



Siletz Community

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HARVEST FARMER'S MARKET TOUR

The Community Health Department will be hosting a farmer's market tour this fall! The goal of this event series is to provide tribal members with access to fresh foods and to encourage them to engage in food preservation. This event series is **free** and open to all tribal members! We will be meeting at the Siletz Community Health Clinic at 9:00AM. If transportation is needed, call Hannah Glaser at (541) 444-9613.

September 20th—Toledo Farmer's Market
September 22nd—Newport Farmer's Market
October 6th—Corvallis Farmer's Market

Events

September 6th & 20th

Girls' Group

Siletz Clinic - Behavioral Health

5:00 - 7:00 pm

September 20th & 22nd

Harvest Farmer's Market Tour

9:00 am

September 27th

Diabetes Luncheon

Tribal Community Center

12:00 - 1:00pm

Starting September 4th Siletz Tribal Members are invited to share a brief story related to their experience of health and wellbeing. Log into www.colpachealth.org to see the narrative survey. Columbia Pacific Coordinated Care Organization is the sponsor of this project. Contact Nancy Knopf at knopfnc@careoregon.org or 503-416-5953 with any questions. Thank you in advance for your time!

Early History of Tobacco

Tobacco was first discovered by the native people of Mesoamerica and South America and later introduced to Europe and the rest of the world.

Tobacco had already long been used in the Americas by the time European settlers arrived and took the practice to Europe, where it became popular. Eastern North American tribes have historically carried tobacco in pouches as a readily accepted trade item, as well as smoking it in pipe ceremonies, whether for sacred ceremonies or those to seal a treaty or agreement. Tobacco is considered a gift from the Creator, and tobacco smoke is seen as carrying one's thoughts and prayers to the spirits.

In addition to its use in spiritual ceremonies, tobacco is also used in ethno botany for medical treatment of physical conditions. As a pain killer it has been used for earache, toothache, and occasionally as a poultice. Some indigenous peoples in California have used tobacco as one ingredient in smoking mixtures for treating colds; usually it is mixed with the leaves of the small desert sage, *Salvia dorrii*, or the root of Indian balsam or cough root, *Leptotaenia multifida* (which was thought to be particularly good for asthma and tuberculosis). In addition to its traditional medicinal uses, tobacco was also used as a form of currency between Native Americans and Colonists from the 1620s on.

Religious use of tobacco is still common among many indigenous peoples, particularly in the Americas. Among the Cree and Ojibwe of Canada and the north-central United States, it is offered to the Creator, with prayers, and is used in sweat lodges, pipe ceremonies, and is presented as a gift. A gift of tobacco is traditional when asking an Ojibwe elder a question of a spiritual nature.