

Temporary Tribal Student Assistance Program

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance Program (TTSAP) will accept applications for the 2024-2025 academic year beginning May 1, 2024.

Program Information

- ❖ TTSAP assists Tribal students who will attend a college, university, vocational or trade school.
 - ❖ TTSAP is a time-limited program. Funding is for one academic year.
 - ❖ TTSAP assists students with rent or room and board in a dormitory.
 - ❖ The student's share of the rent is 30% of their adjusted annual income.
- Important note: The student is required to remit a portion of the rent. For example, if a student is working, the wages earned will affect the student's share of the rent.

STHD will accept applications May 1-31, 2024. Applications received after May 31 will not be accepted.

To obtain an application, please stop by the STHD office at 555 Tolowa Court, Siletz OR, 97380; or call 800-922-1399, ext.1315, or 541-444-8315. Applications can also be downloaded from the Tribe's website at www.ctsi.nsn.us.

Cecelia De Anda
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Rental Assistance Program Coordinator/Resident Services Advocate

USDA distribution dates for April

Siletz

Monday	April 1	1 pm. – 3 p.m.
Tuesday	April 2	9 a.m. – 3 p.m.
Wednesday	April 3	9 a.m. – 3 p.m.
Thursday	April 4	9 a.m. – 3 p.m.
Friday	April 5	9 a.m. – 12 p.m.

Salem

Tuesday	April 16	9 a.m. – 6:30 p.m.
Wednesday	April 17	9 a.m. – 6:30 p.m.
Thursday	April 18	By appt only

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

Sammy Hall, USDA Program Director
541-444-8279 or 541-390-0763
sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

Frybread

4 cups all-purpose flour
1 tablespoon baking powder
2 tablespoons powdered milk
1 teaspoon salt
½ cup shortening
1½ cups warm water
1 cup shortening or oil for frying

1. Place flour, baking powder, powdered milk and salt in bowl and mix well, then add shortening. Work it in with your fingers until it is all combined well.
2. Add the warm water and mix with your hands until soft dough forms. You may need to add little more water at a time.
3. Let it rise for about 20 minutes.
4. Form the dough into 2" balls. Flatten and stretch the dough into circles.
5. Poke a hole into the center of the circle and place into heated shortening. Cook until golden brown, turning once.

For more information about the Siletz Tribal Arts and Heritage Society, visit siletzartsheritagesociety.org.

Interconnectedness of nourishment involves food growth, production and more

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. Many things can go wrong in the process of nutrition. Often this is what my articles address. This month my focus is on the interconnectedness of life that sets the framework to support nourishment for us as well as for our environmental systems.

One of the definitions for interconnectedness is a state of being connected reciprocally. With readiness and receptivity in mind, I will walk through some concepts to highlight the interconnectedness of nourishment and suggest that small shifts in our awareness may ripple into large benefits.

The information below is not an ordered list for sequenced action. It is meant to be a way to focus on consciousness through many phases of food growth, production, preparation, consumption, mindset, fellowship, pleasure, reciprocity, sustainability and so much more.

When we source our food, we may purchase it from others. We can also grow, harvest or raise it ourselves. Either way, the conscious awareness and attention to this process is likely to impact the quality of the food and how beneficial it is to those who consume it.

Some of this attention and consciousness is addressed in agriculture and farming practices with a focus on inputs. While inputs and practices are extremely important, my suggestion is broader, more inclusive and less well-studied. When our food comes from natural wholistic systems, we who eat this food benefit in profound and subtle ways.

A loving attitude is important in the kitchen or wherever food is prepared. Ancient cultures knew to not allow angry cooks to prepare food for others because they knew it would impact those who ate it.

I invite you to think back on your personal experience, to consider what you noticed with the interplay of different moods during food preparation and the outcome for those who shared in its consumption. Moving forward, this attitude can be practiced in the simplicity of knowing the importance of this role in the kitchen. Chopping vegetables can become a meditative practice of love.

Stillness matters, as well as a place free from distraction while eating. This means that sitting in a chair at a table or on the ground vs. driving in a moving car, supports our bodies to receive, allowing greater benefits to our health.

The distraction of watching TV during mealtime or playing on your phone does not allow your focus to tune in or benefit from the meal. Distraction can make eating unconscious and allow over or under consumption, without enjoyment or readiness to receive the food.

Gratitude and giving thanks for all the hands, and many beings, who participated at each stage along the way awakens our awareness of our interconnectedness. It can change us as well as our food. This practice of gratitude can be considered a form of prayer, or meditation, extended out into our globe with knowing we are interconnected.

In addition to gratitude, our intention or prayer can be directed in two specific ways:

1. For transformation and purity of the food and water
2. For its assimilation in the body for optimal function and right action

Again, this focus appears to be apparent in ancient cultures and biblical accounts, as well as people who survived internment camps or prisons without access to clean food or water. We don't need to "turn water into wine," but this biblical account captures the power behind transformation and assimilation.

We too can put our attention on this request to clean up our food and water, as well as for our bodies to fully benefit in our personal health. We extend our health to others with right action in the world. Again, we realize our interconnectedness.

Savoring each bite with pleasure is another way to bring about conscious awareness of the food while benefiting in the experience. Furthermore, this can be a time to focus on the balance of the many aspects of nourishing body, soul and spirit.

While pleasure can be misused, the solution is not denial. Nourishing food can be delicious and pleasurable. This experience is healthy and reverberates outward through our interconnectedness.

Fellowship with others can bring a state of joy, peace and relaxation during a meal. Companions can include classmates, family and friends. The time shared can include music, singing, laughing and storytelling.

On the other hand, please remember that even solitude can be joyful, peaceful and relaxing. Our state of mind while eating helps us receive and benefit from our food and water.

Fellowship is another reminder of our interconnectedness. While alone, fellowship is not lost when our focus is on the greater interconnectedness with all life.

The realization of reciprocity, giving and receiving, is another layer of our interconnectivity. We engage in exchange of food for money or barter. We share gifts of food with our friends and neighbors as an offering and sometimes a hope of reciprocity.

We also know that sometimes our gifts are paid forward and received from others in different timing, rather than direct exchange. Furthermore, we return food scraps to compost.

We even deposit our human waste after we extract what our bodies use. These deposits ideally return to the soil to support our land, root structures and respiration of the soil for the earth and all inhabitants.

Exudates (substances that ooze out from plant pores) from the root structures of plants feed the microbial life to create bioavailable nutrients for soil health. Soil health transfers to the health of our food and to us. This reciprocity is at work in the natural world of interconnectedness.

Sustainability honors our sense of symbiosis that in a perfect world, all parts matter and work together without depletion. Again, sustainability is at work in nature and has become an important concept recently due to human practices that did not honor it. Tribal culture knows well that what we do today impacts our future generations. This is another expression of our interconnectedness.

Perfection is not the model I describe, yet our awareness of the interconnectedness of life is what allows us to do the impossible for maximal benefit. What we bring to the world, our families and ourselves is not in isolation. This interconnectedness is beyond nutrition, yet at the very same time I see the same principles at work.

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.