



Tribe celebrates  
unveiling of  
First Fish Herons  
— pg. 9

MAY 1, 2026



# SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

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

## Rowe updates Tribal members on Health & Wellness Department

By Nicole Montesano  
*Smoke Signals staff member*

The Confederated Tribes of Grand Ronde has become a leader in the state for innovative opioid addiction treatment that includes the most challenging aspects of the disease, Health Services Executive Director Kelly Rowe told the Tribal membership at the Sunday, April 12, General Council meeting.



Kelly Rowe

As per tradition, the April meeting was held at the Lane Community College Longhouse in Eugene.

Rowe provided an update on the Tribe's Health & Wellness Department, which included various accomplishments as well as plans for the future.

Tribal Council Chairwoman Cheryle A. Kennedy, Secretary Jon A. George and council members Pete Wakeland, Toby McClary, Matthew Haller, Tonya Gleason-Shepek, Kathleen George and Lisa Leno were in attendance.

Jon A. George provided the invocation and performed a drum song.

Rowe noted that the department has grown significantly in the years since Restoration and has added a wide range of services, including comprehensive medical care, dental care, lab and x-ray ability, optometry, a pharmacy, an Elder care pro-

See MEETING  
continued on page 8

## Earth Day Jam

Tribal member Leah Brisbois and her daughter, Tribal member LillyRose Walsey, 1, dance during the Earth Day Jam in the Tribal gym Thursday, April 23. The annual Łush lamatsin event, sponsored by the Grand Ronde Health & Wellness Center Public Health Department, also included Tribal department resource tables, environmentally friendly activities and giveaways, a treasure trot and dinner.

See more photos on page 7.

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Photo by Michelle Alaimo

## Tribal Elder loves learning

By Nicole Montesano  
*Smoke Signals staff writer*

At 92, Tribal Elder Claudette Parazoo remains fascinated by the world around her. She talks delightedly about her favorite local landmarks, reminisces about the early days of the Tribe, reads about Tribal history in books bristling with place markers, plays bingo like it's her day job and still drives to Lincoln City regularly to exercise by walking up and down escalators.

Parazoo lives in Sheridan with her daughter, Tribal Elder Kristy Summers, who works for



the Tribe as a Tribal Employment Rights Office administrative assistant, and her partner, Tara Summers.

Parazoo has lived a busy life, working as a fire lookout, an accountant, a secretary and a ranch hand with her second husband, among other jobs. She bore six children – five boys and one girl – and raised 11, did exquisite beadwork and went to school every chance she got. She earned her

See ELDER FEATURE  
continued on pages 12-13



Photo by Michelle Alaimo

Tribal Elder Claudette Parazoo turned 92 on April 28.

# General Council meeting

11 a.m. Sunday, May 3

Tribal Council Chambers

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

## NOTICE — Monthly Tribal Council Wednesday meetings

DATE	TIME
Wednesday, May 6.....	4 p.m.
Wednesday, May 20.....	4 p.m.
Wednesday, June 3.....	4 p.m.

Please note that these times and dates are subject to change if needed.  
Attendance in Tribal Council Chambers and via Zoom. 503-879-2304.

## TRIBAL OFFICE CLOSURES

Tribal offices will be closing noon Friday, May 22, and closed Monday, May 25, in observance of Memorial 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](mailto:news@grandronde.org) or by calling Editor Danielle Harrison at 503-879-4663.



[WWW.SMOKESIGNALS.ORG](http://WWW.SMOKESIGNALS.ORG)

Ad by Samuel Briggs III

# smok signalz

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DEADLINE DATE	ISSUE DATE	MEMBERS OF:
Wednesday, May 6.....	May 15	Indigenous Journalists Association
Wednesday, May 20.....	June 1	Oregon Newspaper Publishers Assoc.
Friday, June 5.....	June 15	2022 IJA General Excellence
Monday, June 22.....	July 1	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.

# CALLING ELDERS: KEEP OUR STORIES ALIVE

Our history, teachings, and ways are knowledge that must be carried forward for our children, grandchildren, and those yet to come. However, they can only live on if they are told by you.

We are seeking community elders to serve as docents who can provide museum tours, and share our traditions, history, and wisdom with public visitors and community members.

Your stories, your knowledge, and your way of teaching are irreplaceable. Without your voice, the next generation may never know the stories that shaped them.

### WHY JOIN US?

Pass on our history and stories how they are meant to be told  
Strengthen community connection and pride  
4-8 hours per week, within Tuesday-Saturday, 10am-4pm  
[SATURDAY IS SEASONAL]

Flexible schedule, we will work around your availability  
Support provided, you will never be alone in this work  
Training provided

No experience necessary, just the willingness to learn and share

Your presence is a gift we cannot replace.

TO LEARN MORE, PLEASE CONTACT  
Crystal Starr Fullerton  
[crystal.szczepanski@grandronde.org](mailto:crystal.szczepanski@grandronde.org)  
503-879-1349



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# IN THE FUTURE



(k<sup>h</sup>apa ałqi)

**qwinəm-mun (May)**

- Sunday, May 3 – General Council meeting, 11 a.m., in-person attendance in Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road. 503-879-2304.
- Wednesday, May 6 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.
- Saturday, May 9 – mək mək Mania, 10 a.m., Chachalu Tribal Museum & Cultural Center.
- Wednesday, May 20 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 503-879-2304.
- Monday, May 25 – Tribal offices closed in observance of Memorial Day.
- Monday, May 25 – Memorial Day Ceremony, 1 p.m., West Valley Veterans Memorial, 9615 Grand Ronde Road. Meal served at noon in the Tribal Community Center.

**taxam-mun (June)**

- Wednesday, June 3 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road. 503-879-2304.
- Wednesday, June 17 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road. 503-879-2304.
- Friday, June 19 – Tribal offices closed in observance of the Juneteenth commemoration.
- Sunday, June 28 – Tribal Council nominations, 11 a.m., in-person attendance in Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road. 503-879-2304.

**To stay informed of future Tribal events, visit [www.smokesignals.org/calendar](http://www.smokesignals.org/calendar).**

## Tribal artists and creators invited to showcase goods at casino gift shop

Enrolled members of the Confederated Tribes of Grand Ronde have an opportunity to showcase and sell authentic handmade goods at the gift shop inside Spirit Mountain Casino.

Spirit Mountain Casino is seeking Tribal artists and makers interested in participating in a consignment vendor program.

Accepted items may include artwork, jewelry, clothing, beadwork and other handcrafted goods.

Items will be reviewed by a Tribal committee and selected vendors will meet in person to learn program guidelines. All products will be sold on a consignment basis, meaning artists are paid as their items sell in the gift shop.

This program provides a great opportunity for Tribal members to share their work with thousands of casino guests while supporting authentic Tribal artistry.

For more information, contact Shauna Skinner at 503-879-3916 or email [shauna.skinner@spiritmtn.com](mailto:shauna.skinner@spiritmtn.com). ■

## 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 ■

## Find us on



### OFFICIAL TRIBAL FACEBOOK PAGES

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[facebook.com/GRHWC](https://facebook.com/GRHWC)

**Grand Ronde Children & Family Services:**

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**Spirit Mountain Community Fund:**

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**Grand Ronde Cultural Education:**

[facebook.com/Grand-Ronde-Cultural-Education](https://facebook.com/Grand-Ronde-Cultural-Education)

**Grand Ronde Community Garden:**

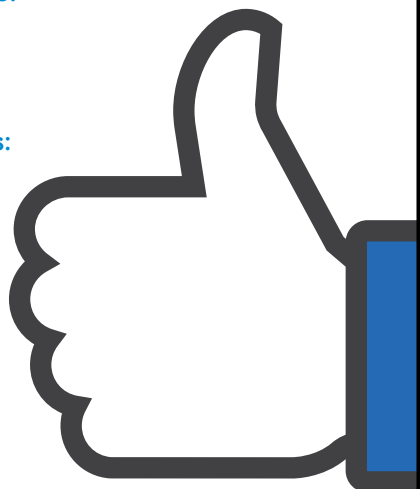
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**Grand Ronde Tribal Police Department:**

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**Grand Ronde Employment Services**

[Facebook.com/EmploymentServices](https://facebook.com/EmploymentServices)



Confederated Tribes of Grand Ronde



The Grand Ronde Community invites you to

*A Memorial Day Observance*

A day dedicated to commemorating, remembering, and paying tribute to the heroes who gave their lives in service to our nation.

Monday, May 25th,

The West Valley Veterans Memorial

9615 Grand Ronde Road, Grand Ronde, OR 97347

12pm Meal

Barbecue by Grand Ronde Tribal Police & Emergency Services

1pm Program

For more information, please contact [Veterans.SEB@grandronde.org](mailto:Veterans.SEB@grandronde.org)

# Food Bank news

The Grand Ronde Food Bank – iskam mak<sup>h</sup>mək 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 May 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 via Zoom at 11 a.m. Thursday, May 14. 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 Leno.

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



**2021** — The Tribal campus was to remain closed for three weeks in response to an outbreak of COVID-19, following spring break and Easter family gatherings.

**2016** — The Oregon Fish & Wildlife Commission voted to allow the Tribe to conduct ceremonial fishing for spring Chinook and summer steelhead at Willamette Falls, partially restoring rights lost by the Tribe in the 1980s when it was seeking support for its Restoration plan.

**2011** — An annual celebration of Tribal Government Day at the state Capitol was expected to feature a First Foods presentation with camas, lamprey, salmon, deer and elk among the offerings, as well as a Tribal leader panel presentation and a discussion about sovereignty and resources, to help educate state leaders and elected representatives.

**2006** — After discovering a 2.2-pound piece of Tomanowos in a supply closet a year earlier, Willamette University held a ceremony to repatriate the meteorite fragment to the Tribe. Smoke Signals noted that numerous other pieces were traded around the country, including a 4.5-ounce piece purchased by Del Smith, founder of Evergreen Aviation International and the Evergreen Air Museum.



2006

File photo

**2001** — Representatives from the American Museum of Natural History in New York visited the Tribe to confirm Tribal Council's planned visit and first blessing of Tomanowos. The Tribe had signed an agreement with the museum the previous summer. It included a provision that the museum be closed to all other visitors during the Tribe's visit and blessing of the meteorite.

**1996** — At the April 14 General Council meeting, Health Facility Architect Frank Whalen gave an update on the progress of the new clinic. The project was expected to begin in August and last for a year. The 29,000-square-foot building was to quadruple the department's space, giving the Tribe the ability to add ambulance service, pharmacy, radiology, laboratory and maintenance departments.

**1991** — Tribal Council Chairman Mark Mercier reported that the Tribe had settled on a payment agreement with Tillamook and Yamhill counties for revenue losses caused by the creation of the Reservation. The Tribe provided a one-time payment of \$20,000 to the Yamhill County Commission and a one-time payment of \$90,000 to the Tillamook County Commission. “This action closes another small chapter in the history of the rebirth of the Tribal community and the development of the Grand Ronde Reservation,” Mercier said.

**1986** — Having consulted with timber companies and surrounding counties over its Reservation plan, the Tribe was still negotiating with the Oregon Department of Fish and Wildlife, asking Tribal members to write to their congressional delegates in support of the proposed legislation. The Bureau of Indian Affairs in Washington was reviewing the proposal.

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

CTGR

Portland Area Office

4445 SW Barbur Blvd.

Monday-Friday

8am-5pm



GRAND RONDE HOUSING DEPARTMENT

28450 Tyee Road – Grand Ronde, Oregon 97347 – 503-879-2401 – Fax 503-879-5973

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

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

# Tribal Council approves grant application to help police

By Danielle Harrison  
Smoke Signals editor

During its Wednesday, April 22, meeting, Tribal Council approved an application to the U.S. Department of Justice for a grant that, if awarded, will help Tribal Police and its Yamhill County partners better investigate drug overdose cases and related crimes.

The Comprehensive Opioid, Stimulant and Substance Use Site-Based Program grant will be for up to \$1 million and be used for employee and contractual costs with the Yamhill County Sheriff's Office to administer the program.

"This grant will be used to support proactive investigations in partnership with Yamhill County focusing on illicit opioids, stimulants, overdoses cases and violent crime," Tribal Grants Program Manager Wendy Sparks said during a Tuesday, April 21, Legislative Action Committee meeting. "Through the partnership, the joint Grand Ronde-Yamhill Street Crimes and Narcotics Team will address narcotic and violent crime networks, address human trafficking and MMIP cases and pursue prosecutions for overdose related deaths. We will also enhance our existing drug take-back program."

Tribal Police Chief Jake McKnight said the SCAN Team was formed a year ago after a state law passed making most drugs illegal to use again. Measure 110, approved by voters in 2020, had previously legalized drugs.

"Most drug teams got taken away

when Oregon legalized drugs," he said. "Now, we're starting these teams back up and so part of this grant will be to pay for one of their street detectives and then partially for one of our detectives. ... Part of the agreement when we gave them another detective is that they would work the area over here in Grand Ronde and we've been pretty successful in that already. We're hopefully going to continue to do so. ... If we didn't have that person on the team, they wouldn't have to guarantee us that time over here. ... We're in the early stages of trying to build this back up and kind of seeing more where Oregon's drug crime laws will go."

McKnight noted that his department has seen a rise in drug overdoses.

"I think that's based off of different chemicals that are being used to make the fentanyl and the meth," he said. "I'm also seeing a lot of mixed drugs, where it's fentanyl, meth and heroin. With these teams, it helps us quite a bit because these investigations can go on for months."

In other news, Tribal Council:

- Approved terminating a lease with Full Gospel Lighthouse Recovery Services and replacing it with an annual permit offered to the church that will continue to provide space for all of its programming without interruption. The lease termination will return all facility management functions and community use scheduling to the Tribe, to ensure access for

Tribal members who want to use the space;

- Approved appointing Sharon Wat-tier with a term ending March 31, 2027, to the Election Board; reappointing Angey Rideout and Jade Unger with terms ending March 31, 2028, and appointing Matthew Lux with a term ending March 31, 2028, to the Fish & Wildlife Committee; reappointing Darlene Aaron, Joanna Brisbois, Lise Alexander and Kelly Nelson with terms ending March 31, 2028, to the Health Committee; appointing Angey Rideout with a term ending March 31, 2028, to the Powwow Special Event Board; reappointing Marline Groshong and Wes Shaw with terms ending March 31, 2028, appointing Raymond Petite with a term ending March 31, 2027, and appointing Steve Rife with a term ending March 31, 2028, to the Ceremonial Hunting Board; reappointing Marianne Blanchard with a term ending March 31, 2028, and appointing Kathy Coley with a term ending March 31, 2028, to the Culture Committee; reappointing Flicka Lucero and Joanna Brisbois with terms ending March 31, 2028, and

appointing Josephine Ingraham with a term ending March 31, 2028, to the Enrollment Committee; and reappointing Molly Leno with a term ending March 31, 2028, to the Veterans' Special Event Board;

- Approved extending terms of the full Elder Board out by one year: Kimberly Contreras, Melody Wright and Pamala Warren-Chase with terms expiring March 31, 2027, and Darlene Aaron, Serena (Annabelle) Layman and Claudia Leno with terms expiring March 31, 2028;
- And approved enrolling two infants and 24 non-infants into the Tribe because they meet the enrollment requirements in the Tribal Constitution and Enrollment Ordinance.

Additionally, Tribal Council set the agenda for the next General Council meeting. It will be held at 11 a.m. Sunday, May 3, in Tribal Council Chambers and via Zoom, and feature reports about the Tribal Community Development Plan and capital improvement projects.

To watch the entire meeting, visit [www.grandronde.org](http://www.grandronde.org) and click on the Videos tab. ■

## 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](mailto:joe.ulestad@grandronde.org), by text/call at 971-237-5262 or on office line, 503-879-1389. ■



### 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 interested in making positive changes for future generations?

**Current vacancies:**

- Ceremonial Hunting Board – Must be a ceremonial hunter (1)
- Culture Committee (1) • Election Board alternates (2)
- Fish & Wildlife Committee (1) Housing Grievance Board\* (1)
- Powwow Special Event Board\* (2) • Timber Committee\* (1)
- Veterans Special Event Board\* (2)

**Board and committee requirements:** No more than three employees per board and committee. This includes all Tribal entities. \*Current vacancies with three employees.

**For questions email:**  
[shannon.ham-texeira@grandronde.org](mailto:shannon.ham-texeira@grandronde.org)

**Applications available online at:**  
[www.grandronde.org/government/tribal-council/committees/](http://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.

Ad by Samuel Briggs III



# youth

## Regalia Making Class




We ask young men and women, ages **10-24** to come learn as tribal members Faye Smith, Joanna Brisbois, and Ramona Quenelle lead this regalia making series.

4:30PM-7:00PM

COMMUNITY CENTER

MAY
JUNE

5th  
12th  
19th

2nd  
9th  
16th



SCAN QR CODE  
TO REGISTER

10 SPOTS AVAILABLE

# Great Circle Recovery has updated hours, mobile dosing services

Great Circle Recovery Clinic has updated hours for both its Portland and Salem locations. Open hours are 6 a.m. to 1:30 p.m., Monday to Friday and 7 a.m. to noon Saturday. The clinic is closed on Sunday.

Additionally, for those who cannot make it to the clinic, there are mobile dosing services. These are offered in Grand Ronde, behind the veterans services building in the parking lot, from 8 a.m. to noon Monday to Friday, and from 8 a.m. to noon Monday to Friday at First Baptist Church, 125 SE Cowls St., McMinnville.

Great Circle Recovery offers whole person care and medications for opioid use disorder. The Salem office is located at 1011 Commercial St., and the Portland office is located at 3580 SE 82nd Ave.

For more information, call 503-983-9900 (Salem) or 971-339-9240 (Portland). ■

## Intellectual & Developmental Disabilities (I/DD) Education & Awareness Event

**Thursday May 7<sup>th</sup>**  
**CTGR Employment Service Center BLDG C**  
**Doors open at 4:45 for sign-in**  
**Dinner & event to follow**

Join us as we bring I/DD education and awareness to our community. If you're seeking services, connections, or answers, we're here to help you and your family get the support you need.

**Featuring:**

- Guest Speakers
- Resource Connection
- Parent Panel
- Dinner
- Gas Card Raffle!!!



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Hosted in partnership by The Office of Developmental Disabilities Services (ODDS) and The Confederated Tribes of Grand Ronde (CTGR)



Contact us for more info: [denae.towner@grandronde.org](mailto:denae.towner@grandronde.org)

### Request for Proposals Architectural & Engineering Services The Confederated Tribes of Grand Ronde

#### GRAND RONDE HOUSING OFFICE EXPANSION AND RENOVATION PROJECT

**Proposal due:** 2 p.m. Thursday, May 7, 2026

#### THE CONFEDERATED TRIBES OF GRAND RONDE, HOUSING OFFICE EXPANSION AND RENOVATION PROJECT

Through this Request for Proposals (RFP), the Confederated Tribes of Grand Ronde (CTGR), seeks competitive proposals from qualified and experienced individuals or firms (hereafter, proposer) for the provision of architectural and engineering services for CTGR's Housing Office Expansion and Renovation (project). Sealed bids must be received by Project Manager Ryan Webb, Confederated Tribes of Grand Ronde, 9615 Grand Ronde Road, Grand Ronde, OR 97347, by or before 2 p.m. local time, Thursday, May 7, 2026. Questions or requests for clarification shall be directed in writing to Project Manager Ryan Webb at [Ryan.Webb@grandronde.org](mailto:Ryan.Webb@grandronde.org) by 2 p.m., prevailing local time, Friday, May 1, 2026.

An electronic copy of the RFP is available by emailing Ryan Webb at [Ryan.Webb@grandronde.org](mailto:Ryan.Webb@grandronde.org) or calling 503-879-2404.

Respondents shall provide a written proposal by 2 p.m. Thursday, May 7, 2026, to Project Manager Ryan Webb at 9615 Grand Ronde Road, Grand Ronde, OR 97347. Specific information regarding document submittal procedures and due dates can be found in the RFP. ■

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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](mailto:esubscription@grandronde.org). Stopping mailed delivery of the newspaper will not affect other Tribal mail. ■

## Grand Ronde Culture Committee Craft Class Days 2026 10AM-4PM - CTGR Community Center



- Sunday – January 25th
- 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.**

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Reach out to the culture committee with questions-

**Pamala Warren- Chase**  
[pamala.warren-chase@thecommunityfund.com](mailto:pamala.warren-chase@thecommunityfund.com)

**Marianne Blanchard**  
[indigenoustattoo@gmail.com](mailto:indigenoustattoo@gmail.com)

**Stephanie Craig**  
[kalapuyaweaver@gmail.com](mailto:kalapuyaweaver@gmail.com)

**Molly Leno**  
[molly.leno@grandronde.org](mailto:molly.leno@grandronde.org)

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Teal Reibach helps her children, Tribal members August Reibach, 2, and Adeline Reibach, 5, pick out a bundle containing gardening gloves, a shovel and a seed packet at the Tribe's Diabetes Prevention and Education Program table during the Earth Day Jam in the Tribal gym Thursday, April 23.

# Earth Day



Tribal Elder Kim Contreras decorates a reusable bag during Earth Day activities at the Elders Activity Center Wednesday, April 22.



Tribal member Zoey Crawley, 4, colors an Earth Day themed paper crown during the Earth Day Jam in the Tribal gym Thursday, April 23.

**Photos by Michelle Alaimo**

# Chatting it up



Photos by Michelle Alaimo

**Tribal Elder Tom Linton, left, and Grand Ronde Tribal Police Chief Jake McKnight fist bump as they greet each other during Chat with the Chief at the Grand Ronde Tribal Police Department Tuesday, April 21. Approximately 170 people attended the event. It provides an opportunity for the community to chat and get to know the Tribal Police chief and other officers. Elk burgers, hot dogs, chips and cookies were served for lunch.**



**Tribal Housing Department Senior Administrative Assistant Nick Kimsey, left, is served an elk burger by Grand Ronde Tribal Police Officer Bradley Summers during Chat with the Chief at the Grand Ronde Tribal Police Department Tuesday, April 21.**

# Meeting was in executive session for 90 minutes

**MEETING continued from front page**

gram, a women’s transitional living center, and the Skookum Health Assistance Program. She said that when the Tribe considers other medical services and programs, it is always with a view of, “Why aren’t we doing it ourselves?”

The Tribe’s Main Street Recovery House, *chaku łush tãmtãm haws*, means “get well/become good heart/mind house” in Chinuk Wawa. It opened in 2025 in Sheridan and includes 29 beds available for members of Oregon Tribes recovering from addiction, with priority given to Grand Ronde Tribal members. Referrals come from detox centers, hospitals and Tribal programs. It provides wrap-around care that incorporates Indigenous practices. The average stay at the house is approximately four months.

“This is exactly what we wanted to build into our continuum of care,” Rowe said. “Residents build the tools needed for long term success through life skills development, volunteer service, community responsibility and support with education employment and housing.”

Wraparound services can be much harder to find in most detox programs, Rowe said, but those services are part of what the Tribe considers vital for success.

The Tribe also provides opioid treatment through its Great Circle Recovery program and Rowe said it has a much higher client retention rate than Medicaid programs.

“A lot of people that were falling outside the system or being sent to places that wouldn’t really work ... they weren’t getting the care that we felt would keep them in the

program,” she said. “What we see now is a better sense of ‘stick to it.’ They stick to it better and if they do slip off, they’re coming back to us faster. We have an advanced recovery mode that supports the whole person and is not seen in many places in the nation.”

Lastly, Rowe said that Grand Ronde received accreditation through the Accreditation Association for Ambulatory Health Care in 2025, after an extensive three-year process.

The meeting was then moved into executive session for 90 minutes to discuss budgeting issues related to Heath & Wellness. Since that portion of the meeting was held in executive session, Smoke Signals cannot report on specific details.

There were 10 questions and comments from the audience during the executive session, along with comments from Tribal Council members.

During the open session, there were two comments. The meeting adjourned at 1:51 p.m.

The non-executive session portion of the meeting can be viewed by visiting the Tribe’s website at [www.grandronde.org](http://www.grandronde.org) and clicking on the Videos tab.

Tribal members wanting to see the executive session portion should contact Tribal Council Chief of Staff Stacia Hernandez at [stacia.martin@grandronde.org](mailto:stacia.martin@grandronde.org) or call 503-879-2304.

The \$100 door prizes were awarded to Tracey Cooney, Dustin Leno and Darla Reynvaan. The \$50 door prizes went to Vicky Strickland, Val Alexander, Dan Ham, Tim Fletcher and Dan Stroebel. Stroebel donated his winnings to the Veterans’ Special Event Board. ■

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# Tribe celebrates unveiling of First Fish Herons

By Nicole Montesano

Smoke Signals staff writer

MILWAUKIE — After more than 170 years, the herons are back on the Willamette River, calling the salmon and watching for their arrival.

Tribal Cultural Resources Department Manager David Harrelson explained to a crowd gathered by the Willamette River at Milwaukie Bay Park Saturday, April 18, that the Clackamas people would carve statues of blue herons and place them by the river to call the salmon to the people. When the first fish arrived and was caught, all fishing would cease for five days while the people celebrated.

That practice, like so many others, ended with settlement and the relocation of the Tribe to Grand Ronde after the 1855 Willamette Valley Treaty. A joint project with the city of Milwaukie and the Tribe is bringing the herons back to the river.

The city and Tribe held a celebration to unveil and dedicate three metal heron statues placed on stands overlooking the river at the park. They will remain through the spring Chinook season and then the Tribe will remove them. Each year, the Tribe will select three artists to design new herons for the spring salmon watch.

Tribal Council Secretary Jon A. George and Tribal Council member Kathleen George attended the event, along with members of the Cultural Resources Department and the Grand Ronde Canoe Family singers and drummers.

Milwaukie Mayor Lisa Batey, City Recorder Scott Stauffer and members of the city council also attended.

Harrelson told the crowd the project had its roots in a decision by the Tribe to submit suggestions for the Portland Monuments Project in 2020, to ensure it would include Tribal representation. Of the five ideas the Tribe submitted, Harrelson said, the First Fish Herons were selected.

The Tribe had been in contact with the city of Milwaukie previously, Harrelson said, as city staff sought suggestions for its waterfront redevelopment project but had offered few ideas other than the inclusion of native plants.

“We didn’t have anything concrete,” Harrelson said, until the First Fish Herons were created.



Photos by Nicole Montesano

**A First Fish Herons dedication was held for three blue heron statues that look over the Willamette River in Milwaukie Bay Park Saturday, April 18. The blue heron statues were created by Tribal members Bobby Mercier, left statue, Tribal Elder Greg Archuleta, middle statue, and Tribal member Travis Stewart. The project is a collaboration between the Tribe and the city of Milwaukie and is rooted in the cultural practices of the Clackamas people.**



**Tribal member and artist Bobby Mercier, left, listens as Tribal Elder and artist Greg Archuleta speaks during the First Fish Herons dedication at Milwaukie Bay Park Saturday, April 18.**

old stories, there would be a foot race among the youth, up on the bluff and the ones who won would put the five herons out. ... A heron here is important in our stories ... helping the people in different ways.”

Mercier said he is grateful to be able to return the herons to the river, after noting that many of the non-Tribal attendees did not understand the language Indigenous to the place.

Jon A. George told the crowd that “artwork is so important” to the Tribe that it is included in the designs and budgets for new buildings on the Tribal campus and pointed out that the work represents Chinookan tradition, rather than the more widely known Salish tradition.

In closing the ceremony, the Grand Ronde Canoe family performed a song about how the long-legged heron sometimes gets its feet stuck in the mud and must shuffle to work them free. ■

“It dawned on us” that putting the herons along the river “would be perfect,” he told the crowd. The herons are intended “to remind people when there’s fish in the river and when the fish are not in the river, the herons won’t be there,” he said.

The metal sculptures were designed by Tribal members Bobby Mercier and Travis Stewart, as well as Tribal Elder Greg Archuleta. They stand side by side on pillars above the river.

As an eagle pursued a smaller bird above the river, speakers from

the Tribe and the city discussed the partnership.

“This has been a six-year project,” Stauffer said, adding that the inter-governmental agreement with the Tribe was a first for the city.

Mercier and Archuleta both spoke first in Chinuk Wawa, then addressed the crowd in English.

Archuleta told the crowd he is direct descendant of chiefs who signed the 1855 Willamette Valley Treaty and other treaties.

“We have a strong connection to this place along the water,” Archuleta said. “According to the

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AMERICAN INDIAN TEACHER PROGRAM

## Prom attire donations needed

The Tribe’s Behavioral Health Department is preparing a prom closet to ensure that every youth has the opportunity to feel confident and celebrated on their special night.

“We know that prom attire can be costly, especially for something that may only be worn once,” organizers said. “To help ease that burden, we are gathering gently used dresses, suits, shoes and accessories so our youth can choose what they need at no cost.

Donations can be dropped off at the Behavioral Health Department front desk, 9605 Grand Ronde Road. The department is open 8 a.m. to 5 p.m., Monday to Friday.

“Your generosity reflects the values of care, support and community that we hold close and it truly makes a difference for our young people,” organizers said.

For more information, contact 503-879-2476 or 503-879-1404. ■

# Tribe names Indigenous Place Keeping Artist Fellows

By Nicole Montesano

*Smoke Signals staff writer*

The Tribe has selected three artists for its Indigenous Place Keeping Artist Fellows for 2026.

Grand Ronde Tribal members Joseph Ham and Shasta Byington, as well as Siletz Tribal member Gabby Severson, are continuing a tradition begun in 2022 to support Native artists and broaden opportunities for them. Poetry, music, quilting, beading and photography are among their accomplishments.

“For some of the IPKA Fellows, this is their first significant funding support, while for others it’s a career highlight within their distinguished practice,” Tribal Arts Administrator Mack McFarland said. “In both cases, the IPKA Fellowship focuses on artistic development in any stage of a creative practice. In five years, the Indigenous Place Keeping Artist Fellowship has supported 12 artists including the three from this year. Those artists have produced one act plays, ceremonial basket caps, children’s books and a plethora of other projects all rooted within place-keeping, meaning holding space for Indigenous lifeways, within the Grand Ronde Tribe’s homelands. I am thrilled to be able to support such a dynamic group of artists and am looking forward to enhancing the program in future.”

The fellowship was created in 2022 and provides up to \$20,000 to each selected artist. The intent is to develop Indigenous artist capacity within the Grand Ronde Tribe’s homelands and to help the fellows become more competitive for local, regional and nationwide funding opportunities.

The fellowships are open to individuals who demonstrate a verifiable Indigenous connection to



**Gabby Severson**

ancestral peoples of western Oregon from the lower Columbia River in the north to the Klamath River in the south. Fellows are selected based on available funding and the fellowship is administered by the Tribe’s Cultural Resources Department. A call for applications is made each fall.

Ham, who works as the Native Plant Nursery assistant in the Tribe’s Natural Resource Department, is a descendant of Santiam, Takelma and Tututni peoples, from the Hudson and Dowd families of Grand Ronde.

Ham, who previously worked at Chachalu Museum and Cultural Center as well as the Chinuk Wawa language program, is a musician and poet. He has shared his work with the Arts Alliance of Yamhill County and The Nature Conservancy. He has also done readings at Chehalem Cultural Center and Portland Institute for Contemporary Art.

“It is deeply honoring to be seen by my community as one of this year’s fellows, giving me the encouragement and resources to solid-



**Joseph Ham**

ify that I am where I am supposed to be in this work,” Ham said.

Byington is a quilt maker who said her first memories of sewing were with her mother.

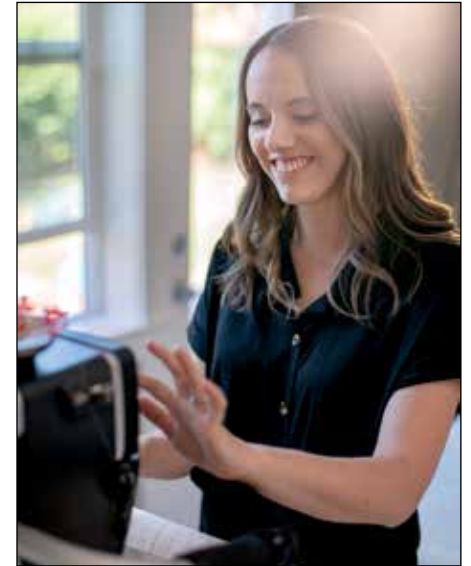
“I watched her sew at the dining room table as a child and eventually she began teaching me how to do it myself,” she said. “My first project was a simple pillowcase. ... I watched my mom sew my regalia for powwows including when I participated in Grand Ronde Royalty. It wasn’t until I was an adult and was pregnant with my first child that I truly became interested in quilting. As a first-time mom I wanted to make my son his own baby blanket. Knowing the basics of sewing, I was able to pick up a kit and piece together the first of many quilts. Shortly after we had our second child, I decided to take it a step further and start a small business working on other people’s quilts with my own longarm machine. I’ve now quilted over 500 client projects and several dozen of my own.”

Byington said she loves the work because “Quilting is a way to express myself through color, blocks and patterns. Each quilt I make is unique and typically made with a purpose in mind. Some patterns are more nature inspired where others are more modern quilting.”

She said she is excited for the fellowship opportunity because of choosing a project that will push her beyond her current skill set.

“I will be creating my own pattern for the first time, learning many new techniques along the way,” Byington said. “This challenge will stretch me as an artist and encourage growth in my craft.”

For the fellowship, she said, she plans to create a throw-size quilt top that translates woven-form basket designs into sewn, pieced textile work.



**Shasta Byington**

“This piece will honor the design traditions of basket weaving while exploring their expression through quilting,” she said. “Being an IPKA Fellow will give me the space to create something entirely my own for the first time and to deepen my connection to this work while trusting my voice as an artist. I am incredibly excited and honored to have this opportunity and to create something that can be shared with and appreciated by my community.”

Severson has ancestral ties to the Joshua, Chetco, Yamhill, Mikontunne, Galice Creek and Molalla bands. She works with photography, beadwork, basketry and sculpture, including themes of identity, memory and culture, drawing inspiration from her Siletz heritage.

Severson said she plans to create large-scale bead weaving that will be transformed into a site-specific billboard for one month on Highway 101 near the coast. For this project, she is examining Indigenous travel routes and heavy coastal tourism, noting a lack of representation of her Tribe and other Native communities.

“Being selected as an IPKA Fellow is an incredible honor and places me in the legacy of Indigenous creatives whose work I deeply respect,” she said. “What makes this fellowship especially meaningful to me is its commitment to both traditional knowledge and contemporary Indigenous art practices. That balance reflects the core of my own work and affirms the path I am building. As an IPKA Fellow, I can bring ideas to life that previously felt out of reach. This opportunity gives me the time, space and resources to deepen my creative process, take risks and expand the scale and ambition of my work. More than anything, this fellowship supports my hopes of continuing to grow as an Indigenous artist.” ■

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In collaboration with the CTGR Cultural Department, we are pleased to provide a Beginner Wood Carving Class specifically for Veterans on May 12 and May 14th from 12 pm to 4 pm. Class size is limited.

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DHS

## PG&E hosting wildfire open house on Tribal campus

Portland General Electric is hosting a Wildfire Ready open house at the Tribal gym from 4:30-6:30 p.m. Wednesday, May 13. Participants will learn about wildfire risk, PGE's prevention actions and what to expect during heightened wildfire conditions.

The Grand Ronde Emergency Services Department, along with other organizations, will also be onsite to provide information about wildfire season, emergency preparedness and other related topics.

Virtual options are available Tuesday, May 12 and Thursday, May 28. Learn more at [portlandgeneral.com/wildfire-ready-open-houses](http://portlandgeneral.com/wildfire-ready-open-houses). ■

## Tribal member awarded 2026 First Peoples Fund Cultural Capital Fellowship

Stephanie Craig, a seventh-generation traditional basket weaver and Grand Ronde Tribal member, has been named a 2026 Cultural Capital Fellow by the First Peoples Fund.

The fund is a national nonprofit organization founded in 1995. Its mission is to honor and support Indigenous artists and culture bearers.

Craig is one of only seven Indigenous culture bearers selected nationally for this yearlong program, which provides a \$10,000 grant and professional development to those dedicated to passing on ancestral knowledge within their communities.

The fellowship will directly support Craig's work through Rooted Ways: An Indigenous Cultural and Ecological Initiative, a nonprofit she leads with co-executive director and fellow Tribal member Molly Leno.

According to a press release from the First Peoples Fund, by focusing on the work of placekeeping, "Rooted Ways seeks to revitalize the connection between Indigenous people and their ancestral landscapes."

"Receiving this fellowship from the First Peoples Fund is a profound honor that centers the importance of placekeeping," Craig said. "Placekeeping is about more than just remembering the past; it is the active, daily work of honoring our ancestral belongings and ensuring our traditional ecological knowledge remains a living, breathing part of the landscape for the next seven generations."

The Cultural Capital Fellowship is designed to support artists who enrich the Indigenous arts ecology, according to the press release.

"Their artistic creations and sharing of traditional knowledge not only enrich individual lives, but also strengthens cultural continuity and community well-being," First Peoples Fund Director/Program Weaver Jaren Bonillo said.

Under the leadership of Craig and Leno, Rooted Ways is planning a series of traditional ecological knowledge gathering weekends held in partnership with private and public land stewards. These events will focus on the sustainable harvest and management of traditional materials and ancestral foods native to the Pacific Northwest.

According to the press release, Craig, who has a master's degree in interdisciplinary studies, "continues to bridge the gap between academic research and lived traditional practice. Her 2026 initiatives include ongoing research into Indigenous cultural belongings held in museum repositories and the preservation of ancestral foodways and traditional heritage projects." ■



Stephanie Craig

## Hunters Education Field Day set for June 6

The Natural Resources Department Parks and Recreation program is coordinating a Hunters Education Field Day Saturday, June 6, at the Natural Resources building, 47010 NW Hebo Road.

Registration for the class must be done online at [vem.myodfw.com/eventprofile/687](http://vem.myodfw.com/eventprofile/687).

There is a \$10 per student fee associated with the class. It will be open to both Tribal and non-tribal members who will be 12 to 17 years old by the beginning of the 2026 hunting season. This class is only the field day and all students must have attended either a conventional course or an online course prior to the field day. There will be limited spots for the field day.

In Oregon, all youth hunters 17 years old and younger must pass a certified hunter education class prior to hunting, unless they are participating in the Mentor Youth Hunter Program (youth age 9 to 14 eligible).

The minimum age to hunt big game is 12 (at the time of the hunt) and hunters age 13 and younger must be accompanied by an adult 21 years of age or older when hunting, unless on land owned by a parent or legal guardian.

Hunter education requirements can be completed with a conventional classroom course or online course with a hands-on field day. Students must attend all sessions of the course they sign up for.

For a full list of youth hunter regulations, visit [myodfw.com/articles/hunting-opportunities-youth](http://myodfw.com/articles/hunting-opportunities-youth). ■



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FRIDAY ~ 7 P.M., SATURDAY ~ 1 P.M. & 7 P.M., AND SUNDAY ~ NOON

# ‘Education has always



**Tribal Elder Claudette Parazoo, right, and her sister, Tribal Elder Karleen Parazoo, on their graduation day from the Oregon Institute of Technology in 1984. Claudette graduated with an Associate of Applied Sciences in Secretarial Science Technology.**

## ELDER FEATURE continued from front page

bachelor’s degree in social science in 2002, at the age of 68.

“Education has always been part of my life,” she said.

Born April 28, 1934, Parazoo grew up in the tiny town of Chiloquin, in Klamath County and experienced decades of historic events.

Her parents met, she said, at Haskell Indian College in Kansas, now the Haskell Indian Nations University, at a time when the federal government was trying to discourage Tribal practices and culture.

“They weren’t allowed to be together at Haskell, so they went to South Dakota,” Parazoo said.

Her mother was from the Rosebud Reservation, home of the Rosebud Sioux Tribe; her father was from Oregon, a member of the Confederated Tribes of the Grand Ronde. Parazoo, who was named after her father, Claude, was born there.

Accustomed to the much milder winters of southern Oregon, Summers said, her grandfather “lasted one winter” in South Dakota, “then he packed mom and grandma into the car,” and headed for home, where five more siblings joined the family over the next few years.

Growing up in the 1930s and 40s, through the Great Depression and World War II, Parazoo was familiar with hard times.

“We were very poor,” she recalled. “We bought very little from the store. Dad was a hunter and fisherman. Mom canned what she could

get. We ate out of jars – she would can stew and chili.”

Although her mother enjoyed baking, sugar was rationed during the war and could not be used as freely as it can today.

“We were having a heck of a time,” she said. “All our money, almost, went for Dad to work in the logging industry to take care of his saws.”

In 1946, when Parazoo was 12, her mother sent her, with her sister Sharon, to Chemawa Indian School in Salem. Parazoo said it still amazes her to drive through city streets that have long overtaken the farm fields and orchards she remembers.

“They were out there where the highway is now,” she said. “In the morning, we went to school and in the afternoon, we went and picked in the fields.”

She still wonders if the school made money from its students’ labor and remembers she couldn’t wait to get back on the train and go home.

“I was so homesick,” she said. “When I went home at Christmas, I told mom about going to school for half a day and she decided I was missing out on too much school. I was falling behind the other kids.”

Years later, in 1984, Parazoo applied for a scholarship from the Oregon Institute of Technology, which traced her education as part of the process. She was surprised to discover that Chemawa listed her as an escapee.

Parazoo resumed school in Chiloquin, graduating in 1952. From there, she went on to Haskell for

two years, where she served as student council secretary and earned a post high school commercial diploma in 1956.

In the summer months, she returned home and worked as a fire lookout for the U.S. Forest Service, until a lightning strike during a memorable storm destroyed the radio in the tower she had just exited. For the next three days, she said she was without contact with the outside world.

After leaving Haskell, she took a break from school for a few decades, working and marrying, before returning to school in the 1980s and

again in the late 1990s.

“Education has always been part of my life,” she said. “It got me a lot of interesting places and I met a lot of interesting people.”

One was a schoolmate from Haskell, Billy Mills (Oglala Lakota), who went on to win the Olympic gold medal for the men’s 10,000-meter run in the 1964 Tokyo Summer Olympics. He remains the only person from the Americas to win the race. In 2025, Mills visited Grand Ronde, where Parazoo spotted him and went to say hello. Summers treasures the photo of Mills and Parazoo standing together and beaming at the camera.

After graduating from Haskell, Parazoo said, she was working in Denver, Colorado, when a friend suggested she apply for a job with the Bureau of Indian Affairs in Washington state. After getting the job, she said, “I rode the Greyhound bus out there and she met me. She had an apartment and we shared the rent.”

When a colleague invited her to dinner with his family, she met his son Kenny Williams, (Tulalip), who became her first husband.

“His mother made clam chowder,” she said. “I wasn’t a fan of seafood. I grew up on antelope, deer, ducks and all those things, because my father was a hunter.”

Nonetheless, she said, “we hit it off and started dating. We got married and the next thing, I had four little boys.”

Eventually, the two parted ways and Parazoo decided it was time to move herself and the children to Klamath, where she married her second husband, Albert Summers (Coquille), who was raising five children on his own.

“He needed a cook and I needed someone to help me out,” Parazoo said.

Busy years followed. She worked for Kinglsey Air Force Base and then for the Klamath Tribes, but in 1976, “Dad moved us out to the



**Tribal Elder Claudette Parazoo, second from left, with four of her children, Tony Williams, left, Tribal Elder Kristy Summers, middle, Keith Williams, second from right, and Kevin Williams. Her sons are members of the Tulalip Tribes.**

# s been part of my life'



**A photo of Tribal Elder Claudette Parazoo from 1956.**

ranch," Summers said. "At the time, it was us five younger kids." The couple ran cattle and raised livestock for Summers' rodeo company.

"When I was little, all of us kids were always working," Summers said. "Every summer we would haul hay."

The children were raised with strong cultural connections, she noted.

"I remember it being all about the powwows and the rodeos," Summers said.

Parazoo ran a full house in those years between her and her husband's children.

"My older brothers Abby, Buttons, Cobby and Cousin Rocky would stay over to help dad out," Summers said. "At times, mom would be feeding anywhere from six to a dozen people; mom just never knew who was going to show up."

In the evenings, after a long day, Parazoo would sit at the dining room table and work on beading. Summers showed an elk skin dress decorated with exquisite beaded yellow flowers, one of the results of those evening hours of quiet artwork.

Tragically, one of Parazoo's sons, nicknamed Canoe, walked on in 1975, at the age of 15.

Parazoo was among a contingent of Native Americans who flew to Washington D.C. for a tour of the White House in 1976 during the American Bicentennial Celebration.

"They had Indian Tribes going in and out all year long," she said.

In the 1980s, Parazoo returned to school, attending the Oregon Institute of Technology, where she earned her Associate of Applied Sciences in Secretarial Science Technology in 1984.

She worked for the Bureau of Land Management on water issues but in 1994, when the office was moving, her bosses suggested she retire.

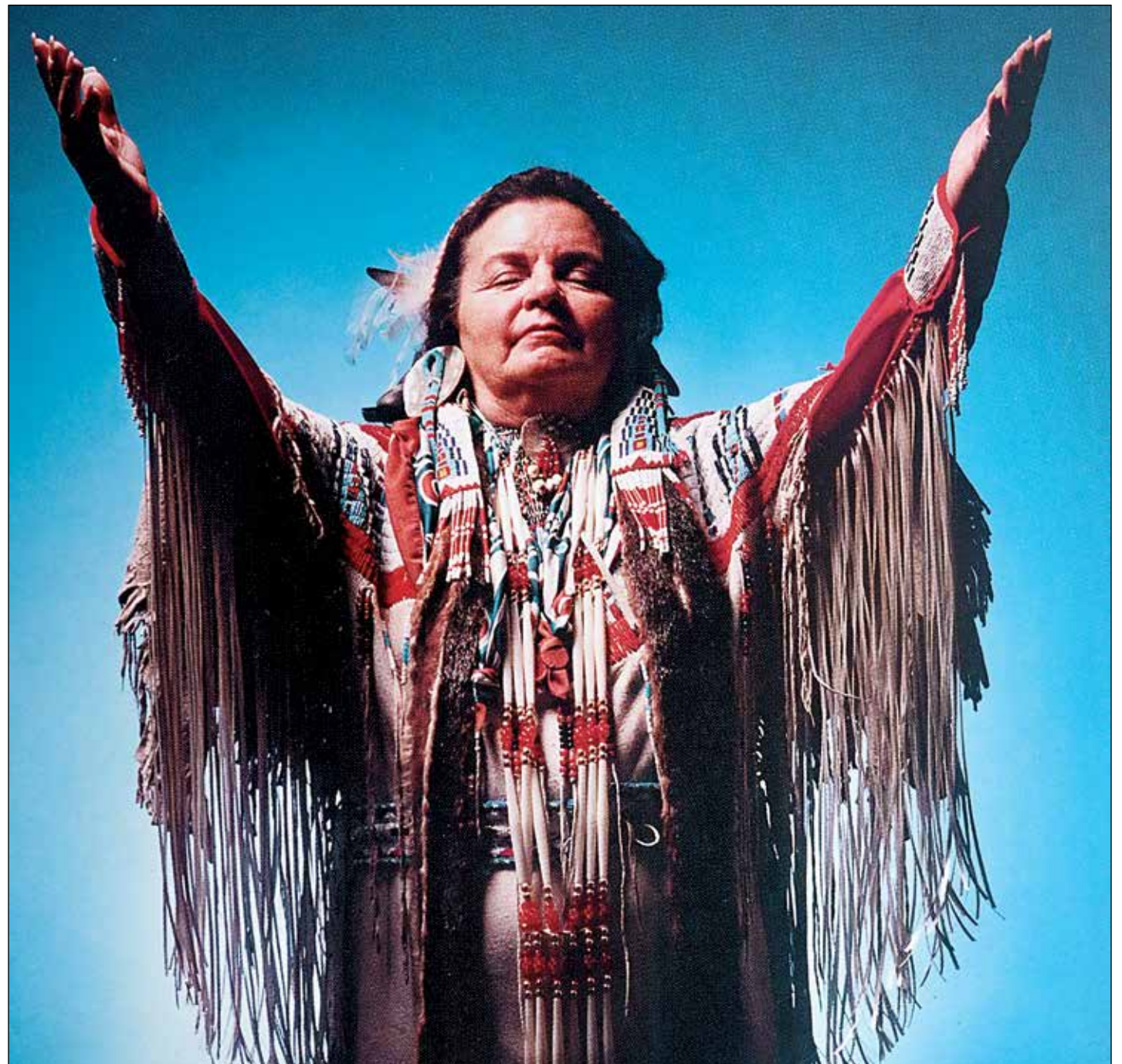
"It was a shock. I wasn't ready to

retire," Parazoo said.

In 1995, she began working for the Tribe. Parazoo said she had enrolled with the Confederated Tribes of Grand Ronde after one of her brothers did. She was required first to disenroll from the Rosebud Sioux Tribe and decided to do so because she wanted to remain in Oregon.

Parazoo worked with various Tribal departments but was still interested in learning new skills, so she enrolled at Portland State University, earning her bachelor's degree in social science in 2002. She had immensely enjoyed her capstone project, interviewing women from the state prison, and wanted to work for the Tribe in the Social Services Department. However, she said, the general manager at the time "told me I needed to get into management and I wasn't interested in management. I was interested in social services. So, I retired. And I've enjoyed bingo ever since." ■

**Olympic gold medalist runner Billy Mills (Oglala Lakota), left, and Tribal Elder Claudette Parazoo at the Grand Ronde Contest Powwow in 2025. Mills was visiting Grand Ronde and Parazoo spotted him and said hello. The two were schoolmates at Haskell Institute in Kansas, now known as Haskell Indian Nations University.**



**This photo of Tribal Elder Claudette Parazoo ran on the cover of the Tribe's 1996-97 annual report.**

# Tribal Early Learning Alliance hoping to ‘build a stronger future’

By Danielle Harrison  
*Smoke Signals editor*

Representatives from all nine Oregon Tribes and the state Department of Early Learning and Care are working together to see how they can best help children from birth to age 8.

The DELC held its first Oregon Tribal Early Learning Alliance meeting with Tribal early childhood education and care leaders in April, in order to develop, “a plan to build a stronger future for Tribal youth and families in Oregon,” according to a press release.

The group was created after the Oregon Legislature passed a bill in 2025 to create OTELA. Tribal representatives are working with DELC’s Office of Tribal Affairs to help guide plan development, according to a press release.

“We are grateful to begin this work in true partnership with Oregon’s sovereign Tribal Nations,” DELC Director Alyssa Chatterjee said. “We are excited to listen, learn and honor the leadership of Tribes as they tell the state what they envision for their children, birth

through age 8. Their guidance is essential and it will shape a stronger, more responsive early learning system for Tribal children and families across Oregon.”

Grand Ronde Representatives are Shawash-ili?i Skul Administrator Justine Flynn and Preschool Education Coordinator Ashlee Webb.

“We are truly just diving into the work and will be meeting quarterly moving forward,” Flynn said. “That being said, I am excited about the potential of the group and the ways that it can impact early childhood education at the state level. I look forward to working with the group to support positive change for our Tribal students, families and staff.”

Additionally, Flynn was quoted in the press release as saying, “It is exciting to see the voices of our Tribal people being prioritized in any level of education. Both OTELA



Justine Flynn



Ashlee Webb

and the Tribal Early Learning Plan and Fund demonstrate DELC’s commitment to meaningful collaboration with Oregon Tribes. In addition, facilitation of the OTELA group offers Oregon Tribes the space to engage in big picture planning with regards to education for

our Tribal people in both the short and long-term.”

Webb said she was “honored” to be a part of the group.

“I look forward to pursuing this Tribe to Tribe, and Tribe to state — to build an early learning system that truly serves our children and strengthens our communities for generations to come,” she said.

For more information about OTELA and to follow the committee’s work, visit [oregon.gov/delc/about-us/pages/otela.aspx](https://oregon.gov/delc/about-us/pages/otela.aspx). ■

**TRIBAL VETERANS SERVICE OFFICE**

<b>Scheduled Appointments Only</b>	<b>Walk-In Day</b>
<b>Monday</b>	<b>Thursday</b>
<b>Tuesday</b>	

**To schedule an appointment:**  
Call (503) 879-1424 or  
[CTGRtribalVSO@GrandRonde.Org](mailto:CTGRtribalVSO@GrandRonde.Org)

## PADDLE PRACTICE

### SCHEDULE FOR 2026

<b>March</b> 3/18 Wake up the canoes	<b>July</b> 7/1 Elders Canoe Day @Willamina Pond 10am-1pm 7/15 Paddle practice @Devils Lake 10am-2pm
<b>April</b> 4/15 Paddle practice @Devils Lake 10am-2pm	<b>August</b> 8/19 Paddle practice @Willamina Pond 10am-1pm 8/29 Tentative river paddle
<b>May</b> 5/9 Mothers Day Paddle @Devils Lake 10am-1pm 5/13 Paddle practice @Devils Lake 1-4pm 5/20 Paddle practice @Devils Lake 10am-2pm	<b>September</b> 9/2 Sobriety Paddle @Willamina Pond 10am-1pm
<b>June</b> 6/3 Paddle practice @Devils Lake 1-4pm 6/13 Fathers Day Paddle @Devils Lake 10am-1pm 6/17 Paddle practice @Devils Lake 10am-2pm	

Please remember that this schedule is tentative and may change throughout the year. Paddle practices in early 2026 are weather permitting. Be sure to follow GRHWC Facebook for the most up to date schedule as well as more information on upcoming events.

CRAFTS + GAMES | DRUMMING & SINGING  
NATIVE PLANTS TALK | FOOD + FIRE

Limited Spots Available!  
Register ASAP

# Camas Camp

Hosted by the Indigenous Gardens Network

**June 12<sup>th</sup> - 14<sup>th</sup>**  
At Vesper Meadow in Ashland, OR

All food & lodging provided

Available to Siletz & Grand Ronde Tribal members and their families

Practicing stewardship and positive relationships with the land.

Questions?  
Zena Green, Siletz [ZenaG@ctsinsn.us](mailto:ZenaG@ctsinsn.us)  
Angey Rideout, Grand Ronde [angeyrideout@gmail.com](mailto:angeyrideout@gmail.com)

Drug and alcohol-free event. Please plan for limited cell service. Gas cards will be provided. Camping is available.

Free and open to all—bring your family and friends!

# mək<sup>h</sup> mək mania

An engaging day of cooking demonstrations, educational workshops, informational booths, and a free community meal.

**May 9**  
**Chachalu Cultural Center**  
**From 10am-2pm**

Organized by Grand Ronde's Food Access and Community Team, this initiative is sponsored by Marion-Polk Food Share and The Confederated Tribes of Grand Ronde.

## 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. ■

## Tribal members, employees no longer need to pay bridge toll

Enrolled Grand Ronde Tribal members and Grand Ronde Tribal government employees may now cross the Bridge of the Gods in Cascade Locks toll-free.

Using this new system is as simple as showing your Tribal identification or Tribal government employee badge. Individuals must stop at the red light and present their ID, and they will be allowed to pass without paying the toll. The Port of Cascade Locks has been provided with sample badge images for all Tribal ID cards as well as Tribal government employee badges and has trained their toll booth operators. This new system is available immediately.

Those wishing to cross the Columbia River using the Hood River-White Salmon Interstate Bridge may also do so toll-free by using the Breezeby system. Tribal members and Tribal government employees should apply for a Breezeby account at: [www.portofhoodriver.com/tribal-member-breezeby-account-registration](http://www.portofhoodriver.com/tribal-member-breezeby-account-registration). Once there, you will be required to upload a copy of your ID or employee badge and will be granted toll-free passage over that bridge. The Port of Hood River has a license plate reader, so once vehicle information has been entered into this system, individuals should be able to cross without stopping, unless requested to do so by a toll booth operator.

"We're grateful that the Port of Cascade Locks commissioners recognize the importance of granting Grand Ronde Tribal members and Tribal government employees toll-free passage," Tribal Communications Director Sara Thompson said. ■

CONFEDERATED TRIBES OF GRAND RONDE  
CHILDREN & FAMILY SERVICES

**Become a Foster Parent**  
*Open Your Home,  
Strengthen Our Community*

**Why Foster?**

Cultural connection  
Stability & Care  
Healing & Support  
Strengthen community

**Who Can Foster?**

Age 21+  
Safe, stable home  
Compassionate  
Support Culture

**Support Provided**

Training  
Financial help  
Caseworker support  
Tribal Resources

**URGENT NEED:**  
TEENS-SIBLING GROUPS-CULTURAL HOMES

**Contact**

Get Started Today  
9615 Grand Ronde Rd  
Grand Ronde OR 97347  
Building B  
503-879-2039  
[audra.sherwood@grandronde.org](mailto:audra.sherwood@grandronde.org)  
[josie.justen@grandronde.org](mailto:josie.justen@grandronde.org)



HONOR OUR FUTURE. CARE FOR OUR CHILDREN

2ND ANNUAL  
**LEBANON, OREGON  
POWWOW**  
*Free Event*  
**MAY 30, 2026**  
12PM - 10PM  
1700 S. FIFTH ST. LEBANON HIGH SCHOOL  
**GRAND ENTRY: 1PM AND 6PM**

Paid ad



CONFEDERATED TRIBES OF GRAND RONDE  
EDUCATION DEPARTMENT

# GRADUATION Celebration

Are you a CTGR Tribal member graduating from high school, completing your GED/Adult High School Completion, or earning a college degree? Join us with your family on June 26th at 5:30pm at Spirit Mountain Casino to share a meal and celebrate your achievement at our Graduation Celebration event! Registration is required.

**JUNE 26<sup>TH</sup> 2026**

Fill out this link or scan the QR code to participate:  
<https://forms.gle/1kJFjKy8hyKjcY1UA>





## Grand Ronde Head Start Preschool

**Apply starting : April 01, 2026**

**Applications due by : June 5, 2026**

Head Start nurtures the growth of **you and your child**.  
Join our supportive community and give your child a **strong head start**.



**For Kids:**

- Safe, quality early education
- Qualified teachers
- Healthy meals
- Cultural opportunities
- Transportation may be available

**For Parents:**

- Connection to housing resources
- Employment assistance
- Parent training & support
- Enrollment opportunities for pregnant women
- Enrollment opportunities for all income levels

**Eligibility:** Grand Ronde Tribal Member/Descendant; Federally Recognized Tribal Member/Descendant; community member living in the Grand Ronde Community.

**WAYS TO APPLY:**

ONLINE at: <https://www.grandronde.org/services/education/early-childhood-education/>

Email [amber.wright@grandronde.org](mailto:amber.wright@grandronde.org) for an application

Or Scan QR Code:



Enrolling Prenatal to 4 years old






To Learn More: [amber.wright@grandronde.org](mailto:amber.wright@grandronde.org)  
503-879-1434



# GRAND RONDE POLICE LOG



## **Sunday, March 1**

- Officers responded to a domestic disturbance at the 48000 block of Dragonfly Drive.
- Officers conducted a welfare check at the 9000 block of Tillixam Circle.
- Officers responded to another welfare check at the 9000 block of Tillixam Circle and assisted an emotionally distressed person.
- Officers contacted a male at the 27000 block of Salmon River Highway. The contact resulted in the male receiving a criminal citation for driving while suspended at a criminal level.

## **Monday, March 2**

- Officers assisted an outside agency with attempting to locate a driving complaint in the area of Yamhill River Road. Officers were unable to locate the vehicle.
- Officers assisted an outside agency with attempting to locate a driving complaint in the area of Andy Riggs Road. Officers were unable to locate the vehicle.
- Officers assisted an outside agency as cover on a barricaded subject in the Willamina area. Officers took the male into custody without incident.
- Officers contacted a male at the 27000 block of Salmon River Highway. The contact resulted in the male receiving a criminal citation for driving while suspended at a criminal level.

## **Tuesday, March 3**

- Officers assisted an outside agency attempting to locate a driving complaint in the area of 27000 Salmon River Highway. Officers located the vehicle and were able to conduct a traffic stop.
- Officers assisted a woman who got locked out of her vehicle at the 9600 block of Grand Ronde Road.
- Officers assisted an outside agency with responding to a two vehicle non-injury crash on Highway 18 near milepost 29.
- Officers responded to a disturbance at the 27000 block of Salmon River Highway that resulted in the contacted male being trespassed from the property.
- Officers responded to an assault that occurred at the 9600 block of Tillixam Circle. No arrest was made.

## **Wednesday, March 4**

- Officers contacted a vehicle in the area of Highway 18 and Hebo Road. Officers were able to determine the driver did not need any assistance.
- Officers assisted an outside agency with attempting to locate a driving complaint in the area of Highway 18 and milepost 24. Officers located the vehicle and conducted a traffic stop. The driver received citations for the observed driving behavior.
- Officers assisted an outside agency with attempting to locate a driving complaint in the area of Highway 18 and milepost 22. Officers located the vehicle but observed no traffic violations.

## **Thursday, March 5**

- Officers responded to a bicycle crash at the 9600 block of Grand Ronde Road. The male was transported to the hospital.
- Officers assisted an outside agency with a medical call in the Sheridan area.
- Officers attended a community event in the Willamina area.

## **Friday, March 6**

- Officers assisted an outside agency with collecting elk meat that was provided to the community.
- Officers assisted an outside agency as cover on a traffic stop on Highway 18 and milepost 29.
- Officers conducted a welfare check in the area of Dragonfly Drive.

## **Saturday, March 7**

- Officers responded to the 26000 block of Salmon River Highway for a report of a theft that occurred. No arrest was made. The contacted male was trespassed from the property.
- Officers responded to a crash that occurred at the 27000 block of Salmon River Highway. No injuries were reported.
- Officers responded to the 27000 block of Salmon River Highway for a trespass that occurred. The incident resulted in the male suspect being arrested for the trespass.
- Officers assisted an outside agency as cover for a disturbance in the Willamina area.

## **Sunday, March 8**

- Officers responded to the 27000 block of Salmon River Highway for property that was found. Officers were able to locate the owner of the property and return it.
- Officers contacted a vehicle on Highway 18B near milepost one. The driver was given a warning for illegal camping.

## **Monday, March 9**

- Officers assisted an outside agency as cover on an assault that occurred in the area of Andy Riggs Road.
- Officers responded to the 27000 block of Salmon River Highway for a drug complaint. The contact resulted in the involved subjects receiving criminal citations.

## **Tuesday, March 10**

- Officers responded to the 9600 block of Tillixam Circle for a fight that

occurred. This resulted in the involved subjects receiving criminal citations.

- Officers conducted a traffic stop on Highway 18 and milepost 23 that resulted in the driver being arrested for driving while suspended at a criminal level and for having multiple outstanding warrants.

## **Wednesday, March 11**

- Officers responded to an audible alarm at the 9600 block of Grand Ronde Road. Officers were able to determine that the alarm was tripped accidentally.
- Officers responded to the 27000 block of Salmon River Highway and contacted an emotionally distressed person.
- Officers took a report of an assault that had occurred in the Willamina area.

## **Thursday, March 12**

- Officers assisted an outside agency with a medical call in the Sheridan area.
- Officers contacted a woman at the 9600 block of Grand Ronde Road for possible illegal camping. Officers were able to determine the woman was not on Tribal lands.
- Officers assisted an outside agency with attempting to locate a suspect vehicle at the 27000 block of Salmon River Highway. Officers were unable to locate the vehicle.
- Officers responded to a two-vehicle, non-injury crash that occurred at Highway 18 and Grand Ronde Road.

## **Friday, March 13**

- Officers assisted an outside agency by responding to a trespass and theft that occurred in Willamina. The outside agency took over investigation once they arrived.
- Officers responded to the 27000 block of Salmon River Highway for possible drugs that were located. The substance was seized and destroyed.
- Officers assisted an outside agency with a possible kidnapping case in Willamina. Officers were able to determine that no crimes occurred.

## **Saturday, March 14**

- Officers responded to an alarm at the 9600 block of Grand Ronde Road. Officers determined that the alarm was tripped by mistake.
- Officers assisted an outside agency as cover for a disturbance that occurred in the Sheridan area.
- Officers contacted a vehicle at the 27000 block of Grand Ronde Road. The contact resulted in two individuals being arrested for driving under the influence of intoxicants.

## **Sunday, March 15**

- Officers assisted an outside agency with attempting to locate the subject of a driving complaint. Officers were unable to locate the subject vehicle.
- Officers responded to the 9600 block of Hebo Road for a possible trespass that occurred. The involved suspect vehicle was no longer in the area when officers arrived.
- Officers assisted an outside agency with attempting to locate the subject of a driving complaint in the area of Highway 18 and milepost 22. Officers were unable to locate the vehicle.

## **Monday, March 16**

- Officers assisted an outside agency with responding to a two-vehicle injury crash that occurred on Highway 18 and milepost 22. The involved parties were transported to the hospital.
- Officers contacted an emotionally disturbed person in the Willamina area. Officers transported the person to the hospital for a psychiatric hold.
- Officers conducted a welfare check at Coyote Court.

## **Tuesday, March 17**

- Officers responded to a domestic disturbance that occurred in the area of 9600 Raven Loop.
- Officers stopped a vehicle by Highway 18B and milepost one. The contact resulted in the passenger being arrested for failure to register as a sex offender.

## **Wednesday, March 18**

- Officers stopped a vehicle by Hebo Road and milepost 24. The contact resulted in the driver being arrested for driving under the influence of intoxicants.
- Officers contacted a male at the 27000 block of Salmon River Highway. The contact resulted in the male being arrested for an outstanding warrant.
- Officers contacted a male in the Willamina area. The contact resulted in him being arrested on two outstanding warrants.

## **Thursday, March 19**

- Officers took a report of possible elder abuse that occurred in Elder Housing.
- Officers responded to the 27000 block of Salmon River Highway for a possible fraud call.

## **Friday, March 20**

- Officers assisted an outside agency as cover in the Sheridan area for

See POLICE LOG  
continued on page 17



# GRAND RONDE POLICE LOG



## POLICE LOG continued from page 16

a criminal mischief call.

- Officers received a report of a potential trespass that occurred at the 27000 block of Salmon River Highway. Officers were unable to locate or identify a suspect.
- Officers received a call about a bear cub that needed to be put down near Agency Creek Road. Officers were able to determine the bear cub was not sick or injured and left it be.
- Officers conducted a welfare check at Highway 18 and milepost 24. The contact resulted in officers providing courtesy transport for the subject.
- Officers contacted a male at North Street. The contact resulted in the male being criminally cited for outstanding warrants.

### Saturday, March 21

- Officers contacted a vehicle that was trespassing on Tribal lands by Hebo Road and milepost 24. The trespassers were given a verbal warning.
- Officers assisted an outside agency as cover for a domestic disturbance that occurred in the area of Joe Day Way.
- Officers responded to a trespass that occurred in the area of 27000 Salmon River Highway. The suspect was contacted and was given a criminal citation for the offense.

### Sunday, March 22

- Officers responded to a drug call at the 27000 block of Salmon River Highway.

### Monday, March 23

- Officers stopped a vehicle by Grand Ronde Road and Highway 18. The stop resulted in the driver being arrested for two outstanding warrants. The driver was also charged with possession of methamphetamine.
- Officers contacted an emotionally distressed person in the 27000 block of Salmon River Highway. The incident resulted in the person being taken to the hospital on a psychiatric hold. They also received multiple criminal citations.

### Tuesday, March 24

- Officers responded to the 27000 block of Salmon River Highway for possible found drugs. Controlled substances were located and seized by officers. No suspect information was found.
- Officers assisted an outside agency as cover for a possible burglary in the Sheridan area.

### Wednesday, March 25

- Officers were informed of a driving complaint heading their way by Highway 22 and milepost 10. Officers were unable to locate the vehicle.

### Thursday, March 26

- Officers stopped a vehicle in the area of Highway 18 and milepost 28. The incident resulted in the driver being cited for driving while suspended at a criminal level.
- Officers contacted a vehicle that was trespassing on Tribal lands at Hebo Road and milepost 24. The trespassers were given a verbal warning.
- Officers responded to a report of a possible menacing call by Agency Creek Road. Officers were able to determine no crimes occurred.
- Officers responded to a theft that occurred at the 26000 block of Salmon River Highway. A suspect was arrested for theft and possession of methamphetamine.

### Friday, March 27

- Officers took a report at the Grand Ronde Tribal Police Department of a domestic disturbance that occurred and determined no crimes were committed.

### Saturday, March 28

- Officers responded to a crash that occurred at the 28000 block of Salmon River Highway. Officers issued multiple citations to the party at fault.
- Officers assisted an outside agency with attempting to locate a driving complaint by Highway 18 and milepost 15. Officers were unable to locate the subject vehicle.
- Officers assisted an outside agency as cover in the Sheridan area.

### Sunday, March 29

- Officers responded to the 27000 block of Salmon River Highway for a domestic disturbance. The incident resulted in the male party being arrested for domestic violence harassment.
- Officers assisted an outside agency with contacting a possible emotionally distressed person by Andy Riggs Road.
- Officers conducted multiple welfare checks on a woman by the 27000 block of Salmon River Highway.

### Monday, March 30

- Officers assisted an outside agency by attempting to locate a driving complaint heading into the Grand Ronde area. Officers were unable to locate the subject vehicle.
- Officers contacted a person in the area of Yamhill River Road. The contact resulted in the person being arrested on multiple outstanding warrants.

### Tuesday, March 31

- Officers stopped a vehicle that resulted in the driver being arrested for driving under the influence of intoxicants.
- Officers contacted a stranded motorist by Highway 18 and milepost 22. Officer assistance was not needed.

## GRHWC PUBLIC HEALTH

# SMART VENDING MACHINE

LOCATED IN THE COMMUNITY CENTER, BUILDING B.

**What is inside?**

- ✓ Narcan
- ✓ Feminine Hygiene kits
- ✓ Adult and Child Dental kits
- ✓ Firearm Safety Locks
- ✓ and more!

**FAQ's**

**Do I need to make an account?**

- We recommend and encourage you to create an account but it is not required.

**How much are items in the vending machine?**


- They are FREE!

**What else does the vending machine do?**

- The Smart Vending machine also has a resource navigation tool that will help to guide you to other resources in the area including all CTGR resources.

**When can I access the smart vending machine?**

- 6am-9pm including weekends and holidays.



Notice: a problem with the smart vending machine?  
 (503) 879-6701

# HELP GROW YOUR FAMILY STRONG





Immunizations are important for people of all ages, from infants to elders. Talk with your doctor, nurse, or clinic to make sure your family and friends are up-to-date on their vaccinations.

The Vaccines for Children (VFC) Program helps provide vaccines to children whose parents or guardians may not be able to afford them. A child is eligible for the VFC Program if he or she is younger than 19 years of age and is American Indian or Alaska Native.

To learn more, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)





## Walking On...

### Anthony James Griffin

Aug. 6, 1969 – April 15, 2026

Tribal Elder Anthony James Griffin passed away April 15, 2026, at the age of 56.

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

### Susan Beth Ratliff

April 30, 1953 – March 28, 2026

Tribal Elder Susan Beth Ratliff passed away March 28, 2026, at the age of 72.

Tualatin Valley Funeral Alternatives is assisting the family. Funeral service details were unavailable before press time.



**WIC GRAND RONDE**  
**NOW OPEN TO CTGR TRIBAL MEMBERS**

Grand Ronde WIC is a public health nutrition program serving CTGR members.

**TO SUPPORT YOU WE OFFER:**

- Pregnancy and breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources

WIC is all about healthy babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!

**FOR MORE INFORMATION CONTACT 503-879-6701**

This institution is an equal opportunity provider.



## 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. ■

## St. Michaels Church Rummage Sale

Friday – Saturday, May 8-9  
8 a.m. to 5 p.m.  
48520 SW Hebo Road  
(Corner of Grand Ronde Road and Hebo Highway)

Paid ad

## Be wildfire ready



Join us at a Wildfire Ready Open House

**Wednesday, May 13**  
4:30 – 6:30 p.m.  
Grand Ronde Gymnasium  
9615 Grande Ronde Rd  
Grand Ronde, OR

**Virtual options**  
May 12 & 28  
Learn more:  
[bit.ly/pge-wildfire-ready](https://bit.ly/pge-wildfire-ready)



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## GRAND RONDE FREE SPAY & NEUTER CLINIC

MAY 23-24, 2026



**FREE SERVICES INCLUDE:**

- Spay or neuter surgery
- Vaccinations
- Microchip
- Flea and tick treatment

**WHO QUALIFIES:**

- ✓ Pets 5 years old or younger
- ✓ Pets 60 lbs or less
- ✓ Must live on Grand Ronde or zip code 97347

**REGISTER NOW**



[firstnationsvet.com](https://firstnationsvet.com)

Help keep your pets healthy and your community strong.



## Prom Closet Donations Needed

∴ Help a student shine on prom night ∴

Prom season is here, and we're building a **Prom Closet** to support local students who need attire for their special night.

**What We're Collecting:**

- Gently used **dresses, suits, shoes, and accessories**

**Where to Donate:**

Drop off items at the **Behavioral Health front desk** anytime.

Your donation can make a meaningful difference for a student preparing for prom. Thank you for supporting our youth!

If have any questions, please feel free to reach out to Tannith ~503 879 2476 or Sydney~ 503 879 1404



## Watchlist: Native Chef Justin Pioche Wins Food Network's 'Chopped'

By Kamiah Koch  
Social media/digital journalist

Food Network expanded its popular cooking show, "Chopped," with a new theme of Indigenous inspiration.

Justin Pioche (Navajo), Mariah Gladstone (Blackfeet/Cherokee), Ray Naranjo (Santa Clara Pueblo), and Jessica Walks First Pamonicut (Menominee Indian Tribe) were the competing chefs for this special episode.

Indian Country Today reported two of the three judges were also Indigenous.

The winner received the episode title as top chef and \$10,000. As the title reveals, Pioche won.

"It's all about harmony," he said. "We all have the same agenda. Promoting Native foods, Native businesses and all the above. It made things lot more interesting and more fun."

A watch party was held in Pioche's hometown in New Mexico, where his family and friends celebrated his win.

"My mind is just ready to explode," Pioche's mother, Janice Pioche said. "I'm so happy, so proud of my boy. It was a long time coming and my mind and my heart is overflowing."

The video shows Pioche walking around the room of cheerers receiving high-fives and hugs.

You can watch the entire Indian Country Today video on Pioche's notable win at [www.youtube.com/watch?v=\\_GYsxNV4JWo](http://www.youtube.com/watch?v=_GYsxNV4JWo). ■

## Tribal Library merges with Regional Library Service

The Tribal Library has merged with the Chemeketa Cooperative Regional Library Service.

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 503-879-1488. ■

## 2026 / 2027 LIHEAP

Low Income Home Energy Assistance Program

- Income criteria apply.
- Does not require Shut-off Notice.
- Is a "first, come first served" program.
- Assists Tribal members in the 7 county service area (Polk, Yamhill, Marion, Tillamook, Washington, Multnomah, Clackamas).
- Adult Tribal Members name (adult CTGR tribal member who lives at home) MUST be on the billing statement or Authorized User on the utility account.
- If no adult Tribal Member is in the home, family can still apply if there is a CTGR Tribal Member youth in the home. Must provide documentation of child living in the home.
- LIHEAP assists with electric, natural gas, propane, pellet, oil, or wood
- Typically, LIHEAP is open from October 1<sup>st</sup> (or when funded) and ends September 30<sup>th</sup> or when funds have been depleted (whichever comes first).
- If client has received LIHEAP or LIEAP (Low Income Energy Assistance Program) as of October 1<sup>st</sup>, 2025, from another agency, they are not eligible to apply through the CTGR Social Services for regular LIHEAP assistance.

**IMPORTANT INFORMATION:**

FUNDS FOR THIS PROGRAM ARE LIMITED. STRONGLY ADVISE ALL HOUSEHOLDS TO CONTINUE PAYING YOUR UTILITY BILL UNTIL THE LIHEAP APPLICATION HAS BEEN DETERMINED ELIGIBLE FOR SERVICES AND A CREDIT FROM LIHEAP HAS BEEN APPLIED TO YOUR ACCOUNT.

For an application contact:

Confederated Tribes of Grand  
Ronde Social Service Department  
9615 Grand Ronde Rd.  
Grand Ronde OR 97347  
1-800-242-8196 or (503) 879-  
2034 Fax: (503) 879-2127 Email:  
[SSDInfo@grandronde.org](mailto:SSDInfo@grandronde.org)

## Tribal nonemergency text

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.

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

## West Valley Veterans Memorial Application

Deadline is January 15, 2027

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 separation: \_\_\_\_\_

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](mailto:publicaffairs@grandronde.org)

Any applications received after January 15, 2027, will be kept on file for inclusion to the Memorial in 2028.



# The Village

k<sup>h</sup>anamakwst nsayka chaku-hayash  
(Together We Grow Stronger)

If you are currently unhoused and a Grand Ronde Tribal Member - The Village could be a resource for you

The Village is intended to provide support services to unsheltered/houseless Grand Ronde tribal members.

The Village will provide case management and wrap services intended to move the population towards permanent housing and wellness.

Each applicant will go through an application process which will include a limited background check, prior to move in.



For more information please call :  
Grand Ronde Behavioral Health  
503-879-2026

## AIR PURIFIERS AND HEALTHY HOMES

**Income Restrictions Do apply**

**Just In Time for the Colder Months!**

Public Health is thrilled to announce that we have air purifiers available for low-income tribal households through our Healthy Homes grant! Interested participants need to fill out the form at the QR code below and then will be contacted when the air purifiers are ready to be picked up. Please note that you will need to make a free account to fill out the form.

For More Information Contact  
Nick Oldenbourg (503)-879-6716  
nicholas.oldenbourg@grandronde.org

# DISCOVER RESOURCES AND COMMUNITY

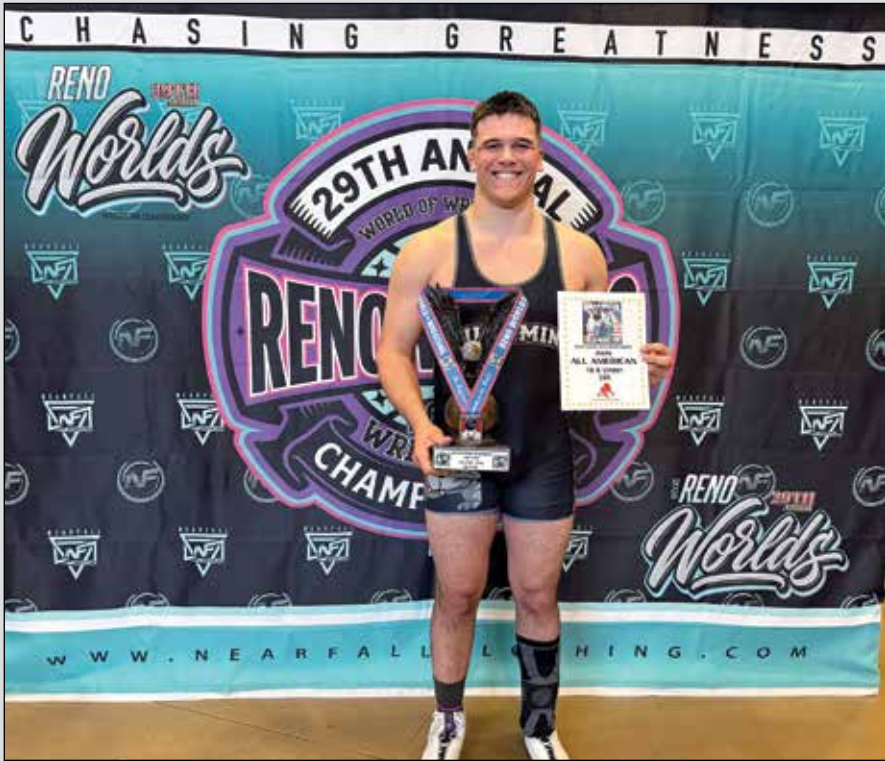
## Navigate Life After Military Service at

# BeyondTheMilitaryUniform.com



*Paid for by the Oregon Charitable Checkoff  
Fund for Veteran Suicide Prevention*





## Congratulations Landon!

Congratulations to Landon Lee Risseew on his recent achievement at the Reno Worlds Wrestling Tournament in Reno, Nevada, where he secured a second-place finish in the 285-pound weight class and earned All-American status.

Landon has grown into a great young man and strong athlete. Your support group reaches far and wide Bubba, way to maintain and keep grinding.

## ATTENTION!!!

DUE TO ILLEGAL DUMPING OF TRASH IN THE RECYCLE BINS AND CONTAMINATION, THIS RECYCLING DEPOT IS ON THE VERGE OF CLOSING AND GOING AWAY.

CTGR FACILITIES DEPARTMENT

**RECYCLE**



Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
Academic Advisor 6 – 12	11	\$32.74/hr.	\$42.16/hr.	05/04/2026
Behavioral Health Scheduler	6	\$20.75/hr.	\$26.42/hr.	Until Filled
Certified Applications Assistant – PRC Assistant	8	\$24.60/hr.	\$31.84/hr.	Until Filled
Certified Medical Assistant – Salem Primary Care	8	\$24.60/hr.	\$31.84/hr.	Until Filled
Construction Supervisor – Natural Resources	12	\$36.01/hr.	\$46.31/hr.	Until Filled
Driver/Wellness Assistant	6	\$20.75/hr.	\$26.42/hr.	04/27/2026
Elder Care Administrator	16	\$107,644.28/yr.	\$140,433.67/yr.	05/04/2026
Family Partnership Specialist – Early Childhood Education	9	\$27.05/hr.	\$34.95/hr.	Until Filled
Family Support Services Specialist – Social Services	9	\$27.05/hr.	\$34.95	Until Filled
Forestry Technician (Engine Boss/Crew Boss/EMT) – Seasonal/Limited Duration	8	\$24.60/hr.	\$31.84/hr.	Until Filled
Forestry Technician (Intermediate Level Fire Suppression/Prevention) – Seasonal/Limited Duration	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Health Care Payment Specialist	9	\$27.05/hr.	\$34.95/hr.	Until Filled
Infant/Toddler Teacher	10	\$29.76/hr.	\$38.39/hr.	Until Filled
Medication Aide – Adult Foster Care	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Nurse Practitioner	22	\$176,393.03/yr.	\$248,130.43/yr.	Until Filled
Physician – Health & Wellness	25	\$226,851.26/yr.	\$330,026.39/yr.	Until Filled
Physician – Salem Primary Care	25	\$226,851.26/yr.	\$330,026.39/yr.	Until Filled
Pow Wow 2026 Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	Until Filled
Preschool Teacher	10	\$29.76/hr.	\$38.39/hr.	Until Filled
Restoration Technician – Equipment Operator – NRD	8	\$24.60/hr.	\$31.84/hr.	04/27/2026
Silviculture & Fire Grant Technician – FT Limited Duration	8	\$24.60/hr.	\$31.84/hr.	05/04/2026
Teacher Aide/Bus Monitor - Part Time	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	
Youth Crew Leader – Limited Duration (Seasonal)	3	\$20.00/hr.	\$20.00/hr.	Until Filled
Youth Crew Member – Limited Duration (Seasonal)	1	\$16.00/hr.	\$16.00/hr.	Until Filled

Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
Clinic Manager – Salem - GCR	14	\$90,630.26/yr.	\$116,255.21/yr.	Until Filled
Clinic Manager – Salem Detox - GCR	14	\$90,630.26/yr.	\$116,255.21/yr.	Until Filled
Clinical Supervisor – Salem - GCR	11	\$68,091.85/yr.	\$87,692.49/yr.	Until Filled
Cook – Salem Detox - GCR	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Licensed Practical Nurse – Sheridan - GCR	12	\$36.01/hr.	\$46.31/hr.	Until Filled
Licensed Practical Nurse – Salem Detox – GCR	12	\$36.01/hr.	\$46.31/hr.	04/27/2026
Milieu Safety Technician – Portland - GCR	6	\$20.75/hr.	\$26.42/hr.	05/04/2026
Milieu Safety Technician – Salem OTP - GCR	6	\$20.75/hr.	\$26.42/hr.	05/04/2026
Nursing Supervisor – Salem Detox – GCR	13	\$82,391.14/yr.	\$105,817.37/yr.	04/27/2026
Physician – Salem - GCR	25	\$226,851.26/yr.	\$330,026.39/yr.	Until Filled
Physician Assistant – Salem Detox - GCR	20	\$151,691.92/yr.	\$205,141.88/yr.	Until Filled
Substance Use Disorder Therapist – Portland - GCR	10	\$61,901.61/yr.	\$79,848.88/yr.	Until Filled

The Confederated Tribes of Grand Ronde offers generous benefits and competitive pay. POSTINGS ARE OPEN UNTIL FILLED & WILL BE REMOVED WITHOUT NOTICE

INTERVIEWS WILL BE GIVEN IN THE FOLLOWING RANKING ORDER:

1. Grand Ronde Tribal members.
2. Tribal member spouses, parents and/or legal guardians of Grand Ronde Tribal member children, current regular CTGR employees, enrolled members of other Native American Tribes, and Veterans.
3. External candidates including current Spirit Mountain Casino employees.

## LET'S WORK TOGETHER!

### JOIN THE CTGR TEMPORARY SERVICE POOL



#### TEMP POOL BASICS:

- ✓ **AGE REQUIREMENT**  
Candidates must be at least 18 years in age.
- ✓ **TRIBAL PREFERENCE**  
Tribal preference applies. However, non-tribal candidates will be considered based on business need, certifications and skills required.
- ✓ **AVAILABILITY**  
Most positions work Monday through Friday 8:00 AM to 5:00 PM. Part-time & full-time work is available. Specific schedules will be communicated upon job placement.
- ✓ **ANNUAL HOURS**  
Generally six (6) months or 999 hours (29.99 hours/week) in a calendar year

FIND A JOB OR START YOUR CAREER

GAIN KNOWLEDGE, SKILLS, AND EXPERIENCE

EXPLORE CAREER INTERESTS

**HOW IT WORKS:**  
While we strive to assist and accommodate qualified candidates, it is essential to recognize that placement opportunities are subject to the organization's needs and staffing level gaps. The Temporary Service Pool offers an opportunity for individuals seeking temporary full-time & part-time positions at CTGR, but it's vital to understand that placement is not guaranteed.

1. Departments submit requests for temporary staff when they encounter staffing gaps or increased workload demands. These requests drive the creation of placement opportunities within the pool.
2. The HR department compiles a list of qualified candidates who have indicated their availability to participate in the Temporary Service Pool. Qualifications are determined by factors such as skills, experience, and compatibility with the requested roles. This list serves as a resource for departments to select suitable candidates for their temporary staffing needs.
3. The selection of individuals for specific positions is ultimately the responsibility of the requesting departments. These departments are best equipped to assess how a candidate's qualifications align with their unique needs.

**QUESTIONS?**  
Contact Human Resources:  
(503) 879-2109

Toni Mercier  
Toni.mercier@grandronde.org

**APPLY ONLINE:**  
<https://www.grandronde.org/employment/>



POSTING TITLE	CLOSE DATE	WAGE/SALARY
Hotel Front Desk Clerk (*Full-Time & Part-Time)	4/30/2026	\$18.02/hr. DOE
Assistant Casino Controller	Until Filled	\$69,737.82/yr. DOE
Assistant Food and Beverage Manager	Until Filled	\$48,329.22/yr. DOE
Banquet Server (*Part-Time)	Until Filled	\$15.05/hr. DOE + Tips
Bar Porter	Until Filled	\$18.29/hr. DOE
Casino Beverage Waitstaff (*Part-Time)	Until Filled	\$15.05/hr. DOE + Tips
Cleaning Attendant (*Full-Time & Part-Time)	Until Filled	\$18.02/hr. DOE
Cook (Full-Time & *Part-Time)	Until Filled	\$18.29/hr. DOE
Mountain View Sports Bar Waitstaff (*Part-Time)	Until Filled	\$15.05/hr. DOE + Tips
Table Games Dealer – Multi-Game (*Full-Time & Part-Time)	Until Filled	\$15.05/hr. + Tips

**\$1,000** Hire-On Bonus All Positions  
**\$500** Referral Bonus SMC & CTGR Employees

*\*Part-time employees are eligible for a 20% differential pay to their base wage if they are scheduled to work up to 29.99 hours per week.*

#### SPIRIT MOUNTAIN CASINO EMPLOYMENT INFORMATION

- ✓ SMGI applies certain preference in all employment opportunities to applicants who meet the requirements of the job by utilizing the following preference tier system:  
Tier 1: Enrolled Confederated Tribes of Grand Ronde Members  
Tier 2: Spouses, Parents and/or Legal Guardians of CTGR Members, enrolled members of other Indian Tribes, Veterans, and Current Employees  
Tier 3: External Candidates – qualified applicants not falling within Tier 1 & 2
- ✓ 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.
- ✓ All positions are eligible for an incremental Hire-on Bonus
- ✓ Please reference the Job Description for job duties, qualifications, and required knowledge/skills.

✉ [employmentteam@spiritmtn.com](mailto:employmentteam@spiritmtn.com) <https://www.spiritmountain.com/careers>

Call (503) 879-3737 for application assistance.

2 IN THE TRIBAL COURT FOR THE CONFEDERATED TRIBES  
 3 OF THE GRAND RONDE COMMUNITY OF OREGON  
 4 In The Matter of: ) Case No.: 26C0007  
 5 Jillian Terry )  
 6 ) Petitioner. ) NOTICE OF NAME CHANGE  
 7 ) [ADULT]  
 8  
 9 NOTICE TO ANY INTERESTED PERSONS:  
 10 PLEASE TAKE NOTICE, that the above Petitioner has filed a Petition with this Court on  
 11 the 21 day of April, 2026 requesting that Petitioner's name be  
 12 changed from Jillian marie Terry to  
 13 Jillian marie Carson.  
 14  
 15 The purpose of this Notice is to give all interested persons an opportunity to show cause  
 16 why the name change should or should not be granted. Any person objecting to the proposed  
 17 name change may file a written objection with the Court within 14 days from the date of  
 18 publication of this Notice, as to why the Court should not enter an order granting the proposed  
 19 change of name.  
 20 DATED this 21 day of April, 2026.  
 21  
 22 Jillian Terry  
 23 Petitioner Jillian Terry [Print Name]  
 24

## Reading volunteers needed

Children’s literacy nonprofit SMART Reading is seeking volunteers to read with students weekly at Grand Ronde Head Start. Reading is an essential skill for kids, helping them start and stay on a path to success in school and beyond, according to a press release from the organization.

“Volunteering with SMART Reading is a fun, meaningful way to impact kids right here in our community,” Michael Finlay, Interim Program Manager for SMART’s northwest area, said. “I regularly have volunteers tell me that the hour they spend at SMART is the best part of their week.”

The time commitment is one hour per week. To learn more, contact 971-634-1628 or visit [www.SMARTReading.org](http://www.SMARTReading.org). ■

## 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 nonprofit 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](mailto:PublicPrograms@hecc.oregon.gov). ■



On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

Text JOIN to  
(971) 318-3459



### Upcoming Chachalu Friday Marketplace vendors wanted

Request a vendor application now. Email [chachalu.marketplace@grandronde.org](mailto:chachalu.marketplace@grandronde.org) or contact Kyoni Mercier for more information at 503-879-2226. ■

shati pi ishish	
SPRING/SUMMER 2026	
GRAND RONDE HEALTH AND WELLNESS CENTER AND YOUTH EMPOWERMENT AND PREVENTION ARE HOSTING SHATI PI ISHISH PRACTICE.	
WED. APRIL 21	2:30-4:00 PM IN THE TRIBAL GYMNASIUM SNACKS WILL BE PROVIDED
WED. APRIL 28	2:30-4:00 PM IN THE TRIBAL GYMNASIUM HOSTED BY GRHWC & PUBLIC HEALTH SNACKS WILL BE PROVIDED
WED. APRIL 29	4:30-6:30 PM IN THE TRIBAL GYMNASIUM GRAB AND GO DINNER WILL BE PROVIDED
WED. MAY 6	4:30-6:30 PM IN THE TRIBAL GYMNASIUM HOSTED BY YOUTH EMPOWERMENT AND PREVENTION GRAB AND GO DINNER WILL BE PROVIDED
WED. MAY 27	2:30-4:00 PM IN THE TRIBAL GYMNASIUM HOSTED BY GRHWC & PUBLIC HEALTH SNACKS WILL BE PROVIDED
WED. JUNE 10	4:30-6:30 PM IN THE TRIBAL GYMNASIUM HOSTED BY YOUTH EMPOWERMENT AND PREVENTION GRAB AND GO DINNER WILL BE PROVIDED
WED. JUNE 24	2:30-4:00 PM IN THE TRIBAL GYMNASIUM HOSTED BY GRHWC & PUBLIC HEALTH SNACKS WILL BE PROVIDED
WED. JULY 8	4:30-6:30 PM IN THE TRIBAL GYMNASIUM HOSTED BY YOUTH EMPOWERMENT AND PREVENTION GRAB AND GO DINNER WILL BE PROVIDED
WED. JULY 22	2:30-4:00 PM IN THE TRIBAL GYMNASIUM HOSTED BY GRHWC & PUBLIC HEALTH SNACKS WILL BE PROVIDED

# Chachalu Friday Marketplace

FOOD // ART // CRAFTS





### UPCOMING MARKETS

- May 8
- June 12
- July 31
- August 28
- September 11
- October 9
- November 6
- December 11 // Holly Jolly

**10 AM-4PM | RAIN OR SHINE**  
In case of rain, we'll be in the Chachalu Gym.

VENDOR INFO / [CHACHALU.MARKETPLACE@GRANDRONDE.ORG](mailto:CHACHALU.MARKETPLACE@GRANDRONDE.ORG) 8720 GRAND RONDE ROAD, GRAND RONDE, OREGON



# HEALTH & WELLNESS NEWS

## May is National High Blood Pressure Education Month

This month reminds people to learn about high blood pressure and how to keep their hearts healthy.

### What is high blood pressure?

High blood pressure or hypertension happens when the force of blood pushing against your artery walls is too high. Over time, this can damage your heart and blood vessels.

Doctors measure blood pressure with two numbers:

- Systolic pressure: pressure when the heart beats
- Diastolic pressure: pressure when the heart rests between beats

A normal reading is usually less than 120/80 mm Hg. Blood pressure is considered high when it is 130/80 mm Hg or higher.

### Why high blood pressure matters

High blood pressure is often called the “silent killer.” Many people do not feel sick or notice symptoms, but the condition can still harm the body.

Over time, high blood pressure can increase the risk of:

- Heart disease
- Stroke
- Kidney disease
- Problems during pregnancy

In the United States, high blood pressure is a major cause of heart disease and stroke, which are leading causes of death.

### Simple steps to protect your heart

The good news is that high blood pressure can often be prevented or controlled with healthy habits, such as:

1. Check your blood pressure regularly — Ask your doctor to check it at medical visits or use a home monitor.
2. Eat heart-healthy foods — Choose fruits, vegetables, whole grains and foods low in salt.
3. Stay physically active — Try to move your body at least 30 minutes most days of the week.
4. Maintain a healthy weight — Even small weight loss can help lower blood pressure.
5. Do not smoke and limit alcohol — These habits can raise blood pressure and damage the heart.

Lifestyle changes can help lower blood pressure and reduce the risk of heart disease and stroke. ■



## National Senior Health & Fitness Day

National Senior Health & Fitness Day is celebrated this year on May 27. The day encourages older adults to stay active and take care of their health. Many activities, including health screenings, exercise classes and wellness activities to support healthy aging, are available in Grand Ronde.



As people get older, taking care of their health becomes even more important.

### Staying active can help older adults:

- Improve balance and reduce the risk of falls;
- Keep muscles and bones strong;
- Lower the risk of heart disease and stroke;
- Improve mood and mental health;
- Help manage chronic conditions such as diabetes or arthritis.

Regular activity can also help older adults maintain independence and improve quality of life.

### What types of activities are helpful?

Exercise does not have to be difficult or intense. Even small amounts of movement can help improve health.

1. Aerobic activities — This includes activities that raise the heart rate, such as walking, swimming or dancing.
2. Strength exercises — Using light weights or resistance bands can help keep muscles strong.
3. Balance exercises — Simple activities like standing on one foot can help prevent falls.
4. Flexibility exercises — Stretching helps keep joints flexible and improves movement.

Older adults should try to move their bodies regularly and choose activities they enjoy.

### Simple ways Elders can stay active

Many everyday activities can support good health. Simple ways to stay active include:

- Take a short walk each day;
- Do gentle stretching in the morning;
- Join a community exercise class;
- Garden or do light yard work;
- Play with grandchildren or pets.

Even a few minutes of activity at a time can add up and provide health benefits. ■

MAY 2026

## DIABETES EDUCATION AND PREVENTION

**MAY IS MENTAL HEALTH AWARENESS MONTH!**  
Mental Health Awareness month in May was founded in 1949, and aims to reduce stigma, educate the public, and promote support for mental health conditions. It highlights that mental wellbeing is crucial for coping with life's stresses, with many people experiencing conditions like anxiety or depression. Get involved by sharing stories with #MyMentalHealth, attending local events, or practicing self-care.

**Eating for Stress Relief: Foods that Can Help Reduce Stress**

<b>Fruits:</b> Fruits high in vitamin C including citrus fruit and strawberries. Vitamin C deficiency has been linked to stress.	<b>Avocados:</b> Magnesium and fiber help reduce cortisol levels- high cortisol is linked to depression and anxiety.	<b>Nuts:</b> Proteins and heart healthy fats contain Seleniun- a mineral shown to help lower post pardom depression.	<b>Spinach, Kale, Broccoli:</b> Leafy green vegi's high in fiber can help lower anxiety	<b>Beans and Lentils, and chickpeas contain Fiber,</b> magnesium, fiber, and L-trytophan, your body uses to create serotonin
---	---	---	--	---

Self-Care & Action: Simple steps include exercising, adequate sleep, and using techniques like the 3-3-3 rule for anxiety (identifying 3 things you see, hear, and move).  
Healthy habits can help prevent Type 2 Diabetes, manage stress more effeciently, and help live a full and happy life.

Contact:  
Charlene.brewer@grandronde.org  
Jeannette.cavan@grandronde.org  
503-879-2002

Please scan the QR code to take the Pharmacy Survey TODAY





# SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

AN INDEPENDENT PUBLICATION OF THE CONFEDERATED TRIBES OF GRAND RONDE · SMOKE SIGNALS.ORG

## NEW NAVY ZIP-UP HOODIES AND T-SHIRTS AVAILABLE



NAVY ZIP-UP:  
FRONT & BACK GRAPHIC



TEAL ZIP-UP:  
FRONT & BACK GRAPHIC



GRAY ZIP-UP:  
FRONT & BACK GRAPHIC



BLACK ZIP-UP:  
FRONT & BACK GRAPHIC



BLACK PULL-OVER:  
FRONT & BACK GRAPHIC



NAVY T-SHIRT:  
FRONT & BACK GRAPHIC



TEAL T-SHIRT:  
FRONT GRAPHIC



GRAY T-SHIRT:  
FRONT GRAPHIC



BLACK T-SHIRT:  
FRONT GRAPHIC



BLACK T-SHIRT:  
FRONT & BACK GRAPHIC

### T-SHIRTS • ZIP-UP HOODIES • PULL-OVER HOODIES TRUCKER 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

<b>FREE SHIPPING!</b>		SMALL	MEDIUM	LARGE	X-LARGE	2X-LARGE	3X-LARGE	4X-LARGE
PULL OVER HOODIE (BLACK) \$35					Sold Out		Sold Out	
ZIP-UP HOODIE (BLACK) \$35					Sold Out			Not Available
ZIP-UP HOODIE (GRAY) \$35								Not Available
ZIP-UP HOODIE (TEAL) \$35				Sold Out				Not Available
ZIP-UP HOODIE (NAVY) \$35								Not Available
T-SHIRT (BLACK) <small>FRONT &amp; BACK GRAPHIC</small> \$15		Sold Out	Sold Out		Sold Out	Sold Out	Sold Out	
T-SHIRT (BLACK) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (GRAY) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (TEAL) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (NAVY) <small>FRONT &amp; BACK GRAPHIC</small> \$15								Not Available

TRUCKER CAP \$15		BEANIES \$15		PATCHES \$5		STICKERS \$1	
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Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_