



**Portland Garden Club**  
**Tuesday, April 30th, 5:30-7:30pm**  
**at the Portland Area Office**  
 Contact Verdene McGuire or Andrew Johanson  
 at 503-238-1512

**All are welcome!**  
**New and Experienced...**  
**Home Gardeners...**  
**Community Gardeners...**

**Siletz Garden Club**  
**Monday, April 8th, 5pm**  
**at the Tillicum Fitness Center**  
 Contact Sharla Robinson at 541-444-9627

**Bring your kids.**  
**Light meal will be served.**

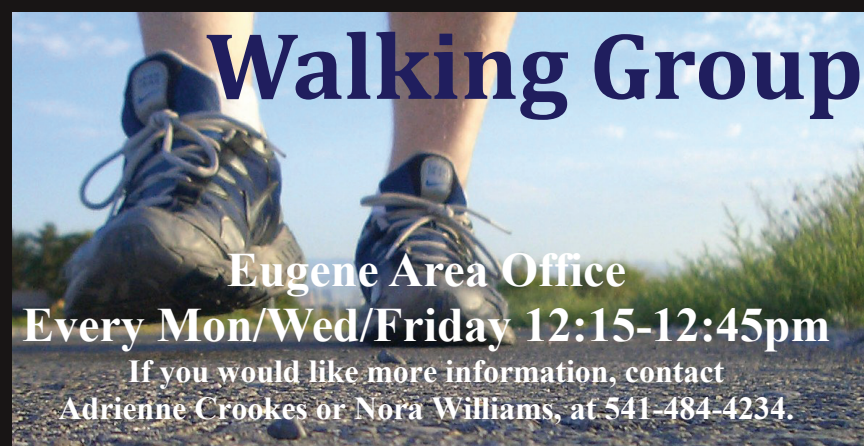
Sponsored by CTSI Healthy Traditions.



**Cooking Class**  
**Eugene Area Office**  
**10-11:30am**  
**every Wednesday**  
**April 10th - May 1st**

**Sign up today!**  
 Contact Adrienne Crookes or  
 Nora Williams at 541-484-4234.

Event sponsored by  
 CTSI Healthy Traditions



**Walking Group**  
**Eugene Area Office**  
**Every Mon/Wed/Friday 12:15-12:45pm**  
 If you would like more information, contact  
 Adrienne Crookes or Nora Williams, at 541-484-4234.



**Learn to... Stirfry**  
**Portland Area Office**  
**Wed, April 17th, 11am-1pm**

**Sign up today!**  
 Contact Verdene McGuire or  
 Andrew Johanson at 503-238-1512  
 Sponsored by CTSI Healthy Traditions



**Become a Master Gardener or Master Food Preserver...**

Sponsorship is available to Tribal Members who would like to become a Master Gardener or Master Food Preserver!  
 Then share your knowledge by volunteering at gardening and cooking classes held at the Area Offices.

**Class dates start soon—call us today!**  
 Contact Sharla Robinson at 541-444-9627

Master Gardener and Master Food Preserver training is conducted through the OSU Extension Program. Volunteers are sponsored by the CTSI Healthy Traditions Program.

Pictured: Tribal members, Verdene McGuire (left) and Rachel Summer (right). Verdene completed the Master Food Preserver training and Rachel completed Master Gardener training this past year. They both help the community by teaching classes at the Portland Area Office.