

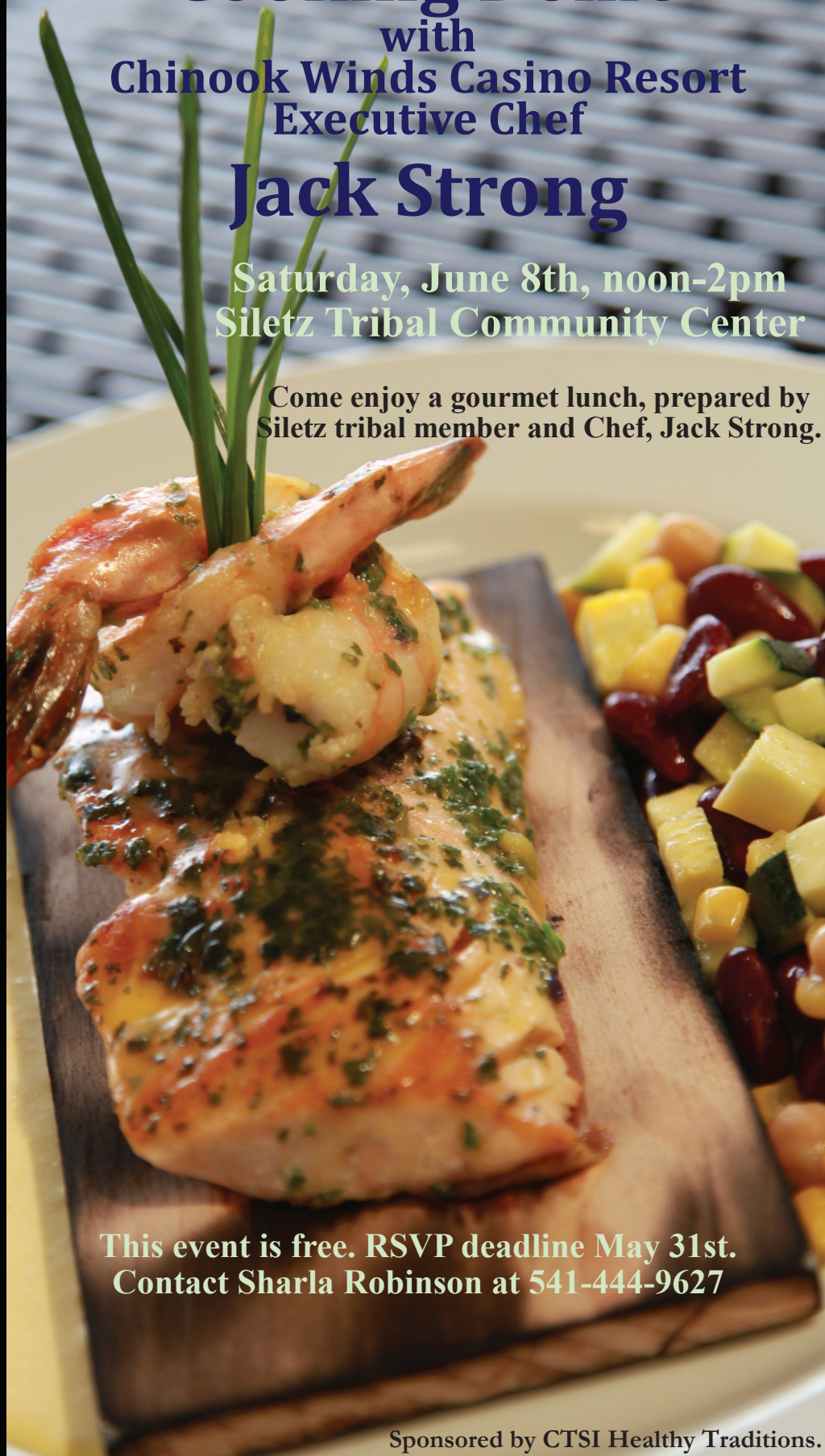
# Cooking Demo

with  
Chinook Winds Casino Resort  
Executive Chef

## Jack Strong

Saturday, June 8th, noon-2pm  
Siletz Tribal Community Center

Come enjoy a gourmet lunch, prepared by  
Siletz tribal member and Chef, Jack Strong.



This event is free. RSVP deadline May 31st.  
Contact Sharla Robinson at 541-444-9627

Sponsored by CTSI Healthy Traditions.

# Garden Events

## Seed Planting

Wednesday, May 1st, noon-1pm

at the Eugene Area Office

Contact Adrienne Crookes or  
Nora Williams at 541-484-4234

## Siletz Garden Club

Monday, May 6th, 5pm

at the Tillicum Fitness Center

Contact Sharla Robinson at 541-444-9627

## Seed Planting

Wednesday, May 8th, 5pm

at the Salem Area Office

Contact Cecilia Tolentino at 503-390-9494

## Portland Garden Club

Tuesday, May 28th, 5:30-7:30pm

at the Portland Area Office

Contact Verdene McGuire  
or Andrew Johanson

All are welcome!

New and Experienced...

Home Gardeners...

Community Gardeners...

Sponsored by CTSI Healthy Traditions.

Learn to make a...  
**Healthy Burger**

Portland Area Office  
Wed, May 15th, 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.