

JANUARY 1, 2026



SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

Tribe wins award for project of the year in Oregon

By Danielle Harrison

 $Smoke\ Signals\ editor$

he Tribe was recently honored with a 2025 Project of the Year Award from the American Public Works Association for its Early Care and Education Center.

Tribal Engineering & Community Development Department Manager Ryan Webb accepted the award on behalf of the Tribe at a ceremony in



fall with project contractor Triplett Wellman. "I am always

Bend this past

beyond proud and grateful to serve the Tribe and its mem-

Ryan Webb and its membership," Webb said. "I get gratitude and thanks from Tribal employees, council and members, not just for this project but for all the projects I have com-

members, not just for this project but for all the projects I have completed, that is always extremely rewarding."

The award was given out for the structural category of projects costing less than \$25 million.

"Your project was selected after review by the awards committee as being most deserving of this award," an APWA email stated. "Congratulations on being selected."

The Early Care and Education Center is the newest Tribal campus building and was completed in March 2025. The 26,000-squarefoot facility services the Early Childhood Education Program for

See AWARD continued on page 6

Christmas party



One-year-old Tribal member LillyRose Walsey gets her photo taken with Santa Claus, aka Tribal Elder David Clark, during the Tribal Council Holiday Party at Spirit Mountain Casino's Event Center Saturday, Dec. 13. In addition to photos with Santa, attendees enjoyed holiday activities and games, sang karaoke and ate brunch at the annual event hosted by Tribal Council. See pages 10-11 for more holiday photos.

Amira Ben El Aali, 7, adds a finishing touch to her hot chocolate during the Tribal Council Holiday Party.





Tribal employees celebrate quarterly service awards



Photo by Michelle Alaimo

By Nicole Montesano

 $Smoke\ Signals\ staff\ writer$

ribal employees and Tribal Council members braved a wind and rainstorm to celebrate together at the quarterly service awards Thursday, Dec. 18, at the Spirit Mountain Casino Event Center.

The Tribe honored 82 employees for their combined 1,135 years of service, ranging from five to 41 years, with games, raffle prizes of

cash and administrative leave. The event doubled as the annual employee holiday party and luncheon.

As an atmospheric river dumped inches of rain, and wind gusts threatened to bring down trees outside, employees enjoyed the festive holiday spirit with prime rib, cedar plank salmon, tur-

See EMPLOYEES continued on page 9

Elaine Lane, education and services coordinator for the Shawash-ili?i Skul, shows off her outfit as she participates in the ugly sweater contest during the annual employee holiday party and fourth-quarter service awards at Spirit Mountain Casino's Event Center Thursday, Dec. 18. Lane won second place in the contest.

General Council meeting

11 a.m. Sunday, Jan. 4
Tribal Council Chambers

Tribal members can participate remotely via Zoom and in-person attendance. Call 800-422-0232 for more information.

Grand Meadows lot available for lease

Lot 12 in Grand Meadows is now available for lease. Applicants must be preapproved for a new manufactured home. The lot size is 55' x 100' (preapproved manufactured home must fit size of lot) The lot has a 26'8" x 66' 4" cinder block skirting.

The sale will be preceded by a lottery system. To be included in the lottery, the leasing application and preapproval letter from a lender must be received no later than 5 p.m. Friday, Jan. 16.

The leasing application is on the Tribal webpage, www.grandronde.org, or applicants can stop by the Tribal Housing Department, 28450 Tyee Road, Grand Ronde, between 8 a.m. and 5 p.m. Monday to Friday. ■

TRIBAL OFFICE CLOSURES

Tribal offices will be closed Thursday-Friday, Jan. 1-2, in observance of New Year's Day. Offices also will be closed Monday, Jan. 19, in observance of Martin Luther King Jr. Day.



STORY IDEAS?

Do you have Tribal story ideas you would like to see in Smoke Signals?

Please share your suggestions at news@grandronde.org or by calling Editor Danielle Harrison at 503-879-4663.

WWW.SMOKESIGNALS.ORG



Ad by Samuel Briggs III

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DEADLINE DATE	ISSUE DATE
Thursday, Jan. 8	Jan. 15
Friday, Jan. 23	Feb. 1
Friday, Feb. 6	Feb. 15
Friday Feb 20	Mar 1

MEMBERS OF:

Indigenous Journalists Association
Oregon Newspaper Publishers Assoc.
2022 IJA General Excellence
2023 IJA General Excellence

EDITORIAL POLICY

Smoke Signals, 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 email 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.

Smoke Signals 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 Smoke Signals.

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IN THE FUTURE



ixt-mun (January)

- Thursday-Friday, Jan. 1-2 Tribal offices closed in observance of New Year's Day.
- Sunday, Jan. 4 General Council meeting, 11 a.m., Tribal Council Chambers and via Zoom. 800-422-0232.
- Wednesday, Jan. 14 Tribal Council meeting, 4 p.m.,
 Tribal Council Chambers and via Zoom. 800-422-0232.
- Monday, Jan. 19 Tribal offices closed in observance of Martin Luther King Jr. Day.
- Wednesday, Jan. 28 Tribal Council meeting, 4 p.m.,
 Tribal Council Chambers and via Zoom. 800-422-0232.

makwst-mun (February)

- Sunday, Feb. 1 General Council meeting, 11 a.m., Monarch Hotel & Convention Center, 12566 SE 93rd Ave., Clackamas, and via Zoom. 800-422-0232.
- Wednesday, Feb. 11 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 800-422-0232.
- Monday, Feb. 16 Tribal offices closed in observance of Tribal Chiefs' Day.
- Wednesday, Feb. 25 Tribal Council meeting, 4 p.m.,
 Tribal Council Chambers and via Zoom. 800-422-0232.

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

Find us on



OFFICIAL TRIBAL FACEBOOK PAGES

Smoke Signals:

facebook.com/SmokeSignalsCTGR

The Confederated Tribes of Grand Ronde:

facebook.com/CTGRgov

Grand Ronde Health & Wellness:

facebook.com/GRHWC

Grand Ronde Children & Family Services:

facebook.com/CTGRCFS

Grand Ronde Royalty:

facebook.com/CTGRRoyalty

Grand Ronde Education Programs:

facebook.com/CTGREducation

Grand Ronde Youth Council:

facebook.com/CTGRYouthCouncil

Grand Ronde Station: facebook.com/GrandRondeStation

Grand Ronde Social Services Department:

facebook.com/CTGRSocialservices

Grand Ronde Food Bank:

face book.com/GrandRondeFoodBank

Spirit Mountain Community Fund:

face book. com/Spirit Mountain Community Fund

Grand Ronde Cultural Education:

facebook.com/Grand-Ronde-Cultural-Education

Grand Ronde Community Garden:

facebook.com/GrandRondeCommunityGarden

Grand Ronde Tribal Police Department:

facebook.com/Grand-Ronde-Tribal-Police-Department

Grand Ronde Employment Services

Facebook.com/EmploymentServices

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.

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 UKG 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 is Thursday, Jan. 15. We cannot guarantee changes after this date. Both W2 and 1099MISC forms will be mailed before the Saturday, Jan. 31 deadline. ■

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. ■

Tribe offering support to incarcerated members

Grand Ronde Tribal members who are incarcerated, have been recently released from prison or are involved in addiction treatment programs don't have to face challenges alone.

The Tribe has a post-prison/post-treatment peer support specialist, Tribal member Joe Ulestad, who is also a certified recovery mentor.

"I want our members who are incarcerated or need help to know we haven't forgotten about them and we're here to help," he said. "They can call me, email or text."

Ulestad can be reached at joe.ulestad@grandronde.org, by text/call at 971-237-5262 or on office line, 503-879-1389. ■

LISTEN TO SMOKE SIGNALS PODCASTS

Smoke Signals most popular stories from 2025

Smoke Signals Social Media/ Digital Journalist Kamiah Koch interviews Smoke Signals Editor Danielle Harrison and Smoke Signals Photojournalist/Assistant Editor Michelle Alaimo about the most popular stories from 2025. Together, they discuss the five most popular online stories, going viral on Reddit and their favorite photos from 2025.

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





VISIT SMOKESIGNALS.ORG AND CLICK ON PODCAST

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 as needed at the Veterans House. Chair: Molly Leno.
- **Editorial Board** meets monthly. The next meeting will be held at 1 p.m. Friday, Jan. 9. Chair: Mia Prickett. Contact Editorial. Board@grandronde.org for more information.
- Education Committee meets at 5:30 p.m. on the last Tuesday of the month in the Adult Education building. Interim Chair: Valeria Atanacio.
- Elder Board meets the first and third Wednesday of the month at 10 a.m. in the Elders Activity Center. Chair: Darlene Aaron.
- 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 Monday of the month in the Cheryle A. Kennedy Public Health Building. Chair: Darlene Aaron.
- Housing Grievance Board meets at 3 p.m. the third Thursday of the month in the Housing Department conference room. Chair: Harris Reibach.
- · Powwow Special Event Board meets as needed at the Community Center. Dates vary. Contact Dana Ainam at 503-879-2037. Chair: Dana Ainam.
- TERO Commission meets at 10 a.m. the second 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. Chair: Jon R. George.
- Veterans Special Event Board meets at 5:30 p.m. the first Tuesday of the month in the Quenelle House. Chair: Molly

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



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



2021 — After enduring a year of the deadly COVID-19 virus, the Confederated Tribes of Grand Ronde received its first shipment of 200 doses of the highly-anticipated vaccine just before Christmas. The first doses to arrive were reserved for health care workers, first responders, adult foster care workers and vulnerable Elders.



File photo

2016 — The Tribe purchased the 31-acre Multnomah Greyhound Park Site in Wood Village, intending to use it for economic diversification. "Striving toward a diversified economy is an objective that helps us prepare for the future," Tribal Council Chairman Reyn Leno said in October when the purchase was approved.

2011 — The Tribal Housing Authority installed a welcome structure outside its office, as its latest response to a 2009 spate of gang activity in the area. Fitted with a computer, phone and cameras, the structure was installed in early December and operational questions were still being evaluated before the anticipated opening in January.

2009 — Coyote Joe's restaurant in Willamina had a small model of Tribal member Steve Bobb's most recent sculpture intended to honor loggers who lost their lives on the job, titled "View from the Top." Bobb intended to create the larger sculpture in a later phase.

2001 — Tribal member Tim Holmes, Oregon State Rehabilitation Council chair and Tribal Housing Authority chair, traveled to Washington D.C., where he was awarded the second annual Paul G. Hearne/AAP Leadership Award, established in honor of the founder of the American Association of People with Disabilities. It recognized emerging leaders with disabilities who demonstrate leadership while having a positive impact on the community of people with disabilities.

1996 — No edition available

1991 — The Grand Ronde senior meal site was completed and serving hot lunches to Tribal Elders three days a week, Tuesday through Thursday.

1986 — The Tribe was writing its 1986-87 grant application for Title IV-A, Indian education, and asking parents to be sure and return their needs assessments that the grant request would be based on.

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



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RABBI TRUST FUND AND MINORS' CUSTODIAL TRUST FUND

This announcement is to inform you of the upcoming election opportunity to recommend an investment option that best suits your tolerance for investment risk. The election deadline is Jan. 16, 2026, and the investment period will be effective from Jan. 31, 2026, until

Recognizing that each Tribal member's tolerance for investment risk may be different, parents of minor members ages 17 or younger having balances in the Rabbi Trust Fund and Minors' Custodial Trust Fund, or members ages 18 or older can recommend that these funds be invested in one out of five possible investment options.

Email deanne.norton@grandronde.org or call 503-879-2215 to receive your investment risk assessment recommendation form. This form can also be found at www.grandronde.org/government/finance/ and then clicking on the Rabbi Minor Investment Change Form link. This form is optional and open only to those who participate in the Rabbi and Minors' Custodial Trust funds.





TRIBAL COMMITTEE / **BOARD & COMMISSION**

Now accepting new applications

- Do you want to be more involved with the Tribe?
- Do you have a desire to be a part of a group to plan and be involved in Tribal activities and events?
- Are you intersted in making positive changes for future generations?

Current vacancies:

- Ceremonial Hunting Board Must be a ceremonial hunter (2)
- Election Board (1) Election Board alternates (2)
- Fish & Wildlife Committee (1) Culture Committee (1)
- Powwow Special Event Board (2) Health Committee (1)
- Timber Committee (2)

For questions email:

shannon.ham-texeira@grandronde.org

Applications available online at:

www.grandronde.org/government/tribal-council/committees/

Applications also available in the Tribal Governance building: Located at the Tribal Council office near the security desk.

housing tenants The Grand Ronde Housing Tenant Association now has two report

Attention Grand Ronde

boxes located on the Tribal campus. The first one is at the Tribal Governance Center on a table next to the reception area and the second one is on a table at the Elders Activity Center near the front door.

The boxes are to be used for any possible non-emergency safety concerns or any ideas/suggestions for improving services as provided by groundskeeping or housing. An example might be noticing a sidewalk construction problem or street corner vision blockage by unkempt landscaping.

These boxes will be checked by a tenant association committee member and taken to the Housing Department to be reviewed and cataloged. While any report can be submitted anonymously, it is recommended the writer include their name, enrollment number (just as most correspondence to the Tribal administrators is required) and either a personal email, phone number or both. A committee member or housing staff member will use the contact information to communicate with the report writer regarding the progress of tending to the concern or idea.

"This was and is an avenue whereby the tenants can communicate their concerns as they see them in a manner that is friendly without going to the housing office," Housing Tenant Association Committee Chair Dave Clark said. "This tenant association was established earlier this year to be a sounding board and informational contact for the tenants to utilize. Let's get this back on its wheels again."

Additionally, a special tenants association meeting will be held from 3 to 7 p.m. Wednesday, Jan. 14, at the Tribal Community Center for the purpose of updating the tenants about the committee and providing a meal. There will also be a white elephant gift exchange for adults and children alike. To participate, each adult or child needs to bring a gift.

"More to follow as we continue to develop the event," Clark said. "It is meant to be a fun time with family and friends, making memories for everyone. Two members of the housing department are instrumental in this endeavor, Shonn Leno and Diana Robertson."







Sunday - February 22nd

Sunday - March 22nd

Sunday - April 26th

Sunday - May 31st

Sunday - June 28th

Sunday - July 26th

Sunday - August 23rd

Sunday - September 27th

Sunday - October 25th

Sunday - November 11th

Sunday - December 20th

Bring your creativity, supplies, and your family.

Start a new project, continue an old one, or just spend time visiting.

A welcoming space for all Tribal households and all ages.

Reach out to the culture committee with questions-

Pamala Warren- Chase

Marianne Blanchard

enousartstattooco@gmail.com

Stephanie Craig kalapuyaweaver@gmail.com

Molly Leno molly.leno@grandronde.org

Tribal Council approves grant application for renovation

By Danielle Harrison

Smoke Signals editor

Tribal Council approved a grant application during its Wednesday, Dec. 17 meeting that, if awarded, will provide funding for upgrades and two months of operational costs at Great Circle Recovery Clinic in Salem.

The clinic, which opened in 2021, is one of two Tribal medication-assisted treatment facilities for those suffering from opioid addiction. A second clinic in Portland opened in 2023.

At Great Circle, patients are prescribed FDA-approved medications to help lessen cravings and reduce withdrawal symptoms, as well as receive supportive, culturally appropriate counseling. The services are open to Grand Ronde Tribal members, other Native Americans and community members.

During a Tuesday, Dec. 16, Legislative Action Committee meet-

ing, Tribal Executive Director of Health Services Kelly Rowe told Tribal Council members that the \$1 million Oregon Health Authority grant would be used for repaving the parking lots, driving barriers for enhanced safety, plumbing and HVAC upgrades, security system upgrades, a generator and furniture. Additionally, two months of operational costs, which would include wages for 14 employees, would be included.

"We were approached by the Oregon Health Authority to apply for these funds and they have these available for detoxification programs," Rowe said. "We gladly did that for a million dollars. There are some limitations on how we can spend it. We can only use (the funds) operationally for the first two months. They really wanted us to use those for property renovations, security and things like that...It's a million dollars that we'll be able

to sink into that building to make it better for the program."

In other action, Tribal Council:

- Approved an intergovernmental agreement between the Tribe and Yamhill County to fund, operate and continue public transit services from Grand Ronde to Willamina and McMinnville;
- Approved an application to the U.S. Department of Housing and Urban Development for an up to \$5 million Indian Community Development Block Grant;
- Approved a loan from the Tribe to Spirit Mountain Gaming Inc. for up to \$2.17 million to cover costs for the property-wide elevator modernization project;
- Approved an application to Indian Health Service for a Tribal Injury Prevention Grant for up to \$750,000;
- Approved an easement for Portland General Electric on the Tribe's OSU forestland property in Grand Ronde near Spirit Mountain Casino, so that the utility company can move its systems underground, which will reduce outages due to wind, fire and accidents;
- Approved the Tribal Attorney's Office continue to negotiate a

global settlement agreement with RJS Construction. The global settlement includes all subcontractors and suppliers involved. According to Smoke Signals archives, RJS, based out of Yakima, Washington, was initially hired by the Tribe in 2021 to begin infrastructure and utility work on phase one of the Tribal homeownership development;

- Approved an amendment to the Department of Interior self-governance multi-year funding agreement to accept \$3.73 million from the federal government for self-governance. The Tribe receives the funding for the purpose of carrying out Tribal self-governance programs such as government, education, human services, health care, public safety, community infrastructure, economic development, and lands and resource management;
- And approved enrolling five infants and seven non-infants into the Tribe because they meet the requirements under the Tribal Constitution and Enrollment Ordinance.

To watch the entire meeting, visit www.grandronde.org and click on the Videos tab. ■

Program serves approximately 100 children, has 50-plus staff

AWARD continued from front page

children from birth to 5 years old. It includes 12 classrooms, outdoor play areas, a community room, 16 administrative offices, large commercial kitchen and other support areas. It provides the opportunity to combine early childhood services under one roof instead of across multiple buildings on the Tribal campus.

The program serves approximately 100 children and includes 50-plus staff members. Funding for the project came from a combination of American Rescue Plan Act monies, grants from founda-

tions and Tribal dollars.

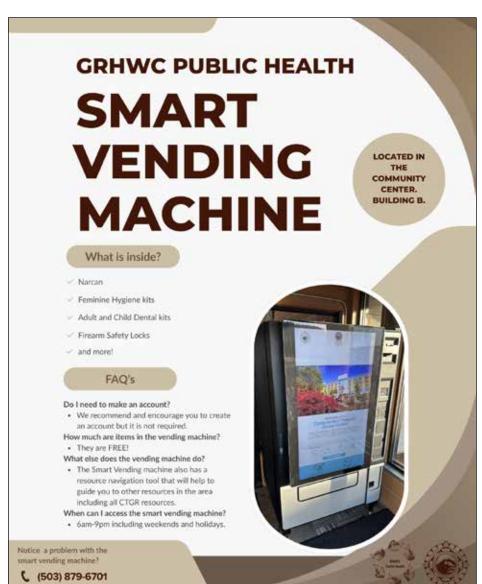
Webb noted that the project award was significant as it was given by a national association.

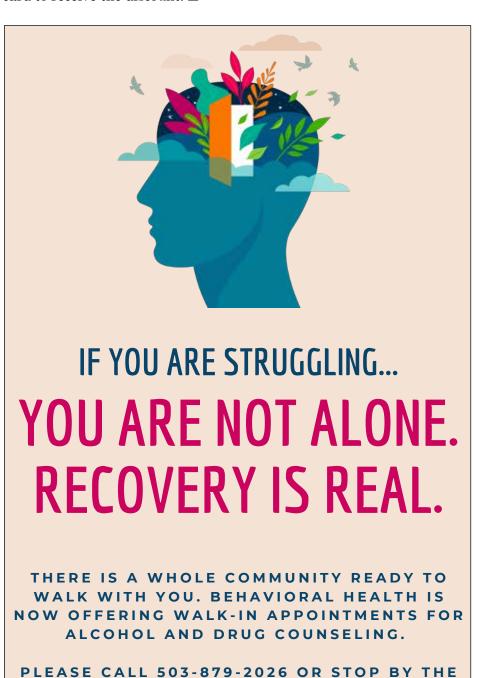
"It showcases this project on a national level, it highlights the Tribe's priorities for the membership and community and sets the example of what success looks like," he said. "The Early Care and Education building was a successful project because of the hard work and dedication from everyone who touched this project. As great as this recognition is, the true reward is walking through the hallways of that building and seeing the kids laugh and play and enjoy their new space."

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. ■





BEHAVIORAL HEALTH CLINIC AT THE GRAND RONDE HEALTH AND WELLNESS CENTER.

smok signəlz **JANUARY 1, 2026**

Tribal member returns to his roots with family food truck

By Nicole Montesano

 $Smoke\ Signals\ staff\ writer$

Working in a food truck is a bit like returning home for Tribal member Fabian Quenelle, who, along with his brothers, grew up helping his mom prepare and sell fry bread at Tribal events.

"I've been in a food stand since I could walk," he said. "My mom used to do fry bread at the park's powwow. I started getting back to it five or six years ago."

Now he and his wife, Ree Amber Quenelle, are hoping to make their food truck, Commod Bod, a fulltime endeavor.

Quenelle said he's always loved food and cooking.

"My mom and my dad ... both used to cook all the time," he said. From them, he and his brothers learned all the basics.

"Cooking, cleaning, hunting – all those things that you can always take care of yourself in the end," he said.

Quenelle finds the work a joy.

"I just like doing it," he said. "Being able to serve the food to people. I did 13 years in commercial kitchens, from dishwasher all the way to sous chef. Then I did construction for a lot of years and came back to work for the Tribe. I still had a passion for food and figured it was a way I can give back and feed that passion."

Nearly two years ago, Quenelle and his wife obtained a food truck, simplifying the process, as they no longer had to rely on a venue to provide cooking space.

They've made it a family affair.

Now they're planning to take it full-time and are considering a spot in Oregon City but haven't made a final decision.

"We're both very excited to see what it looks like in 2026 when we take that step to be able to do that,"



Photos by Michelle Alaimo

Tribal member Fabian Quenelle makes street tacos in his food truck, Commod Bod, when it was set up at Spirit Mountain Casino Saturday, Nov. 22.



Ree Amber Quenelle prepares to put fry bread dough in the fryer in her food truck, Commod Bod, when it was set up at Spirit Mountain Casino.

Quenelle said.

He said they enjoy cooking First Foods, but that those are mostly popular during powwows.

"Doing it outside of powwow, it's not a hit," he said.

They also serve "what I like to call our second foods - fry bread, Indi-



Commod Bod was set up and serving food at Spirit Mountain Casino during the Tribe's 42nd Restoration Celebration Powwow Saturday, Nov. 22.

an tacos ... spaghetti, stews ... things that can stretch and feed a lot of people." Quenelle said.

In addition to be-

ing a welcome source of income, the food booth business has also been something of a lifesaver.

Quenelle said he went through a period of being "heavily affected by drugs and alcohol," a lifestyle that working in commercial kitchens facilitated.

"I decided I was going to get clean and sober and get back to those ceremonies," he said. "Getting back into the culture; I'd been disconnected for a long time. ... At New Year's, I'll be eight years clean and sober."

As part of that process, Quenelle realized he wanted to return to treasured childhood memories of his mother's fry bread booth.

"It's something that definitely brought me back and continues to," he said. "I always get reminded of where I come from. Last year, I was able to invite my brother into the stand. I'm the youngest of five brothers."

For him, and he suspects, his brother, "the family interactions, the smiles, the laughter, the smells," bring back those childhood

years of helping out.

Two years ago, he said, "my cousin presented their food truck to us, and was like, 'Hey, do you want to buy it?"

They thought it through, Quenelle said, and "it was something we didn't have to think long and hard about. It was a direction we knew we wanted."

The Quenelles' grown children, who range in age from 19 to 26, sometimes work in the truck as well, along with nieces and nephews.

"We see it as a way to spread that generational wealth," he said. "We will grow it to a point where we can offer jobs to our kids... It's a way to create space and give back. We've created a business for employment - not just, 'I'm helping out for the family' but 'now I can put this on my resume."

He said he's not sure his kids, not having grown up in the business, love it the same way. "It's a job to them," he said, "and ... it's actually a fair rate" of pay. However, "my grandkids have already mentioned they can't wait to be old enough to help us. They help out cooking at home, so when they see us in the food truck, they can't wait to be of an age they can get in and help us."

For more information about the food truck, visit the Commod Bod Facebook page. ■



Two alternate board member positions open.

Qualifications:

Basic computer skills / file search / email / phone inquiries / flexible hours.

For information contact:

Shannon Ham-Texeira • 503–879–2301 shannon.ham-texeira@grandronde.org



RISE & SHINE! IT'S A MONDAY UNDER THE COVERED AREA IN **Tribal Housing** 6th-12th Grade MONDAY MORNINGS 9:50AM - 10:20AM FREE BREAKFAST FOR YOUTH

Ad by Samuel Briggs III

SMOKE SIGNALS

Oregon supports Tribal Warrant Fairness Act

By Nicole Montesano

Smoke Signals staff writer

SALEM — Oregon Attorney General Dan Rayfield recently joined 38 other state attorney generals to sign a letter in support of the Tribal Warrant Fairness Act, which was introduced by Sens. Catherine Cortez Masto and Markwayne Mullin.

The act would empower the U.S. Marshals Service to take requests directly from Tribes to help locate and recover missing children and arrest fugitives. Currently, Tribes must work through state agencies to seek assistance as the marshals can only assist state, local and federal law enforcement agencies.

The letter, sent by the National Association of Attorneys General to congressional leaders, stated, "This expansion is vital to public safety and to address the well-recognized scourge of Missing and Murdered Indigenous People — a term that acknowledges Native Americans' disproportionate risk of violence, murder or going missing. In addition to supporting this act, we suggest Congress also consider amending the federal statute criminalizing unlawful flight to avoid prosecution or giving testimony to make it fully apply to Tribal investigations and prosecutions."

Further, it said, the act "would also allow Tribal law enforcement officers to join the U.S. Marshals Service's elite Fugitive Apprehension Task Force and explicitly allow Tribes to locate or apprehend fugitives through other task forces or any other lawful means. ... Impor-

tantly, the act would also require consultation with the Tribes. Many of our own offices participate in the Fugitive Apprehension Task Force and deploying shared resources has enabled us to capture dangerous fugitives."

Tribal Police Chief Jake McKnight said Grand Ronde has been fortunate in not needing the assistance the act calls for so far.

"We have not needed assistance from the marshals to find any of our missing juveniles or adults," he said. "When it comes to arresting fugitives we usually ask the FBI for assistance and they have always been great partners with the Tribal (Police Department). I would say if we did need them that this change would help speed up access to their resources. ... I know this will have a greater impact on other reservations."

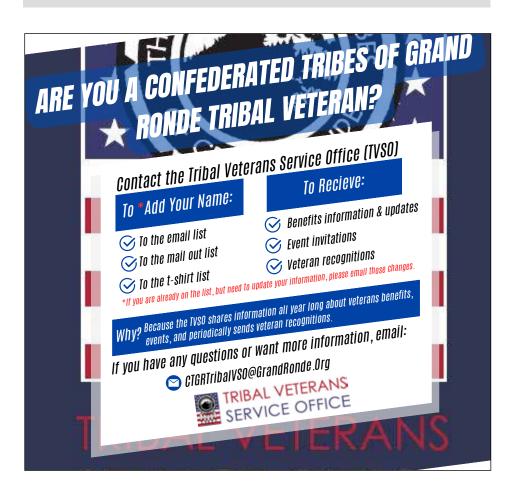
The letter also suggested "suggest enlarging the Tribal Warrant Fairness Act to include amending Title 18, United States Code, Section 1073, which criminalizes flight to avoid prosecution or giving testimony, to ensure that the statute fully applies to efforts to flee or obstruct Tribal prosecutions. This statute currently criminalizes moving or traveling "in interstate or foreign commerce" with the intent to: (1) "avoid prosecution, or custody or confinement after conviction, under the laws of the place from which he flees, for a crime, or attempt to commit a crime, punishable by death or which is a felony under the laws of the place from which the fugitive flees." ■

Visitors to EAC asked to utilize parking lots, not streets

Tribal administration is requesting that non-Elder visitors to the Tribe's Elders Activity Center utilize the parking lot across the street from the Adult Foster Care homes, as Blacktail Drive was not built to accommodate street parking.

"We have allowed street parking knowing that at some point this was going to need to be addressed because of how narrow the street becomes when cars park on one side of the roadway, which only allows for one car to pass through at a time," Tribal Interim General Manager Bryan Langley said in an email. "With the increase in the numbers of residents and employees, the traffic in this area has also increased, making this area unsafe at times. Public Works will be reviewing this area to determine potential changes that will need to be made to allow cars to pass uninhibited and provide safe street parking, therefore we are asking that only Elders park on the south side of Blacktail Drive while visiting the Elders Activity Center."

The Tribe is planning on doing some curb painting and placing additional signage to raise awareness regarding the changes. ■







Tribe honors 82 employees for their service

EMPLOYEES continued from front page

key, sage stuffing, mashed potatoes and gravy, fresh vegetables and salad, pasta salad, fresh fruit salad, rolls and dessert.

Tribal Council Secretary Jon A. George gave the invocation. Tribal Cultural Advisor Bobby Mercier and the Grand Ronde Canoe Family drummed and sang a meal song.

Tribal Council members in attendance included Chairwoman Cheryle A. Kennedy, Vice Chair Chris Mercier, Jon A. George, and council members Kathleen George, Matthew Haller, Tonya Gleason-Shepek, Toby McClary and Pete Wakeland.

Interim General Manager Bryan Langley and Kennedy thanked employees both for attending and for their work for the Tribe.

"Everyone at your table, go ahead and give each other a high five, because it's about you; it's about what you do," Kennedy told the assembled employees. "I'm so thankful for you, coming to work every day — even today, you see all the water on the road and the rain flying and the branches flying in your face as you're driving in, but you come. And that's what we really appreciate. We know that you're doing a good job and that you will continue to do so."

Kennedy said it continues to astonish her, to remember the contrast between her first job with the Tribe more than 40 years ago and today.

"I was one of the first three people hired by the Tribe," she said. When she arrived for work, she said, it was to "a little office, in a little, dilapidated well, you know at that time, it was in the cemetery, it was the cemetery garage. That's where I came to work. Sitting in there...we had two others who worked with us and I told them, 'In our culture, we don't do this.' They were not of our Tribe. I said, 'We don't work among our ancestors.'

Kennedy continued, "So, I went and I sat down in the depot – that was the Tribe's, they purchased it – and it had no electricity and no water or anything like that, and I said, 'That's Ok. I'll do my work from here; we'll get the work done.' And so, we got all of that fixed up



Photo by Michelle Alaimo

Tribal Support Counselor Chris Holliday hugs Tribal Council Chairwoman Cheryle A. Kennedy as he is recognized for his 20 years of service during the annual employee holiday party and fourth-quarter service awards at Spirit Mountain Casino's Event Center Thursday, Dec. 18.

where it was inhabitable."

She said to go from those days to now is "a great, great thing."

"So, to see that, to today, with the masses of people that are here, it's just astonishing for me," she said. "And what a great, great thing. And to know that we have professionals who are willing to come to work at Grand Ronde, to make the drive, because there's no place to live here, to make the drive, I applaud you for wanting to come here and to work with us. For all of our local people and our Tribal members who live in the area, thank you. Thank you for doing that. For using your talents, for choosing a career, many of you went to higher education. You came back and are using your skills here. Thank you for doing that."

After a lively "ugly sweater" contest that finally ended with the two highest-scoring, by applause, contestants settling their tie with a sandbag-throwing contest, Langley drew ticket numbers to invite employees to play games including guessing the contents of wrapped gifts by shaking them, stacking cups and unwrapping chocolate candies, with prizes of \$200 to winners, and \$100 to those who came in second.

Tribal Council members read off the names of the employees receiving service awards and shook their hands. Council members then took turns pulling names and calling off the names of raffle winners, giving away cash prizes ranging from \$250 to \$2,000, and several awards of administrative leave time.

Health & Wellness Department Operations Director Tresa Mercier was honored as the Tribe's longest-serving employee, with 41 years of service to the Tribe, dating back to just a year after the Tribe was restored to federal recognition. Public Works Coordinator John Mercier was the runner-up this quarter with 35 years.

Employees honored include the following:

41 years: Operations Director Tresa Mercier.

35 years: Public Works Coordinator John Mercier.

30 years: Benefits Risk Manager Tammy Gould, Compensation HRIS Manager Candy Scranton, Senior Administrative Assistant NS Daphney Colton, Behavioral Health Scheduler Linda Evans, Economic and Lands Director Jan Reibach, Social Services Department Manager Dana Ainam.

29 years: Ceded Lands Program Manager Michael Karnosh.

28 years: Restorative Assistant Donnette Spaulding, Police Records Evidence Technician Egypt Leno, Cultural Center Supervisor Crystal Szczepanski, Judicial Operations Supervisor Julie Boekhoff.

27 years: Employment Specialist Tauni Tollas.

26 years: Procurement Department Manager Nathan Rolston.

24 years: Housing Improvement Coordinator Donald Coon.

22 years: Librarian Kathy Cole. 20 years: Support Counselor Christopher Holliday Sr., Internal Auditor Heather Roberts, Housing Improvement Coordinator Loyal Hamilton.

19 years: Utility Maintenance Supervisor Joe Loomis, Quality Coordinator Tauni McCammon.

18 years: Administrative Program Manager Joan Dugger.

17 years: Family Partnerships Coach Isaiah Sherwood.

15 years: Employment Caseworker Rhonda Leno, Infant-Tod-

dler Coordinator Melissa Phillips.

14 years: Senior Maintenance Technician Brent Bruckner, Pharmacy Technician Supervisor Stephanie Wolfe, Senior Applications Administrator Jose Luna, Tribal Security Officer Daniel Hyatt Jr.

13 years: Senior Administrative Assistant NS Nicholas Kimsey, Pharmacy Technician Cindy Brickell, Utility Maintenance Technician Richard Smith, Education Services Coordinator Devin Boekhoff, Secretary Jamie Adams.

12 years: Communications Specialist Daron Pond Jr., Payroll Administrator Michelle Peterson.

11 years: Senior Peer Support Specialist Shelly Fox, Child Family Services Caseworker Santiago Atanacio, Lead Certified Medical Assistant Amanda Walker.

10 years: Teacher Aide Wendy Mercier, Licensing Application Specialist Joel Greet, Executive Director of Health Services Kelly Rowe, Grant Supervisor Gloria Schwalger, Maintenance Technician FAC Winston Mercier, Lead Housekeeper Coley Parazoo.

Nine years: Domestic Violence Relief Advocate Leah Fechtner, Assistant Fire Chief Torey Wakeland, Data Specialist Sommer Bruckner, Tribal Security Officer Derek Ellenwood.

Eight Years: Smoke Signals Secretary Katherine Warren-Steffensmier, Certified Medical Assistant Fermin Deras Diaz, Family Partnerships Supervisor Lyndsey Stuckey, Librarian Aide Crystal Bigelow, Dental Assistant Nina Umfrid, Employee Relations Specialist Aaron Bigelow, Housing Safety Specialist Bradley Leno, Phlebotomist/Lab Assistant Kateri Marrufo.

Seven years: Tribal Veterans Services Officer Ramona Quenelle, Cook Jason Ibarra, Community Support Specialist Isabell Bobb, Cultural Resources Specialist Christopher Rempel, Senior Records Clerk Ashley Stonebrink, Teacher Aide Bus Monitor Krystal King, TPREP Program Assistant Corina Limon.

Six years: Smoke Signals Social Media/Digital Journalist Kamiah Koch, Family-Community Partnership Coordinator Rebecca Ambrose, Senior Administrative Assistant Kristina Helfrich.

Five years: Education Career Coach Melissa Palanuk-Mercier, Shawash Academic Teacher Adam Langley, Engineering & Community Development Department Manager Ryan Webb; Licensed Practical Nurse Michelle Kinser: Groundskeeper Charles Leno, Assistant Teacher Madison Aaron, Senior Archaeologist Michael Lewis, Accounts Payable Supervisor Mariah Sherman, Employment Manager Connie Holmes, Firefighter/EMT Kaylene Barry, Tribal Lead Security Officer Brittney Walker, Youth Education Program Manager Bethany Mason, Behavioral Health Department Manager Patricia Henry, **Great Circle Recovery Operations** Director Jennifer Worth.

After the ceremony, employees were given the rest of the day off with pay. ■

Drug take-back kiosk located at Tribal Police Department

There is a new drug take-back kiosk in the front lobby of the Grand Ronde Tribal Police Department, 9655 Grand Ronde Road. It is open during regular business hours of 8 a.m. to 5 p.m., Monday through Friday.

The following items are accepted:

- Unused or expired prescription medications, including pet medications
- Unused or expired over-the-counter medications The following items are not accepted:
- Thermometers or any item containing mercury
- Needles
- Pre-loaded needles
- Empty bottles
- Personal care products (vitamins, herbal remedies, supplements, cosmetics)
- Batteries
- Illegal drugs
- Aerosol cans ■



One-year-old Carter Harris rides on Tribal Elder David Sears' decorated tractor trailer flatbed during the 2025 Light Parade that went through the Tribal campus and Tribal Housing Friday, Dec. 12. The Grand Ronde Honor Guard, Grand Ronde and Veterans Royalty, the Tribe's Emergency Services Department, Grand Ronde Tribal Police Department and the Shawash-ili?i Skul were some of the other participants in the annual parade.

Holiday happenings





Siblings Kaylee, 8, left, and Isaa Council Holiday Party at Spirit M Candyland Karaoke.

Tribal member Zion Cox, 4, waves to Mountain Casino's Event Center Wed 17. Students sang Christmas songs if Wawa and after the concert, dinner to students of the month were named a raffle for the adults in attendance.



ash-ili?i Skul students dance during the school's winter concert at Spirit Mountain o's Event Center Wednesday, Dec. 17.



otos by Michelle Alaimo

Tribal member Brady Soderberg, left, tops a baked potato with salsa as he and Logan Clark work the Sips & Spuds food booth during hayu-munk skukum's Winter Marketplace in the Tribal gym Tuesday, Dec. 23. Youth Enrichment students worked together to run Sips & Spuds, which offered build your own baked potatoes, coffee, cider, hot cocoa, water and baked goods for sale. The youth had been preparing for the market for about a month.

Tribal Nutrition Program Manager Kristy Lawson, left, hands Tribal Elder Victor Cureton a cake he won during the Elders Christmas Party at the Elders Activity Center Tuesday, Dec. 23.



Trixie Lopez, a driver for the Tribe's Nutrition Program, hands out a goodie bag with peanut butter and huckleberry jam during the Elders Christmas Party at the Elders Activity Center Tuesday, Dec. 23. More than 100 Tribal Elders and their spouses attended the annual party that included lunch, raffle prizes, an ugly sweater contest and each Elder received a grocery and Walmart gift cards.





c Freeman, 10, sing "I Want a Hippopotamus for Christmas" during the Tribal Nountain Casino's Event Center Saturday, Dec. 13. This year's theme was

the crowd as he sings during the Shawash-ili?i Skul winter concert at Spirit

nesday, Dec. n Chinuk vas served, and there was





Kinzlee Linton, 3, gets candy from Tribal Resilience Officer Kaylene Barry as the 2025 Light Parade goes through Tribal Housing Friday, Dec. 12.

Coloring contest



Courtesy photo

The Central Phones department recently held a coloring contest to celebrate December and to welcome winter. There were 25 entries in three categories and winners of the contest were notified Monday, Dec. 15. In the 5- to 8-year-old category Mason Diaz, 7, took first place, Kennedy Burns, 7, took second and Tribal member Bennett Schlappie-Guerrera, 5, took third. In the 9- to 12-year-old category Mila Linton, 9, took first, Tribal member Ulali Quenelle, 10, took second, Tribal member Willow Squetimkin, 9, took third and Tribal member Maddie Thornsberry, 9, took fourth. In the 13-year-old and older category Tribal member Timothy Anderson took first, Tribal member Molly Leno took second and Tribal Elder Vonnie Edmondson took third.

COMMUNITY HEALTH

ELDER JUSTICE Do you feel respected as an elder?

Studies show that a significant amount of Native American Elders (one in three) are actively experiencing physical, emotional, spiritual, sexual, and/or financial maltreatment/abuse/disrespect



If you or someone you know is experiencing disrespect and would like support, make a confidential report by calling

503-879-SAFE

 $Follow\ up\ and\ support\ will\ be\ completed\ by\ the\ Community\ Health\ Elder\ Justice\ Coordinator$

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. ■

Helping award

Every year the Spirit Mountain Community Fund recognizes three individuals, affiliated with nonprofit organizations within the Community Fund's 11-county service area of western Oregon, with the ye?lan lima (Helping Hand) award. The Community Fund requests nominations from the nonprofits in the categories of volunteer, paid non-management staff and paid management staff. The winners demonstrate "dedication, commitment and unwavering effort within their organizations," according to the Community Fund award criteria. Each winner is presented with a distinctive recognition award, a box of chocolates, a one-night stay and dinner for two at Spirit Mountain Casino and \$500.



Photos by Michelle Alaimo

Lines for Life volunteer Liz Havely is presented the ye?lan lima award by SMCF Grants Coordinator Jesse Knight at the Portland nonprofit Tuesday, Dec. 16.



Jenny Aldrich, a hospice care admissions registered nurse at Willamette Vital Health in Salem, smiles after receiving the paid non-management staff ye?lan lima award Tuesday, Dec. 16.

Tribe closes on k'anawi property

The Tribe closed on 75.3 acres of conservation land located southwest of McMinnville, called the k'anawi property, Tuesday, Dec. 16.

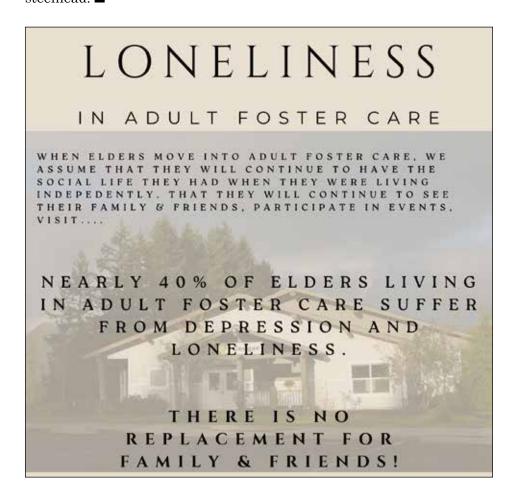
The purchase was funded through the Willamette Wildlife Mitigation Program, according to Economic and Lands Director Jan Reibach.

"Through the WWMP, the Tribe has acquired 13 properties for conservation management totaling 2,654.28 acres, including two properties donated to the Tribe that were initially funded through the program," he said. "Gratitude to Tribal Council, the Natural Resources Department, Tribal Lands inter-departmental team, and all of the other support areas that made the recovery of k'anawi possible. There is no one more suitable to caretake for and heal our homelands than the Tribe. Our connection goes back to time immemorial and we remain the original stewards of them."

This acquisition brings Tribe's total land ownership to just over 17,556 acres.

According to the Tribal Natural Resources Department, the k'anawi property lies on the eastern foothills of the Oregon Coast Range mountains, a historically transitional area from the open prairie habitat on the flats of Willamette Valley to the east and closed canopy conifer forests in the Coast Range mountains to the west, providing open woodland habitat that is known to sustain a diverse and rare native vegetation community types. The property is within the Yamhill Oaks Conservation Opportunity Area, a focal area for oak, woodland, wetland and riparian restoration and protection. It is immediately adjacent to an approximate 1022-acre core habitat block of conservation properties.

The NRD noted that several Oregon Conservation Strategy focal species have been documented on the property, including western gray squirrel, chipping sparrow and white-breasted nuthatch. Additionally, the riparian habitat of Middle Fork Muddy Creek provides seasonal habitat for mix of OCS "priority species" including coastal cutthroat trout and winter steelhead. ■



NEED FIREWOOD?

We would like to open a specific location within Noble Oaks to Tribal member firewood cutting. Please contact Natural Resources to obtain a permit and further details.

503-879-2424

TERO Worker of the Month November 2025

Name: Jeff Pirtle
Employer: Todd Construction
Position: Carpenter
Jeff Pirtle was first dispatched
to Stotts Construction in 2022
on the Tribal Community Center
addition. Jeff continued to work
for Stotts Construction until being

addition. Jeff continued to work for Stotts Construction until being dispatched to a project in June of 2025 at the Great Circle of Recovery remodel in Salem with Perlo Construction.

After completion of the GRC project, Jeff joined Todd Construction working on phase three of the Wind River Apartments where he has been a great asset to the project. Jeff is a very knowl-

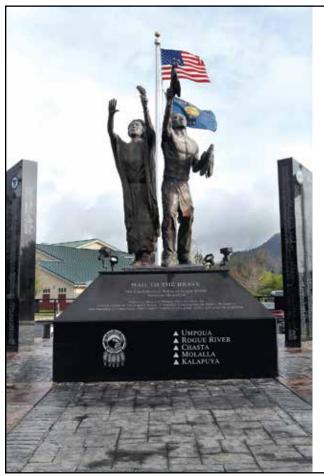
Jeff Pirtle

edgeable and experienced journeyman carpenter which makes him extremely valuable on every project he's been dispatched to.

We asked Jeff how TERO has helped him, and he said that TERO is always a great resource to help him find work and if he's ever out of a job, he knows he can come to TERO to assist him to work on other projects. We also asked Jeff what he likes about the TERO program and he goes on to say, "It's great to know there's a program out there helping the Native people find work and support their families."

We are proud to have Jeff Pirtle on our team. Congratulations for being our November TERO Worker of the Month!

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



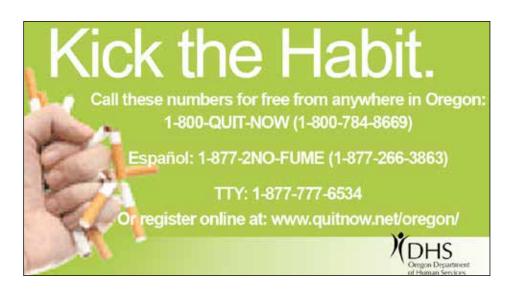
West Valley Veterans Memorial Application

Deadline is January 15, 2026

Name (as desired on memorial):		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 January 15, 2026, will be kept on file for inclusion to the Memorial in 2027.



TYPES OF IN HOME SERVICES



Home health care providers services in a patient's home to treat an illness or injury. These services are provided by licensed nurses, therapists, home health aids. Insurance may cover home health care if the patient is homebound or needs intermittent skilled nursing or therapy (care at least once every 60 days, but no more than once a day for up to three weeks). Requires referral from healthcare

SERVICES CAN INCLUDE:

- · Nursing Care for wound care, medication administration, pain management, and more
- Physical, Speech, Occupational Therapy
- Activities of Daily Living Assistance
- Medication Management

Home care is care that allows a person to stay in their home. It can be for people who are chronically ill, recovering from surgery and do not qualify for home health care, or have a disability, or are aging and wish to stay home. Home care services, are not covered by insurance but covered out of pocket by the person receiving the care.

SERVICES CAN INCLUDE:

- · Personal care such as helping with bathing, washing hair, or getting dressed
- · Household chores such as cleaning, yard work, laundry
- Cooking or delivering meals
- Money management
- · Medical transportation





Community Health provider a community approach for improving the overall health, preventing disease and reducing health disparities by addressing the whole person. Services and support is offered to Tribal Elders and Native Family Caregivers.

SERVICES INCLUDE: · Elder Justice Support

- Medical Transportation
- Care Management
- Medication Delivery
- · Blood Pressure Checks · Life Alert Services
- Home Safety Visits
- - · Dementia Care Support · ER/Hospital Discharge
 - Calls
 - · Any many more....

· Wellness Checks



Healing as a community

Healthy parents create healthy children. Healthy children create a healthy future. The old ones said, "It takes a village to raise a child." Unfortunately, some of our youth are faced with traumas that take them to unhealthy spaces. Some are there for just a short time, while others are for years, well into their adulthood.

This is where we can heal as a community. Allowing a healthy space for one of our youth in the community can create a healthy future for them and their families. Whether you have thought it was possible or not, if providing space to be a foster or respite provider has crossed your mind, don't hesitate to reach out and fill a role in our children's lives. We have a wonderful team that will walk you through the entire process. Become the missing link.

May you all have a blessed day. Much love and respect.

Fabian Quenelle

Foster Care Recruitment Specialist

541-364-8605

Fabian.quenelle@grandronde.org



<u>дрру о</u>	illille at. w	ww.grandronde.org		CIGR EMPLOYMENT
Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
Assistant Teacher – Limited Duration	8	\$24.60/hr.	\$31.84/hr.	12/15/2025
Care Coordinator – Sheridan - GCR	9	\$56,274.26/yr.	\$72,705.24/yr.	12/15/2025
CFS Caseworker - Portland	11	\$68,091.85/yr.	\$87,692.49/yr.	12/15/2025
Child and Adolescent Mental Health Therapist	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
Clinical Manager – Salem - GCR	14	\$90,630.26/yr.	\$116,255.21/yr.	Until Filled
Cook – Adult Foster Care	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Cook – Early Childhood Education	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Cook – Salem - GCR	5	\$18.86/hr.	\$24.07/hr.	12/15/2025
Cook - Sheridan - GCR	5	\$18.86/hr.	\$24.07/hr.	12/15/2025
Enrichment Coordinator Aide – Part Time	5	\$18.86/hr.	\$24.07/hr.	12/15/2025
Firefighter/Paramedic	11	\$68,091.85/yr.	\$87,692.49/yr.	12/15/2025
Groundskeeper	6	\$20.75/hr.	\$26.42/hr.	12/15/2025
Licensed Practical Nurse - Salem Detox - GCR	12	\$36.01/hr.	\$46.31/hr.	Until Filled
Lodge Caregiver – Full Time (Variable Shifts)	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Lodge Caregiver – Part Time & On-Call (Variable Shifts)	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Lodge Caregiver – Full Time, Part Time & On-Call - Grave	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Maintenance & Safety Technician Supervisor – Salem - GCR	10	\$29.76/hr.	\$38.39/hr.	Until Filled
Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
Milieu Safety Technician – Salem Detox – GCR	6	\$20.75/hr.	\$26.42/hr.	Until Filled
Nursing Supervisor - Salem Detox - GCR	13	\$82,391.14/yr.	\$105,817.37/yr.	Until Filled
Peer Support Specialist - Behavioral Health	9	\$27.05/hr.	\$34.95/hr.	12/15/2025
Physician – Health & Wellness	25	\$226,851.26/yr.	\$330,026.39/yr.	Until Filled
Physician – Salem - GCR	25	\$226,851.26/yr.	\$330,026.39/yr.	12/15/2025
Preschool Teacher	10	\$29.76/hr.	\$38.39/hr.	Until Filled
Psychiatric Mental Health Nurse Practitioner – Salem - GCR	22	\$176,396.03/yr.	\$248,130.43/yr.	12/15/2025
Recovery House Program Manager - Sheridan - GCR	14	\$90,630.26/yr.	\$116,255.21/yr.	Until Filled
School Administration Coordinator – Limited Duration	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
Senior Lead Auditor	14	\$90,630.26/yr.	\$116,255.21/yr.	Until Filled
Single Role Paramedic	10	\$61,901.69/yr.	\$79,484.88/yr.	12/15/2025
Teacher Aide/Bus Monitor – Part Time	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	



\$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 https://www.spiritmountain.com/careers

Call (503) 879-3737 for application assistance.

15 smok signəlz **JANUARY 1, 2026**

Oregon Tribal Student Grant applications open for 2026-27

Oregon Tribal members attending college, who need money for the 2026-27 academic year are invited to apply for the Oregon Tribal Student Grant. This program is expected to pay for most or all public college-related expenses — including tuition, housing, books and other costs not covered by other grants — for eligible Oregon Tribal students. It can be applied toward undergraduate or graduate study at Oregon public colleges and universities as well as eligible private non-profit institutions, where award amounts can go up to the public institution maximum level. After all federal and state grants and scholarships have been applied, the Oregon Tribal Student Grant can be used toward the remaining average cost of attendance.

To be eligible for the program students must be an enrolled member of one of the nine federally recognized Tribes in Oregon, enrolled or accepted for enrollment at an Oregon college or university, and have a valid FAFSA or ORSAA for the 2026-27 academic year. Additional eligibility information can be found on the Oregon Tribal Student Grant website.

For more information, call 541-509-7624 or email PublicPrograms@ hecc.oregon.gov. ■

IBAL VETERAN **Scheduled Appointments Only** Walk-In Day Monday Thursday **Tuesday** To schedule an appointment: Call (503) 879-1424 or CTGRTribalVSO@GrandRonde.Org

Acupuncture in **GRAND RONDE**

@ Grand Ronde Health and Wellness Center

TUESDAYS & WEDNESDAYS



Mallory Harman, LAc



Questions or to schedule: CALL OR TEXT: 503-482-9370

EMAIL: info@yourdearbody.com





Acupuncture can help with...

- pain
- headaches/migraines
- digestive issues
- women's health issues
- emotional pain & trauma
- diabetic neuropathy
- addictions
- and so much more!



Congratulations, Rose and Ada

Tribal members Rose and Ada Montgomery celebrated their "coming out" into the powwow circle Saturday, Dec. 6, at the American Indian Child Resource Center Powwow in Oakland, California.

They were honored to have their 100-year-old great-grandma, Tribal Elder Lorene Smith, in attendance, and be introduced to the community by their aunt and Tribal member Lorena Rivera, along with several family members and friends who danced behind them in support.



They are being celebrated by their parents, Tribal member Angelina Montgomery and Ben Montgomery, and their grandparents, Tribal Elder Gina Ahedo and Peter Ahedo. Rose, 8, and Ada, 5, both dance jingle and danced for the first time at the Grand Ronde Contest Powwow in August and Restoration Powwow in November. They also dance hula, play soccer and love art, math and reading.

They are grateful for all who have welcomed them in our community at Grand Ronde and thankful for those who have supported them in our intertribal community in Oakland.

smok signəlz offering fast email subscription

Want to be one of the first Tribal members to receive smok signalz? Want to receive the Tribal publication on your computer instead of waiting for it to arrive in the mail?

Want to get up-to-date and in-the-know about the Grand Ronde Tribe before anyone else? In an effort to be more efficient and reduce printing and postage costs, smok signəlz electronic subscribers receive a PDF (portable document format) version sent to them instead of a newsprint version sent via the mail. All you need on your computer is Adobe Acrobat or another program that can read a PDF and you're set.

Why would you want to do that? The PDF version is available before the newspaper is sent to our printing contractor in Salem. You can read the paper on your computer or print out a copy of individual pages yourself. And you will receive Tribal news much faster than the current standard mailing utilized by the Tribe.

If you would like to receive an emailed PDF version of smok signəlz and stop receiving a mailed newsprint version, send your email to esubscription@grandronde.org. Stopping mailed delivery of the newspaper will not affect other Tribal mail. ■



**3 blocks from CTGR Office!



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CALL/TEXT 503-482-9370

·····



Hotel room rates increase

The Spirit Mountain Hotel at Spirit Mountain Casino has implemented a revised pricing structure for the Elders discount, which has remained unchanged since the hotel's opening in 1997. The new discounted rates are \$99 for mid-week stays, \$109 for weekends and \$129 for holidays.

This adjustment is necessary to better align room rates with the actual cost of room upkeep, while still offering competitive pricing, according to Spirit Mountain Casino Chief Executive Officer Camille Mercier.

The Tribal member discount will reflect a 10% discount on standard room rates. The RV park will offer Elders and Tribal members a \$10 discount off the standard rate at the RV lot.

"The changes ensure that we continue to provide valuable services while maintaining financial sustainability," Mercier said. ■

Students of the month

The Tribe's Youth Enrichment Program hayu-munk skukum implemented student of the month awards for grades K-2, 3-5 and 6-12. Students of the month for November 2025 were named in December 2025.



Harlie Young was chosen as student of the month for grades K-2 because she has always been a positive person. She checks in with her friends and includes everyone in whatever activity the class is doing. We appreciate her upbeat personality.



Verrah Vale was chosen as student of the month for grades 3-5 because she is extremely the front desk. She has a great attitude when she is unable to do something she wants. We appreciate how kind she is towards her classmates.



Contributed photos



Ivär Hunt was chosen as student of the month for grades K-2 because he has a gentle spirit and is always willing to help without being asked. He works well and plays with everyone. Ivär has been a great example of behavior, attitude and willingness to help. Kids look up to him and he is a pleasure to have in class.



Olivia Zimbrick was chosen as student of the month for grades 3-5 because she is charming to have in class. She is very helpful and always follows directions. We appreciate how she can get her friends to follow directions.

Sapphyre Zimmer was chosen as student of the month for grades 6-12 because she has become an inspiring presence at the Youth Center. She shows up with enthusiasm and a genuinely positive attitude. Her willingness to listen, help and work as a team makes her a role model for her peers. Sapphire's bright spirit and commitment not only uplifts the group, but also demonstrates her dedication to growing, achieving and making the most out of every opportunity offered at the program.

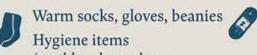
FROM GRAND RONDE **♥** WITH LOVE **♥**

As the seasons shift and the air grows colder, compassion becomes our greatest medicine. Here in Grand Ronde, we know the strength of community, of showing up for one another, and of never letting anyone walk alone.

This September. I am gathering Compassion Bags for our houseless relatives - to carry warmth, dignity, and love from the reserve to the city. Each bag is more than supplies, it's a reminder that they are seen, valued, and not forgotten.

From Grand Ronde with love. let's spread kindness across every mile.

Suggested Donations



Hygiene items (toothbrush, toothpaste, soap, deodorant, feminine care)

Handwarmers, small blankets

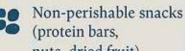
Journals, pens, and

encouragement

handwritten words of



First aid (band-aids, ointment,

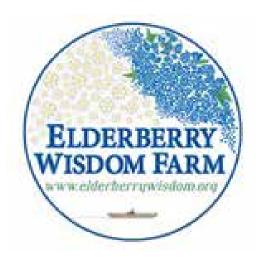


(protein bars, nuts, dried fruit)

Journals, pens, and handwritten words of encouragement

Every gift is a prayer in action. Every bag is a spark of hope. Together, we can turn the chill of September into the warmth of compassion.

Drop-off / Contact: Amber Case 503-793-2037



Elderberry Wisdom Farm

2026 TEK Habitat Restoration Internship Opportunity

Winter and Spring Internships

Native American nonprofit, Elderberry Wisdom Farm is recruiting Native American and other interns of color pursuing conservation career pathways. Culturally tailored classroom education, experiential service-learning activities and mentoring support integrate Traditional Ecological Knowledge and climate adaptation practices into habitat restoration, urban forestry, native plant nursery work, organic farming and micro-enterprise training and is supported by Mid-Willamette Valley conservation partners.

The Winter Internship (1/6-3/12/2026) and Spring Internship (3/24-5/21/2026) will be held three days a week Tuesdays through Thursdays for 10 weeks (200 hours). A \$3,000 stipend is provided. Applicants must live near training and work sites in Marion, Polk, Linn or Benton counties, OR, and be willing to consider employment with EWF following 1-2 internships. To apply, send resume and letter of intro to accounts@elderberrywisdom.org. More info is available in newsletters at www.elderberrywisdom.org.



'Call it Bigfoot, Sasquatch or Istiyehe: Indigenous peoples know it as Protector'

(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 videos twice a month to recommend a worthwhile Indigenous video to watch. Follow her bimonthly recommendations and enjoy!)

By Kamiah Koch

 $Social\ media/digital\ journalist$

In another installment recognizing Native American Heritage Month, Oregon Public Broadcasting published a video about Indigenous stories of Sasquatch.

Many have heard the modern versions of Bigfoot or Sasquatch: He is an elusive being that lives deep in the wilderness, successfully avoiding human contact to this day. To some Oregon Natives, the story of Sasquatch is known as Istiyehe or Stiyaham. To Native people, his story has a deeper meaning.

Acosia Red Elk (Umatilla, Cayuse and Walla Walla) was interviewed by OPB and said she finds it interesting to see all these films and documentaries looking for Bigfoot.

"They are out there looking to find Bigfoot, to capture him, kill him-I don't really know what they are expecting to do with him," Red Elk said. "They'll never find him because Bigfoot is Spirit."

To Red Elk, Bigfoot (known to her as Istiyehe) is in almost all the stories passed down through generations. While talking, Red Elk is shown walking in the snowy woods of eastern Oregon.

"Up here in the mountains are where all our stories come from," Red Elk said. "These are where the huckleberries grow and this is where they talked about sharing berry bushes with whole families of Istiyehe."

In the stories of Bigfoot told to her, Istiyehe is gatherer of the woods, working alongside her people.

Phil Cash Cash (Cayuse and Nez Perce) shares his version of Sasquatch while shown walking through the high desert wilderness of central Oregon

"In the forest there is always a feeling that everything is alive," Cash Cash said. "At times it can feel as if another thought enters your mind. That thought is simply some element of the lifeforce around us and you begin to sense and feel there is another presence here."

To him, the stories of Sasquatch help Native people understand the nature of the world around them.

On the Warm Springs reservation, Carlos Calica (Tyxhpum, Wasqupum and Newe) says his family called Bigfoot "Red Bear" and they knew he was there but never went looking for him.

"He was never to be found and studied because he is a caretaker," Calica said.

To Calica, Red Bear was present when his people inhabited the lands before colonization and reservations. He sang the medicine songs with Calica's ancestors and now is considered a cherished relative to Calica's people because Red Bear is still here and remembers those songs.

OPB shares more stories of Bigfoot, Sasquatch, Red Bear, Istiyehe and Stiyaham from the Native people of Oregon in this video. Although the stories and names vary, one thing remains the same: To Native people, this elusive relative remains a guardian of the land.

You can watch the entire video for yourself at www.youtube.com/watch?v=ApbXUAAeAWw. ■

Tribal Library merges with Regional Library Service

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

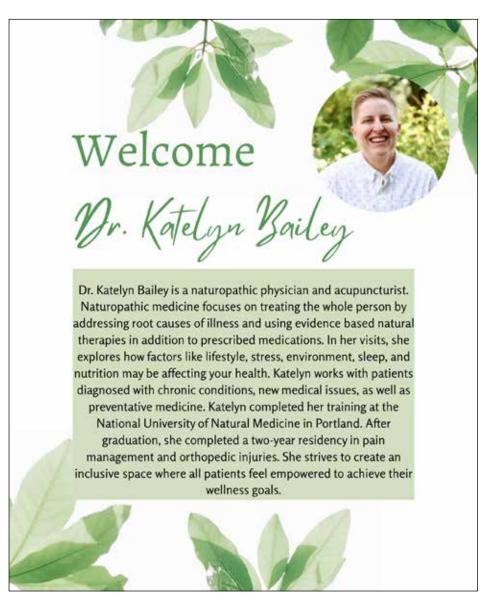
Tribal members can now get books from libraries in Polk, Yamhill and Marion counties, as well as access to many free programs.

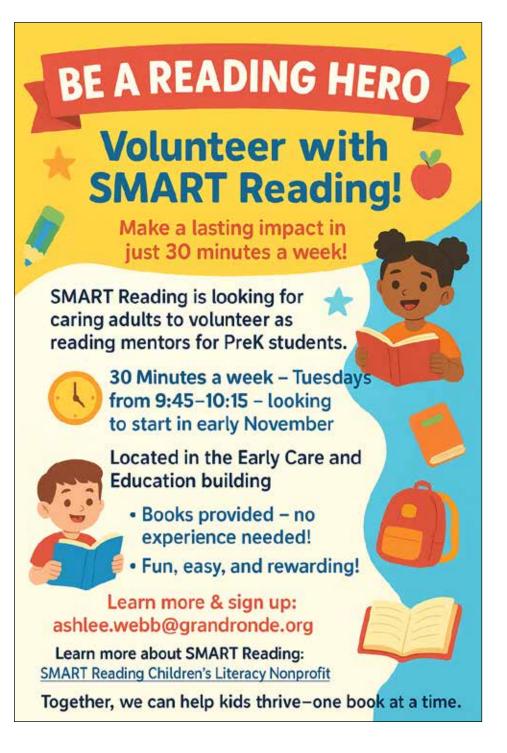
Tribal Library patrons should visit the Tribal Library and update their information and obtain a new Regional Library Service card.

For more information, contact Cole at 503-879-1488. ■

Clothes Closet open

The Clothes Closet is open from 9 to 11:30 a.m. and 12:30 to 2 p.m. every Friday on the Tribal campus near the Elders 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. ■





Walking On...

Janet Yvonne (Cunningham) Taggart

July 10, 1947 - Nov. 28, 2025

Tribal Elder Janet Yvonne (Cunningham) Taggart passed away Nov. 28, 2025, at the

Janet had been a Tribal member of the Confederated Tribes of Grand Ronde since the 1980s. Janet was born July 10, 1947, in Eugene, Oregon, to Dale and Edith (Jeffers) Cunningham. Janet's grandparents were Bertha and Ira Jeffers and Maggie and Aaron Cunningham.

Janet grew up in Walton, Oregon, with three brothers; Marvin, Randy and Gary. When she was about 14 years old, she moved to the Tillamook area where she eventually met and married the love of her life, Albert Taggart, on July 3, 1964. Albert was a trucker



and she went on numerous truck rides with him around Oregon.

Janet and Al welcomed their first child, Ricki Dean Taggart, Nov. 8. 1964, followed by Steven Lee Taggart Nov. 27, 1966, and their last child, Susan Renee Taggart, Sept. 22, 1967.

Janet loved her family and loved taking as many pictures as possible, creating a lot of photo albums to cherish. She enjoyed taking pictures of the beautiful flowers she grew in her yard and numerous pictures of Hawaiian flowers while visiting the island every year for many years with her best friends Tony and Sarah. Her favorite flowers were poinsettias and birds of paradise.

Janet was a hard worker. A few of her earlier jobs were selling flooring, then working at Radio Shack in Tillamook for many years. Janet also started her journey early in life to obtain her third-degree blackbelt, spending countless hours of training and promotions at Kim's Taekwon-Do Portland martial arts school. Janet went on to teach classes alongside her good friend, Starla, for six years at the Tillamook YMCA. She would always whip out her Taekwon-Do card when anyone got sassy with her.

Around 1998-99, Janet decided to attend dealer school at Spirit Mountain Casino, obtaining her gaming license and dealing blackjack and a few other card games for six-and-a-half years. She really loved her job and all the friends she made along the way.

Janet had many hobbies throughout her life, from crocheting blankets and stocking hats to making wax candles, sewing quilts, sewing Native American regalia, beading and scrapbooking.

Janet loved canning, cooking and baking. She would always cook an amazing Thanksgiving dinner. She made the best tacos, Mexican stuffed shells and spaghetti. She loved anything spicy or anything sweet. She loved making Christmas goodies for her family like popcorn balls, cookies, fudge and divinity.

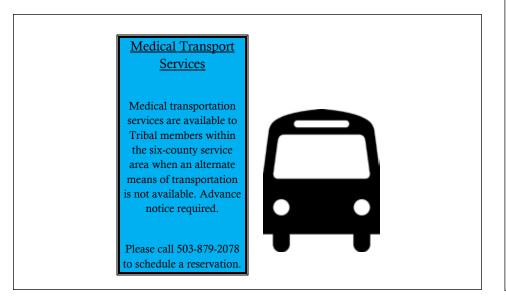
Janet loved camping with her best friends Tony, Sarah and family. She loved traveling around the United States. She went to Hawaii, Vegas, Reno, Cincinnati and Albuquerque. She also visited Canada. She traveled with her good friend Starla and Taekwon-Do instructor, Mr. Kim, on an amazing tripe to Korea.

Janet loved shopping and collecting numerous shoes, purses and jewelry, and bought any kind of shirt that had an animal on it. Janet's favorite color was purple. She loved hummingbirds and butterflies.

Janet was very direct, my way or the highway, but she was also very caring and giving. She was always there when anyone needed help.

She leaves behind her three children, Ricki Taggart of Portland, Steve Taggart of Tillamook and Susan (Lee) Sabey of Grand Ronde; six grandchildren, Chella (Alex) Herder, Jesseca Taggart (Mark Pond), Daniel Munsell, Shelbi and Brittni Taggart and Jesse Sabey; and nine great-grandchildren, Christian, Jude, Delilah, Hazel, Maeve, Jameson and Maverick, and Gabby and Josiah Sabey. Janet also leaves behind her three Chihuahuas, DJ, Mya and Chika.

Janet is reunited in death with her husband, Albert Taggart; parents, Edith and Dale Cunningham; and oldest brother, Marvin Cunningham. Janet will be missed tremendously by all of her family and friends.



Erwin William Langley

Oct. 14, 1934 - Dec. 10, 2025

Dad completed his journey on Dec.10, 2025, at the age of 91.

He was born to Roscoe and Rosella Langley Oct. 14, 1934, at their family home in Grand Ronde. He was one of eight children and spent his youth in Grand Ronde.

He graduated from Willamina High School and worked in the logging industry until 1996 when he began working for Spirit Mountain Casino. Dad retired in Otis where he had lived for several years.

He leaves behind three of his four children, Steve Langley of Las Vegas, Lori (Richard) Sterling of Dallas, Pam (Brian) Hatcher of Otis; his sister Joan and her



husband Ron Jones. He also leaves behind his four grandchildren and five great-grandchildren, along with several nieces and nephews.

It is impossible to sum up dad's 91-year-old life in a paragraph, but those who were fortunate to have known him know his story and what a good man he was. At dad's request, no service will be held. A family and private gathering will be scheduled at a later date.

Macy & Son Funeral Directors in McMinnville is assisting the family.

Roselee May Hall

Sept. 18, 1949 - Dec. 13, 2025

Tribal Elder Roselee May Hall passed away Dec. 13, 2025, at the age of 76. Newell-Hoerling's Mortuary in Centralia, Washington, is assisting the family.

Funeral service details were unavailable before presstime.

Philip David Suderman

June 2, 1971 – Dec. 6, 2025

Tribal member Philip David Suderman passed away Dec. 6, 2025, at the age of 54.

Bollman's Tribute Center in Dallas is assisting the family. Funeral service details were unavailable before presstime.





Elder Activity Center FEBRUARY 20, 2026 9AM-4:30PM

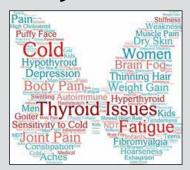
SIGN UP AT ELDER ACTIVITY CENTER OR CALL TO SIGN UP 503-879-2145 OR 503-879-2233







Thyroid Awareness Month



This month helps people learn about the thyroid — a small gland in your neck that has a big job. Your thyroid makes hormones that help control your energy, heart rate, weight and body temperature.

What is the thyroid?

The thyroid is shaped like a butterfly and sits at the front of your neck. Even though it is small, it affects almost every

part of your body. When the thyroid is not working well, you may feel sick or tired without knowing why.

Two of the most common thyroid problems are: Hypothyroidism (low thyroid)

This means your thyroid is not making enough hormone. Symptoms may include:

- Feeling tired a lot
- · Gaining weight
- · Feeling cold
- Dry skin
- · Depression or low mood
- · Hair loss

Hyperthyroidism (high thyroid)

This means your thyroid is making too much hormone. These symptoms include:

- · Feeling nervous or anxious
- · Losing weight
- · Fast heartbeat
- · Trouble sleeping
- Feeling hot

These symptoms can be easy to miss because they can look like other health problems.

How do you check your thyroid?

A simple blood test can show how well your thyroid is working. If you have symptoms or if thyroid problems run in your family, talk to your doctor. Early testing can help you feel better faster.

How are thyroid problems treated?

Good news: thyroid problems are usually very treatable.

Depending on your condition, a doctor may prescribe:

- · Daily medicine to replace missing thyroid hormone
- Medicine to slow down a thyroid that is working too hard
- In some cases, special treatments or surgery

Most people feel much better once they get the right treatment. ■

Now accepting new residents

For Grand Ronde and other Federally designated Tribal members of Oregon

chaku tush təmtəm haws – Grand Ronde's new treatment program in Sheridan, Oregon

We are proud to welcome new residents to chaku tush təmtəm haws, a newly launched healing program by the Confederated Tribes of Grand Ronde. Located in Sheridan, Oregon, this program provides a safe, supportive living environment with on-site wraparound services focused on recovery, mental health, and traditionally centered wellness.

If you or a loved one is ready to take the next step toward healing, we're here for you. Our compassionate team is committed to walking alongside you on your path to wellness.

Location: 1330 West Main Street, Sheridan, Oregon Call for services: 503-879-1501

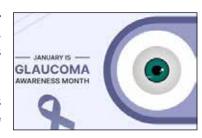


Glaucoma Awareness Month

This month reminds us to take care of our eyes and learn about glaucoma — a serious eye disease that can cause vision loss if it is not found early.

What is glaucoma?

Glaucoma is a group of eye diseases that damage the optic nerve, the part of the eye that sends messages to the brain so we can see.



This damage often happens because of high pressure inside the eye. Glaucoma usually has no early symptoms, which is why many people don't know they have it until vision is already damaged.

Who is at higher risk?

Anyone can get glaucoma, but some people have a higher chance, including:

- · Adults over 40 years old
- · People with a family history of glaucoma
- · People with diabetes
- · People who are very near-sighted or far-sighted
- · People who have had eye injuries

Signs and symptoms

Most people do not notice symptoms in the beginning. That's why eye exams are so important.

As glaucoma gets worse, a person may notice:

- Trouble seeing to the side (loss of side vision)
- · Blurry vision
- · Seeing rainbows or colors around lights

If you ever have sudden eye pain, headache or sudden vision changes, get medical help right away.

How is glaucoma treated?

There is no cure, but treatment can help slow or stop vision loss.

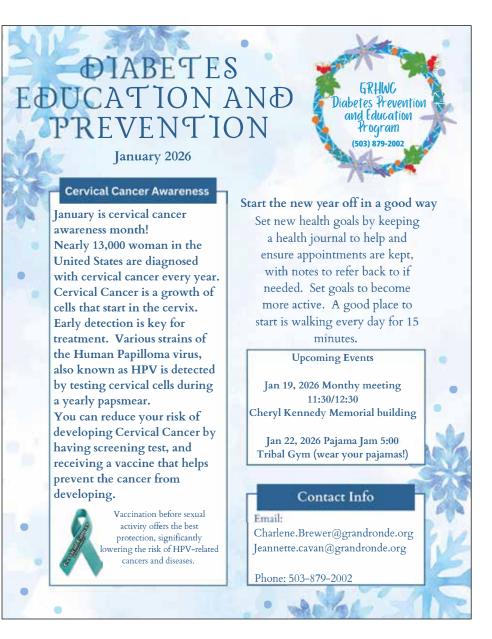
Common treatments include:

- Eye drops- Taking eye drops every day, exactly as the doctor says, is very important!
- Laser treatments
- Surgery

What you can do this month

- Schedule an eye exam, especially if you are over 40
- Learn your family's eye health history
- Take eye medicines as directed
- Share information to help others protect their vision

Early testing is the best way to protect your eyesight. ■





SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

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