertainty and unpredictable events? I suggest the following practices to create a framework:

1. Store and preserve nutritious foods, herbs, seeds and water.
2. Calmly focus on gratitude, love and health around food vs. fear.
3. Be aware of traditional food practices while incorporating modern

strategies that are consistent with preparedness.

4. Take a subset of these foods and herbs to prepare an evacuation bag or bags.

Food storage and preservation can be done on many levels and certainly does not need to be done all at once. Storing winter squash, onions and potatoes in a cool, dry place away from light can extend the period of time we have to consume these foods safely.

Drying herbs, fruits, vegetables and meats extends how long we can eat these foods. Canning and freezing are also methods for food preservation, as well as fermentation such as sauerkraut and wine.

Extracts of herbs can also be made to extend our time to benefit from the healing properties of these herbs. We can do the work ourselves or we can purchase or barter to acquire them.

On a personal note, I dry peppermint leaves for tea. I collect fennel seed in the fall for cooking as well as to extract in glycerin to use as a digestive aid (to help expel gas).

This year, I purchased frozen aronia berries at the farmers market, placed them in a jar and poured alcohol over them to extract and preserve the benefits for later in the year. I'm currently traveling with these items, in addition to other natural products that I made and purchased for my health and first aid, such as plantain salve and propolis extract.

Collecting and saving seeds is a practice with a commitment to our future. Seeds can also be used for gifts of gratitude or currency. Safe water practices include storage in clean non-reactive containers and the ability to purify water by boiling, filtration or other methods.

Addressing the second point in the suggested framework, our attitudes and

how we approach foods and herbs matter when we consume and share this vital medicine. Our gratitude, love and prayers certainly go into the food and herbs as we prepare and handle them. This is no small point and often embedded into traditional teachings.

The third point is about embracing tradition with openness to modern ways that are consistent in purpose. Traditional ways and teachings remain essential.

In today's world, it seems to me that so much skill and knowledge has been lost. The old traditional ways become new. Occasionally, these ways can be updated to incorporate electricity, solar power and storage batteries for fuel or energy.

Cooking with fire may include a rocket stove for minimal fuel or wood consumption. Modern food preservation may include freezing with an emergency generator back-up or cooler/freezer powered through a 12-volt plug for travel flexibility or off-grid living.

Glass jars can be used for storage and/or canning. Lately, I've been deep into learning about solar power on a small and mobile scale.

Knowing plants well enough to wild harvest and forage provides skill to survive. Perhaps a local plant identification book can encourage your learning practice on a daily basis (and may belong in your go kit – in point 4). This can even start in your own garden as you learn to embrace and consume the weeds – such as the leaves and flowers of borage, dandelion greens and root, chicory root, lamb's quarters, miner's lettuce, fiddleheads, day lilies and more.

Families and community are part of our resources. Our relationships can form a safety network whereby we can share our food and skills with others. This can ease the amount of work and expertise that any one person needs. It also lends

to the opportunity for barter vs. actual cash exchange.

As for point 4, when people need to evacuate quickly, they are often at the mercy of others for food and shelter. This situation increases the experience of food insecurity, especially when one follows a specific diet for health reasons.

When we prepare our own foods, we have an advantage of access to nutritious foods prepared with love. Ideally, we also have some of the supplies to survive with continued access food.

Things to consider when preparing your "go pack": What supplies would you need? How would you carry them? Where would you store the bag for access when time is short to prepare?

Continuing the questions, ask yourself what is needed beyond your consumables of food, herbs, seeds and water. Do you have the first aid and medicines you need? Are they ready to go? Do you have light, fire, the ability to forage or hunt, and to prepare these safely for consumption?

We are reminded that these ways are for our future and the key to our survival. These ways are also how we find calm in the storms around us.

We put love and gratitude into the food and herbs we collect. We collect and share seed. We grow, harvest, forage and hunt, store and preserve foods and herbs for later use. We protect our water, store some in safe containers and consider filtering it in order to protect ourselves and our families.

Please know that 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.