

Siletz Tribal Athletic Commission Vacancy

The Athletic Commission was formed to promote and offer different types of sports activities at the Siletz Tribe's gaming center and/or at other locations on Tribal trust land. It was established to create rules and regulations for the conduct of each sporting activity and to regulate each sporting activity that is authorized by the Tribal Council.

The Athletic Commission consists of three members and a Tribal Council member. Two of the three members may be a non-Tribal member with experience in the conduct and regulation of sporting activities.

The Athletic Commission shall permit and regulate only those sporting activities specifically authorized by Tribal Council and permitted by applicable law. The following activities are authorized by Tribal Council: boxing (amateur and professional), wrestling (amateur and professional) and mixed martial arts (amateur and professional).

The Athletic Commission shall be responsible for regulation of any sporting activity that occurs on Siletz lands to ensure the conduct of such sporting activity comports with all Athletic Commission regulations and applicable laws.

Athletic Commission members shall be reimbursed for approved travel, subject to the availability of funds. If interested in an appointment to the Siletz Tribal Athletic Commission, please complete a résumé and submit to: Tribal Council, Attn: Executive Assistant to the Tribal Council, P.O. Box 549, Siletz, OR 97380-0549 or email celestal@ctsi.nsn.us.

There is one vacancy with a term ending February 2028. Appointment will be made at the Regular Tribal Council Meeting in February 2025. The deadline to submit your résumé is Feb. 12, 2025.

Join us for meals at the Tribal Community Center

We are excited to announce that congregate meals will start Nov. 5 and will be held every Tuesday; doors will open at 11 a.m. and a meal will be provided at noon at the Siletz Tribal Community Center.

It's a wonderful opportunity for Siletz Tribal elders to come together, share a meal and enjoy each other's company.

What to expect

Our congregate meals are designed to provide nutritious food in a friendly environment. Each week, you can look forward to a delicious meal prepared with care. It's not just about the food, it's about fostering connections and building community ties.

Why attend?

- Nourishing Meals: Enjoy a variety of healthy options.
- Social Interaction: Meet new friends and catch up with neighbors.
- Community Spirit: Participate in a welcoming atmosphere that promotes well-being.

Mark your calendar!

We invite our Siletz Tribal elders to join us starting Nov. 5 and every Tuesday thereafter. If you have any questions or need more information, please contact Maggie McAfee, Siletz Tribal Elders Title VI coordinator, at 541-444-8233. We look forward to seeing you there!

Resilience in the world today already occurs in nature, so we could follow suit

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. We live in stressful times right now. The intensity and pressure seem to be increasing rapidly. This month I wonder, how can we create relationships and activities as a means to build resilient community while addressing the needs of the world today?

It seems to me that in these times, personal care needs a new approach. To build resilience, our care requires more than eating well and the healthy behaviors I write about. How can we navigate this shift?

I believe we need to create relationships and form groups of support with the desire for mutual benefit. As we share our concerns, needs and hopes, we can foster ways to support one another. Dominant U.S. culture seems to dictate personal independence vs. interconnectivity. I believe we need each other in community to survive and, ideally, to thrive.

Nature provides clues for us to remember how to live in a community. Nature operates with interconnectedness and demonstrates what can occur. I often consider the fungal communication networks among the trees. As science begins to study these networks, advanced communication patterns are observed.

These unseen relationships were observed and known by peoples who lived close to nature, long before the limited tools of modern science were able to study and come closer to detecting such relationships. Across the span of my life, I have observed the dismissal of Indigenous traditions/wisdom due to lack of evidence, prior to being validated by science. From my perspective these relationships

were always true, however, the models of science lagged behind.

I see this dynamic paralleled in the studies of nutrition and herbalism. Nutrition hasn't changed over time. Our scientific interpretations are what seems to shift and lag behind.

What our bodies do innately is what science attempts to study. When science validates these relationships, it is useful. The relationships, however, were always true. They didn't suddenly become true.

That being said, it may also be true that as human bodies become unwell, they are not able to use or benefit from foods in the same way and health declines as diseases progress. Furthermore, as our food production practices deviate from the natural world and are modified for traits to accommodate modern mechanization and distribution, they become altered or different. Science is getting closer to measuring these differences.

Likewise, the healing power of herbs was always there and available to those with keen observation and willingness to experience the benefits. The subtle, or the unseen, was always there, just not understood by what we call modern science.

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

Another layer of our interconnectivity and sustainability is reciprocity through giving and receiving. We may engage in exchange of food for money or barter. We can share gifts of food with our friends and neighbors as an offering and sometimes a hope of reciprocity or support in other ways.

We also know that sometimes our gifts are paid forward and received from others in different timing rather than direct exchange. If we care to survive in cooperation with nature, I sense that we need to be conscious about what we create with keen awareness of its impact on all life, not just ourselves.

We interact with the soil. We give back to the earth when we compost food scraps to nourish the soil. We might also deposit our wastes into landfills and recycling streams. These deposits influence our greater community on earth.

Ideally, we want the soil to support our land, root structures and soil respiration for the earth and all inhabitants. Exudates (substances secreted by a plant) 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.

These foundational interconnected processes are powerful, yet when human practices attempt to control or to force nature to behave differently, nature's benefits can be diminished, especially without the cycles and time required for adaptation or resilience.

My awareness of the interconnectedness of life is what allows me to have hope. 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 these principles at work.

In support of children and families, the Head Start framework focuses on five central domains as described in this link: <https://eclkc.ohs.acf.hhs.gov/interactive-head-start-early-learning-outcomes-framework-ages-birth-five>. These domains include approaches to learning, social and emotional development, language and literacy, cognition, and perceptual, motor and physical development.

Nutrition is woven into each of these domains with goals to serve a

variety of foods that consider cultural and ethnic preferences and broaden the child's food experience along with meeting the nutritional needs and feeding requirements for the children (including special needs). Meals are offered to contribute to the development and socialization of each child through offering a variety of foods at a table with sufficient time to eat.

Family assistance with nutrition includes parent education activities and opportunities for education on food preparation and nutritional skills. Teachers conduct nutrition education each week with in-classroom activities.

Health and safety for students and staff is protected by following food safety and sanitation measures. While this model is not perfect, the goals of Head Start include systems of support for children and families to develop, learn and grow in healthy ways.

In these current times of stress and struggle, I encourage us to seek connection with each other and to remember the ecology of care, also known as "life," inside the principles of nature.

The benefit of nourishment results from the networks in nature. If we are to survive, and thrive, in these modern times, I encourage us to consider how we can build relationships and network with each other in mutually beneficial ways – much like nature does. This may require awareness and shifts away from individualism towards shared cooperation in community.

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.