### Duu Lhlan Wee-ya'

Duu Lhlan Wee-ya', "not many words" or "in so many words," is mailed to Lincoln and Tillamook County Tribal members each month. Information includes youth activities, events, meetings, program updates and more.

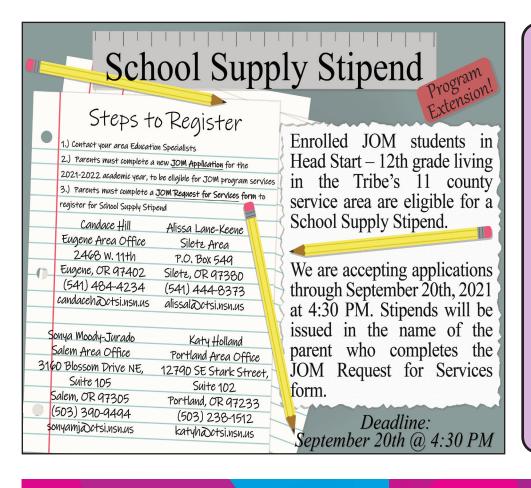


### Public Information Department

P.O. Box 549 Siletz, OR 97380-0549

Phone: 541-444-8291 Fax: 541-444-2307 E-mail: pias@ctsi.nsn.us

### September 2021



## USDA distribution dates for September

### Siletz

Sept. 13 9 a.m. – 3 p.m. Sept. 14 9 a.m. – 3 p.m. Sept. 15 9 a.m. – 3 p.m. Sept. 16 9 a.m. – 3 p.m. Sept. 17 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.

Joyce Retherford, FDP Director, 541-444-8393; joycer@ctsi.nsn.us

Sammy Hall, Warehouseman/ Clerk, 541-444-8279; sammyh@ctsi.nsn.us

Fax: 541-444-8306 or 503-391-4296

# FITNESS CENTER PRESENTS FITNESS ON DEMAND

### **AVAILABLE AUGUST 1.2021**

### Want Access to Exercises you use at our gym??

We can invite you to use our app from your mobile devices or computer-hundred of videos to keep you in shape and on routine!!

**Email:** 

tillicumfitnesscenter@ctsi.nsn.us

# CTSI Virtual College Info Nights Session I

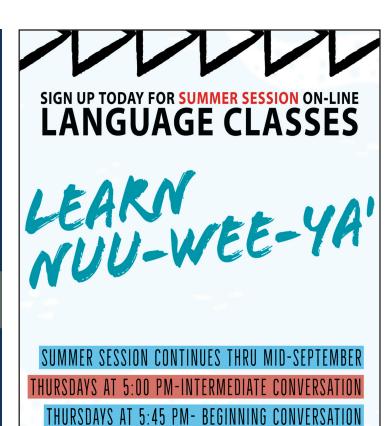
THURSDAY, SEPT. 23 6:00 PM

### **COLLEGE APPLICATION NIGHT:**

- Applying to College/University
- ♦ Grants and Scholarships
- Student Housing
- ♦ Financial Aid/FAFSA
- 🔷 Important Deadlines
- Plus: Meet advisors from local colleges and universities

All Students and Families Welcome

Contact your local education specialist to



Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up

1111

# Tribal Veterans and family

There is once again the opportunity to request to add a name to the Siletz Tribal Veterans Memorial Wall on Government Hill in Siletz, Oregon.

Names are to be added early October 2021, so please request your application and fill out a request as soon as possible.

For more information or if you have guestions, please contact Tony Molina at 541-444-8330 or tonym@ctsi.nsn.us

### CALLING ALL CTSI AREA TRIBAL YOUTH

AGE 12-17 YEARS



Ropes Course Games Night

River Rafting Beach Trips Camping Trips
Hikes

After School Programs and more!

### Sign up with the Prevention program today!

Please note: Prevention activities are not open to the public. For questions please call, Elizabeth Madden at 541-444-9606 or email at elizabethm@ctsi.nsn.us

WE PROUDLY BRING YOU

# RVN TO THE ROGUE STEP CHALLENGE

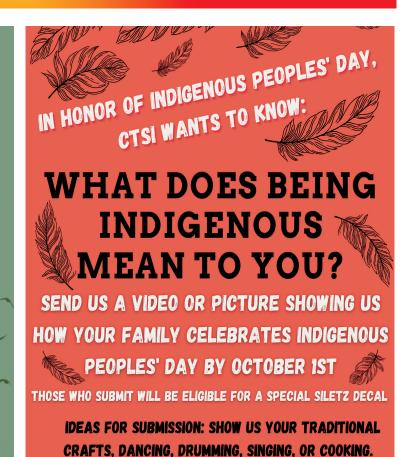
An app led virtual journey to honor our annual event, get some steps in, and share our progress across a Siletz Run to the Rogue specific community app.! Chat with friends, complete the journey on a team, or simply partcipate to honor our journey

Visit:

https://virtualruntotherogue2021.eventbrite.com

#### SEPTEMBER 1ST-OCTOBER 14TH

Join us as we spend 45 days paying homage to our historical journey, share our progress, and participate in virtual challenges



FOR CTSI FAMILIES WITH YOUTH

IF SENDING A VIDEO, PLEASE LIMIT TO 10-20 SECONDS. SEND YOUR SUBMISSIONS BY EMAILING KAT AT KATRINAH@CTSI.NSN.US

YOUR SUBMISSION WILL BE USED IN A SPECIAL INDIGENOUS PEOPLES' DAY VIDEO POSTED ON THE

CTSI YOUTH FACEBOOK PAGE. IF YOU WOULD LIKE TO OPT OUT OF THE VIDEO AND ONLY

RECEIVE THE STICKER. PLEASE LET US KNOW WHEN SENDING IN YOUR PHOTO OR VIDEO



Duu Lhlan Wee-ya' P.O. Box 549 Siletz, OR 97380-0549

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