



Most Often Requested Numbers

Confederated Tribes of Siletz Indians –
800-922-1399

Salem Area Office – 503-390-9494

Portland Area Office – 503-238-1512

Eugene Area Office – 541-484-4234

Purchased Referred Care (PRC) –
800-628-5720

Tribal Veterans Rep – 541-444-8330
or 541-270-0569

Siletz Community Health Clinic –
800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds Casino Resort –
888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – www.ctsi.nsn.us

Arneva C. Pyle – 1935-2023

Arneva was born in Siletz, Ore., to Charles and Helen (Nellie) Orton on Sept. 9, 1935. She married her husband, Doyle (Bud) Pyle, in 1951. She passed on Oct. 6, 2023.

She is survived by her daughters, Debi (Mike) Wagner of Ferndale, Wash., Judy (Ian) Ashdown of San Clemente, Calif., and Wendy (Rory) Swedelius of Ferndale. She is also survived by eight grandchildren: Kim, Stacey, Michael, Erin, Leslee, Ed, Jessica and Olivia; and 12 great-grandchildren, with her 13th due in 2024.

She was preceded in death by her husband; parents; sons, James (Jim) and Jeffery; and her brother and sister, Charles (Chuck) Orton and Willa Daugherty.

The most important thing in Arneva's life was her family. She was proud of and supported all of us. You would often find her playing ball outside with them or sitting around the table playing cards or board games.

Arneva had a great sense of humor, up until the end. She was known for making



beautiful crocheted afghans and made them for her family. She also loved all pets, especially Chihuahuas, and had several throughout the years.

She was a member of Confederated Tribes of Siletz Indians and embraced her Native heritage.

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

Traditional fat facts for health: Good fats found in nature are best to consume

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

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on information about fats, traditional uses and how to make healthy choices today. This topic returns from March 2014 and remains important, including mention of treating symptoms that I'm blue about.

Historically, traditional diets have varied in total fat intake. Amount often is determined by climate. People in colder climates, such as in the arctic, require higher fat intake.

The Salish Food Mound, as described by Drs. Korn and Ryser, comprises 33% leafy greens, berries and fruits; 45% meat, fish and fowl; 20% fats and fish oils; and 2% roots and sweets.

Salish peoples include the Siletz. Because the traditional diet is low in starch and leaves are not very filling, caloric needs are met primarily through proteins and fats.

There is a great deal of fear and conflicting interpretations around fat. Fats and oils are vital in nutrition. While total amount consumed is important, our primary focus in this article is about choosing healthy fats.

Traditional sources of healthy fats include bear fat, crab, herring, fish eggs, nuts and seeds, halibut, oolichan, salmon oil, seal oil and whale oil. Many of these sources have become rare or impossible to get.

Oolichan (smelt) oil is one of the most important foods of the Salish people. Major trade routes were known as The Oolichan Grease Trails, likely because as families traveled from the Pacific North-

west eastward to trade the precious oil, drops fell along the way.

The decline of oolichan has been a great concern. It is not only a favored condiment for dipping foods and binding dried fish or berry cakes for winter food, it is also very healing for the skin.

Oolichan oil is very high in DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), which are used to treat diabetes, depression, post-traumatic stress disorder, addictions, auto-immune diseases, learning disorders and chronic pain. Can you believe it? Specific fats for depression, chronic pain and more?

A simplified way to look at which fats are healthy is to look toward nature. Oils that are found in nature, such as foods containing oils that are consumed or easily extracted, are natural and likely to be healthy when fresh. Fats that are highly processed, such as those extracted with solvents, heated to high temperatures or hydrogenated are not considered to be natural.

Trans fats occur during the hydrogenation process with a catalyst, whereby the position of the carbon changes and makes it unlike what is found in nature. The human body does not recognize trans fats.

Trans fats are associated with inflammation and coronary heart disease. These unhealthy fats are often hidden in baked goods, fried foods, cookies and snack foods.

Essential fatty acids, referred to as omega 3 and 6, are important for health and are found in fish, meats, nuts and seeds such as flax oil, evening primrose oil, borage oil, black currant and cattail. The term essential means we can only get it by consuming it. Our bodies cannot make them from other fats.

The modern American diet tends to be quite low in omega-3 fatty acids. Deficiency symptoms include weakened vision, learning and growth problems,

insulin resistance, poor immune function, inflammation, high blood pressure, allergies, dry skin and low energy. EPA and DHA are two types of omega 3s.

While omega 6 fatty acids are also essential, most Americans get too much in relation to omega 3s. It is probably best to focus on cold-water fish for Omega 3 fatty acids.

The problem of availability of traditional healthy fat sources brings the focus to nutritional equivalents that are found in our grocery markets and from other cultures. Good choices for cooking oils can include olive, grapeseed, safflower, sesame, coconut, palm and sunflower, plus unsalted butter.

It is extremely important to avoid rancid fats. Any of the already mentioned oils can become rancid, so keep in mind to treat them with care by storing them away from heat, light and air. Remember when using fats and oil, "smell" before using them. If they develop an "off" smell in storage, this is likely rancidity and can cause damage in your body.

As a special note, some Native cultures such as Inupiat or Inupiat prize aged or ripened oils, such as seal oil. My previous husband lived in bush Alaska many years and described some of the seal oil as having a very strong aroma (some might say stinky). He said the elders, especially, liked it that way.

My longing to taste seal oil never occurred as it is protected and can only be purchased by Natives. I understand it warms the body in cold temperatures and is therefore valuable to carry in winter conditions.

While I have a master's degree in food science and technology and training in lipid science, I need further study to understand the nuance of the traditional ways as I wonder whether it is fermentation, rancidity or putrefying that produces the stink.

Sometimes it takes many years of scientific research to explain traditional practices. New risks emerge, such as botulism, when traditional methods of fermenting meat or fish are modernized. This highlights the wisdom of traditional ways.

Also, there is nutritional importance for using raw fat, which preserves lipase, an enzyme. There is no evidence of heart or blood vessel disease in whole nations of people eating high fat foods when the fat is consumed in the raw state. This has been the case with the indigenous Inupiat on their high meat and fat diet. Once the fat is heated, the nutritional advantage is lost.

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. We want to support your children and families.

Resources

Preventing & Treating Diabetes Naturally The Native Way by Leslie E. Korn, Ph. D., MPH and Rudolph C. Ryser, Ph.D., DayKeeper Press, Olympia, WA, 2009

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Plants That We Eat – From the Traditional Wisdom of the Inupait Elders of Northwest Alaska by Anore Jones, University of Alaska Press, 2010

<https://www.discovermagazine.com/health/this-aint-yo-mommas-muktuk-fermented-seal-flipper-botulism-being-cold-and-other-joys-of-arctic-living>