



Healthy Traditions

Join Healthy Traditions seasonal activities
to gather traditional foods

Our gathering activities are open to Tribal members
and their families.

For questions, please call
Healthy Traditions
541) 444-9627



FREE Cooking Matters Teen Class!



Prepare tasty recipes and practice cooking skills in this **FREE**
Teen Cooking Matters class. Eat and bring home food each class!

Details

Who: Students ages 12-17 years old

What: Free Cooking Matters Teen Cooking Class

Where: Siletz Valley School

When: Tuesdays, Wednesdays, & Thursdays, 5-7pm
March 10, 11, 12 and March 17, 18, 19

To Register:

Contact Alise Stempien Siletz Valley School registrar

Email: astempien@siletzvalleyschools.org

Instructor: Kathy Kentta, CTSI Healthy Traditions

Email: kathyk@ctsi.nsn.us

For more information:

Contact Shelagh Baird, C.H.E.F Lincoln Co. Coordinator

Email: sbaird@samhealth.org

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Brought to you by



Siletz Youth

and families may apply
here for a unique fishing
opportunity!
Scholarships Available!



Learn to fish alongside
the whole family!

March 13-15, 2020
Camp Angelos | Corbett, OR
Scholarships Available | All Ages Welcome

Family Fish Camp is for all families who want to learn fishing skills while
staying overnight at cozy Camp Angelos on the Sandy River.

Passionate anglers with years of experience will teach you the basics, and
your family will have the opportunity to spend time together outdoors
alongside new friends.

To learn more and to register, visit:

[https://nwsteelheaders.salsalabs.org/
familyfishcamp2020/](https://nwsteelheaders.salsalabs.org/familyfishcamp2020/)

Questions: orhabitat@nwf.org or (503) 616 - 4280

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Partnerships Provide
Cooking Classes
for
Siletz Valley School
Students