

Healthy Traditions



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Spring Ahead!

Seed Planting Workshop

Siletz Tribal Community Center

Thursday, April 12th, 5-6:30pm

Contact: Sharla Robinson (541) 444-9627

Sharon Mason (541) 444-9609

Herb Gardening

Portland Area Office

Wednesday, April 4th, 5-7pm

Contact: Sherry Addis or

Verdene McGuire (503) 238-1512

Seed Planting Workshop

Eugene Area Office

Tuesday, April 24th, 5-6:30pm

Contact: Nick Sixkiller or

Adrienne Crookes (541) 484-4234

Herb Gardening

Salem Area Office

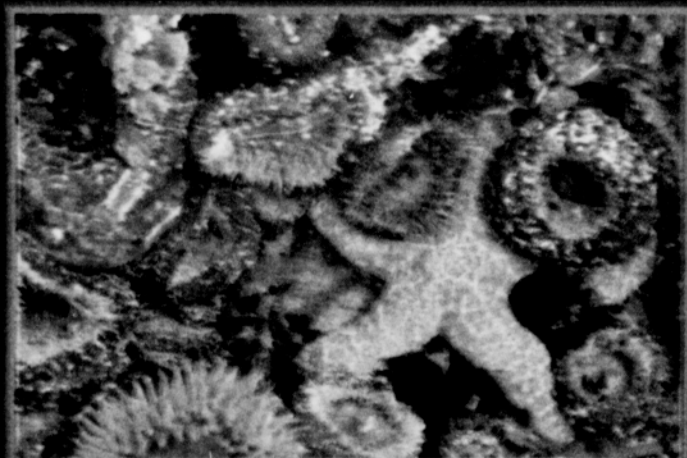
Wednesday, April 25th, 3:30-5:30pm

Contact: Cecilia Tolentino

or Bev Owen (503) 390-9494

The Siletz Healthy Traditions Project is offering free workshops on seed planting and herb gardening. Learn how to start plants from seed, design your home garden, the health benefits of gardening, and more! Supplies provided.

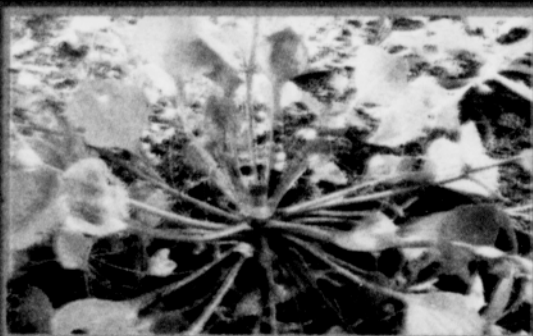
For more information, contact Healthy Traditions at 541-444-9627.



Minus Tides in April 2012

Tide Predictions for OSU Hatfield
Marine Science Center Dock,
Yaquina Bay, OR

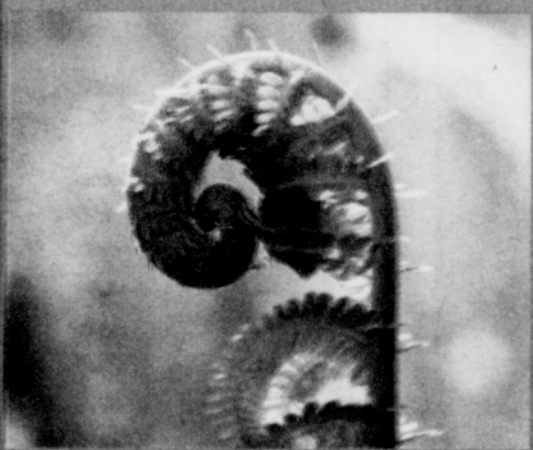
APRIL		TIME	HT
6	F	6:37 AM	-0.7
7	S	7:24 AM	-1.4
8	S	8:11 AM	-1.8
9	M	9:00 AM	-1.8
10	T	9:52 AM	-1.6
11	W	10:47 AM	-1.0



Spring Greens

This is the time of year to keep an eye out for the spring greens in the forest.

- Minor's Lettuce (above)
- Fiddlehead Fern (below)
- Sorrel
- Salmonberry Shoots



Become a volunteer!

Join us at our fun monthly meetings and help plan activities!

Our next meeting date:
Tuesday, April 10th,
1-2:30pm at the Siletz
Community Health Clinic.

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, and protecting our natural resources.

