

Food Grows on Trees, in Your Backyard and in Community Gardens

By Sharla Robinson, Healthy Traditions Project Coordinator

This past spring, the Healthy Traditions project conducted community meetings in Siletz and all area offices to learn about what the project could do to help Tribal members improve their health. The project is eager to build on the ideas that came from these meetings.

Many Elders have come forward with stories about playing outside as children and eating wild berries and apples rather than going home to eat lunch. They expressed sadness that berries that grow along roadsides get sprayed with herbicides and the fruit trees have disappeared.

Planting fruit trees and berry bushes is one way to provide fresh produce to our community. The Healthy Traditions project would like to plant fruit trees around the Siletz community as one initiative to increase fresh produce consumption.

We will purchase a limited number of fruit trees for Tribal families to plant in their yards to share. We are looking for residents to adopt and maintain these trees.

If you are interested in hosting a fruit tree, look for our Fruit Tree Planting/Care Workshop in January.

In the past few generations, families have drifted from gardening for food to buying produce in stores. Today, many kids grow up never having tasted snap peas or carrots fresh from the garden.

When asked about the benefits of growing food, veteran gardeners agree that vegetables from their garden taste better than vegetables from the store. It is possible that the once prevalent gardening culture that fed our families will be lost if the knowledge and skill are not passed down.

This past summer, the Healthy Traditions project sponsored the opening of the Siletz Community Garden. I was surprised at the interest not only from Elders, but youth too.

The neighborhood kids would come running when they saw me out in the garden. They would pull weeds as fast as they could to see who could get the most. They would even fight over who got to weed which path. I could not have made up a better game for them.

Cecilia Tolentino, community health advocate in the Salem Area Office, also joined a local community garden with her program and had great success this year.

Many families who live in rural areas

do not have ideal yards for gardening. By joining a community garden, families have the opportunity to grow their own food.

Cecilia, with the help of various community members, grew produce that they then canned at the area office. They also canned homemade tomato sauce!

Tribal members in the Salem area can contact Cecilia about getting a plot.

The Healthy Traditions project is hoping to increase gardening space beyond the community garden sites by helping families start gardens in their own yards. Look for gardening workshops and community garden announcements in January.

With time, we hope you will hear enthusiastic young people like Hunter Noble (11), who innocently asked, "Do you have any more of that broccoli?"

Grant to Sponsor Master Gardener Training

One of the goals of the Healthy Traditions project is to provide more opportunity for gardening instruction through classes and having master gardeners available to answer questions. The project is looking for community volunteers who are willing and able to help Tribal members learn

about gardening. The project is looking to sponsor two individuals to complete master gardener training and in return, help fellow Tribal members learn to garden. See master gardener training below.

Healthy Traditions Upcoming Events

Master Gardeners Training

Contact your community health advocate for an application ASAP.

Siletz – Sharon Mason, 541-444-1030
Eugene – Adrienne Crooks, 541-484-4234
Salem – Cecilia Tolentino, 503-390-9494
Portland – Verdene McGuire, 541-238-1512

Meat Canning Workshop

Dec. 7 • 10 a.m. • USDA Kitchen Limited to first 10 participants

Fruit Tree Planting/Care Workshop

Learn how to plant/care for fruit trees and adopt one for your yard. January TBA.

Gardening Workshops/Community Garden January TBA

Visit the Healthy Traditions project online at www.ctsi.nsn.us or call 541-444-9627 or 800-648-0449, ext. 1627.

Tahkenitch Property Accessible Only with Permit from Natural Resources

The Tribal Council recently put into place an access policy for the Tribe's newly acquired Tahkenitch property in northwestern Douglas County between Florence and Reedsport. The policy allows access to the property by permit only.

Motorized access will be limited to

Tribal members and their accompanying guests. Non-Tribal members can access the property via non-motorized means (walk, bicycle, horse) and by boat.

All motorized access is limited to maintained rocked roads. Only street-legal vehicles will be allowed on the prop-

erty. ATVs and motorcycles are prohibited on the property.

Tribal members and their accompanying guests can camp in designated areas; however, there is no sanitation or other facilities on the property. All open fires are prohibited.

Camping is limited to a maximum

of 10 days in any 30-day period. Permits are available through the Tribal Natural Resources Department and are valid for a maximum of 30 days at a time.

If you have questions, please call Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.

Home Based Primary Care



What HBPC Can Do For You?

- Provide primary health care in your home.
- Give education and counseling about your physical limitations, medical concerns, emotional well-being, medicines, diet, home safety & give you tools to maximize your independence
- Make regular visits to monitor your health care needs
- Provide caregiver education and support
- Referral to community resources and services.
- Assist and guide Care Coordination from other VA services and identify other community services as your needs change
- Encourage you to be a partner in managing your own health

Your treatment and home care plans will be reviewed at least every 90 days by the HBPC physician and all HBPC team members. You are encouraged to review any care plan changes with the HBPC staff members who visit you.

For additional information about this local program please contact Maegen Mon-Friday 8:00-4:30 at (360) 905-1745 or 1-800-949-1004 then follow prompts to extension 32237

Portland VA Medical Center



Your Salem, Grand Ronde, Newport and surrounding areas Home Based Primary Care Team:

Christine Henson, RN Program Manager

Dr. M. Sluder DNP, Nurse Practitioner

Sarah and Kim, MSW Social Workers

Elizabeth and Greg, Clinical Psychologists

Ann, Occupational Therapist

Maegen and Kevin, Program Support Assistants

Registered Nurses

Theresa, Leann, Jennifer, Allison, Linda,

Jenifer, Daisy and Janet

Staff members can be reached by phone Monday - Friday by contacting Maegen or Kevin at

(360) 905-1730

or 1-800-949-1004 ext. 32238

