

ALCOHOL

Submitted by Walt Klamath, Outpatient Counselor

Alcohol has many calories, but it is not a food. They are quick burning calories. This is why the body gets confused when alcohol is consumed. Part of the body system is energized, while the motor functions slow down, a little confusion to the body, wouldn't you say?

When food and alcohol are consumed at the same time, the body will quickly use the alcohol calories and store the food calories. Hence we have to add holes in our belts. Beer and wine do have some food value in the beverage.

Alcohol is a fecal matter. Alcohol is a waste product of yeast. When the alcohol content gets so high the yeast bacteria die and decay to make stronger alcohol. Isn't that something, alcohol is such a good disinfectant that it disinfects itself, and we drink it?

A Doctor in Eugene once said, that beer will put fat around the heart, resulting in a condition called fatty heart. He said that a person that is a heavy beer drinker may not show excessive weight physically, but will show internally (during autopsies).

There are three types of alcohol:

Ethyl Alcohol, about this there are many songs written, many shows, many broken dreams and many deaths. It is called a social beverage by many, courage builder, romance enhancer. Probably, one of my favorite songs is "what made Milwaukie famous, has made a fool out of me". Ethyl Alcohol is the only one of the three that will not do immediate damage to the body, but it will, it is very patient.

Methyl Alcohol: This is canned heat used in little boy scout stoves, and was included in C-rations during the Korean Conflict. Many have consumed this methyl alcohol and have lived to boast about it, many didn't. The Koreans used to sell this stuff to the soldiers in Korea. Methyl Alcohol can cause acute sickness and blindness most of the time it was reversible. This type of alcohol works directly on the eyes. Methyl Alcohol stays in the body 9 times longer than ethyl alcohol, instead of 1 hour to an ounce to dissipate, it takes 9 hours for an ounce to leave the body. This is also used as anti-freeze in very cold weather, it had a low boiling point so is not too effective in climates such as ours.

Isopropyl Alcohol: Rubbing Alcohol, highly toxic, sometimes called wood alcohol. Many years ago we used to bore old growth trees to get the pitch, that would be used to make wood alcohol. Isopropyl alcohol is treated with an additive, ipecac, to cause immediate vomiting if it happens to be ingested. Most of us have had enough sense to leave these last two alone, I don't know how, must be an angel on our shoulders.

SUMMER ACTIVITIES

Submitted by Walt Klamath, Outpatient Counselor

The Siletz Tribal Alcohol and Drug Program has a busy summer schedule planned for the prevention/education of chemical use, abuse and addiction. There may be more events happening than what we are planning for at this time.

To start out, on June 9, the class from Toledo High and others, will be going on a Rope Challenge course in Portland. This is something that is brand new to our program, we do not know what all will take place, I am sure that it will be interesting. We have seen videos of others that were doing it, however it was suggested that we not show these to the participants as then they would use others ideas rather than their own. We will video their progress through the course.

June 17 through 24, Tribal Elder, Eddie Bellerose will conduct a workshop at the Siletz Tribal Community Center. Eddie will lead one workshop for young people, and one for the adults. There will be a nominal fee for attending these workshops. Eddie puts on a very interesting workshop. He uses many cultural and traditional methods of getting the idea across. The number of persons will be limited, so our advice is to get your name in soon. Contact Frank Petersen for reservations.

Between July 22 and August 4 we are planning 3 raft trips, The peewees will be a float trip down the Willamette approximately 20 miles, an overnigher. There will be a three day trip down the Deschutes River for the teenage boys and girls. This year there are some changes. We will be working with four other Tribes: Cow Creek, Grand Ronde, Coos/Umpqua and Siletz. The ski trip to Mt. Hood worked exceptionally well last Winter. Then we will have a family raft trip, a three day excursion down the Deschutes River. All that would like to participate in these activities, call us soon.

The Siletz POW WOW will be the second weekend of August.

The Fourth weekend, August 25 and 26 we will have our Second Annual Indian Recovery Celebration.

USDA NEWS

Submitted by Sylvia Brock

The USDA Food Distribution for Salem in May will be May 15, 16 & 17, 1990. The Siletz Food Distribution will be May 14, 15, 16, 17 & 18, 1990. Our warehouse hours are 8:00 a.m. to 12:00 noon and from 1:00 p.m. to 4:30 p.m. Monday through Friday. We will be conducting a food survey in May. Your help and input would be greatly appreciated.

WE HAVE HAD DUAL PARTICIPATION RECEIVING FOOD STAMPS AND COMMODITIES AT THE SAME TIME. THE RESULT IS PAYING BACK FOR THE FOOD FOR

THE AMOUNT OF STAMPS RECEIVED. FRAUD IS AGAINST THE LAW. YOU WILL BE SUSPENDED FOR 6 MONTHS FROM EACH PROGRAM. WE ARE HERE TO HELP YOU WITH YOUR NEEDS, SO PLEASE HELP US BY NOT PARTICIPATING ON BOTH PROGRAMS.

We would like to thank Kevin, Jim, Gene, Robert, Scotty, Steve, Bob, Pearl, Misty, Mark, Wayne, Wendy, Clifton, Tygem and Arthur for helping unload the truck. I would like to thank Melody and Charmaine for stopping by to help. A big thanks to Kevin for the hot coffee cake that arrived at 6:00 a.m. Also, thanks to Gary Peterson for helping with the cheese. "Hi" to Jim, Wilma, Gene and Kevin from Syl!(Midge).

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FRY BREAD:

- 2 1/4 cups flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 Tblsp. nonfat dry milk
- 3/4 cup warm water
- 1/2 to 3/4 cup oil or shortening

(1.) Mix dry ingredients together, stir in warm water.

(2.) Mix and knead with hands for about 5 minutes until a soft dough forms. Dough will be easier to shape at this point. Let stand for about 30 minutes.

(3.) Pinch off some dough the size of a lemon. Roll into a smooth ball. Pat ball into a flat circle about 3/4 inch thick. Pull on the edges in a circulating motion, keep turning and pulling at the dough so it stretches to the size of a saucer.

(4.) Flip vigorously back and fourth between palms so it gets thinner and flatter. When it is about 8 inches across, stop and patch up any holes.

(5.) Heat about 1/2 cup oil in a hot skillet.

(6.) Fry dough circles, dropping carefully into hot fat. The dough will brown quickly and puff up. Turn and brown other side.

(7.) Remove and drain on paper towels. If needed, add more oil as you fry. The thinner the dough is, the crisper and better it will turn out.

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