

Gardening events are bountiful for Healthy Traditions project in March

The Tribal Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities that promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Invitation to join grant committee

The Healthy Traditions Steering Committee is seeking Tribal members who have interest in aboriginal Siletz foods and have ideas of how to improve the health of our Tribal membership. The steering committee meets monthly to discuss how to improve the health of Tribal families and plans community activities such as gathering, cooking, canning, smoking, gardening, fishing, hunting and more.

If you live outside of Siletz, contact your area office about carpooling to the meeting with staff. Our next meeting is March 3, 1-2:30 p.m. at the Siletz Community Health Clinic (second floor conference room).

Garden events

Reminder: Start saving your food-grade containers such as yogurt containers, paper towel rolls and egg cartons (see photo below from Sharla Robinson) to start seedlings for spring. Clear plastics serve as mini-greenhouses for seedlings. You also can make biodegradable seedling containers out of newspaper.

Siletz Seed Planting Days

March 1, March 14 and March 24
Drop in anytime between 10 a.m.-7 p.m.
Siletz Tribal Community Center



Salem Seed Planting Day

March 15, 5:30-7 p.m.
Salem Area Office
Contact: Cecilia Tolentino,
Salem CHA, 503-390-9494

Coming soon! Sign up for a free plot at the community garden located near the Salem Area Office.

Tribal Portland Garden Club

March 16, 5:30-7 p.m.
Portland Area Office
Topic: Seed Planting & Garden Planning
Contact: Sherry Addis,
Office Supervisor, 503-238-1512

The Portland Area Office has started a Garden Club for Tribal members to learn about different garden topics, from seed starting to harvesting.

For all seed planting days

- Seeds and soil provided, limited containers; bring your recycled food containers (see photo below).
- Learn to start from seed and design your garden for spring.
- Bring a sample of dirt from your garden and learn to test your soil.
- Plant seeds every two weeks and you will have fresh veggies longer into the season.

Eugene Spring Home & Garden Show

Attend with the Healthy Traditions project
Meet us on March 13 at 10:30 a.m.
Participants will be entered into a raffle for a garden gift!
Preregister with Adrienne Crooks,
Eugene CHA, 541-484-4234



Courtesy photo by Lorna Scott

Tre Jackson, Lauren McManus and Sean McManus plant seeds in small containers with the help of Sharla Robinson during the grand opening of the Siletz Community Health Clinic in 2010.

Some of the Northwest's best garden experts will offer gardening advice at the Eugene Spring Home & Garden Show, which runs March 10-13 at the Lane County Fairgrounds (13th and Jefferson).

A variety of topics will include growing fruit and veggie gardens, sustainable food gardening in containers and small spaces, compost presentations and much more.

Free admission and parking with a canned food donation. Watch your local newspaper for more information or go to eugenehomeshow.com

Salmon canning class

Portland Area Office
March 11, 10 a.m.-4 p.m.

Join us for this fun and yummy class and soon your family might be as familiar with canned salmon as they are with canned tuna. While we wait for the pressure canners to finish, participants will learn to make salmon burgers from the canned salmon.

Low tide reminder

March 21-23

Check your tide table for times. You can get tide tables at fishing supply stores and online.

Find Healthy Traditions events information

- Facebook
- www.ctsi.nsn.us
- Siletz News
- Call 541-444-9627 to listen to our upcoming events recording

Coming in April

- Siletz Community Garden
- Salem Community Garden
- Canning Classes
- Our first -2 tide in months! Mussels and clams, oh my!

For more information, contact Sharla Robinson, Healthy Traditions project, at 541-444-9627 or 800-922-1399, ext. 1627; or e-mail healthytraditions@ctsi.nsn.us.

FREE Compost Workshop

Sponsored by Extension Service Ag/Hort
March 19, 10 a.m.-Noon
Bring Recycling Center
4446 Franklin Blvd., Eugene
Preregister with Adrienne Crooks

Youth services seed planting day

Siletz Community Center
March 22

Drop in any time between 10 a.m. and 3 p.m. to plant your very own vegetable to care for and watch grow. Supplies will be provided.

Call to volunteers

Siletz Valley School is looking for volunteers to help start a garden project that will provide locally grown, fresh, healthy produce for Siletz Valley students, staff and families. Contact: Cheryl Schriver, 541-444-1100, cschriver@siletzvalleyschools.org

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment and Women's Transitional

Siletz: 800-600-5599 or

541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512



Narcotics Anonymous Toll-Free
Help Line - 877-233-4287

For information on Alcoholics Anonymous: www.aa-oregon.org

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce barriers to treatment and support those who choose abstinence.

March 2 • 5:30 p.m.
Behavioral Health Conf. Room

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz