

# Learning to hunt



Contributed photo

Brooklyn Bailey, left, and Collin Whitmore, right, learn how to safely fire a rifle from instructor Adrian Porter during a Hunter Safety Certificate class held Saturday and Sunday, June 24-25, in the Tribal gym. The class was hosted by the Natural Resources Department's Parks and Recreation Program and was taught by Micky Garus and Porter from American Outdoors. Fifty students participated in the class and all the students passed their exams and received certificates. "Well done and thank you to everyone involved," Parks and Recreation Coordinator Jerry Bailey said.



## WALK-IN DENTAL APPOINTMENTS FOR KIDS <6

NO APPOINTMENT NECESSARY FOR DENTAL CHECK-UPS FOR KIDS 5 AND UNDER WHO ARE ELIGIBLE TO BE SEEN AT THE TRIBAL CLINIC. JUST COME ON IN!  
We will check your child's teeth during any of our clinic hours without an appointment. Dental check-ups are recommended beginning with the first tooth!

Confederated Tribes of Grand Ronde Dental Clinic  
Phone 503-879-2020  
Hours: Mon, Tues, Wed, Fri 8:00-5:00; Thur 9:30-5:30



## Salem Harvest



Salem Harvest is a partner with Iskam Mək'Mək-Haws that connects farmers and backyard growers with volunteer pickers to harvest fruits and vegetables that would otherwise go to waste. We invite you to join us in our mission of building a compassionate community where neighbors help neighbors in a spirit of goodwill, where hungry families can gain self-sufficiency, where our urban and rural bounty is recognized and appreciated, and where simple, sustainable lifestyles are celebrated.

### Here's how it works

- Many commercial growers and private homeowners have trees, bushes, vines or entire orchards and fields that produce more fresh fruit or vegetables than they can harvest. We invite them to register their crops online. Donations are tax deductible. Some growers are eligible for a 15% tax credit.
- Working closely with growers, volunteer leaders organize harvests to gather the fresh produce. Volunteer pickers sign up online, checking off a liability waiver that protects crop owners.
- At least half of each harvest is delivered to Marion-Polk Food Share or its affiliated food pantries. Harvest volunteers may take home the remainder for children or homeless, unemployed, elderly or low-income individuals.

### We all benefit

Harvests offer an opportunity for families to work together in the outdoors, meet local farmers and gain a better understanding of where our food comes from. In a state with the highest rate of childhood hunger in the nation, harvests offer local growers a compassionate alternative to letting their crops go to waste and provide low-income families a way to gain self-sufficiency. Parents have an opportunity to teach their children to care for others.

### Meet new friends

Harvests pull together a broad cross-section of the community representing diverse socioeconomic levels and ethnic groups. Hundreds of individuals primarily interested in sustainable lifestyles work alongside people who struggle with job loss and other economic challenges. Children are welcome at most harvests.

### Get Registered

Registering is required if you want to pick fruit or vegetables with us, but you also will then be on the email list for newsletters and announcements. After you register you are eligible to sign up for harvests. Please contact Francene Ambrose, pantry coordinator, for more information at 503-879-3663.



There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.

## Canoe Family Meetings

Saturdays

—April 15th—

—May 13th—

—June 10th—

July 8th

Meetings will be at achaf-hammi, the Plankhouse from 12 to 2 p.m., lunch provided

IF YOU HAVE ANY QUESTIONS, YOU CAN CONTACT:

LISA LENO AT 503-879-1489

CRISTINA LARA 503-879-2040

SHANNON STANTON 503-879-1489

Canoe Journey

## Come and Learn About Food Preservation and Storage



The Oregon State University Extension Service continues to offer a variety of food preservation classes this summer and into the fall. The classes are staffed by trained Master Food Preserver volunteers who provide instruction and hands-on opportunities for participants to practice safe food preservation techniques and build self-confidence and skills. The schedule of food preservation classes for includes:

- **Preserving Fruit** — July 20 from 10a.m. - 12:30 p.m.  
There's nothing like home canned fruit! Learn the basics of canning fruits in this hands-on class. Find out how to prepare the fruit, liquids to use in the jar, basic equipment needed and safe methods for processing and storing this summer's fruit bounty.
- **Canning Vegetables** — August 17th from 10a.m. - 12:30 p.m.  
Low acid foods require pressure canning for safety. Do you fear the pressure canner? Learn how to safely use this handy piece of equipment.
- **Preserving Tomatoes and Salsa** — Sept. 21 from 10a.m. - 12:30 p.m.  
Spice up your life year round with flavorful tomato sauces and salsas that you preserve at the height of the tomato season. Learn safe methods for preserving tomatoes and salsa, including the "Laws of Salsa".
- **Preserving Meat** — Oct. 21 from 10 a.m. - 2 p.m.  
Hunting season is just around the corner. Learn to preserve your meat safely in our pressure canning class specifically focused on canning meats.

Pre-registration is required a minimum of 3 days before the scheduled class. Childcare is limited and you must pre-register. Class size is limited. Classes are free and include an instructional packet, recipes, and sample products to take home. The classes will be held at Iskam Mək'Mək-Haws, located at 9675 Grand Ronde Road in Grand Ronde. For more information regarding these classes contact Coordinator, Francene Ambrose at 503-879-3663, or [fambrose@marionpolkfoodshare.org](mailto:fambrose@marionpolkfoodshare.org).

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