

Youth Community Gathering — pg. 8

**JANUARY 15, 2024** 



# SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

AN INDEPENDENT PUBLICATION OF THE CONFEDERATED TRIBES OF GRAND RONDE, SMOKESIGNALS.ORG

## **General Council briefed on Health & Wellness**

By Danielle Harrison

Smoke Signals editor

ealth Services Executive Director Kelly Rowe briefed General Council on initiatives her department is pursuing during the Sunday, Jan 7, hybrid meeting held in Tribal Council chambers and on Zoom.

"It is a pleasure and an honor to be here and to talk about health and wellness, what we have done in 2023 and what is to come in 2024," she said. "I can't believe it's been eight years since I started here. Time really flies, it certainly does



**Kelly Rowe** 

when you're having fun, and it's great that we're able to make a difference to the membership and bring services and programs that are

needed."
Rowe said that Health & Wellness continues to grow, and has recently added a nurse practitioner, psychiatric nurse practitioner and

a dentist, with a second one coming

in April.

The department's tush lamatsin (good medicine) events have continued to increase in popularity, with the Fall Festival attracting more than 350 people.

Additionally, the new public health and vaccination clinic, located next to the Heath & Wellness Center, will be opening in February to provide additional services to the membership including vaccination, a denturist lab, diabetic care, pediatrics, naturopathic care, an indoor demonstration kitchen and presentation area, and outdoor patio with

a kitchen and fish pit.

"This is a labor of love and gives us the ability to expand our services," Rowe said.

During her presentation, Rowe shared several other accomplishments of 2023 and goals for 2024, some of which she and the staff have been working toward for years. One of these is to have a financially independent department.

"When I came to Health and Wellness in 2015, one of the things

See MEETING continued on page 9

# 'Pajama Jam'



Photos by Michelle Alaimo



Worthy Amouak, 5, left, and Sadie Tasker, 4, read "Little Acorn" during the Pajama Jam held in the Tribal gym on Thursday, Jan. 11. The tush lamatsin (good medicine) family event included singing, dancing, drumming, games, a cake walk, raffle prizes and the first 125 youth received a copy of the "Little Acorn" book. Breakfast for dinner was also served.

Gabriella Sabey, 5, dances during the Pajama Jam held in the Tribal gym.



### Roots, rock, reggae

Grand Ronde Tribal member Adam Sierra is bringing an Indigenous show to Portland

By Sherron Lumley

Smoke Signals staff writer

usic producer and Grand Ronde Tribal member Adam Sierra is bringing an all-Indigenous reggae and hip-hop show to the Tribe's ceded homelands on Friday, Jan. 26.



Adam Sierra

Sierra, co-founder of Chalice Row Records, is hosting, "Rebel Music," Friday, Jan. 26, at The Haven in southeast Portland.

"This show is showcasing all Native artists," Sierra, 39, said. "It's a reggae and hiphop performance with some spoken word, and we focus on cultural

identity, mental health awareness and entrepreneurship. The purpose is to uplift the community, to help keep our Native culture relevant and seen."

The Haven show will feature Mista Chief (Northern Cheyenne), Savelle Tha Native (Chetco/Shasta/Siletz), MzShellz (Cree) and Y.N.G. Native (Haida/Tsimshian) with special guest DJ D-Rock. Native pop-up restaurant Javelina is providing food for the event.

Meanwhile, Sierra is also busy organizing the third annual Oregon Reggae Fest, a three-day event relocating to Stayton from Ashland for the first time this summer.

The festival will be held July 26-28, and will bring together a lineup of reggae music, wellness workshops, children's activities, cultural arts and crafts, and world cuisine. The new location, approximately an hour's drive from Grand Ronde, brings the venue much closer to where Sierra grew up.

He said that he knew at a young age he wanted to be a music producer. It began with a book he read while a student at Sheridan High School. One thing led to another, and Sierra began producing shows while living in Willamina when

See CONCERT continued on page 6

### **General Council meeting**

11 a.m. Sunday, Feb. 4

Monarch Hotel & Convention Center, 12566 SE 93rd Ave. Clackamas.

Tribal members can participate remotely via Zoom and in-person attendance. Call 503-879-2304 for more information.

#### 

### **IPKA Fellowship applicants sought**

The Grand Ronde Tribe's Cultural Resources Department is seeking applications for the 2024 Indigenous Place Keeping Artist Fellowship.

In 2024, one fellow will be selected to receive \$20,000 to advance their artistic work. Applications are due by 5 p.m. Friday, Jan. 19, 2024.

The application is two pages and includes answering three questions, providing a detailed resume and artist portfolio with at least five examples of work.

Applicants are asked to do the following:

- · Read the application packet;
- Fill out a two-page application;
- Answer three preliminary questions in a Word or PDF file, with no more than 150 words per response to each question.

Contact Cultural Resources Manager David Harrelson at cultural. resources@grandronde.org or 503-879-1630 for an application. ■

**Correction** — A story in the Jan. 1 issue of *Smoke Signals* misidentified the Tribal affiliation of former Hatfield Fellow Shana Radford. Although she was a member of the Nez Perce Tribe during her fellowship, she is now a member of the Confederated Tribes of the Umatilla Indian Reservation in eastern Oregon. *Smoke Signals* regrets the error.

#### **TRIBAL OFFICE CLOSURES**

Tribal offices will be closed on Monday, Jan. 15, in observance of Martin Luther King Jr. Day. Offices also will be closed on Monday, Feb. 19, in obervance of Tribal Chiefs' Day.

# Letters welcome

Letters should be exclusive to **smok signalz**.

Letters should be 400 words or less and must include the writer's name, address, phone number and Tribal roll number. You will be contacted to confirm authorship.

All letters are subject to editing for space, grammar and, on occasion, factual accuracy. Only two letters per writer are allowed during a three-month period. Letters written in response to other letter writers should address the issue at hand and, rather than mentioning the other writer by name, should refer to the date of the letter published. Discourse should be civil and people should be referred to in a respectful manner.

Letters deemed in poor taste will not be printed. Send letters via e-mail to news@grandronde.org, or submit in person at the Tribal Governance Center in Grand Ronde, Ore., or mail to **smok signəlz**, 9615 Grand Ronde Road, Grand Ronde, OR, 97347.



Ad by Samuel Briggs III

# smok signəlz

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#### **EDITORIAL POLICY**

**smok signalz**, a publication of the Confederated Tribes of the Grand Ronde Community of Oregon, is published twice a month. No portion of this publication may be reprinted without permission.

Our editorial policy is intended to encourage input from Tribal members and readers about stories printed in the Tribal newspaper. However, all letters received must be signed by the author, an address must be given and a phone number or e-mail address must be included for verification purposes. Full addresses and phone numbers will not be published unless requested. Letters must be 400 words or less.

**smok signalz** reserves the right to edit letters and to refuse letters that are determined to contain libelous statements or personal attacks on individuals, staff, Tribal administration or Tribal Council. Not all letters are guaranteed publication upon submission. Letters to the editor are the opinions and views of the writer. Published letters do not necessarily reflect the opinions of **smok signalz**.

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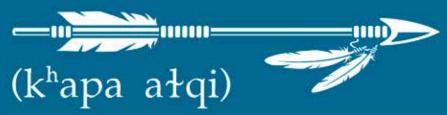
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# IN THE FUTURE



#### ixt-mun (January)

- Monday, Jan. 15 Tribal offices closed in observance of the Martin Luther King Jr. Day holiday.
- Wednesday, Jan. 24 Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.

#### makwst-mun (February)

- Sunday, Feb. 4 General Council meeting, 11 a.m., Monarch Hotel & Convention Center, 12566 SE 93rd Ave., Clackamas. 503-879-2304.
- Wednesday, Feb. 7 Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.
- Thursday, Feb. 8 Sweethearts Jam, 5 to 7 p.m., at the Tribal gym.
- Monday, Feb. 19 Tribal offices closed in observance of Tribal Chiefs' Day.
- Wednesday, Feb. 21 Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304

To stay informed of future Tribal events, visit www.smokesignals.org/calendar.

#### **MARRIAGES IN TRIBAL COURT**

Tribal Court is issuing marriage licenses and able to perform marriage ceremonies for a filing fee of \$40.

Contact the Tribal Court at 503-879-2303. ■

### ATTENTION ALL HOUSING TENANTS AND GUEST PLEASE SLOW DOWN IN ELDER HOUSING

Also, please make sure and maintain low levels of music in the Elder community.

# Find us on



#### OFFICIAL TRIBAL FACEBOOK PAGES

#### **Smoke Signals:**

facebook.com/SmokeSignalsCTGR

The Confederated Tribes of Grand Ronde:

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Grand Ronde Health & Wellness:

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**Grand Ronde Children & Family Services:** 

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face book.com/GrandRondeFoodBank

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facebook.com/Grand-Ronde-Cultural-Education

**Grand Ronde Community Garden:** 

face book.com/Grand Ronde Community Garden

**Grand Ronde Tribal Police Department:** 

face book.com/Grand-Ronde-Tribal-Police-Department

**Grand Ronde Employment Services** 

Facebook.com/EmploymentServices

### **Prepare for tax season**

Help us get your tax documents to you in a timely manner:

It is that time of the year where we in the Finance Department are starting to prepare for tax season.

In an effort to have current information for W2s and 1099s, we are asking everyone who has moved in the last calendar year to update their address. **How to update:** 

If you are a Tribal member, contact Member Services at memberservices@grandronde.org or 503-879-2116.

If you are an employee, contact Human Resources at compensation\_ HRIS@grandronde.org or 503-879-2109 and the reception desk will direct your call to the appropriate person. Alternatively, an employee can make any updates in the timesheet module as well.

If you have recently updated your address at the clinic/pharmacy, you will still need to update your information with either Member Services and/ or Human Resources. The clinic/pharmacy does not share your private information due to HIPAA regulations.

Remember that even if you have direct deposit you will need to update your address, as W2s and 1099s are mailed.

The Finance Department thanks you in advance for your assistance in making the upcoming tax season go as smoothly as possible.

The deadline for updating addresses has now passed. We cannot guarantee changes after this date. Both W2 and 1099MISC forms will be mailed before the Wednesday, Jan. 31, deadline. ■

### Seeking two Elders for a oncein-a-lifetime experience at New York's American Museum of Natural History

Elder Lottery drawing will be conducted by Tribal Council staff and/or Executive Office staff via Google Wheel of Names.

#### **New York Facts:**

- Prepare for ample amounts of walking: The average New Yorker walks 6,000 to 10,000 steps per day or 2.5 to 4.5 miles per day.
- There are five boroughs: Manhattan, The Bronx, Queens, Staten Island and Brooklyn.
- Top three specialties to try: Pizza, pretzels and pastrami.
- Free activities include: Walk across the Brooklyn Bridge, visit Grand Central Station and ride the Staten Island Ferry.
- New Yorkers speak more than 800 languages.
- The original people of New York were the Lenape.

#### Screening criteria for signing up:

- Minimum age is 60 years old.
- No health conditions that may prevent walking. (Should a companion be needed to assist with medical/mobility reasons, they must pay for their airfare and per diem. Elder and companion are responsible for making arrangements).
- Must have an operational cell phone.
- Must provide drop-off and pick-up contact information, if different from emergency contact information.
- Must be willing to tip any and all service staff dining/bellhop/taxi/Uber.
- Must sign an agreement outlining representative duties and expectations.

What is covered / provided?	♦ What is NOT covered / provided?
a. Round-trip, direct flight	e. Souvenirs
b. Lodging	f. Mobility needs
c. Per diem	g. Parking*
d. Mileage to/from airport	h. Baggage fees*
	i. Uber/taxi/subway*
	*possible reimbursement

Screening criteria determined by Tribal Council and Staff Chaperones.

#### Tentative Schedule:

- January through February: Enter name for lottery drawing.
- March through April: Tribal Council staff and/or Executive Office staff to select participants via Google Wheel of Names.

Criteria meeting participants report to Chelsea Baranski in Tribal Council to complete important travel information – current license/ID, valid vehicle insurance, emergency contact(s), primary care physician, list of medications and any dietary restrictions.

- May: Dinner with interns and delegation.
- June: Pick up travel packets.
  - Delegation travels to New York for CTGR Tomanowos Meteorite Ceremony.
- July: Submit receipts lodging/baggage; parking/taxi/Uber if any.

Elders can sign up for the lottery at the Elder Activity Center or chelsea.clark@grandronde.org.

# **Food Bank news**

The Grand Ronde Food Bank – iskam məkhmək haws – is operated by Marion-Polk Food Share, which has been leading the fight to end hunger since 1987 because no one should be hungry.

Recipients of SNAP, TANF, SSI or LIHEAP assistance automatically qualify for assistance at the Grand Ronde Food Bank, 9675 Grand Ronde Road. No one will be turned away in need of a food box.

"We believe that everyone deserves to have enough to eat," Food Bank Coordinator Francene Ambrose says. "You are welcome to get a food box at each of our regular weekly distributions. No one will be turned away in need of a food box."

The Food Bank will hold January food box distributions from 10 a.m. to 2 p.m. Fridays. In addition, there is a light food box (mostly bread and produce) distribution from 10 a.m. to 2 p.m. Wednesdays.

People must check in 15 minutes before closing to receive a food box on both days. If you need immediate assistance, call 211 or visit 211info.org.

Those who are unable to pick up a food box can fill out an authorized representative form and that designated person can pick up a food box on your behalf. The authorization is good for one year.

The Food Bank continues to seek volunteers to help with repacking food, putting food on the shelves, handing out food boxes, end-of-month inventory and picking up food donations at area stores.

Call to ensure someone is available to assist. People also can sign up for a monthly email for the Food Bank calendar and events, as well as follow the Food Bank on Facebook.

The Food Bank is an equal opportunity provider. Contact Ambrose at 503-879-3663 or fambrose@marionpolkfoodshare.org for more information or to volunteer.

# Committee & Special Event Board meeting days and times

- Ceremonial Hunting Board meets as needed. Chair: Marline Groshong.
- Culture Committee meets at 5:30 p.m. the second Tuesday of the month at the Grand Ronde Food Bank/iskam məkhmək haws, 9675 Grand Ronde Road. Chair: Francene Ambrose.
- Editorial Board meets monthly. The next meeting will be in February.
   Chair: Mia Prickett. Contact: Editorial.Board@grandronde.org.
- Education Committee meets at 5:30 p.m. on the last Tuesday of the month in the Adult Education building. Chair: Tammy Cook.
- Elders Committee meets at 10 a.m. the first and third Wednesday of the month in the Elders Activity Center. Chair: Carmen Robertson.
- Enrollment Committee meets quarterly in Room 204 of the Governance Center. Chair: Debi Anderson.
- Fish & Wildlife Committee meets at 5:30 p.m. the second Tuesday of the month at the Natural Resources building off Hebo Road. Chair: Reyn Leno.
- Health Committee meets at 10 a.m. the second Tuesday of the month in the Molalla Room of the Health & Wellness Center. Chair: Darlene Aaron
- Housing Grievance Board meets at 4 p.m. the third Thursday of the month in the Housing Department conference room. Chair: Shayla Myrick-Meyer.
- Powwow Special Event Board meets monthly at noon at the Community Center. Dates vary. Contact Dana Ainam at 503-879-2037.
   Chair: Dana Ainam.
- TERO Commission meets at 10 a.m. the first Tuesday of the month in the Employment Services building. Chair: Russell Wilkinson.
- **Timber Committee** meets at 5 p.m. the second Thursday of the month at the Natural Resources building off Hebo Road. Interim Chair: Jon R. George
- **Veterans Special Event Board** meets at 5:30 p.m. the first Tuesday of the month in the old Elders Craft House. Chair: Rich VanAtta.

To update information on this list, contact Smoke Signals Editor Danielle Harrison at 503-879-4663 or danielle.harrison@grandronde.org.





2019 – Tribal Council approved a memorandum of understanding with the city of Salem, which is in the area ceded in the Willamette Valley Treaty of 1855. Salem also designated Jan. 22 as Willamette Valley Treaty Commemoration Day. Tribes and bands represented by the signing of the 1855 treaty, ratified two months later, included the Kalapuya, Santiam, Tualatin, Yamhill, Ahanchuyuk, Mary's River (Chelamela), Mohawk, Winfelly, Calapooia, Northern Molalla, Santiam Molalla and Clackamas Chinook (Clowewalla, Watlala and Multnomah).

2014 – Tribal Ceded Lands Program Manager Michael Karnosh, Tribal Planner Rick George and Tribal Land and Culture Department Manager Jan Reibach updated the membership on the Tribe's ceded lands plan at a General Council meeting. The land ceded by the Confederated Tribes of Grand Ronde in seven treaties signed in the 1850s totaled more than 13 million acres,



File phot

covering most of western Oregon, parts of southwestern Washington and northern California. The ceded lands plan was a direct result of the 2010 Tribal Strategic Plan, which sought to assert Grand Ronde rights in its ceded lands and educate the public about these lands. The Ceded Lands Program, created by the Tribe in 2007, became part of the Land and Culture Department in 2013.

2009 – Cultural Resources Department Manager and Tribal member David Lewis prepared a 500-page dissertation, "The Termination of the Confederated Tribes of the Grand Ronde of Oregon," earning a doctorate from University of Oregon. Lewis thanked Tribal Elders Don Day, Pat Allen, Tribal Council Chairwoman Cheryle A. Kennedy and the Tribe's Education Department for their ongoing support. His journey through higher education spanned 22 years, beginning in 1987. He was one of the first Tribal members to earn a doctorate.

2004 – Grand Ronde Postmaster Phil Burris, a Cherokee-Choctaw Tribal member and Navy veteran, took care of 328 post office boxes and two letter carriers who delivered mail to 360 addresses in Grand Ronde. Burris began his Postal Service career in 1981 and planned to stay in Grand Ronde until retirement. He arrived early every morning to raise the U.S. flag and lowered it every night. He even slept at the post office during an ice storm to open it on time the next day.

1999 – Alaska Native Ted Mala was hired in December as the Tribe's new executive officer. Mala grew up in a northwest Alaskan village and attended boarding schools. He earned a bachelor's degree in philosophy and master's degree in public health from Harvard, becoming a member of the Association of American Indian Physicians. He was a professor and director of the University of Alaska Public Health Institute before coming to Grand Ronde, and also served as the secretary of health for the Alaska governor's office.

1994 – The Tree of Giving, sponsored by the Tribal Social Services Department, and coordinated by Mychal Childers and April Howren, was a "huge success" during its second year. More than 60 Tribal, staff and community members participated to help children with special needs have a Merry Christmas.

1989 – Tribal Council established a Tribal burial fund, which covered Tribal members and their immediate families, and designated council member Merle Holmes to administer the fund. The burial fund would be paid for through Tribal timber revenues.

Yesteryears is a look back at Tribal history in five-year increments through the pages of Smoke Signals.



Ad by Samuel Briggs III

# Tribal Council approves broadband connectivity grant application

#### By Danielle Harrison

Smoke Signals editor

Tribal Council approved an application for a \$2.6 million grant to improve high speed internet services at its Wednesday, Jan. 10, meeting.

The federal Tribal Broadband Connectivity Program is a grant designed to bring better internet service to rural Tribal communities. If approved, the four-year award would provide up to \$2.6 million for 195 houses within Tribal Reservation lands to receive updated broadband services.

"This grant is primarily a construction grant allowing for new towers and fiber to be installed and will allow us to network with the Native-owned and operated company, Native Network, so that we can ensure its success," Grants Management Assistant Dana Morfin said during a Legislative Action Committee meeting on Tuesday, Jan. 9.

The Tribe received \$500,000 from the same grant in 2023.

- In other action, Tribal Council:
- Approved a \$120,000 application for a Bureau of Indian Affairs Endangered Species Program grant to assess western pond turtle presence on Tribal lands;
- Approved paying annual Indian Gaming Association membership dues of \$25,000 and appointing Tribal Council member Denise Harvey as the Tribe's delegate and all other council members as alternates;
- And approved enrolling one infant into the Tribe and approved a non-infant emergency enrollment because they meet the requirements outlined in the Tribal Constitution and Enrollment Ordinance.

To watch the entire meeting, visit the Tribal government's website at www.grandronde.org and click on the Videos tab. ■

# Gift making



Youth Empowerment & Prevention Youth Tobacco Prevention
Coordinator Shannon Lafferty, left, beads a keychain while Tribal
member Veronica Gaston works on making a necklace during the YEP
gift making day in the Tribal Community Center on Wednesday, Jan.
10. The gifts will be given to guests during the annual Native Youth
Wellness Day scheduled for March 8 and Agency Creek Round Dance
scheduled for March 8-9.

# Drop box installed The Grand Ronde Tribal Police Department, 9655 Grand Ronde

The Grand Ronde Tribal Police Department, 9655 Grand Ronde Road, has a medication drop box located in the front lobby.

Lobby hours are 8 a.m. to 5 p.m. Monday through Friday.

The drop box is for any prescribed or over-the-counter medication. If the containers are too large to fit in the drop box, please repackage them in a zip-lock plastic bag. Tribal Police employees cannot handle the medications so the person dropping them off must repackage them.

Needles and liquids are not allowed in the drop box.

Tribal Police suggest mixing liquid medications with cat litter or coffee grounds and then throwing them away with the household trash. For more information, call 503-879-1821. ■





The Confederated Tribes of Grand Ronde TERO Department is looking for Tribal members with CDLs who are interested in current employment opportunities or Tribal members who are interested in obtaining their CDL for future employment.

- Must be 18 years or older.
- Must obtain your CDL permit before you register.
- Must show proof of completed ODOT physical and other requirements.
- Four weeks to complete.
- TERO will assist with funding CDL course.
- Employment opportunities available now.
- $\bullet$  Schedule courses when you are ready.

Contact Jacob Boekhoff at 503-879-2146 or e-mail Jacob.Boekhoff@grandronde.org



Ad by Samuel Briggs III

# LISTEN TO SMOKE SIGNALS 103 PODCASTS

# MMIP BILLBOARD MOVEMENT REACHES GRAND RONDE:

This year the Tribe saw an increased effort to raise awareness for missing and murdered Indigenous people.

A main advocate in the growing awareness efforts is Tribal member Amanda Freeman.



Part one: Podcast 102 - The story behind Grand Ronde's MMIP billboard.

Freeman's work caught the eye of Great Circle Recovery Operations Director Jennifer Worth and Spirit Mountain Casino CEO Camille Mercier. Together, they created a billboard along Highway 18.

Part two: Podcast 103 - On the record: MMIP Awareness Dinner.

Once the billboard was up, Freeman and Worth planned a community event, an awareness dinner held Friday, Dec. 1. Smoke Signals is following these efforts with an MMIP awareness podcast series, with more to come in 2024.

For more information, contact Kamiah Koch at 503-879-1461 or kamiah.koch@grandronde.org



VISIT SMOKESIGNALS.ORG AND CLICK ON PODCAST

# Grand Ronde transit gap a 'top priority'

By Sherron Lumley

Smoke Signals staff writer

Salem Cherriots and the Tillamook County Transportation District may end up joining forces to provide bus service to the Grand Ronde community after a crucial route was discontinued last month.

According to Tribal Public Works Coordinator John Mercier, the number of routes is yet to be determined.

Grand Ronde's current gap in bus service is not due to lack of funds. Like many businesses, especially in rural areas, local transit agencies are struggling to cover routes. This has led transit managers to consider collaborative solutions.

"We can start immediately," Mercier said. "It could be any day."

He is ready to negotiate a contract, which he anticipates will include Cherriots' drivers and Tillamook's buses. Mercier said that Tillamook is "bus-rich" and Cherriots is "driver-rich." Working together, increased bus service from Grand Ronde to Salem could be restored in the near future.

Another potential solution is if the the Siletz Tribe partners with Grand Ronde to offer two routes, seven days per week. The 60X (Coastal Connector) is a bus route from Lincoln City to the Salem Amtrak station via Grand Ronde and the 70X runs from Grand Ronde to Salem.

Without the Siletz on board, Mercier said he will still be able to have the 70X bus, which would provide Grand Ronde with daily, round-trip service to Salem.

"The Tribe works with professional transportation planners to

review and find a good match for the riders," Mercier said. "It is a priority to get those routes in place."

The Yamhill County bus from Grand Ronde to McMinnville will continue its route Monday through Friday, with eight round-trip journeys per day.

Tillamook ended its daily service from Lincoln City to Grand Ronde to Salem abruptly in December due to a shortage of drivers. The final bus of 2023 ran on Dec. 10 and Tillamook's General Manager Brian Vitulli announced all service to Grand Ronde ended effective Dec. 11.

Mercier said all the transit companies serving Grand Ronde are months behind in sending invoices to the Tribe, which is ready to pay on receipt, adding that he hasn't been billed in six months and can't close the Tillamook contract until a final invoice is received.

The Tribe's federal and state transportation funding is used to pay for the public transit service that serves Grand Ronde.

State funding includes a two-year grant of \$97,396 from the Oregon Department of Transportation and an ODOT-administered \$300,000 Federal Transit Administration grant for rural areas.

A Statewide Transportation Improvement Fund grant of \$470,038 will go toward resolving the Tribe's current public transit service gap, paying subcontracters with transit agencies.

In addition to state funding, three-year federal allocations include \$565,000, money from the Federal Transit Administration and some funds from pandemic relief efforts for the years 2024-27. ■

## 'Now I'm starting to help Native American artists'

CONCERT continued from front page

he was 21.

He went on to co-found Chalice Row Records with recording artist Young Shanty (Jason Cannon), who debuted at the top of Billboard's reggae album chart in 2007.

The duo initially focused on Jamaican Rastafari reggae, and later dancehall, a newer form of reggae with a faster beat. That decision took the label to Florida in 2015 to be closer to the artists and a large network of radio stations playing reggae music.

Working with well-known American and Jamaican artists, Sierra began touring extensively in the U.S. and traveling internationally in Europe, doing tours, tour management, music videos and everything that goes into making a career successful for an artist.

"Now I'm starting to help Native American artists," Sierra said. "It took some time, but now I have the extra skills needed for Native artists and the knowledge

to help them."

Sierra first met reggae artist Mista Chief in 2010, but wasn't yet working with him.

"He is representing hard for Native reggae," Sierra said. "He is one of the few."

Sierra chose The Haven, a loft-style communal art and healing space that can hold about 150 people, because it suits his artists and the spoken word element of the show. The smaller stage and non-club venue without alcohol engages the community with the music and artists, and welcomes more people to attend.

"I stopped drinking before age 21," Sierra said. "I realized that's not the type of environment that's best for our music. Chalice Row Records represents positivity with chalice meaning life, the opposite of death."

Tickets are \$10 if purchased in advance at https://lnkfi.re/zPwSU1 and \$20 at the door. The Haven is located at 819 SE Taylor St., Portland. Doors open at 8 p.m. The show is for those 18 years of age and older. ■

#### THE CONFEDERATED TRIBES OF GRAND RONDE LONG RANGE TRANSPORTATION PLAN DRAFT TWO AVAILABLE FOR PUBLIC REVIEW

The Confederated Tribes of Grand Ronde Department of Public Works and Tribal Transportation Program is in the process of updating the Confederated Tribes of Grand Ronde Long Range Transportation Plan.

Pursuant to Tribal Transportation Program requirements, the Tribe must publish a notice making the public aware that transportation planning is in progress and that copies of the draft plan are available for public review and comment.

The second draft Long Range Transportation Plan will be available for public review and comment for a time period of no less than 15 days from the date of this public notice. If anyone would like to review the current draft, they may contact John Mercier at the CTGR Public Works Department:

John Mercier

The Confederated Tribes of Grand Ronde

Public Works/Tribal Transportation Program Manager

9615 Grand Ronde Road Grand Ronde OR 97347 Phone: 503-879-2400

Cell: 503-428-1441
Email: john.mercier@grandronde.org

There are three methods to acquire a copy of the plan. These are: A hyperlink to a file share service sent to a requester's email address that accesses an electronic file, a printed copy that can be mailed to the requester's address and a printed copy available at the address shown above. Requesters should let Mercier know which of the three methods is desirable to acquire a copy of the plan.

If anyone is interested in a question-and-answer session about the contents of the plan, contact Mercier and he will schedule an appointment. There also will be a meeting to present the plan to local agencies at 2 p.m. Wednesday, Jan. 24, at Chachalu Tribal Museum & Cultural Center, 8720 Grand Ronde Road. This meeting will be open to the public and also cover Transportation Safety Planning.

Anyone with questions is asked to contact Mercier. ■

# DO YOV WANT TO LEARN ABOUT COOKING?

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WHAT: COOKING CLASS
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WHAT TIME: 5:30-7:30PM

IF INTERESTED PLEASE SEND: NAME, BIRTHDATE,
PARENT/SUARDIANS NAME AND CONTACT INFORMATION
TO NANCY.HAMALIAN@SRANDRONDE.ORS

APPLICATION DEADLINE: DANUARY 2ND, 2024

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Are you frustrated with your diabetes control?

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If so...

Call the Medical Clinic today at 503-879-2002

To schedule an individual diabetes education appointment

# Community Health 'continues to evolve'

By Danielle Harrison

Smoke Signals editor

When most people in Grand Ronde hear the words, "Community Health," they might think about medical transport services for Elder Tribal members.

However, what the department offers is much more than that, Community Health Manager Alisha Parks Shell said.

"We've been around a long time, nearly 20 years, and just continue to evolve," she said.

Community Health is designed to help educate Tribal members about their health and instill methods for creating healthy lifestyles. Many activities involve both Tribal youth and Tribal Elders.

Parks Shell took the helm of the department in March and began to revamp its offerings to include more community-oriented services in addition to medical transport and medication management.

"We changed our format completely," she said. "I knew we needed to be more in the community and I wanted to look at being proactive rather than reactive."

One of the ways Parks Shell is accomplishing that goal is to coordinate with the Health & Wellness Department to do in-home wellness checks and to offer opportunities for people to gather together at the Tribal campus.

"Some Tribal members might think they are the only ones with blood pressure issues or diabetes, but if you show them they are not



Photo by Michelle Alaimo

Tribal Elder Melvin Schultz, left, gets his blood pressure taken by Ben Morris, a community health aide with the Tribe's Community Health Department, during a home visit at Schultz's home in Dallas on Wednesday, Jan. 10.

alone and there is a community out there to help, it reduces social isolation." Parks Shell said. "We also do drop-in visits and check in on Tribal Elders just to make sure they are OK, and help them with resource connection and care coordination."

Current offerings from Community Health include medical appointment and non-medical transportation, wellness visits, medication management, care coordination and socialization; as well as caregiver support services, an Elder exercise program, wellness activities and free Life Alert service for all Tribal Elders.

Additionally, Community Health offers home safety visits, car seat education and installation, and hospital post-discharge follow-up calls. Service is offered to all Tribal members living in Polk, Yamhill, Marion, Tillamook, Washington and Multnomah counties. The emergency room follow-up calls are offered to all Tribal members across the country.

During November 2023, the most current month statistics are available, Community Health served 158 clients and provided 431 home visits with a staff of seven.

"We want to help people with navigating their health care and provide a home visit that meets the needs of clients," Parks Shell said.

Tribal Elder Melvin Schultz, 64, of Dallas has been receiving Community Health home visits for the past eight months after a lacerated kidney landed him in the emergency room.

He said the greatest benefits are having all of his medications managed and becoming more aware of his own health, and the steps he can take to improve it.

"Worrying about my medications and when it would run out was really creating anxiety for me," Schultz said. Now, Community Health Aide Ben Morris brings medications out during weekly visits to Schultz's Dallas home.

During a recent visit, Morris took his blood pressure and helped Schultz apply a new blood sugar monitoring sensor to his arm.

"When I first started visiting, his blood sugar was out of control," Morris said. "Now we have it under control. A lot of it is creating the right habits. ... We visit people based on their needs. A lot of what we do is advocate for them."

Schultz said he feels much better than he did a year ago and now has a dog to help ensure he gets out for regular walks.

"After Ben started helping me, I told my brother to get on his list, too," Schultz said. "My blood sugar has landed me in the hospital before. I welcome the assistance and I think this is one of the best programs you can have. If you don't have good health, you can't do much of anything. Good health is so important."

### New grants will expand services

Two 2023 grant awards will allow Community Health to expand its offerings. The first is a two-year, Indian Health Service dementia care grant. The Tribe has been awarded close to \$200,000 so far.

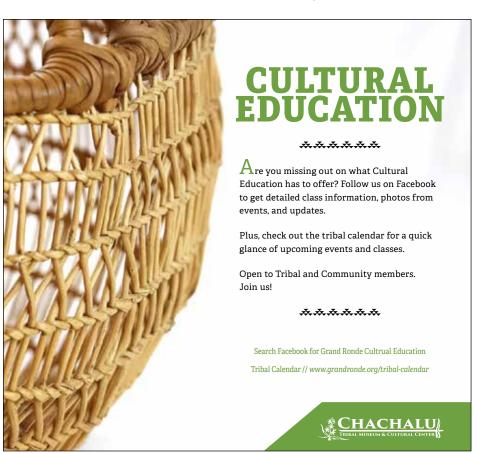
"We're going to be hiring a new employee to oversee this and will be offering Elder workshops, community events, cognitive impairment testing, caregiver support and other resources," Parks Shell said.

The other grant is a two-year, Administration for Community Living Elder Justice Innovation Grant. The Tribe was awarded \$185,000 thus far, which will be used to increase education regarding Tribal Elder abuse, neglect and exploitation.

"We are deploying a task force to respond and want to create a closed-loop system with Adult Protective Services," Parks Shell said. "That way, we know what the outcome was of any Elder abuse or neglect reports."

For more information or to request Community Health services, contact communityhealth@grandronde.org or 503-879-2078. ■





SMOKE SIGNALS



Dancers perform during the Youth Community Gathering at achaf-hammi (Tribal plankhouse) on Sunday, Jan. 7. The event takes place monthly and is hosted by the Confederated Tribes of Grand Ronde's Youth Council and the Tribe's Youth Empowerment & Prevention Program. The gathering offers youth an opportunity to gather together, sing, dance, learn culture and share a meal.

# Gathering of the youth



Satara Blanchard, 14, warms herself by the fire during the Youth Community Gathering at achaf-hammi (Tribal plankhouse).



Tribal members, from front to back, Santi Atanacio, Jacob Holmes and Nakoa Mercier drum and sing during the Youth Community Gathering at achaf-hammi (Tribal plankhouse).





**Photos by Michelle Alaimo** 

### Tribe's medication-assisted treatment facilities served 436 people

MEETING continued from front page

I really wanted to do was to become self-sufficient, so that we would be able to work on health and wellness and not be reliant on casino dollars or other dollars out there so we would be able to function no matter what," Rowe said. "I'm happy to say in 2024, we are able meet that goal and not rely on any gaming revenue that can be used elsewhere by the Tribe. That's something that is powerful and that has been a goal for me and a goal for Health and Wellness that we've accomplished. I can't say enough about it and how happy I am and proud to be a part of that."

Other highlights of the presentation include:

Adult Foster Care lodges: The clinic is planning to open the vacant Black Bear Lodge in 2024, which will provide adult foster care services to six Tribal members. Currently, there is a waiting list so opening up additional rooms will help to alleviate that. Additionally, the clinic will build programming

# Health & Wellness is financially self-sufficient as of 2024.

for hospice and palliative care for residents there as well as the broader Tribal membership who need those services.

Great Circle Recovery clinics: The Tribe's medication-assisted treatment facilities in Salem and Portland have served 436 people. The Salem clinic has added mental health services, and a peer recovery center with a food pantry, clothing closet, career training and housing search area. There is also a shower and laundry trailer for unhoused clients who are utilizing services at the clinic.

A new mobile unit, funded by a state grant, will begin serving clients in a few weeks and is designed to be more efficient and include additional services to meet clients where they are.

Great Circle Portland opened in February and is continuing to

grow and expand its services to the community there, which has been hard hit by the opioid epidemic, Rowe said.

Shelter villages: There are two emergency shelter villages which opened in February 2023, one on the Tribal campus and one on Grand Ronde Road. There are a total of 25 housing units with 45 people admitted into the program. Six have received permanent housing transfers, five have received transitional housing transfers, 11 have sought behavioral health treatment and five have found employment. There have been 309 meals served.

Community transitions program: There are five different homes on four properties in Grand Ronde, Willamina and Salem. These provide for a variety of housing needs with both communal and private housing, and services which range from building daily living skills and offering mental health supports, to cultural opportunities and preparation for independent living. "It's a huge step in our ability to support people in their housing journey and make sure they are capable and ready for independent living," Rowe said.

Residential treatment and recovery services: Opening in summer 2024, these will provide addiction treatment services, intensive outpatient services, coor-

dinated services with Great Circle Recovery and Grand Ronde Health & Wellness Center, and broaden the Tribe's substance use disorder care options. "This is something that is a gap for us, where we struggle to find these beds when people need services," Rowe said. "This gives us the ability to have control and offer services in a way that are specific to us. ... Being able to bring this inside will give us the opportunity to really make a difference. This is much needed and a fast way to get people in and do treatment."

After the 32-minute presentation, Rowe took 16 questions and comments from the audience.

"Thank you Kelly for that wonderful and thorough report," Tribal Council Secretary Michael Cherry said. "It's really good to hear and I'm excited to see all of the wonderful things that are coming up for our community."

In other action, Angey Rideout won the \$25 gas card; Ramona Quenelle, Halona Butler, Rosemary Jameson, Deb Anderson and Lyliana Rideout won the \$50 door prizes; and Marie Quenelle, David Leno and Veronica Gaston won the \$100 door prizes.

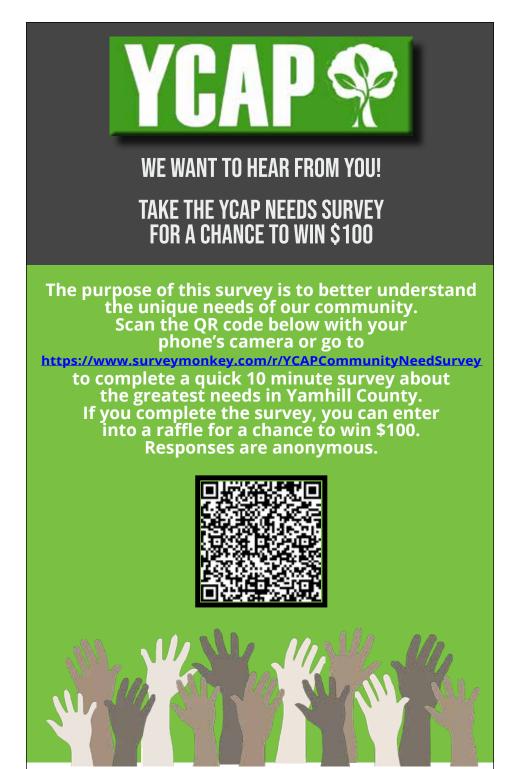
The next General Council meeting will be held at 11 a.m. Sunday, Feb. 4 at the Monarch Hotel & Conference Center, 12566 SE 93rd Ave., Clackamas, in person and via Zoom. The program report will be the Community Development Plan. A community input meeting will follow.

To watch the entire meeting, visit the Tribal government's website at www.grandronde.org and click on the Videos tab. ■

### **Gas discount in Grand Ronde**

Grand Ronde Tribal members, as well as Tribal and Spirit Mountain Casino employees, can receive a 30-cent per gallon discount on gasoline at the Tribally owned Grand Ronde Station convenience store.

There are, however, a few rules. Tribal members and employees must go inside and show either their enrollment card or employee identification card to receive the discount. ■



# Elder Center Newsletter

Providing activities for our Elders and Spouses!

### **Upcoming Events**

Craft Days: Feb. 1, 6, 8, 15, 20, and 29 11 a.m. to 1 p.m.

Art Therapy: Feb. 13

Baking Day: Feb.12,10 a.m. to 3 p.m.

Bake Sale: Feb. 13, 11 a.m. to 1 p.m. Valentines

Luncheon: Feb. 14

Shopping Trips: Feb. 7 and 21

Crab Feed: Feb. 27

Elder Day Trip: Feb. 28, leave 9 a.m.

#### Bingo: Feb. 15, 1p.m. **Healthy Lifestyle Group**

Join us every Monday at the Elder Center for a support group on healthy lifestyles. We talk about food, exercise and just support each other. No meetings on holidays.

#### **Culture Activities**

The Elder Center will be focusing on more craft classes being culturally based. We will also focus on more raffle prizes, etc being focused on supporting native artist and businesses.

#### Wills and trusts!

If you are in need of a will or trust done please contact the Elder center 503-879-2233.

We work with a local college and send your information to them. They will then reach out for comment!

#### **Tribal Vendors**

The Elder Center is looking at hosting Tribal vendors each month.

First vending opportunity will be Feb. 2 and 16. If you are interested please call 503-879-2233 to sign up. Vending will be from 10 a.m. to 2 p.m. Max of five vendors per event. Preference will be given to Elders.

# Food For Thought \

"The smallest act of kindness is worth more than the greatest intention." ~Kahlil Gibran



# Tribal Library merges with Regional Library Service

The Tribal Library has merged with the Chemeketa Cooperative Regional Library Service, said Tribal Librarian Kathy Cole.

Tribal members can now get books from libraries in Polk, Yamhill and Marion counties, as well as access to many free programs. Tribal Library patrons should visit the Tribal Library and update their information and obtain a new Regional Library Service card. For more information, contact Cole at 503-879-1488. ■

#### **ACUPUNCTURE** @ Grand Ronde Health and Wellness Center **TUESDAYS & THURSDAYS** .... JAHAMMANNIM. Acupuncture can help with... pain headaches/migraines digestive issues • women's health issues emotional pain & trauma diabetic neuropathy addictions • and so much more! **Questions or to schedule:** CALL OR TEXT: 503-482-9370 dearbody EMAIL: info@yourdearbody.com

1-800-772-1213 or online at www.ssa.gov.

### **Tribal nonemergency text line**

The Grand Ronde Tribal Police Department has a nonemergency text line at 541-921-2927.

"If you have a nonemergency situation or question, feel free to contact my officer via text through this line," said Grand Ronde Tribal Police Chief Jake McKnight. "When one of my officers receives the text, they will call you back when they have time."

McKnight said that emergency situations still require calling 911. For more information, contact McKnight at 503-879-1474. ■





#### REMINDER

#### TRIBAL MEMBERS ON THE TRIBAL SUPPLEMENTAL SECURITY INCOME/DISABILITY & MEDICARE PART B PROGRAMS

#### IT'S TIME TO SEND US A COPY OF YOUR 2024 SOCIAL SECURITY AWARD LETTER

• If you haven't received your 2024 Social Security award letter yet, contact the Social Security Administration at

• Your current SSA award letter must reach our office by **5 p.m**. **Friday, Jan. 19,** to avoid any future delays in your benefits.

Send a copy of your 2024 SSA letter to:

**CTGR Member Services** 

Attn. Shayla Myrick-Meyer

9615 Grand Ronde Road

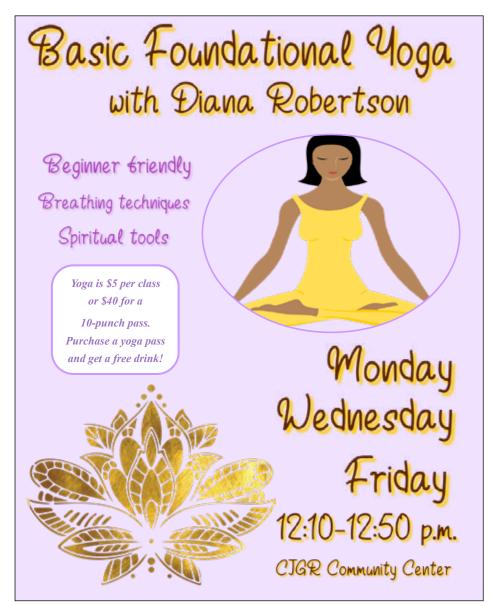
Grand Ronde, OR 97347

Fax: 503-879-2480 - Email shayla.myrick-meyer@grandronde.org - 503-879-1364 or 1-800-422-0232, ext. 1364

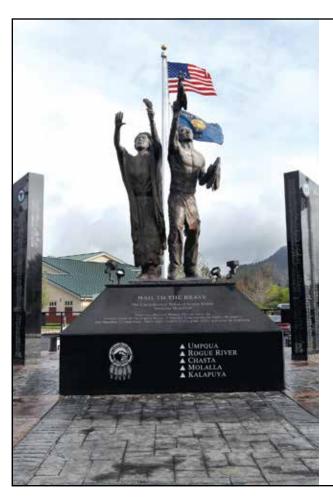
• **NOTE:** it is the responsibility of the Tribal member to notify the Tribe of any changes in your benefits from the Social Security Administration SSI/SSD program. Failure to submit your yearly SSA award letter and/or notify the Tribe of any changes may result in an obligation to repay ineligible benefits received and/or interrupt or delay your Tribal Supplemental Security Income & Disability payments and Medicare Part B reimbursements.











### West Valley Veterans Memorial Application

Deadline is March 15, 2024

Name:		DOB:		
Address:		City:	State:	Zip:
Phone:		Gender: Male/Female (Circle)		
Rank:	Branch:	Honorable: Yes/No (Circle)		
DOE:	Place of entry:			
DOS:	Place of seperation:			
Deceased: Yes	/No (Circle)	Place of burial:	:	
CTGR Tribal: Yes/No (Circle)		If Tribal, Roll#		

\*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please contact Chelsea Clark at 503-879-1418 or e-mail: publicaffairs@grandronde.org

Any applications received after March 15, 2024, will be kept on file for inclusion to the Memorial in 2025.

#### REQUEST FOR PROPOSALS PROFESSIONAL CONSULTING SERVICES THE CONFEDERATED TRIBES OF GRAND RONDE 2024 HOUSING STUDY AND NEEDS ASSESSMENT PROPOSAL DUE AT 2 P.M. THURSDAY, FEB. 1, 2024

Through this Request for Proposals, the CONFEDERATED TRIBES OF GRAND RONDE is seeking competitive proposals from qualified and experienced individuals or firms, for the provision of professional services for the Housing Study and Needs Assessment for the community of Grand Ronde.

The project is located at Grand Ronde, Oregon. Questions or requests for clarification shall be directed in writing to Project Manager Ryan Webb via email at Ryan.Webb@grandronde.org by 2 p.m. prevailing local time, Tuesday, Jan. 23, 2024.

Electronic copies of the RFP documents are available by emailing Ryan Webb at Ryan.Webb@grandronde.org or calling 503-879-2404.

Respondents shall provide a written proposal by 2 p.m. Feb. 1, 2024, to Project Manager Ryan Webb, 9615 Grand Ronde Road, Grand Ronde, OR 97347. Specific information regarding document submittal procedures and due dates will be found in the RFP. ■





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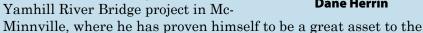
### **TERO Worker of the Month December 2023**

Name: Dane Herrin Employer: Wildish Position: Laborer

Dane Herrin joined the TERO program in November 2021. It wasn't very long after that he was dispatched out to one of our bridge replacement projects.

Once that project was finished he had gained enough experience to be referred out to Wildish, a well-known company in the heavy highway indus-

Dane is now working on the South Yamhill River Bridge project in Mc-



Wildish team. Dane's dependability, hard work and ability to learn new skills

has earned him the December TERO Worker of the Month. We asked Dane what he thinks about the TERO program and

how it has helped him. Dane said that TERO kept him employed and he was able to support his family through some difficult years.

"Thank you to everyone in the TERO department for giving Tribal members a chance to work in some very high-paying jobs," he said.

TERO thanks you, Dane, for representing our program in a good way. Keep up the great work!

> For more information on the TERO Skills Bank and any other TERO opportunities, contact the TERO office or the TERO director. TERO Office: 503-879-1488 or tero@grandronde.org

## We want to hear from you!

The Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain. Share your experience, good or bad with us.





# Watchlist: 'Homecoming | Buffalo return to Indigenous Lands'

(Editor's note: It is estimated that there are approximately 149 billion videos on YouTube, and the number continues to grow. Grand Ronde Tribal member and Social Media/Digital Journalist Kamiah Koch sifts through those myriad videos twice a month to recommend a worthwhile Indigenous video to watch. Follow her bimonthly recommendations and enjoy!)

#### By Kamiah Koch

Social media/digital journalist

Until 2021, the city of Denver used to auction off buffalo from its mountain parks to maintain a healthy population. In 2021, they changed directions and began transferring the buffalo back to Indigenous lands.

A PBS video, "Homecoming | Buffalo Return to Indigenous Lands," published in December 2023, shares the significance of this transfer.

The video shows a large silver animal trailer passing on the freeway with faded black letters painted along the side spelling "LAND BACK" in all capital letters. Inside the trailer are nearly a dozen buffalo leaving Genesee Park in Golden, Colo., and headed for the Wind River Indian Reservation in Wyoming.

It has been documented that the U.S. government intentionally over-hunted and slaughtered the buffalo from Native lands as part of the systematic extermination of Indigenous people.

"Prior to colonization, buffalo was our life's commissary for many of our Tribes," InterTribal Buffalo Council Board member Jason Baldes (Eastern Shoshone Tribe) said. "It was our food, our clothing, our shelter, but also central to our cultural and spiritual belief systems. It's been missing for a long period of time. To be able to restore that means we can begin to heal."

The buffalo are shown arriving to snowy Wyoming and being released to join the rest of their new herd. As the trailer doors open to release them onto the plateau, bundled-up Tribal members and children drum and sing. Baldes said the Shoshone Tribe was at first given 300 acres, but has now acquired a total of 2,000 acres through fundraising and purchasing property.

"The goal is to continually acquire these lands after the lands were illegitimately taken in the first place when our reservation was opened up for homesteading," Baldes said.

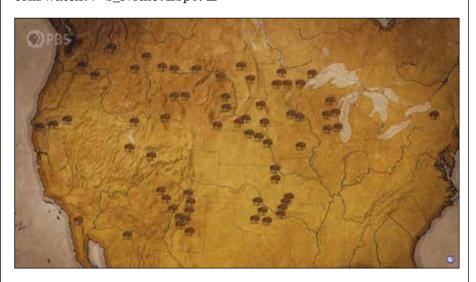
Now, more than 150 buffalo roam the acquired lands, thanks to the InterTribal Buffalo Council.

A birds-eye view of the open landscape shows the dark brown buffalo herd spread out across the bright, snowy reservation lands.

"We have tremendous wildlife habitat potential on this reservation, perhaps more than many," Baldes said. "Buffalo fit right into the picture. It's the only one missing from the landscape on this reservation before Lewis and Clark arrived."

According to Baldes, the InterTribal Buffalo Council now has 83 member Tribes across the country. That organization is 30 years old and has restored 25,000 buffalo to 65 herds in 20 states.

You can watch the entire video for yourself at https://www.youtube.com/watch?v=b\_N5mc7Lbp0. ■



## Walking On...

#### **Edward Ronald "Ronnie" Haller**

July 1, 1933 - Dec. 22, 2023

Tribal Elder Edward Ronald "Ronnie" Haller peacefully passed away at home in his sleep on Dec. 22, 2023, at the age of 90.

Ronnie, as he was known, was from the Haller-Menard family, descended from Chief Joseph Sangretta.

He was born on July 1, 1933, to Adeline Alvina Haller (Menard) and Wilbur Daniel Haller.

Ronnie came from a large immediate family and an even larger extended family. If his love for his family and friends could have kept him here, he would have lived forever.

You could not find a man more tender-hearted and generous than Ronnie. May the love of God

and the peace of Jesus Christ bless and console us, and gently wipe every tear from our eyes.

He is survived by his granddoughter, LeAnn Heller: great grandshildren.

He is survived by his granddaughter, LeAnn Haller; great-grandchildren, Tatum Burcham, Shaun Jones, Cody Jones, Alex Zuniga and Nicholas Zuniga; great-great-grandson Elijah Burcham; and sister, Carol Gleason.

He was preceded in death by his parents; his wife, Audrey Haller (Knight); son, Rory Haller; sisters, Nellie Haller, Phyllis Cureton, Betty Garrett, Delores Knight, Geneva Hansaker, Hazel Porter, Marion Davidson, and twin sisters Dorothy and Doris, who died at birth; and brothers, Donald Haller, Charles Haller, Harvey Haller, Kenneth Haller, Robert Haller, Wilbur Haller, Daniel Haller, Jim Haller, John Haller and Harold Haller.

He also is survived and preceded by countless nieces, nephews and friends

Early in life, Ronnie was a general foreman, taking his younger brothers and friends to build many dams in Oregon, Idaho and Washington. He had his own construction company for several years. Then, he worked for Henkels & McCoy Construction well into his 80s before retiring to Willamina.

Ronnie continued working into his retirement doing small jobs for friends and family. He loved to be outdoors, hunting and he had an outstanding love for creatures. Every day he would care for dogs, cats, birds and even chipmunks.

Funeral services were held Friday, Jan. 5, 2024, in the Tribal gym, followed by a graveside service at the Tribal Cemetery with a meal served at the Tribal Community Center. Family and friends were invited to share fond memories and stories.

Bollman's Tribute Center in Dallas, Ore., assisted the family.

#### **Eugene Russell LaBonte**

Oct. 2, 1928 - Dec. 29, 2023

Tribal Elder and former Tribal Council member Eugene Russell LaBonte passed away on Dec. 29, 2023, at the age of 95.

Funeral services are scheduled for 2 p.m. Saturday, Jan. 27, at the Tribal Community Center, 9615 Grand Ronde Road.

West Valley Funeral Home in Sheridan is assisting the family.

#### Jennifer Lee Hedgecock

March 25, 1969 – Jan. 2, 2024

Tribal member Jennifer Lee Hedgecock passed on Jan. 2, 2024, at the age of 54.

Sunset Hills Funeral Home in Eugene is assisting the family. Funeral service details were not available before presstime.



THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR LOADING AND UNLOADING ONLY.







Job#	Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
1793	Tribal Court Volunteer – Court Appointed Special Advocate				Until Filled
1946	Child & Adolescent Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
1964	Project Manager	16	\$107,644.28/yr.	\$140,433.67/yr.	Until Filled
1999	Tribal Planner	15	\$97,858.44/yr.	\$127,796.59/yr.	Until Filled
2002	Clinical Supervisor – Great Circle Recovery - Salem	11	\$68,091.85/yr.	\$87,692.49/yr.	Until Filled
2006	Staff Accountant	11	\$32.74/hr.	\$42.16/hr.	Until Filled
2010	Substance Use Disorder Therapist – Great Circle Recovery - Portland	10	\$61,901.69/yr.	\$79,848.88/yr.	Until Filled
2014	Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
2026	Certified Medical Assistant	8	\$24.60/hr.	\$31.84/hr.	Until Filled
2027	Ceded Lands Program Manager	15	\$97,858.44/yr.	\$127,796.59/yr.	Until Filled
2029	Administrative Assistant - Vocational Rehab	8	\$24.60/hr.	\$31.84/hr.	01/08/24
-2030	Police Officer - Tribal	11	\$32.74/hr.	\$42.16/hr.	01/08/24
2031	Tribal Security Officer – On-Call – Oregon City	5	\$18.86/hr.	\$24.07/hr.	01/15/24
2032	Administrative Assistant – Human Resources	8	\$24.60/hr.	\$31.84/hr.	01/15/24
2035	Enrichment Coordinator Aide - Part Time	5	\$18.86/hr.	\$24.07/hr.	01/15/24
2033	Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	Open



POSTING TITLE	CLOSE DATE	WAGE/SALARY
Cleaning Attendant	1/11/2024	\$18.02/hr. DOE
Guest Safety Specialist I	1/11/2024	\$18.29/hr. DOE
Guest Safety Specialist II	1/11/2024	\$18.55/hr. DOE
Hotel Front Desk Clerk/Night Auditor	1/11/2024	\$18.29/hr. DOE
Sports Bar Busperson	1/11/2024	\$18.02/hr. DOE
Table Games Floor Supervisor (Full-Time & *Part-Time)	1/11/2024	\$23.24/hr. DOE
Warehouse Clerk	1/11/2024	\$18.55/hr. DOE
Banquet Server (*Part-Time)	Until Filled	\$14.58/hr. DOE + Tips
Bartender	Until Filled	\$16.50/hr. DOE + Tips
Casino Beverage Waitstaff (Full-Time & *Part-Time)	Until Filled	\$14.58/hr. DOE + Tips
Dish Machine Operator (Full-Time & *Part-Time)	Until Filled	\$18.02/hr. DOE
Guest Services Cashier (*Part-Time)	Until Filled	\$18.02/hr. DOE
Hospitality Attendant (*Part-Time)	Until Filled	\$18.02/hr. DOE
IT Business Intelligence Analyst	Until Filled	\$69,737.82/yr. DOE
IT Database Administrator	Until Filled	\$76,484.51/yr. DOE
IT Systems Administrator	Until Filled	\$63,586.43/yr. DOE
Mountain View Waitstaff (*Part-Time)	Until Filled	\$14.58/hr. DOE + Tips
Prep Cook (Full-Time & *Part-Time)	Until Filled	\$18.02/hr. DOE
Stewarding Assistant Manager	Until Filled	\$44,140.10/yr. DOE
Table Games Dealer (Full-Time & *Part-Time)	Until Filled	\$14.58/hr. + Tips

#### \$1.000 Hire-On Bonus All Positions

#### \$500 Referral Bonus SMC & CTGR Employees

Part-time employees are eligible for a **20% differential** pay to their base wage if they are sc<u>h</u>eduled to work up to 29.99 hours per week.

#### SPIRIT MOUNTAIN CASINO EMPLOYMENT INFORMATION

- SMGI adheres to a Tribal hiring preference policy for enrolled members of the Confederated Tribes of the Grand Ronde Community of Oregon.
- Please reference the Job Description for job duties, qualifications, and required knowledge/skills.
- Job postings are updated every Friday with remaining and new positions; applications must be received by 5:00pm on the
- following Thursday to be considered. ✓ Incomplete applications will not be considered
- ✓ All positions are eligible for an incremental Hire-on Bonus

https://www.spiritmountain.com/careers ⊠employmentteam@spiritmtn.com Call (503) 879-3737 for application assistance.

# **Health & Wellness Center entrance**

**Reminder:** The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

## **Child Development Center** construction begins

Now through Dec. 31, 2024, construction is occurring for the new Child Development Center. During this time, there will be construction traffic using the loop road around the old powwow grounds across the street from the Governance Center.

The road surrounding the old powwow grounds will have restricted access to allow the contractor adequate space to access the site, as well as store materials and equipment.

"Given the proximity of the construction site to the loop around the old powwow grounds, I am requesting all employees and community members do not use that road during construction," Tribal Engineering and Planning Manager Ryan Webb said in an email.

For more information, contact Webb at 503-879-2404 or Ryan. Webb@ grandronde.org.

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### **Inclement weather alert!**

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather. Health & Wellness Center staff will make every attempt to call patients during closures. Also, sign up for emergency notifications about Tribal campus closures on the Tribal website at www. grandronde.org or follow the Tribe's primary page on Facebook.

### **Massage at Health & Wellness**

Hi, my name is Shawna Ray. I have been a licensed massage therapist in the Yamhill and Polk county area for eight years. I will be at the Health & Wellness Center on Mondays providing massage therapy as an on-site contractor and I am contracted with Shasta.

Contact 971-241-4323 by text or voice message to schedule appointments. Co-pay still may apply. I'm looking forward to working with those in the community to deliver a holistic approach to pain management, relaxation and overall wellness. ■

# January is National Blood Donor Month

Safe blood and blood products are key in treating people suffering from a range of diseases and as a result of accidents and natural disasters. The need for blood is universal and ongoing. Becoming a regular, voluntary blood deporting a simple but salfless standblood standard everyone.

blood donor is a simple but selfless step that everyone can take to strengthen their communities, support local health systems and save lives.

Here are some guidelines for donating whole blood:

- You can donate every 56 days, up to six times a year.
- You must be in good health and feeling well on the day you donate.
- In Oregon, you must be at least 16 years old.

  There is no upper age limit for donors as long as you meet the other requirements.
- You must weigh at least 110 pounds.
- You may not be able to donate if you are feeling ill on the day of scheduled donation, take certain medications, have traveled to malaria-prone areas in the last three years or have low iron. At each donation you will be screened to be sure you can give safely.

The Tribe hosts Red Cross blood drives several times during the year. If you are already a donor, thank you! If you are new to donating, look out for upcoming opportunities to contribute. Every drop counts.

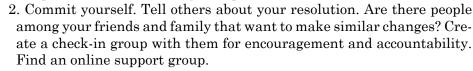


#### **Making New Year's resolutions stick**

Our journey to make positive changes is just that — a journey. Whenever you decide to make a positive change, think about how to make the change permanent. Try the following tips to help you create long-lasting change:

1. Dream big. Then make a plan, breaking the main goal down into smaller and more quickly attainable goals. You'll be able to see progress toward your big goal as you see smaller goals

completed. Make the mini goals specific and measurable.



- 3. Reward yourself for incremental successes. Acknowledging small successes can keep you motivated to keep going for the big successes. Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big accomplishments.
- 4. We are always learning from the past. Any time you fail to make a change, consider it a step toward your goal. Why? When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big of a challenge?
- 5. Give thanks and be grateful for what you do accomplish. Forget perfection. Even when you do less than you'd like, you have still taken some steps to make a change. Any activity is always better than none. Maybe tomorrow will be better.

Sources: Harvard Health Publishing, "Seven steps for making your New Year's resolutions stick" Nov 24, 2020; and maskmatters.org

### **Reading nutritional labels**

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions such as high blood pressure, diabetes, cardiovascular disease, osteoporosis and anemia. In our society we eat a lot of foods that contain excessive saturated fat, sodium and added sugars. These all contribute to developing harmful health conditions. Learning how to read the nutritional labels can help support your personal dietary needs. Read the labels and choose foods that contain more of the nutrients you want to get and less of nutrients you may want to limit.

Begin by looking at the number of servings in the package (servings per container) and the serving size. All the nutrient amounts shown

on the label, including the number of calories, refer to the size of the serving.

8 servings per container
Serving size About 15 chips (28g)

Amount per serving

Calories 160

15 Delay Value\*

Total Fat 10g 13%
Saturated Fat 1.5g 7%
Trens Fat 0g

Cholesterol 0mg 0%
Sodium 170mg 7%
Total Carbohydrate 15g 6%
Dietary Fiber 1g 5%
Total Carbohydrate 15g 5%
Total Carbohydrate 15g 5%
Total Carbohydrate 15g 5%
Collision 10mg 0%
Calolum 10mg 0%
Calolum 10mg 0%
Calolum 10mg 0%
Vitamin D 0mog 2%
Potassium 350mg 6%
Vitamin C 6%
Vitamin C 6%
Vitamin C 6%

Total Segrificant source of added sugars.

\* The % Daly Value (50) seles year box mach a rediger

**Nutrition Facts** 

This label at left is from Lay's Potato Chips. Note how many servings there are in the package. Then ask yourself how much you are likely to consume. Will you likely eat one serving, two servings or more? Many items, especially chips and other snacks, are so alluring we tend to eat two or three or more servings at once. If you started eating these chips and got carried away, you might end up eating half the bag. That would be about 640 calories, 28 percent of your recommended daily sodium and 28 percent of your recommended saturated fat.

Let's look at another label. The GoGo SqueeZ YogurtZ is packaged in one-serving containers. Therefore, the numbers listed are what you get in the whole package and probably what you will eat at once. We think of yogurt as a very healthy snack and it is. But look at the amount of added sugar hiding in the yogurt. Added sugars are listed in the nutrition facts because consuming too many added sugars can make it hard to meet nutrient needs while staying within calorie limits. Total sugars include naturally present sugars such as sugar in milk and fruit, plus any sugar added.





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