

Foods of Our Ancestors

Walk-it-off BBQ and Garden Party

Wednesday, August 31st, 5pm
at the Siletz Tribal Community Garden

Join us for a Free BBQ Party...and then "Walk it Off!"

How it works?

1 Lap = 5 Raffle Tickets

Raffle Prizes:

George Foreman Grill...
Badminton Set...
and an outdoor Fire Pit!

RSVP by August 26th!

Sign-up at:

Tillicum Fitness Center

Or Call/Email:

541-444-9627, sharlar@ctsi.nsn.us



Strawberry Jam

Space limited. Sign up for a class near you:

Eugene Class—August 10th, 1pm
Contact Adrienne Crooks 541-484-4234

Siletz Class—August 24th, 5pm
Contact Sharla Robinson 541-444-9627

Portland Class—August 16th, 1pm
Contact Sherry Addis 503-238-1512

Huckleberry Retreat Weekend

Tentative Dates:

August 26-28

September 2-5

September 16-18

September 23-25

We will make several trips, depending on when the berries are ready.

Contact Sharla Robinson for details
541-444-9627 or sharlar@ctsi.nsn.us

facebook

The screenshot shows the Facebook profile for 'Healthy Traditions', a government organization in Siletz, Oregon. The page features a cover photo of two people working with large pots. The main content area includes a 'Wall' section with a post from July 12 at 9:27pm about fishing activity. Below that, an event titled 'Eels' is listed for Saturday, July 9, 2011 at 9:00am in Siletz, OR. A large white arrow with the text 'See Events and Photos' points to the event listing.

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

For more information, contact Sharla Robinson, call (541) 444-9627, or email, sharlar@ctsi.nsn.us