

Dean Rhodes retires — pg. 7



FEBRUARY 1, 2024

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

Snowstorm shutters Tribal campus for three days

By Sherron Lumley

Smoke Signals staff writer

inter weather arrived in Grand Ronde with snow, wind and freezing rain shuttering the Tribal campus from Tuesday, Jan. 16, through Thursday, Jan. 18.

Monday, Jan. 15, was a Tribal holiday in honor of Martin Luther King Jr. Day so offices were already closed.

The National Weather Service issued several flash freeze warnings ahead of the storm, predicting temperatures plummeting to below freezing and dangerous black ice for Yamhill County and most of Oregon.

With this advance notice, Tribal leadership made the decision to dismiss staff two hours

early on Friday, Jan. 12, so they could get home safely.

By Saturday, a blanket of snow enveloped the hills and valley, soon followed by freezing rain that created a hard, glassy layer of ice, falling trees and treacherous roads.

The Tribe was ready with its Emergency Operations Plan, which covers all areas of response. Tribal Emergency Preparedness Coordinator Brandy Bishop kept in touch with the state Office of Emergency Management and the National Weather Service, conveying the information to the Tribal Interim General Manager Chris Leno.

See SNOWSTORM continued on page 9

Tribal Groundskeeper Nick Colton clears snow in a parking lot on the Tribal campus on Thursday, Jan. 18. Tribal offices were closed for three days in a row due to a snow and ice storm that affected the Willamette Valley area. Initially, the plan was to open offices at 10 a.m. Thursday, Jan. 18, but that was changed after the Willamina and Sheridan school districts closed for the day, and the conditions of the less-traveled roads were taken into consideration.



Photo by Sherron Lumley

Tribal construction projects underway

By Sherron Lumley

Smoke Signals staff writer everal construction projects that will serve Tribal members are underway or nearing completion in Grand Ronde, from a modern health care clinic with a community kitchen and fish pit to solar-powered Elder housing and a new child development center.

"The visions that we put down on paper are now being realized," Tribal Council Chairwoman Cheryle A. Kennedy said during a December Facebook Live meeting. "We can welcome home our members." On a rainy January morning, Tribal Engineering and Planning Manager Ryan Webb walked through the new health care and vaccination clinic, located near the Tribal campus entrance. "Seeing each project come to life and then ultimately be used to provide a service to the membership is so rewarding," Webb said.



lion project.

Funding includes \$2.2 million from Indian Health Service, \$1.75 million from the Indian Community Development Block Grant, \$100,000 from Spirit Mountain Community Fund, \$50,000 from Yamhill Community Care and \$3 million from clinic revenues.

During a recent site visit. Webb pointed out architectural features such as indoor fir beams combined with exterior cedar salvaged from the 2020 Detroit Lake wildfire. The 8,400-square-foot interior includes a reception area with vaulted ceiling and children's play area, spacious medical and dental exam rooms, high-tech labs, a break room and administrative offices. Copper acorns catch rainwater as salmon stamped in the concrete appear to swim toward the 800-square-foot concrete patio and a covered, 700-square-foot fish pit area. The community kitchen is set up to accommodate streaming nutrition classes with offsite Tribal members. The Tribe hired contractor Triplett Wellman Inc. of Woodburn for this contract.

He discussed several of the Tribe's current projects, noting its success in securing federal and other grant funding to partially finance every project, up to 100 percent of the cost in some cases.

His team in Public Works includes Grant Program Manager Wendy Sparks, Grant Writer Stevie Geopfert and Grants Assistant

Photo by Michelle Alaimo

Tribal Council Chairwoman Cheryle A. Kennedy, left, speaks during the open house and blessing for Creekside Elder Housing on Wednesday, Jan. 24. Standing with Kennedy are Tribal Council member Denise Harvey, second from left, Tribal Council Secretary Michael Cherry, third from left, and Tribal Council member Brenda Tuomi.

> "Seeing each project come to life and then ultimately be used to provide a service to the membership is so rewarding."

~ Tribal Engineering and Planning Manager Ryan Webb

Dana Morfin.

Health care and vaccination clinic: Located next to the Tribe's

Health & Wellness Center, construction is expected to be complete by early February on the \$7.1 milChild development center: Construction began in December

See PROJECTS continued on pages 8-9

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.

NOTICE — Monthly Tribal Council Wednesday Meet	ings
DATE	TIME
Wednesday, Feb. 7	4 p.m.

Wednesday, Feb. 74 p.1	m.
Wednesday, Feb. 21	m.

LETTERS

Dear Smoke Signals,

I read with sadness that Eldon Buddy Farlow has walked on. Many, many years ago, I had the honor and pleasure of representing the Llaneza-Farlow family in an attempt to get justice relating to Indian Mary Park down in Josephine County. I wish I could have done more for the family and I wanted to send my best regards to all.

Jack L. Schwartz Attorney-at-law Los Angeles, Calif.

Dear Smoke Signals,

Open letter to Tribal Council: I am writing to you today to let you know that my family and I strongly believe it is time to move lineal descent enrollment forward.

It is time to break the shackles of blood quantum requirements and reverse the unintended consequences of complicated enrollment policies of the past. It is time to honor the September advisory vote and move forward to implement the will of the membership by creating a simple lineal descendant enrollment standard. It is time to bring our direct descendants into our Tribe and encourage them to embrace our history and culture.

Your leadership now will resonate throughout generations to come.

Respectfully submitted, Mary Leith Roll No. 3164

Dear Smoke Signals,

Recently, I was chosen by Portland General Electric to receive a portable generator since I'm on the medical adaptation program. I first saw information about how to receive the generator on KGW 8 and filled out the form on the PGE website.

I was chosen to receive the generator since I have medications that need to be refrigerated and other medical devices that need electricity.

I also found out that after you plug in the generator and get it fully charged it can last up to 72 hours. Another plus is that you can purchase solar panels for the generator, which I'm going to do, and the generator is a "goal zero" and can be used inside the home safely.

You can run a refrigerator, microwave, medical devices and Wi-Fi, and set up your phone to run the generator as well as control the generator.

I'm sharing this information with you so that others know of a generator that they can safely use in the home without fear of suffering from carbon monoxide poisoning.

Respectfully submitted, Veronica Gaston Roll No. 2332

smok signəlz

PUBLICATIONS OFFICE

9615 GRAND RONDE ROAD, GRAND RONDE, OR 97347 1-800-422-0232, FAX: 503-879-2173

WEBSITE: WWW.SMOKESIGNALS.ORG Email: news@grandronde.org Email: Editorial.Board@grandronde.org

X (FORMERLY TWITTER): CTGRSMOKSIGNELZ WWW.FACEBOOK.COM/SMOKESIGNALSCTGR/ WWW.YOUTUBE.COM/C/SMOKESIGNALSCHANNEL

DANIELLE HARRISON EDITOR 503-879-4663

DANIELLE.H

MICHELLE ALAIMO PHOTOJOURNALIST/ ASSISTANT EDITOR 503-879-1961 michellealaimo@grandronde.org

KAMIAH KOCH SOCIAL MEDIA/ DIGITAL JOURNALIST 503-879-1461

SHERRON LUMLEY STAFF WRITER 503-879-1463 sherron.lumley@grandronde.org

ONDE.ORG

SAMUEL F. BRIGGS III GRAPHIC DESIGN SPECIALIST 503-879-1416

JUSTIN PHILLIPS PAGE DESIGNER 503-879-2190 JUSTIN.PHILLIPS@GRANDRONDEJ

KATHERINE WARREN BLICATIONS SECRETAR

PUBLICATIONS SECRETARY/ ADVERTISING 503-879-1466 KATHERINEWARREN-STEFFENSMIER@ GRANDRONDE.ORG

DEADLINE DATE	ISSUE DATE
FRIDAY, FEB. 9	FEB. 15
FRIDAY, FEB. 23	MARCH 1
FRIDAY, MARCH 8	March 15
MONDAY, MARCH 25	APRIL 1

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**.

MEMBERS OF: INDIGENOUS JOURNALISTS ASSOCIATION Oregon Newspaper Publishers Association 2022 IJA General excellence

2024 Tribal Council

TRIBAL OFFICE CLOSURES

Tribal offices will be closed on Monday, Feb. 19, in obervance of Tribal Chiefs' Day.



The Confederated Tribes of Grand Ronde OFFSITE GENERAL COUNCIL MEETINGS

11 A.M. Sunday, Feb. 4, 2024

Monarch Hotel, Monarch Hall 12566 S.E. 93rd Ave. Clackamas, OR 97015

11 A.M. Sunday, April 7, 2024

Lane Community College Longhouse 4000 E. 30th Ave. Eugene, OR 97405

Followed by Community Input Meeting.

www.grandronde.org



Ad by Samuel Briggs III

TRIBALCOUNCIL@GRANDRONDE.ORG

CHERYLE A. KENNEDY TRIBAL COUNCIL CHAIRWOMAN — EXT. 2352 CHERYLE.KENNEDY@GRANDRONDE.ORG

CHRIS MERCIER TRIBAL COUNCIL VICE CHAIR — EXT. 1444 CHRIS.MERCIER@GRANDRONDE.ORG

MICHAEL CHERRY TRIBAL COUNCIL SECRETARY — EXT. 4555 MICHAEL.CHERRY@GRANDRONDE.ORG

KATHLEEN GEORGE — EXT. 2305

KATHLEEN.GEORGE@GRANDRONDE.ORG

■ BRENDA TUOMI — EXT. 2300 BRENDA.TUOMI@GRANDRONDE.ORG

■ MATTHEW HALLER — EXT. 1777 matthew.haller@grandronde.org

■ JON A. GEORGE — EXT. 2355 JON.GEORGE@GRANDRONDE.ORG

■ LISA LENO — EXT. 1770 LISALENO@GRANDRONDE.ORG

DENISE HARVEY — EXT. 2353 denise.harvey@grandronde.org



makwst-mun (February)

(kʰapa aɬqi)

- Sunday, Feb. 4 General Council meeting, 11 a.m., Monarch Hotel & Convention Center, 12566 SE 93rd Ave., Clackamas. 503-879-2304.
- Wednesday, Feb. 7 Youth lifeways, 4:30-6:30 p.m., Tribal Community Center, for youth ages 16 to 24. Dinner is provided.
- 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, 5-7 p.m., at the Tribal gym.
- Saturday, Feb. 17 Winter stories night, doors open at 4:30 p.m., dinner at 5 p.m. and stories to follow at the Tribal plankhouse. Email zoey. holsclaw@grandronde.org to RSVP.
- Monday, Feb. 19 Tribal offices closed in observance of Tribal Chiefs' Day.
- Wednesday, Feb. 21 Youth lifeways, 4:30-6:30 p.m., Tribal Community Center, for youth ages 16 to 24. Dinner is provided.
- Wednesday, Feb. 21 Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.

łun-mun (March)

- Sunday, March 3 General Council meeting, 11 a.m., Tribal Council Chambers, 9615 Grand Ronde Road, and via Zoom. 503-879-2304.
- Wednesday, March 6 Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.
- Friday, March 8 Native Youth Wellness Day, 8:30 a.m.-5 p.m., Tribal gym, 9615 Grand Ronde Road. 503-879-1471.
- Friday-Saturday, March 8-9 Agency Creek Round Dance, Tribal gym, 9615 Grand Ronde Road.
- Wednesday, March 20 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.





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.



One Box per Tribal Member Household

8 | START AT FEBRUARY | 10 A.M.

- One food box per Tribal member household (Tribal member must be present).
- Boxes include carrots, bison, honey, potatoes, cauliflower, apples and oatmeal.
- 400 boxes are available, first come first served (distribution begins at 10 a.m. and ends at 2 p.m. or *earlier* if all boxes have been distributed).
- Distribution will be at the GR Procurement building.

Questions? Contact Public Health 503-879-1396



Women's healing Circle

A safe space to come together and support one another through community healing.

> Monday February 12th 10am-12pm

4445 SW Barbur Blvd #101 Portland, OR 97239

Food Bank news

The Grand Ronde Food Bank-iskam mək^hmək 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 February 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-ofmonth 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 makhmak haws, 9675 Grand Ronde Road. Chair: Francene Ambrose.
- Editorial Board meets monthly. The next meeting will be held at 1 p.m. Friday, Feb. 23 via Zoom. 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.



2019 - Three Tribal members - Jackie Many Hides, Duke Kimsev and Jim Holmes - served as stand-ins for their parents, who were going to be memorialized in bronze for their contributions to the Grand Ronde Tribe's Restoration. The three traveled to Portland's 3-D Foundry to pose for 3D body scanning and digital remodeling for the bronze memorial "Visionaries." It would pay tribute to the efforts of Tribal leaders Margaret Provost, Marvin Kimsey and Merle Holmes, who began working to restore the Grand Ronde Tribe in the early



File photo

1970s. After more than a decade of work, the Grand Ronde Reservation Act was signed into law on Nov. 22, 1983.

2019

2014 - The ceremonial hunting season began with deer tags good for one month and the right to hunt the tags with a bow. Tribal members were entitled to new \$25 gas vouchers for each harvest and a knife for all hunters who harvested their first animal. The knives had the Tribal logo and the year of the harvest on the blade.

2009 – The Confederated Tribes of Grand Ronde received a \$500,000 federal grant to expand the Health & Wellness Center dental clinic. The Department of Housing and Urban Development Indian Community Block Grant would help add six new dental chairs, two consultation rooms and three dental offices.

2004 – Tribal Elders who lived in Elder housing presented a Spirit Mountain Pendleton blanket and award to Tribal Elder Harvey Grout following the New Year's Day storm. He was out every day throughout the weeklong ice and snowstorm, shoveling the sidewalks and driveways for those living in the Tribe's Elder Housing development. "If it wasn't for Harvey, I wouldn't even be able to visit my next door neighbor," Tribal Elder Anna Hannan said. Thanks to Grout, residents were able to pick up items including medicine and groceries. "I was raised to help others whenever I could," he said. "It's the Indian way."

1999 – The grand opening celebration of Spirit Mountain Lodge included Tribal Council, community members and other guests who toured the inside of the lodge, casino and Hall of Legends. Tribal Council member Val Grout gave an opening blessing. Spirit Mountain Board of Directors Chairman Mike Larsen said it was a wonderful day for the Tribe and the community. "I want to give thanks to the people who gave us their support to build here," Tribal Council Chair Kathryn Harrison said. "Not only our own people but the community as well. I hope when the future generations take over, they will have good things to say about us. Because then, we will be the ancestors."

1994 – As the Tribe continued to grow, different departments adopted new programs or expanded existing ones. The Social Services Department enacted a program patterned after a state program to assist Tribal members in finding employment or developing skills to meet future goals. The Tribe applied for a grant to fund the program. "We offer help with career planning, extended schooling, retraining for a position or working on getting a GED," JOBS Coordinator Carmen Mercier said. "Whatever barriers a client is facing, I help that person work through them one step at a time." **1989** – The Tribe held an open house for its new youth treatment center in Keizer, Nanitch Sahalie. The facility would be used as a youth residential treatment center for American Indian youth in the Pacific Northwest who needed substance use disorder care. The Tribe worked with Indian Health Service, Bureau of Indian Affairs, Rep. Les AuCoin, Sen. Mark Hatfield, Northwest Portland Area Indian Health Board and other Oregon Tribes in planning the treatment center. Tribal Chairman Mark Mercier provided opening comments and approximately 100 visitors attended the open house.

- 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.

lick the Habit

Call these numbers for free from anywhere in Oregon: 1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME (1-877-266-3863)

TTY: 1-877-777-6534

egister online at: www.quitnow.net/oregon/

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

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. ■

Representative visit



Photo by Michelle Alaimo

Tribal Council member Kathleen George, right, explains stick game to U.S. Rep. Andrea Salinas, middle, as they watch Chinuk Wawa immersion students play the game during a tour of chinuk wawa skul on the Tribal campus on Tuesday, Jan. 23. At left, Tribal Council member Brenda Tuomi watches the game. Before touring the school Tribal Council and Rep. Salinas met in Tribal Council's conference room to talk. This was Rep. Salinas' first visit to Grand Ronde since the Grand Ronde Reservation Act Amendment was signed into law in late December. She and Oregon Sen. Jeff Merkley introduced the bill last March, which restored the right to pursue land claims and compensation for the **Confederated Tribes of Grand Ronde.**

Drop box installed

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. ■

ATTENTION GRAND RONDE TRIBAL MEMBERS

IMPORTANT INFORMATION FOR THE MARCH 2024 PER CAPITA DISTRIBUTION

Deadline Dates for March 2024 Per Capita Change of Address: Tuesday, February 27, 2024 BY 5 P.M.

Tribal Council approves vocational rehab cooperative agreement renewal

By Danielle Harrison Smoke Signals editor

Tribal Council approved renewing a cooperative vocational rehabilitation agreement between it and the state at its Wednesday, Jan. 24, meeting.

The agreement includes the state Vocational Rehabilitation Services, Commission for the Blind and the Tribe's Vocational Rehabilitation program. It has been in place for more than two decades.

The Tribe's program provides culturally relevant services to Grand Ronde Tribal members with disabilities to maintain or regain employment.

Services include career exploration, job coaching, job search, work clothing and tools, transportation, licensing and fees, and on-the-job training.

- In other action, Tribal Council:
- Approved an application to the **Oregon Watershed Enhancement** Board for a \$30,000 restoration outreach grant;
- And approved the agenda for the next General Council meeting. which will be held at 11 a.m. Sunday, Feb. 4, at the Monarch Hotel & Convention Center, 12566 SE 93rd Ave., Clackamas. It will feature a report on the Community Development Plan.

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

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. ■



Ad by Samuel Briggs III



5

- Change of Direct Deposit: Tuesday, February 27, 2024 BY 5 P.M.

PER CAPITA DIRECT DEPOSIT

Forms can be found:

- Online at: www.grandronde.org
- Or by contacting Kalene Contreras at 503-879-2204 or Kalene.contreras@grandronde.org

ADDRESS CHANGES

Changes can be made by:

- Calling the Member Services Department at 503-879-2116
- If you get voicemail your address will still be changed if you clearly state your:
 - Name
 - Roll #
 - Date of Birth
 - Last 4 digits of SS#
 - New Address





FAMILIES ARE INVITED TO JOIN US AS WE CELEBRATE LOVE IN THE SWEETEST WAY! THERE WILL BE RAFFLES, TRADITIONAL SONGS AND DANCE, ACTIVITIES, PLUS MORE...

> 02.08.24 5-7pm @ the Tribal Gym

QUESTIONS? CONTACT THE PUBLIC HEALTH ADMIN ASSISTANT 503-879-1369

Health and Human Services admiral visits Great Circle Recovery Portland



Contributed photo

From left, Tribal Council Chairwoman Cheryle A. Kennedy, U.S. Department of Health and Human Services Assistant Secretary for Health Adm. Rachel L. Levine, Tribal Health Services Executive Director Kelly Rowe and Great Circle Recovery Operations Director Jennifer Worth met during Levine's visit to the Tribe's Great Circle Recovery medication assisted treatment clinic in Portland on Thursday, Jan. 18. Visiting Great Circle is part of Levine's efforts to connect with Indian County and learn more about the work Tribes are doing to combat substance use disorder.

By Danielle Harrison

Smoke Signals editor

The U.S. Department of Health and Human Services Assistant Secretary for Health Adm. Rachel L. Levine visited the Tribe's Great Circle Recovery medication assisted treatment clinic in Portland on Thursday, Jan. 18, as part of her efforts to connect with Indian County and learn more about the work Tribes are doing to combat substance use disorder.

Originally, Levine was planning to visit the Grand Ronde campus as well as the Portland clinic, but a recent winter storm that blanketed the region curtailed the visit.

"It was a great honor to have Admiral Levine visit Great Circle Recovery in Portland to discuss the many great programs and services the Tribe has created to improve and support health and wellness," Tribal Health Services Executive Director Kelly Rowe said.

Levine met with the Tribe specifically to learn about its health and wellness programs that address the opioid epidemic, social determinants of health, gender affirming care and other public health diseases that are affecting American Indians/Alaska Natives at rates higher than other populations. "We toured the Great Circle Recovery building and discussed how our program there and in Salem is different than other opioid treatment programs, and also shared information about our new public health/vaccination clinic, shelter villages, community transitions

Program, Grand Ronde Health & Wellness Center, Adult Foster Care, and tush lamatsin (good medicine) programming," Rowe said.

Tribal Council Chairwoman Cheryle A. Kennedy was in attendance for the visit, braving the wintry conditions to drive from her home in Dallas to Portland. There, she was joined by Great Circle Recovery Operations Director Jennifer Worth and Rowe.

"I was very pleased with the visit," Kennedy said. "We talked about what was happening and the need for services. ... That was the nature of the visit. She (Levine) hasn't been out to Indian Country a lot and wanted to acquaint herself with our services. I was very pleased we were recommended as a site to be toured and it was a great to share that the Tribe is working very hard to provide a full complement of services."

Kennedy, who served as the first Tribal Health Director, said she is proud that the Tribe has been expanding its substance use disorder treatment services in recent years from traditional 12-step programs to include detox, residential treatment, outpatient treatment and prevention. "We have all of those stages and will be opening the detox center later in 2024," she said. "I was glad the admiral was there and Kelly did a wonderful job showing her the facilities."

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. ■

Elder Center Newsletter

Providing activities for our Elders and Spouses!

Upcoming Events Craft Davs; 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, 1 p.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

artist and businesses

based. We will also focus on

more raffle prizes, etc being

focused on supporting native

"The smallest act of kindness is worth more than the greatest intention." ~Kahlil Gibran If you are in need of a will or trust done please contact the Elder center 503-879-2233.

Wills and trusts!

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.



February is Teen Dating Violence Awareness Month
Love Rocks

Levine was nominated by President Joe Biden and confirmed by the U.S. Senate in 2021. ■



Are you frustrated with your diabetes control? Do you have questions about diabetes? Do you need help managing your diabetes? If so...

Call the Medical Clinic today at 503-879-2002 To schedule an individual diabetes education appointment

PRIZES Lunch Rock Painting & Punch Saturday, Feb. 10 1 in 3 American teens are affected 10:30 a.m. -1:30 p.m. by Teen Dating Violence. Let's At the **Tribal** come together to discuss the facts. Community Center and paint Love Rocks to promote awareness and healthy relationships within our community! All are welcome: however, we ask that guardians use discretion with children under 10 years of age. Children under 10 must be accompanied by an adult or guardian for the duration of the event. Discussion topics include: Forms of Teen Dating Violence, Sex, Healthy Relationship Traits and available resources. **While supplies last.



Watchlist: 'Why ''Star Wars'' was dubbed into the Navajo Language'

(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

Native Americans dressed as C-3PO, Princess Leia and stormtroopers settle into their cars as the sun is setting on the Navajo Reservation.

"Ladies and gentleman who are listening in your cars this evening here at the drive-in theater, the Navajo language is on a comeback," Navajo Nation President Jonathan Nez said over the radio, as he introduced the feature film of the evening: The Navajo-dubbed version of "Star Wars."

PBS published a video in November sharing the innovative ways the Tribe is preserving its language.

"It's a great deal for me because my grandparents can see this movie," Geri Hongeva, wearing a C-3PO shirt, said. "There are a lot of Elders in our community where Navajo is the only language known."

To one Indigenous "Star Wars" fan, the movie mirrors some aspects of Native culture. Having it in a Native language amplifies that.

"When I heard that folks were going to do Episode IV in Navajo language, it was a dream that came true," Navajo Tribal member James Bilagody, dressed up at the Grand Moff Tarkin character, said. "The teachings, like Yoda, would say things that I heard when I was a little boy. The connection was strong."

The movie was shown on a giant drive-in movie screen on May 4, 2023, also known to "Star Wars" fans as, "May the fourth be with you." The date has become a pop culture holiday, using a play on words celebrating the "Star Wars" phrase, "May the force be with you."

The PBS videos shows Tribal members enjoying the film dubbed in Navajo, with subtitles in English for translation.

Navajo Tribal member and Navajo Nation Museum employee Manny Wheeler was the "Jedi-mind" behind the Navajo version of "Star Wars."

According to the PBS video, Wheeler auditioned hundreds of Navajo to voice act the scenes in Navajo. Some of the voice actors came to the screening in character.

"The force and the universe is all interconnected," Wheeler said. "When you put that in the Navajo language, especially for an Elder to hear that and be thinking, 'Yeah, of course.' It's not just a movie, that's stuff we really believe."

Although dubbing this movie in Navajo made it more accessible for Elders, it also demonstrates most of the remaining Navajo speakers are older. Like many Tribes, they fear the Navajo language could be lost if younger generations don't learn to speak it.

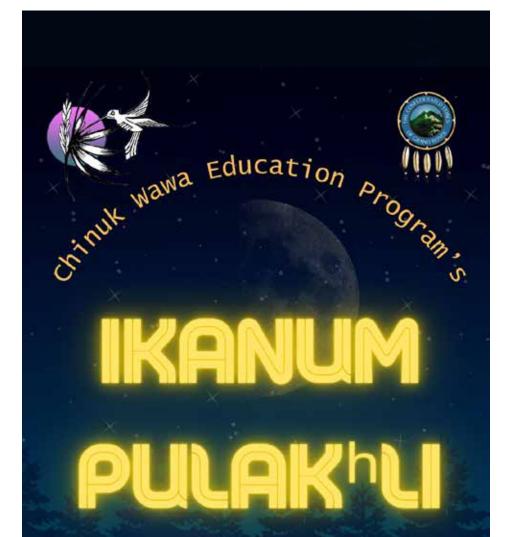
According to the video, before 1492 there were more than 300 Native

Coordinated retirement



Photo by Michelle Alaimo

Tribal Publications Coordinator Dean Rhodes, middle, is gifted a Tribal Pendleton blanket by Tribal Council member Kathleen George, left, and Tribal Council Vice Chair Chris Mercier during his retirement party in the Governance Center break room on Friday, Jan. 12. Rhodes led the publishing of Tribal publications, such as *Smoke Signals*, the *Tilixam Wawa*, Resource Directory and annual calendar, for more than 16 years. His retirement plans including golfing and writing a novel from his new home in Port Angeles, Wash.



languages spoken in North America. Today there are roughly 170. If nothing is done, by 2050 there will be 20 languages left.

If you would like to learn the language of the Grand Ronde region, you can find more on the Chinuk Wawa programs at www.grandronde. org/services/education/chinuk-wawa-education/.

You can watch this PBS video at www.youtube.com/watch?v=z-cYn-_gK_98. ■



WINTER STORIES NIGHT SAT. FEBRUARY 17TH, AT ACHAF-HAMMI LONGHOUSE DOORS OPEN AT 4:30, DINNER AT 5, STORYTELLING TO FOLLOW

email Zoey Holsclaw@grandronde.org to RSVP

Fire Station expansion will add 20,000

PROJECTS continued from front page

2023 and is expected to take a year.

Tribal Council approved contractor Triplett Wellman Inc. to construct the 26,000-square-foot child development center next to the gym on the Tribal campus.

Tribal funding of \$6.5 million combined with \$6.5 million of federal American Rescue Plan Act funds, \$2 million from nonprofits and \$1 million in federal grants will finance the project.

The one-story building will have 12 classrooms, 16 administrative offices, a commercial kitchen, large community room, outdoor play areas, break room, restrooms and support areas.

Creekside Elder Housing: These newly constructed Tribal Elder housing units are located at Grand Ronde Road and Creekside Drive, behind existing Elder housing. Twelve duplexes (two housing units each) are fitted with solar energy panels and battery backup storage.

Eighteen of the units are market rate and six will be subsidized.

The \$7.19 million project was funded with 80 percent Tribal dollars and 20 percent federal grant funds.

A grand opening for the project was held on Wednesday, Jan. 24. See the sidebar for a related story.

Wind River Apartments, phase three: The design phase is scheduled to be finished this summer with construction to begin soon after. There will be up to 45 units which are a mix of one- and two-bedrooms within 10 apartment buildings.

"The design and construction cost is estimated to be around \$12.5 million, currently all Tribal funds, however we will be applying for grants to help with the cost of this project," Webb said.

Located adjacent to the Tribe's Housing Department offices at 28450 Tyee Road, the solar-ready designs provide the option to add solar panels with Energy Trust of Oregon.

Electric vehicle charging stations: Electric vehicle chargers will be added to campus this year thanks to a \$700,000 grant from the Oregon Department of Transportation's Carbon Reduction Program.

Open house event held at Creekside Elder site

By Danielle Harrison

Smoke Signals editor

Grand Ronde's newest housing option for its Elders will soon be ready for occupancy.

The 12-duplex, 24-unit Creekside Elder Housing site, located at Grand Ronde Road and Creekside Drive, has been under construction since September 2021.

A blessing and open house was held on Wednesday, Jan. 24, under a rainy sky. It began with a prayer by Tribal Council Chairwoman Cheryle A. Kennedy and drum song led by Tribal Council member Jon A. George, Cultural Education Coordinator Jordan Mercier, Cultural Advisor Bobby Mercier and Family Support Specialist Santiago Atanacio.

Kennedy thanked the Elders Committee, Tribal Engineering and Planning Manager Ryan Webb, interim General Manager Chris Leno, Housing Department Manager Shonn Leno and others for helping to bring the project to fruition.

Other Tribal Council members

in attendance included Secretary Michael Cherry, Brenda Tuomi, Denise Harvey and Lisa Leno. Former Tribal Council member Candy Robertson also attended.

"I want to say back in the day when I was Executive Health Director...all of us worked together on what to do about long-term health," Kennedy said. "So, those seeds were planted and all of the design was done with our input. It's been a long time but I'm so pleased this all came about."

Webb said it was hard to put into words what the day meant to him.

"When you hear Cheryle's words, and the drums and prayers, to stand in front of these homes today is truly rewarding," he said. "One of the reasons I wanted to come to the Tribe is to be a part of projects like this. It's overwhelming and humbling. I think these are amazing homes and they're going to be great for our Elders."

In addition to the visible solar panels on every roof and battery backup units in every garage, the less visible energy efficient perks are built into the homes, which

include increased wall and attic insulation, and triple-pane windows. Webb said the windows also help with noise reduction.

"We want to make them as comfortable for the Elders as possible," he said.

Other features in the 1,100-square-foot homes include energy efficient appliances such as refrigerators, washers and dryers, and a heat pump instead of a traditional water heater, which uses energy from the building itself.

"We've gone through Energy Trust of Oregon and through their modeling these are all net zero homes, so over the course of the year, tenants should pay next to nothing in utility bills," Webb said.

Eighteen of the units are market rate and six will be subsidized.

The units should be ready for occupancy in early March. The Housing Department is currently finalizing the tenant move-in list and is planning to move tenants into the homes in small groups.

tain Casino revenues.

Phase one infrastructure and utilities funding includes close to \$2 million in federal and \$500,000 in Tribal funding. Phase one home construction funding comes from a \$1.5 million state grant and Tribal funding of close to \$6.9 million.

"The Tribe will be reimbursed on this funding when it sells the homes," Webb said.

Multi-use path from Grand Ronde Road to Spirit Mountain Casino: The Tribe received a \$206,000 grant from the Oregon Department of Transportation's Community Paths Program for a feasibility study for a pedestrian/bike connection between Grand Ronde Road and Spirit Mountain Casino.

Resident recreation center: Design is underway for a new 20,000-square-foot building across from Tribal Housing Department offices using \$1 million in Indian Health Plan funding. Community input meetings are coming in the near future and construction will begin once the design phase is complete. tumwata village: The Tribe purchased the former Blue Heron Paper Mill in Oregon City, a 23-acre property located by Willamette Falls, in 2019 for \$15.25 million. The property is undergoing cleanup that has included the removal of 24 structures so far. The next phase of demolition will include the administration building at the entrance to the site, pending demolition permits from Oregon City. Road construction improvements are set to begin this year, Webb said.

Photos by Michelle Alaimo

Bruce Paulson, a finish carpenter with Kriegsco Manufacturing, Inc., trims a

vent cover on Thursday, Jan. 4, that will be used in the lab of the health care



The grant also funds the purchase of a few new EV fleet vehicles for Tribal employees to use.

There is already one charging

and vaccination clinic under construction on the Tribal campus.

station located at the Tribal Governance Center parking lot.

Grand Ronde Fire Station expansion: The 20,000-squarefoot expansion includes office and classroom space, living quarters, and four fire engine and equipment bays.

The \$8 million American Rescue



Plan Act funded project has an expected completion date of spring 2024.

Homeownership development **phase one:** The project is located at McPherson Road east of Grand Ronde Road, with all 20 homes potentially ready for occupancy by March. Some units are already complete.

> Home sizes range from three- to four-bedroom and 1,200- to 2,000-square-feet on 10,000-square-foot lots. Each unit is solar-ready.

> The project is funded by federal sources and Spirit Moun-

The health care and vaccination clinic is under construction on the Tribal campus and is expected to be complete by early February.

Thus far, the project was awarded an \$800,000 Environmental Pro-

square feet of office, classroom space

tection Agency Brownfield Grant and \$2 million from Congress, earmarked for the first block of development: Water Avenue, Fourth Street and Main Street.

The Tribe has a work plan formed with the EPA and Oregon Department of Environmental Quality. Construction is due to start this summer.

"For the EPA Brownfield Grant, we will continue to complete environmental remediation tasks under our work plan with EPA and Oregon DEQ," Webb said. "This work will likely include continued subsurface investigation work as well as removal of (contamination) from underlying soils. For the congressional funding grant, we are currently designing the infrastructure and utilities for phase one of site redevelopment work."

Language education building: The \$3.95 million, 6,600-squarefoot building has six classrooms with doors that open to nature, office space, a break room, restrooms and an outdoor play area.

It is located behind the existing Education Department complex on the Tribal campus and was paid for through a combination of Tribal, federal and grant funding.

The chinuk wawa skul opened in the fall while the building was



A truckload of gravel is dumped during construction of the child development center on the Tribal campus on Thursday, Jan. 25. Construction on the 26,000-square-foot building, located next to the Tribal gym, began in December 2023 and is expected to take a year.

receiving a few finishing touches. Construction is now complete and students ages 3 to 11 attend language immersion classes. Parent and community language classes will be explored in 2024. ■



Fire Department picked up some staff to get them to essential jobs

SNOWSTORM continued from front page

"We have shelter plans in place, which include the gym and Elder Activity Center," Bishop said. "They were not activated because there was no power loss, but we always have them ready. We are geared to take care of the whole community with Tribal warming shelters for our Tribal population. We make an effort to get out to Elder Housing and partner with Facilities to take care of the needs of Elders, such as clearing snow and ice or delivering meals if needed."

She added that the Tribal Fire Department picked up some staff members to get them to their essential jobs at the Adult Foster Care lodges. **Emergency Services Chief** Steve Warden said there were "very few" serious incidents because of several advance warnings of the impending storm. "There were no exposure cases here from people being out in the cold, and it was remarkable that people were driving slowly and carefully and there was no huge spike in accidents," he said. Beginning in the pre-dawn hours on Thursday, Jan. 18, Tribal Facilities employees worked to clear walkways around buildings and removed snow from parking lots.



Snow is piled around the Governance Center parking lot at the Tribal campus on Thursday, Jan. 18.

extended to include office closures

sure we have enough coverage for everyone," he said. "I'm very proud of my staff being able to come in and work."

Finance department staff also came in despite offices being closed. With payday looming on Friday, Jan. 19, Payroll Administrator Michelle Peterson, Assistant Controller Trish Squires, and Staff Accoun-

tants Casey Case and Shereena

texted employees campus closure updates throughout the week after emails were sent out.

Telecommunications Administrator Mark Scheeler said it's normal for a slight delay to occur between the two, since the alert is created only after the information about delays and closures becomes available and is approved by Tribal Council.

Meanwhile, Spirit Mountain Casino, led by Chief Executive Officer Camille Mercier, remained open to the public with some employees staying in the lodge rather than risk driving the hazardous roads.

"With the adverse weather challenges, Spirit Mountain overcame operational challenges thanks to our team members' hard work and dedication," she said. "Spirit Mountain provided lodging to our team members, ensuring their safety while keeping the property open to those seeking food, shelter and comfort." Oregon Gov. Tina Kotek declared a state of emergency on Thursday, Jan. 18, after the storm left a wake of widespread damage, power outages and the death of at least 13 people. "Now we are heeding the call from additional counties to escalate," she said. A low temperature of 15 degrees was recorded in Grand Ronde on Saturday, Jan. 13. By Monday, Jan 15, the high was 30 degrees locally, and by Friday, Jan. 19, morning temperatures remained above freezing and most employees returned to campus.

However, with a light snow continuing to fall and large chunks of ice sliding off the roof of the Tribal Governance Center, the planned two-hour delay was for the entire day.

Leno thanked the entire maintenance team and security in an email Thursday, for working so diligently in removing snow and ice from the Tribal campus.

"Preparing (the) campus has been a challenge...but I want to put out a special thank you to all of those that have worked so diligently this morning to try and accommodate a 10 a.m. opening," he said. "Kudos to the entire maintenance team, including security. Hopefully their work will lead to better conditions when we return to work tomorrow."

Throughout the duration of the Tribal campus closure, a few employees either braved the bad roads or never left work at all. Tribal Security Supervisor Roel Hernandez stayed onsite throughout the storm, sleeping only briefly at the Elder Activity Center.

"I decided to stay here to make

Bates made the trek into the office.

"We really do care that everyone gets paid on time to be able to buy groceries and pay bills," Peterson said, who navigated her Ford Bronco over downed trees to reach Grand Ronde from Falls City.

By Friday morning, Jan. 19, road conditions were greatly improved as the big melt began.

Thanks to Thursday's plow work, by Friday morning the parking lots and Tribal campus roads were cleared of all snow and ice.

"We started at 6:50 a.m. to clear the walkways and parking lots for people," Tribal Groundskeeper Nick Colton said Thursday.

Wearing an orange hoodie as his only protection against the elements, four hours later he was still plowing the parking lots, removing large amounts of snow and ice buildup.

The Tribe's AlertSense system

Willamina superintendent search underway until April

The Willamina School Board is hoping to select a new superintendent by mid-March and make a final public announcement in April.

Current Superintendent Carrie Zimbrick is retiring at the end of the current school year. Before becoming superintendent in 2015, Zimbrick served as the Willamina Elementary School principal.

The School Board hired Omaha, Nebraska firm McPherson & Jacobson to assist in the nationwide search.

The closing date for applications is Monday, Feb. 12. The board will review candidates in executive session, then conduct onsite interviews and visits with finalists in March before announcing the new superintendent in April. \blacksquare

Contains information from the News-Register

Clothes Closet open

The Clothes Closet is open from 9 a.m. to noon Friday on the Tribal campus near the Elder Activity Center at the end of Blacktail Drive. The Clothes Closet accepts clothing, small appliances and pieces of furniture, electronics and household goods that are clean and in good condition. It does not accept books, large TVs or furniture, but there is a community board where people can post those items.

For more information or emergency clothes, contact Lori Walker-Hernandez at 559-847-7565. ■



ODHS CAREER DEVELOPMENT TOOLS PRESENTATION

Paid ad

Don't miss the chance to learn about the *complimentary* **Career Development Tools** provided by **ODHS Tribal Recruitment** staff. Join this virtual session and let us know the career-related topics you're interested in!

All are welcome. A Q&A session will be available for those who log-on.

Individual empowerment



Photo by Michelle Alaimo

Emily Grosvenor, editor of Oregon Home magazine and author of "Find Yourself at Home: A Conscious Approach to Shaping Your Space and Your Life," signs a book for Tribal Elder Virginia Roof after an author talk in the Tribal gym on Monday, Jan. 22. In this lifestyle book, the McMinnville author describes how to create an empowering home environment. Grosvenor is also an award-winning magazine editor and certified feng shui consultant. Feng shui is an ancient Chinese traditional practice utilizing energy forces to harmonize individuals with their surrounding environment.

Are you moving? Do you need help with First, Last, and Deposit? Contact Social Services for more information (503) 879-2034 or (800) 422-0232

You can also email us at ssdinfo@grandronde.org







Walking On...

Michael Joseph Hampton

Aug. 18, 1984 – Jan. 18, 2024

Tribal member Michael Joseph Hampton passed away on Jan. 18, 2024, at the age of 39.

A memorial service will be held at 11 a.m. Friday, Feb. 9, at the Church of God, 18473 Shafter Ave., Shafter, Calif.

Peters Funeral Home in Wasco, Calif., is assisting the family.

Shirley Fletcher Walkhoff

Aug. 1, 1955 – Jan. 24, 2024

Tribal Elder Shirley Fletcher Walkhoff passed away on January 24, 2024, at the age of 68.

Simple Cremation East in Las Vegas, Nevada, is assisting the family. Funeral service details were unavailable before press time.



Tribe is a recipient of \$2 million Indian Health Service grant

The Confederated Tribes of Grand Ronde is one of 15 Tribal recipients of an Indian Health Service grant through the federal Health and Human Services department.

The Tribe received \$2 million, which can be used to invest in construction, expansion of modernization of health care facilities.

"Tribal partners need access to culturally appropriate, quality health care, including preventative services for chronic diseases," HHS Secretary Xavier Becerra said. "To help meet that need, HHS is investing in the construction, expansion and modernization of small ambulatory health care facilities. For nearly a quarter-century, HHS has been partnering with Tribes and Tribal organizations to ensure all communities have access to the care they need and deserve. Our ongoing support for the...program ensures this vital work keeps making a difference."

The IHS Small Ambulatory Program is expanding access to various outpatient services for patients, including offering new services, building on existing services and upgrading outdated facilities.

Ninety-five percent of Tribally operated health care facilities provide primarily ambulatory services. These services include preventative care for chronic diseases such as diabetes and also provide increased access to culturally appropriate, quality health care.

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. ■





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	s/No (Circle)	
DOE:	Place of entry:			
DOS:	Place of seperation:			
Deceased: Yes	/No (Circle)	Place of burial	:	
CTGR Tribal: Ye	s/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.



GRAND RONDE POLICE LOG

Friday, Dec. 1

- A hit-and-run occurred in the 9600 block of Grand Ronde Road.
- An animal complaint occurred in the 9500 block of Raven Loop.
- Suspicious activity occurred in the area of Fire Hall and Andy Riggs roads.
- Trespassing occurred in the 9600 block of Hebo Road.
- A DUII arrest occurred in the 27100 block of Salmon River Highway.

Saturday, Dec. 2

- Warrant service occurred in the 9300 block of Hebo Road.
- Officers assisted an outside agency on a call in the 28000 block of Salmon River Highway.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- A welfare check occurred in the 27100 block of Salmon River Highway.

Sunday, Dec. 3

- Citizen contact occurred in the 27100 block of Salmon River Highway.
- A 911 hang-up call occurred in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency on a traffic crash in the 9300 block of Hebo Road.
- A traffic assist occurred in the 26800 block of Salmon River Highway.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Officers assisted an outside agency in the 23000 block of Yamhill River Road.
- Citizen contact occurred in the 26800 block of Salmon River Highway.

Monday, Dec. 4

- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Theft occurred in the 26800 block of Salmon River Highway.
- Citizen contact occurred in the 23000 block of Salmon River Highway.
- Warrant service occurred in the 9300 block of Grand Ronde Road.

<u>Tuesday, Dec. 5</u>

- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Citizen contact occurred in the area of Fire Hall Road.
- Trespassing occurred in the 9600 block of Hebo Road.
- Citizen contact occurred on Highway 18 near milepost 22.
- A drug complaint occurred in the 27100 block of Salmon River Highway.

Wednesday, Dec. 6

Citizen contact occurred in the 9600 block of Grand Ronde

block of Salmon River Highway.

Saturday, Dec. 9

- Officers responded to a vehicle crash on Salmon River Highway and AR Ford Road.
- Officers assisted an outside agency in the 400 block of Main Street on a reported overdose.
- Officers assisted an outside agency on a DUII investigation in the 27100 block of Salmon River Highway.
- A suspicious vehicle was reported in the 8400 block of Grand Ronde Road.

Sunday, Dec. 10

- Officers responded to a missing juvenile call in the 27100 block of Salmon River Highway.
- Citizen contact occurred in the 27100 block of Salmon River Highway.
- A driving complaint occurred on Highway 18 near milepost 30.
- Officers assisted an outside agency on a domestic disturbance call in the 8600 block of North Street.
- A drug complaint occurred in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency on Highway 18 near milepost 31.
- Officer assisted an outside agency on Main and Bridge streets with an outstanding subject.

Monday, Dec. 11

- Officers responded to a custodial dispute in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency with an emotionally disturbed person call in the 9400 block of Fort Hill Road.
- A driving complaint occurred in the 9300 block of Grand Ronde Road.
- A domestic disturbance occurred in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency on a suspicious vehicle in the 26100 block of Salmon River Highway.
- Officers contacted a subject with an outstanding warrant for their arrest.

Tuesday, Dec. 12

- A drug complaint occurred in the 27100 block of Salmon River Highway.
- A suspicious vehicle was reported in the 9600 block of Hebo Road.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- A drug complaint occurred in the 27100 block of Salmon River Highway.

Wednesday, Dec. 13

- An emotionally disturbed person was reported in the 27100 block of Salmon River Highway.
- A drug complaint occurred in the 27100 block of Salmon River Highway.
- Road.
- A hazard was reported in the 26000 block of Salmon River Highway.
- A traffic assist occurred in the area of Agency Creek Road.
- Officers assisted an outside agency in the 300 block of Yamhill Street on a reported domestic disturbance.
- A welfare check occurred in the area of Agency Creek Road. Thursday, Dec. 7
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Citizen contact occurred in the 48700 block of Dragonfly Road.
- Trespassing occurred in the 27100 block of Salmon River Highway.

Friday, Dec. 8

- A driving complaint occurred in the area of Grand Ronde Road and Highway 18.
- A drug complaint occurred in the 27100 block of Salmon River Highway.
- A domestic disturbance occurred in the 9600 block of Tillixam Circle.
- An emotionally disturbed person was reported in the 27100

Thursday, Dec. 14

- Officers located and arrested a subject with multiple warrants in the 27100 block of Salmon River Highway.
- A drug complaint occurred in the 27100 block of Salmon River Highway.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.

Friday, Dec. 15

- Theft occurred in the 27100 block of Salmon River Highway. <u>Saturday, Dec. 16</u>
- Officers assisted an outside agency on a vehicle crash in the area of Fort Hill and Yamhill River roads.
- Trespassing occurred in the 26800 block of Salmon River Highway.
- Officers assisted an outside agency call in the area of Parker Road.

Sunday, Dec. 17

• An emotionally disturbed person was reported in the 27100 block of Salmon River Highway.

See POLICE LOG continued on page 13



GRAND RONDE POLICE LOG

POLICE LOG continued from page 12

- A driving complaint occurred in the 27100 block of Salmon River Highway.
- Officers contacted and arrested a subject with multiple warrants in the 26800 block of Salmon River Highway.
- A welfare check occurred in the 27100 block of Salmon River Highway.
- Harassment occurred in the 27100 block of Salmon River Highway.
- Juvenile complaint occurred in the 9500 block of Raven Loop.

Monday, Dec. 18

- Citizen contact occurred in the 27100 block of Salmon River Highway.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- A driving complaint was reported in the 9600 block of Grand Ronde Road.

Tuesday, Dec. 19

- Officers assisted an outside agency at the Sheridan Inn for an alarm call.
- Officers assisted an outside agency in the 500 block of First Street on a disturbance call.
- Citizen contact occurred in the 27100 block of Salmon River Highway.
- A disturbance was reported in the 100 block of Wind River Drive.
- Warrant service occurred in the area of South Street.

Wednesday, Dec. 20

- Officers responded to a vehicle crash in the area of Hebo and Grand Ronde roads.
- Suspicious activity was reported in the area of Blacktail Drive.
- A hazard was reported in the 28300 block of Andy Riggs Road.
- Citizen contact occurred in the 9600 block of Hebo Road.
- A suspicious vehicle was reported in the 9600 block of Hebo Road.
- A traffic assist occurred in the 26800 block of Salmon River Highway.

• A traffic assist occurred in the 25300 block of Blue Jay Court. Thursday, Dec. 21

- A missing person was reported in the 9600 block of Grand Ronde Road.
- A driving complaint occurred in the 27100 block of Salmon River Highway.
- A welfare check occurred in in the area of Highway 18 near milepost 17.
- Harassment occurred in the 1000 block of Oaken Hills Drive.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Theft occurred in the 27100 block of Salmon River Highway

milepost 25.

- A domestic disturbance occurred in the 9600 block of Tillixam Circle.
- A hazard was reported in the 28300 block of Andy Riggs Road.
- A suspicious vehicle was reported in the area of Tyee Road.
- Assault occurred in the 27100 block of Salmon River Highway.

Monday, Dec. 25

- Suspicious activity occurred on Agency Creek Drive.
- A hit-and-run occurred in the 27100 block of Salmon River Highway.
- Harassment occurred in the 27100 block of Salmon River Highway.
- Warrant service occurred in the 27100 block of Salmon River Highway.
- A death investigation occurred in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency on an emotionally disturbed person in the 7700 block of Birch Street.

Tuesday, Dec. 26

- Warrant service occurred in the area of South Street.
- Officers assisted an outside agency on a disturbance call in the 100 block of Main Street.
- A hazard was reported in the area of milepost 23 on Highway 18.
- A hazard was reported on Highway 18 near Grand Ronde Road.

Wednesday, Dec. 27

- A driving complaint was reported in the 26800 block of Salmon River Highway.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.
- Citizen contact occurred in the 9600 block of Grand Ronde Road.

Thursday, Dec. 28

- Officers assisted an outside agency in the area of Willamina Creek.
- Fraud occurred in the 27100 block of Salmon River Highway.
- Suspicious activity occurred in the area of North Street.
- Suspicious activity occurred in the area of Grand Ronde and McPherson roads.

Friday, Dec. 29

- Officers responded to an overdose in the 27100 block of Salmon River Highway.
- Assault occurred in the 27100 block of Salmon River High-
- Friday, Dec. 22
- Officers assisted an outside agency on a crash near milepost 14 on Hebo Road.
- Suspicious activity occurred in the 27100 block of Salmon River Highway.
- Officers assisted an outside agency on a stolen vehicle recovery near milepost 33 on Highway 18.
- Officers assisted an outside agency in the 24700 block of Grand Ronde Road.
- A drug complaint occurred in the 27100 block of Salmon River Highway.
- Harassment occurred in the 27100 block of Salmon River Highway.
- Criminal mischief occurred in the 27100 block of Salmon River Highway.

Saturday, Dec. 23

- Officers assisted an outside agency in the area of Fire Hall Road.
- Suspicious activity occurred in the 27100 block of Salmon River Highway.

Sunday, Dec. 24

• Officers assisted an outside agency on Highway 18 near

- way.
- A DUII investigation occurred in the 27100 block of Salmon River Highway.
- An emotionally disturbed person was reported in the 100 block of Wind River Drive.

Saturday, Dec. 30

- A driving complaint was reported on Highway 18 near milepost 15.
- An intoxicated subject was reported in the 27100 block of Salmon River Highway.
- A welfare check occurred in the 9500 block of Raven Loop.
- Suspicious activity occurred in the area of Creekside Road.
- Suspicious activity occurred in the 9500 block of Raven loop.
- Trespass occurred in the 9600 block of Grand Ronde Road.

Sunday, Dec. 31

- A suspicious vehicle was reported in the 9600 block of Hebo Road.
- Theft occurred in the 27100 block of Salmon River Highway.
- Theft occurred in the 27100 block of Salmon River Highway.
- Harassment occurred in the 9600 block of Tillixam Circle.
- Theft occurred in the 27100 block of Salmon River High-

way. 🔳

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. ■

	JOB ANNOU	12.10		110	(And)
CTGR	REMPLOYMENT				WW
1	and the second second	1	108 A	Postec	l January 26, 2024
10120		aten A	A DEC MARK	Karl and	STOLE NO.
Job#	Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
	Tribal Court Volunteer – Court Appointed Special	Graue	win. Start Wage	Wax Start Wage	•
1793	Advocate				Until Filled
1946	Child & Adolescent Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
1991	Mental Health Counselor – Great Circle Recovery - Salem	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
1999	Tribal Planner	15	\$97,858.44/yr.	\$127,796.59/yr.	Until Filled
2006	Staff Accountant	11	\$32.74/hr.	\$42.16/hr.	Until Filled
2014	Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
2030	Police Officer	11	\$32.74/hr.	\$42.16/hr.	Until Filled
2031	Tribal Security Officer – On-Call – Oregon City	5	\$18.86/hr.	\$24.07/hr.	Until Filled
2035	Enrichment Coordinator Aide - Part Time	5	\$18.86/hr.	\$24.07/hr.	Until Filled
2036	Lodge Caregiver – Full Time	7	\$22.36/hr.	\$29.00/hr.	Until Filled
2037	Certified Medical Assistant – On-Call	8	\$24.60/hr.	\$31.84/hr.	Until Filled
2039	Behavior Specialist	11	\$32.74/hr.	\$42.16/hr.	02/05/24
2040	Police Officer Trainee	10	\$29.76/hr.	\$38.39/hr.	02/05/24
2042	Applications Specialist	12	\$36.01/hr.	\$46.31/hr.	02/05/24
2043	Cook – Adult Foster Care	5	\$18.86/hr.	\$24.07/hr.	02/05/24
2044	Teacher Aide/Bus Monitor - Part Time - ECE	5	\$18.86/hr.	\$24.07/hr.	02/05/24
2045	Client Registration Specialist – Great Circle Recovery - Salem	8	\$24.60/hr.	\$31.84/hr.	02/05/24
2046	Dementia Care Specialist – Community Health	9	\$27.05/hr.	\$34.95/hr.	02/05/24
2047	Elder Justice Coordinator – Community Health	9	\$27.05/hr.	\$34.95/hr.	02/05/24
2048	Driver/Wellness Assistant – Community Health	6	\$20.75/hr.	\$26.42/hr.	02/05/24
2049	Licensed Practical Nurse – Great Circle Recovery - Portland	12	\$36.01/hr.	\$46.31/hr.	02/05/24
2050	Academic Coach – Youth Education	10	\$29.76/hr.	\$38.39/hr.	02/05/24
2051	Barista Trainee – Limited Duration	1	\$16.00/hr.	\$16.00/hr.	02/05/24
2033	Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	Open

\$500 Hire-On Bonus - AFC Positions * Lodge Caregivers and CNA's hired after March 4, 2022, are eligible when employed for 120 days. Confederated Tribes of Grand Ronde offers generous benefits and competitive pay. POSTINGS ARE OPEN UNTIL FILLED & WILL BE REMOVED WITHOUT NOTICE L BE GIVEN IN THE FOLLOWING RANKING ORDER:

- Grand Ronde Tribal members. (Qualified Grand Ronde Tribal members who show they meet the minimum qualifications of the position during th
- hire and the recruitment process will end) Tribal member spouses, parents and/or legal guardians of Grand Ronde Tribal member children and current regular employees.

Apply online at: www.grandronde.org



POSTING TITLE	CLOSE DATE	WAGE/SALARY
Cage Cashier	2/1/2024	\$18.29/hr. DOE
Cook	2/1/2024	\$18.29/hr. DOE
Guest Services Cashier (*Part-Time)	2/1/2024	\$18.02/hr. DOE
Prep Cook (*Part-Time)	2/1/2024	\$18.02/hr. DOE
Restaurant Manager	2/1/2024	\$63,586.43/yr. DOE
Slot Technician I	2/1/2024	\$19.39/hr. DOE
Bartender	Until Filled	\$16.50/hr. DOE + Tips
Casino Beverage Waitstaff (Full-Time & *Part-Time)	Until Filled	\$14.58/hr. DOE + Tips
Hotel Houseperson (*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
Sports Bar Busperson	Until Filled	\$18.02/hr. DOE
Table Games Dealer (Full-Time & *Part-Time)	Until Filled	\$14.58/hr. + Tips

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. ■

	FILED
	CTGR COURT Fri Jan 26 11:34:46 PST 2024
	OF THE CONFEDERATED TRIBES OF THE DE COMMUNITY OF OREGON CIVIL COURT
In the Matter of:) Case No. 23C0015
SELWYN, JOEL PATRICK) ORDER GRANTING REQUEST TO CHANGE) NAME ONER)
	the Petition for Name Change filed by Petitioner on December
Chapter 303 and the Petition is The Court A has does not h Petition herein: The Petitioner is is not or The Petitioner is is not an Petitioner has has not pet within the past twelve (12) mon The Petitioner does does owed under a divorce decree.	ot meet the requirements of the Name Change Ordinance, dismissed granted: ave jurisdiction over the Petitioner and subject matter of the ver 18 years old: n enrolled member of the Confederated Tribes of Grand Ronde: titioned or been granted a change of name by the Tribal Court ths: not have creditors or a former spouse to whom and obligation is
 The Fetition for Name Change i PATRICK SELWYN to JOEL F The Clerk of the Tribal Court sl Newsletter; The Clerk of the Tribal Court sl 	is not granted and is dismissed without prejudice. is granted and Pctitioner's name is changed from JOEL
DATED THIS 26TH DAY OF JANUARY,	2024.
	/s/ Patrick S Melendy

Paid Internships in Habitat Restoration

Elderberry Wisdom Farm is recruiting interns for its Habitat Restoration Internships for Spring and Summer 2024. This paid opportunity integrates Traditional Ecological Knowledge with local conservation practices and is supported by multiple collaborative partners.

\$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 scheduled 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

⊠employmentteam@spiritmtn.com

 Ospiritmtn.com
 https://www.spiritmountain.com/careers

 Call (503) 879-3737 for application assistance.

- \$3000 stipend
- 9 week training, 3 days a week
- Both classroom education and experiential service learning activities
- Choose:
 - Spring: April 1 to May 31, 2024
 - Summer: July 8 to August 30, 2024

Apply now:

elderberrywisdom.org/joinourteam



Elderberry Wisdom Farm

Paid ad



Winter supplements keep you healthy



Winter is upon us so give your body the extra care to help fend off winter sickness. Supplement healthy eating and seasonal vaccines with some of the most recommended vitamins and elements to maintain health and boost your immune system.

Vitamin B is vital for metabolic function including energy production, proper functioning of the nervous system and rebuilding of muscle and skin. Vitamin B12 is not available in

plants, so if someone is a vegetarian, they are likely to be low in this. Vitamin B12 deficiency can cause a number of serious health problems and has been associated with seasonal affective disorder and other depressive symptoms.

Zinc is a mineral that helps boosts the body's natural defenses. It supports metabolism and improves immune function. It helps maintain healthy skin, nails and hair.

Omega-3 fish oil supports your brain, heart and vision. These vitamins have been linked to lowered risk of cardiovascular disease by reducing triglycerides and lowering blood pressure. Omega-3s are also important for brain memory, eye health and fighting depression.

Deficiencies in omega-3s can cause problems like fatigue, poor memory, dry skin, mood swings, depression and poor circulation.

Fish is the best food source of omega-3. Other food sources include nuts (particularly walnuts). A simpler way to ensure you get enough is to take a supplement.

Vitamin D is so important for bone strength because our bodies can't absorb calcium without the presence of vitamin D. The vitamin also supports immune health, muscle function and brain cell activity.

Most foods don't have naturally occurring vitamin D, although the food industry has chosen to fortify some common items like milk and cereal with this vitamin. Vitamin D is also present in fatty fish.

The biggest way we get our vitamin D is when our skin synthesizes it. Sometimes in the summer that is sufficient, but in the winter we don't get enough sunlight. Since it is difficult to get vitamin D from food alone, and we have limited sunshine in the winter, it is often recommended to take a supplement in order to avoid a vitamin D deficiency.

Vitamin C plays a role in supporting your immune system. Although a vitamin C boost may not stop all colds completely, the U.S. National Institutes of Health states that people who "regularly take a vitamin C supplement may experience a shorter cold or milder symptoms." Also, vitamin C helps control infections and heal wounds. Bananas and citrus fruits are good sources of vitamin C.

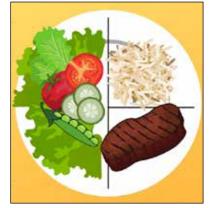
According to the National Institutes of Health, the recommended daily allowance of vitamin C for adults is 90 milligrams for males and 75 milligrams for females. The upper limit is 2,000 milligrams. ■

Affects of cannabis exposure

The cannabis plant contains more than 100 compounds classified as cannabinoids. Une of the compounds is tetrahydrocannabinol (THC), which is impairing or mind-altering. Marijuana products that contain THC can have health risks regardless of how they are used (for example smoked or eaten) because THC is impairing and can affect memory, attention, decision-making and risk-taking. Children can be affected although they themselves do not use cannabis. THC crosses the placenta and enters the fetal bloodstream, potentially causing future developmental problems. Additionally, THC can be passed to infants through secondhand smoke. Studies have shown that using cannabis during pregnancy can lead to a variety of negative outcomes for both the mother and the developing fetus. According to the CDC, using marijuana during pregnancy can lead to low birth weight, premature birth and developmental problems. A study by the Centre for Addiction and Mental Health (CAMH) and the University of Toronto found that infants prenatally exposed to cannabis are more likely to be born pre-term, have a low birth weight and require neonatal intensive care. Prenatal cannabis use has also been linked to an increased risk of major congenital anomalies and small-for-gestational age babies. Research suggests that using marijuana while pregnant could be linked to problems with attention, memory, problem-solving skills and behavior in children later in life.

Healthy hearts start in childhood

It's true, healthy hearts start in childhood with healthy practices. The same things that we hear in adulthood about heart health is valid in childhood: Be active, eat healthy and maintain a healthy weight. Encourage children of all ages, even very young, to be active. Join a team, walk, play age-appropriate games. Set media free times and encourage outdoor play as much as possible.



You can use the native plate mod-

el for healthy eating. That means eating lots of vegetables, with smaller quantities of grains and proteins. Offer water rather than other drinks which may be loaded with sugar and chemicals. When children are offered healthy foods from a very young age they will develop a "taste" for it.

Since we all have an inborn preference for sugary and salty foods, pay particular attention to snack foods including all kinds of chips, sugary drinks and sweets. These snacks provide "empty calories" with little nutritional value. Anyone who has ever tried these foods can tell you how addictive they are. We can't stop our kids from eating these completely but if they are not it the house they (and we) are less likely to eat them.

When children develop healthy patterns and habits at a young age, they are more likely to remain healthy even into older age. A combination of regular activity and healthy eating is a great beginning point for lifelong health. If you model healthy eating and staying active your kids are more likely to practice these behaviors. Your actions speak louder than words. ■

Building healthy relationships

The foundations of a healthy relationship include:

Communication: Even when you don't agree, both partners need to be able to share opinions and perspectives without feeling judged or shamed. Each person should feel safe and heard when expressing needs. Tell your partner how you feel and make an effort to talk things through.

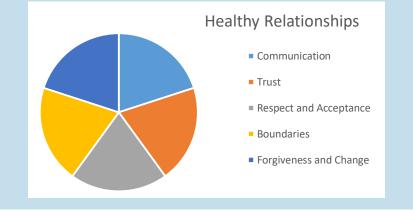
Trust: Building trust takes time and communication. It allows couples to be vulnerable with one another knowing that they can rely on the other person.

Respect and acceptance: Recognizing that each person in the relationship has a different personality, traits and needs. Neither person compromises who they are. Encouraging your partner to spend time with other friends and to take part in activities that they enjoy is a good way to express respect.

Boundaries: Having boundaries is like drawing a line. One side has the things you are okay with and the other side, those that you are not okay with, don't feel ready for or that make you uncomfortable. This line looks different for everyone. Setting boundaries lets your partner understand your needs. You are allowed to put your needs before someone else's needs, especially if their needs make you uncomfortable. Forgiveness and change: We all make mistakes in how we treat others, especially in close relationships. We need to acknowledge those mistakes, ask for forgiveness and commit ourselves to not repeat the offense. Wanting to be with someone is part of developing as a person. But starting a relationship will not fix other problems in your life like loneliness, feeling sad, or needing something new and shiny. Getting into a relationship should be all about you and the other person, rather than just the idea of having a boyfriend or a girlfriend. Sources: journey woman & youth.gov

It is recommended that pregnant women avoid using marijuana in any form both because of harm to themselves but also to the fetus.

Sources: 1. (CDC). (2022, November 22). Marijuana and Public Health. 2. WebMD. (2022, December 12). Marijuana and Pregnancy. 3. University of Toronto. (2021, June 16). Cannabis use during pregnancy associated with adverse birth outcomes: study. 4. National Institute on Drug Abuse. (2022, January 19) Can marijuana use during pregnancy harm the baby? 5. PLOS ONE. (2022, August 25). Prenatal cannabis exposure and risk of major congenital anomalies and small-for-gestational age.





SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

ALL ITEMS NOW RESTOCKED!

SMOKESIGAALS,OP

SMOKESIGNALS.ORG

T-SHIRTS • ZIP-UP HOODIES • PULL-OVER HOODIES • FLEXFIT CAPS BEANIES • PATCHES • STICKERS • FREE SHIPPING!

Checks, cash or money orders only please: Make payable to Confederated Tribes of Grand Ronde. Memo: Editorial Board Please mail to: Smoke Signals Publications Dept., 9615 Grand Ronde Road, Grand Ronde, OR 97347

FREE SHIPPING!	SMALL	MEDIUM	LARGE	X-LARGE	2X-LARGE	3X-LARGE	4X-LARGE
PULL OVER HOODIE (BLACK) \$35							
ZIP-UP HOODIE (BLACK) \$35							Not Available

ZIP-UP HOODIE (GRAY)	\$35							Not Available
ZIP-UP HOODIE (TEAL)	\$35							Not Available
T-SHIRT (BLACK) BACK GRAPHIC	\$15					Discontinued		
T-SHIRT (BLACK)	\$15							
T-SHIRT (GRAY)	\$15							
T-SHIRT (TEAL)	\$15							
T-SHIRT (CYAN)	\$15		Discontinued	Discontinued	Discontinued			
		·						
FLEXFIT CAPS \$15		BEANIES	\$15	PAT	CHES \$5		STICKERS	\$1
Name:						E-mail:		
Address:						Phone:		

Ad by Samuel Briggs III