



Healthy Traditions

Gathering Seasonal Foods!

Camas Harvesting Saturday, April 25th
Clam Harvesting trip Saturday, May 9th
Hazel Sticks & Nettles Sunday, May 17th

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

Please call Healthy Traditions to register and get the details.
541) 444-9627

FREE Cooking Matters Teen Class!



Improving the
health of local
children and
families with CHEF

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

Brought to you by



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STEP Volunteer Day Lhuuke Illahee Fish Hatchery

Sunday, March 15th 10am-2pm

Stan van de Wetering, CTSI Biological
Programs Director,
will provide a
presentation at 12:30 with an overview of the
hatchery, and the Salmon Trout
Enhancement Program STEP.

We are transplanting seedlings, rooted
cuttings, etc. for getting native plant starts
ready for use in transplanting onto the
landscape later this spring for use in salmon
habitat restoration projects.

Please prepare for all types of weather, boots
advisable, bring gloves, and a sack lunch.
Water and a light snack will be provided by
Healthy Traditions.