

# Cherokee Stickball

Tuesday, February 29th, 6-8pm  
Siletz Recreation Center



## Traditional Games Event!

Cherokee Nation tribal members will be teaching their traditional game of Cherokee Stickball.

Stickball resembles the modern European game of lacrosse. Seven points are scored when the ball strikes a wooden fish or ball on the top of a pole, and two points are awarded when the ball strikes the pole. The male players use a pair of the sticks, and female players use their bare hands.

Hosted by Healthy Traditions and Siletz Community Health Clinic  
Contact: Healthy Traditions, 541-444-9627, sharlar@ctsi.nsn.us

## February Garden Tips

Plan what veggies you would like to grow this year and order seeds early.  
Scout a garden site in your yard, porch or window that gets plenty of sun and will be easy to water.

Test your soil to determine if you need to add nutrients.

Tune up your lawn mower/garden equipment before the busy season begins.

Repair winter damage to trees and shrubs.

Make a cold frame to start early vegetables or flowers.

Fertilize rhubarb with manure or a complete fertilizer.

Prune fruit trees and blueberries.

Plant windowsill gardens of carrots, lettuce, or parsley.

Good time to plant fruit trees and deciduous shrubs.

Plant seed flats of cole crops indoors or in greenhouse. (cabbage, cauliflower, broccoli, Brussels sprouts)

Where soil is dry enough and workable, plant garden peas or sweet peas.

For more information, contact your local OSU Extension Office or Healthy Traditions 541-444-9627.

### Become a volunteer!

Join Healthy Traditions for our monthly Steering Committee meetings. We plan events for gathering, cooking, canning, smoking, gardening, fishing, hunting and more. Carpooling is available from Area Offices.



### Mission Statement

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