

Siletz News policies and procedures now available online

By Andy Taylor, PIO

Guidelines and policies are essential for any organization, and Siletz News is no exception. These guidelines ensure that all submissions are accurate, relevant, and adhere to ethical standards, which ultimately helps maintain the integrity and quality of the newspaper. Having clear policies in place also fosters consistency and transparency, making it easier for contributors to understand the expectations and requirements for their submissions.

When submitting information to Siletz News, it's important to ensure all facts and details are accurate, double-checking names, dates, and statistics. If you're submitting in writing, please write clearly and concisely. This makes it easier for our staff to type it out for the Siletz News.

If submitting an article or story, cite sources and give credit where it's due, including names and context when quoting someone. Follow ethical guidelines, such as respecting privacy and avoiding plagiarism, and adhere to the newspaper's submission guidelines regarding format, length, and style. Be sure that submissions are sent as attachments.

If submitting a photo or supporting image with your article, please ensure it is an attachment and not embedded in an email or document. Staff will request the image be sent again as an attachment. To ensure the highest quality in print, we request that photos are not screenshots, are unedited and high quality.

Tribal Members should email items for consideration in Siletz News to pias@ctsi.nsn.us. If you have ques-

tions or need assistance you can call our Public Information Department at 541-444-2532. Our staff is more than willing to help however we can.

The Siletz News policies and procedures document provides a comprehensive overview of the standards to be followed when submitting information to the newspaper. Specific policies and procedures are detailed for various types of submissions, including passages, letters to the editor, tribal member articles, obituaries, fliers, and advertisements. Each type of submission has its own set of guidelines regarding length, format, attachments, deadlines, and review processes.

Remember, the deadline for submissions is the 10th of each month or the nearest business day. You can find the full Siletz News Policies and

Procedures as well as all Siletz News deadlines in the extended tribal calendar on the website at ctsi.nsn.us, under the News & Events tab.

Scan the QR code for online access to Public Information including: The digital Siletz News, the Area Office Newsletter, Siletz Tribal events calendar, Naa-ch'it-'a Podcast, reports and the full policy and procedures.



Stone Soup sparks reflection on food, community, and healing

Nancy Ludwig, MS, RDN, LDN, Siletz Tribal Head Start Nutritionist

In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. The story of "Stone Soup" comes to mind, as I attempt to weave nutrition into the culture of community (and human relationships). It raises questions that I will share for your consideration.

Stone Soup is a European folk story set in a village where the people were experiencing hunger and scarcity. When three hungry strangers arrived, the people were not willing to share. The strangers then declared that they would make stone soup for all. The villagers were intrigued. Starting with 3-stones, the strangers asked who would provide the kettle for the stones, and water to place over the fire.

As the water began to boil, they asked the village people to share small amounts of their food, such as vegetables, grains, meat or whatever they had to spare. As each villager finds a bit of food to share, the stone soup becomes a nourishing feast and celebration. The moral drawn from the tale varies with the intent of the story teller.

When I first heard the story, it was in the context of community hunger and shared food distribution. If we

work together, and share what we have, even if it is not much, we can create enough for our entire community. I am moved by this story and the power of working together. My deep core value is that everyone needs access to wholesome, culturally appropriate food in order to support and strengthen the whole community.

This reminds me of the common metaphor, "A chain is only as strong as its weakest link". As a dietitian/nutritionist, I view community nourishment as the chain, and the chain is weakened when anyone is malnourished, because the whole is weakened. A community can mean a village, tribe, society, country or any collective of people.

Last month, I shared that my experience of grief work had profound benefits, yet was only possible for me in the presence of other supportive humans, rather than alone. This need for sacred connection and relationship is powerful. As the Stone Soup story tells us, even if we feel our contribution is small, when we share and care for each other, our benefits provide physical, emotional, mental, and spiritual nourishment.

I invite you to join me with your imagination and reflection, as we create a version of stone soup. What would you bring to share? Would it be carrots,

potatoes, beans, herbs, spices, meat or something else unique that you have to offer? How would your ingredient add flavor, texture, or special interest to the soup? Would it be spicy, savory, smooth, thick, or mysterious in some way? How would your gift sustain each of us? Would it offer nutrients, energy from calories, and possibly a dose of loving intention? How can we work together for the good of all? Let's imagine the power of sharing and caring. As we create and cook together, what other benefits might follow? I imagine conversation, connection, and fellowship.

Can we look beyond the specific food ingredients and realize our unique gifts and intentions? This reminds me that we all matter, and our needs are not all the same. When our stone soup creation is complete, how might we benefit from what others have shared? Is it something unique about an unusual ingredient? Or does this experience ignite shared collaboration with others? Together, each of us may be nourished and become a bit stronger. When the soup is ready to eat, please consider whether there is someone you may want to feed?

Perhaps you might offer nourishment to someone who hurt you, with the realization that they might also be hurt and in need? When we share our

gifts, in cooperation with others, what benefits may occur? What is your hope for your community and beyond?

In contrast to the stone soup folk story, I learned another from a storyteller I know. In this story, a man wanted to invite everyone he knew to a party, but he was short of money to buy wine. He prepared food to share, and asked each of his guests to bring some wine that would be blended together into one vessel to share.

There was great anticipation to taste the wine creation after the guests combined what they had brought to share. Anticipation turned to surprise, when the blend tasted "only of water"! Apparently, none of the guests had brought wine, only water. Perhaps they thought their lack of contribution would go unnoticed. Each of us need to do our part, whatever it is.

Please know that Siletz Tribal Head Start offers support for nutritional consultation at no cost to Head Start families. This usually occurs over the telephone. If you have concerns about your Head Start child's nutrition or 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, because we know that it actually helps all of us.

General Welfare Exclusion Housing Rehabilitation Program

Formerly Over Income Rehabilitation Grant

The Over Income Rehabilitation Construction program funds over-income families with a \$10,000 grant for construction rehabilitation on the primary residence they own. The over-income grant is for eligible applicants and is limited to one grant per person, address, and the household.

If you have already received a General Welfare Exclusion Housing Rehabilitation Grant, you are not

eligible to apply.

If you have received services for the following programs, you are not eligible to apply for the General Welfare Exclusion Housing Rehabilitation Grant for 5 years: NAHASDA Rehabilitation Program, NAHASDA Elders Replacement Program, NAHASDA Rehabilitation Program for Elder Tribal Members, NAHASDA Rehabilitation Program for Disabled Tribal Members, and HIP Program.

Rehabilitation refers to repairs

or renovations to the home but does not include appliances, saunas, hot tubs, swimming pools, driveways, fences, etc. Over-Income refers to tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self Determination Act (NAHASDA).

Applications, including proof of current annual income, enrollment, and proof of homeownership with the Tribal member's name on it, must be submitted to the Housing

Office by Thursday, July 31, 2025, at 4:30 p.m.

Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department. Qualified applicants will be placed in the lottery drawing, which will be held during the month of August on a date approved by the Tribal Council.

If you would like an application or have any questions, please call Jeanette Mason at 541-444-8316 or email at jeanettem@ctsi.nsn.us.