



Lawrence Lynn Sondena – 1947-2024

Lawrence (Larry) Lynn Sondena passed away in Newport, Ore., on July 9, 2024. He was 77 years old.

Larry graduated from Siletz in 1966. He was a U.S. Army veteran who was stationed in Germany from 1966 to 1968. He served in the 532nd Air Command.

He was a logger but for most of his life, he was a truck driver who hauled rock and heavy equipment. He loved driving back roads both on and off the job.

His favorite pastime was elk hunting with his daughter, Heather, and her three boys. He also enjoyed fishing and woodworking in his shop.

Larry leaves behind a wife, Suzie; his brother, Raymond Sondena Jr.; his two daughters, Heather Quinton and April Middaugh; his three grandsons and one granddaughter; and numerous nieces, nephews and cousins.

Larry was preceded in death by his father, Raymond Willard Sondena Sr.; his mother, Viola (Ole) Louisa Sondena; his brother, Edwin Sondena; and nephew, Lonnie Sondena.

Larry’s Celebration of Life will be at the Siletz Tribal Community Center on Saturday, Oct. 12, 2024, at noon. Potluck to follow.

I Made It Home

I just wanted to let you know that I made it home.

The journey wasn’t an easy one, but it didn’t take too long.

Everything is so pretty here, so white, so fresh, so new.

I wish that you could close your eyes so you can see it too.

Please try not to be sad for me.

Try to understand.

God is taking care of me.

I’m in the shelter of his hands.

Here there is no sadness, and no sorrow, and no pain.

Here there is no crying, and I’ll never hurt again.

Here it is so peaceful, when all the angels sing.

I really have to go for now ...

I’ve just got to try my wings.

General Council Meeting

Saturday, Nov. 2, 2024 • 1 p.m.

Tribal Community Center
Siletz, Oregon

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes
Enrollment Ordinance
Declaration for Tribal Council
Tribal Member Concerns
Chairman’s Report
Announcements
Adjourn

Please note the General Council Meeting will be livestreamed through the Tribe’s website.

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

Our vitality is linked to the soil that cleans our air and is more than just dirt

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

In my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. This month I focus on soil and its connection to our vitality.

Fall equinox is behind us. Many of the activities that people choose to honor the seasons and the earth can be done throughout the year as well.

I was moved by the profound simplicity of a suggested ritual with the soil that connects us to health and our food supply. Most of the information I share below is compiled from a Soil Conversation Series Program with reference links at the end. I want to emphasize how the soil is an important link to our food supply and to our health.

By overview, I offer supporting information about soil because **soil is more than just dirt**. Soil is a vibrant community of organisms, from the tiniest bacteria and fungi to worms and crawling insects, all working in harmony to sustain life on earth.

Soil is alive, constantly breathing, transforming and regenerating. It is the birthplace of our food, the keeper of ancient stories and the foundation of all life. We would not exist without soil. It is vulnerable to human activity and natural forces. Soil needs our attention, our action and our gratitude.

Soil contains a vast microbial universe: A single teaspoon of healthy soil can contain more microorganisms than there are people on earth, with estimates ranging from 100 million

to 1 billion bacteria, along with fungi, protozoa and nematodes.

Soil is a major carbon sink: Soils store more carbon than the atmosphere and vegetation combined. It’s estimated that soils contain about 2,500 gigatons of carbon, which is more than three times the amount stored in the atmosphere.

There are more soil types than plant species: The world has more than 70,000 different types of soil, each with unique properties. This diversity in soil types supports a wide variety of ecosystems and plant species.

It takes hundreds of years to form soil: It can take more than 500 years to form just one inch of topsoil, the most fertile layer, making soil a non-renewable resource within a human lifespan.

Soil is alive and breathing: Soil “breathes” through a process called respiration, where microorganisms in the soil consume organic matter and release carbon dioxide. This is a critical part of the carbon cycle.

Soil filters and cleans water: As water moves through soil, it filters out impurities and pollutants, making it one of the planet’s natural water purifiers. This process is essential for maintaining clean groundwater.

Soil helps mitigate climate change: Healthy soils can sequester carbon dioxide from the atmosphere, helping to mitigate the effects of climate change. Practices like no-till farming and cover cropping can enhance this carbon sequestration.

There’s more biodiversity below ground than above: The majority of the world’s biodiversity is found below ground in soils. This includes

a variety of organisms, from earthworms to microscopic fungi and bacteria, all playing critical roles in ecosystem function.

Soil is the foundation of our food: Nearly 95% of our food comes from soil. Healthy soil means better crops, richer nutrition and a sustainable food supply.

I will close with the blessing that was offered for the suggested ritual.

Soil, you are the foundation of all life,
The cradle of roots, womb of seeds,
You who hold the stories of ancient forests and mountains
The whispers of rivers and oceans,
and the memories of the stars.

We give thanks for your complexity,
For your minerals, colors and songs,
For the nourishment you provide to all beings,
From the tiniest creature to the tallest tree,
For holding us in your rich embrace.

We are grateful for the hidden world that lies within your depths,
A vibrant community of life unseen,
A myriad of beings, ancient and wise,
Who weave the threads of life together,
Transforming decay into renewal,
Creating the fertile ground from which all life springs.

Soil, we offer our deepest gratitude,
For the food that grows from your fertile embrace,
For the medicine you hold within your layers,
And for the life you sustain with every breath.

May we remember your sacredness, May you and the community of life you hold within be cared for and nourished.

Living soil, may you always be respected, honored and loved.

I am grateful for you.

Perhaps when we give thanks for our food, we can also thank the soil because soil is food for our food. We have many ways to connect with soil as we interact with the world and possibly grow plants, including flowers, herbs, fruits and vegetables.

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.

- References and links to information**
- Mycelia Gratitude Ceremony: <file:///Users/nancylud/Desktop/Soil+Gratitude+Ceremony.pdf>
 - Soil Conversation Series: Nurturing Life, Planet, and Climate from the Ground Up. <https://www.natureevolutionaries.com/soil-gratitude-ceremony/#soil-conversations>
 - I expect the recordings will continue to be available, held from Aug. 13 to Sept. 21, 2024. Event offered via this link <https://www.natureevolutionaries.com/>