



SILETZ TRIBAL FOOD DISTRIBUTION PROGRAM PRESERVING FOOD EVENT FOR NUTRITION EDUCATION

Siletz Tribal Food Distribution Program, is looking for volunteers for an upcoming food-preserving event for Nutrition Education.

We need volunteers with knowledge of canning or dehydrating foods, to join us in making cooking videos that will be posted on our Siletz Tribal FDPIR Facebook page for educating clients and community members on how to preserve foods.

Event will be held on Saturday April 8, 2023.

If interested please Contact: Sammy Hall at 541-444-8393 or Marci Taylor at 541-444-1279

Attention: Important PRC Information

Effective March 1, 2023, all Tribal members who live within a 40-mile radius must receive medical, dental and vision care and services at one of the three Indian Health Service (IHS) or Tribal health care facilities.

If a Tribal member is in the middle of dental treatment, he/she will be allowed to complete it. After the dental treatment is done, however, the Tribal member will be required to be seen at one of the three IHS or Tribal health care facilities.

If you are unsure whether you live within the 40-mile radius, please contact Siletz PRC at 800-628-5720 or email SiletzPRC@ctsi.nsn.us.

Contact numbers for IHS and Tribal health care facilities

- Siletz Community Health Clinic: 800-648-0449
- Chemawa Health Clinic: 800-452-7823
- Grand Ronde Health & Wellness Center: 800-422-0232

Utilization of these facilities is required unless the Tribal member is referred out for specialty care.

CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Date:

March 15 at 6 pm: Hazel

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up

USDA distribution dates for March

Siletz			Salem		
Wednesday	March 1	9 a.m. – 3 p.m.	Monday	March 13	1:30 – 6:30 p.m.
Thursday	March 2	9 a.m. – 3 p.m.	Tuesday	March 14	9 a.m. – 6:30 p.m.
Friday	March 3	9 a.m. – 3 p.m.	Wednesday	March 15	By appt only
Monday	March 6	9 a.m. – 3 p.m.			
Tuesday	March 7	9 a.m. – 3 p.m.			

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

Sammy Hall, USDA Program Director
541-444-8279 / sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

Run to the 2023 Rogue Update

This year, R2R will take place October 13th, 14th & 15th

This change is to avoid cancelations due to wildfire season.

We look forward to seeing you for Run to the Rogue in October!

SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, JANUARY 3-MARCH 7
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JANUARY 5 -MARCH 2
5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18, 3/4
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757