

# The Future of Healthy Traditions Programming is Continued!

## Thank you, to our Tribal Council!

The Siletz traditional foods program, Healthy Traditions, is a community-lead program coordinating food education activities through our Area Offices in Siletz, Eugene, Salem and Portland. It was through your participation in the community meetings at each Area Office that Tribal Council could see, your ideas, and suggestions for programming needs. Your guidance is vital as we provide opportunities to continue our traditional food culture. Please visit your Area Office to join the fun, and educational activities they provide.

Some ideas members included: establishing protected gathering sites, food canning events, cooking classes, start a tribal farm, start tribal food business, publish a tribal food book, communal hunting and fishing events, and more!

To see photos of members participating from all our Area Offices, please visit our [Facebook](#) page!

For more information, about Healthy Traditions and our annual gathering events please contact:  
Kathy Kentta-Robinson, Healthy Traditions Project Coordinator,  
at 541-444-9627, or email [KathyK@ctsi.nsn.us](mailto:KathyK@ctsi.nsn.us)

## Salem Area Gardens

If you would like a garden space in the Yamhill/Marion or Polk counties-

Please call Cecilia Tolentino at 503-390-9494

Sponsored by CTSI Healthy Traditions

## Portland Garden Club

This month's club topic:  
How to Transplant your Plant-starts

Wednesday, April 15, 5:30-7pm  
at the Portland Area Office

For more information, contact Verdene McGuire or Sherry Addis at 503-238-1512  
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## Siletz Garden Club

This month's club topic:  
Amending Soil and Seed Planting

Monday, April 13, 5pm-7pm  
at the Siletz Tribal Community Center

For more information, please call Kathy Kentta-Robinson at 541-444-9627

## Eugene Bread Making Class

Come learn the art of bread making!

Learn the fundamentals of bread making in an easy way. This class is suitable for beginners, as well as more experienced bakers.

Class size is limited to 8 participants, sign-up early!

April 8, 12:30pm

For more information, or to sign up, please call Adrienne Crookes or Nora Williams-Wood at 541-484-4234.