

Spring Break photos — pg. 12

APRIL 1, 2025



SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

Chris Cherry acquitted of public safety ordinance violation

By Nicole Montesano

 $Smoke\ Signals\ staff\ writer$

ribal Court Chief Judge Patrick Melendy acquitted former Spirit Mountain Casino Marketing Manager Chris Cherry of violating a Tribal ordinance prohibiting use of Tribal resources to solicit or distribute election campaign materials after a 1.5-hour trial Wednesday, March 19.

"The court's finding is that the Tribe hasn't met its burden on this," Melendy said in his ruling.

In mid-August 2024, Cherry was cited under the Tribal Public Safety Ordinance for violating its campaign provision, which bars using Tribal resources to solicit or distribute campaign materials. It carried a maximum penalty of a \$50 fine, had he been convicted.

The ordinance violation was civil, not criminal, in nature.

Three weeks later, it was announced that Cherry was no longer employed by the casino. The incident took place during the campaign season, when Cherry's wife, then Tribal Council Secretary Michael Cherry, was running for re-election. Chris Cherry testified that he had made three attempts to print a smaller copy of a campaign banner on his work computer, to try to figure out why it was failing to print for the vendor.

"We don't believe he distributed or solicited," Defense Attorney Dori Brattain told Melendy. "He was simply correcting a font type issue. It was no different than people who bring up recipes on Google and print them out."

Chris Cherry testified that Michael Cherry never directed him to produce any campaign materials

See TRIAL continued on page 7



Smoke Signals file photo

Tribal Elder Lorene Smith watches dancers during the 40th Restoration Powwow at Spirit Mountain Casino's Event Center in November 2023.

Eldest Tribal Elder turns 100

By Nicole Montesano

Smoke Signals staff writer

Tribal member Lorene Smith has seen a lot,

and for the most part, she's enjoyed the experience.

However, Smith doesn't quite understand why anyone else might be interested in hearing about it.

"I've had an interesting life," Smith said. "For me it was good b b Begive I

but it would bore somebody else."

Her granddaughter Lorena Rivera, who was raised on Smith's

stories, disagreed.

After turning 100 years old Wednesday, March 19, Smith is now the eldest Tribal Elder, a de-

See ELDER continued on page 6



Contributed photo

Tribal Elder Lorene Smith turned 100 years old Wednesday, March 19.

Resilience Officer Kaylene Barry loves helping Tribe

By Nicole Montesano

Smoke Signals staff writer

hether it's fighting wildland fires or responding to an emergency medical call, Tribal member Kaylene Barry loves being there. Anything that involves danger, action, working



Kaylene Barry

with people and helping her Tribe in particular, she said, is the job for her.

"I'm an Aries, a fire sign, so I've always been interested in things that are exciting and challenging," she said.

And with the advent of a new position last summer – Resilience Officer for the Tribe's Emergency Services Department – Barry may have found the perfect job. Although she continues training to maintain her emergency medical technician rating, she said, she's now focusing on helping Tribal members prepare for emergencies of various kinds – ice storms, heat waves, wildfires, earthquakes and so on.

"I've always had a desire to help my community and I'm deeply in love with my culture, so when this opportunity came along, it was like everything perfectly came together," she said.

Barry prefers the word "resiliency" to the word "emergency." Talking about emergencies, she said, engenders fear, while talking about resiliency puts the emphasis not on whatever bad things might happen, but on people's ability to handle them with confidence.

"My focus is on taking away the fear of the unknown, because we know what to do," she said. Toward that end, she's working with Emer-

Toward that end, she's working with Emergency Preparedness Coordinator Brandy Bishop to design a new program; creating Tribal

See BARRY continued on page 10

General Council meeting

11 a.m. Sunday, April 6

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

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

NOTICE — Monthly Tribal Council Wednesday meetings Wednesday, April 2.....4 p.m. Wednesday, April 16......4 p.m.

Please note that these times and dates are subject to change if needed. In-person attendance in Tribal Council Chambers and via Zoom.

Letters welcome

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

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

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

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



Ad by Samuel Briggs III



One raffle ticket per item donated.

Easter boxes will be handed out by



smok signəlz

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DEADLINE DATE ISSUE DATE

Friday, Apr. 4	Apr. 15
Tuesday, Apr. 22	May. 1
Tuesday, May 6	May. 15
Wednesday, May 21	June. 1

MEMBERS OF:

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

EDITORIAL POLICY

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

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

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

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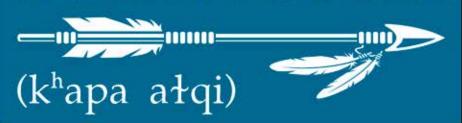
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IN THE FUTURE



lakit-mun (April)

- Wednesday, April 2 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
- Thursday, April 3 Spring carnival, 4-6 p.m., Tribal gym. Boxed dinners provided
- Sunday, April 6 General Council meeting, Lane Community College Longhouse, 4000 E. 30th Ave., Eugene, 11 a.m., and via Zoom. 503-879-2304.
- Saturday, April 12 Household hazardous waste collection, 9 a.m. to noon, Tribal Procurement Department on the Tribal campus.
- Wednesday, April 16 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
- Saturday, April 19 Tribal Housing Easter Egg Hunt, 10 a.m., Tribal Housing covered area. Bring your own basket. Mini powwow to follow from 11 a.m.-2 p.m. at Chachalu Tribal Museum & Cultural Center gym.
- Tuesday, April 29 Community Smudge Walk, 5 p.m. Meet at the Visionaries statue in front of the Governance Center. All are invited.
- Wednesday, April 30 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.

qwinəm-mun (May)

- Sunday, May 4 General Council meeting, 11 a.m., Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road. 503-879-2304.
- Wednesday, May 14 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
- Monday, May 26 Tribal offices closed in observance of Memorial Day.
- Monday, May 26 Memorial Day Ceremony, 1 p.m., West Valley Veterans Memorial, 9615 Grand Ronde Road. Meal served at noon in the Tribal Community Center.
- Tuesday, May 27 Community Smudge Walk, 5 p.m. Meet at the Visionaries statue in front of the Governance Center. All are invited.
- Wednesday, May 28 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.

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



Find out more:

Get as much information about foster care as you can. Children and Family Services offers opportunities to talk one-on-one with certification staff to ask questions and learn more before attending required training. You can also review our certification standards, which offers guidance and expectations of being a resource provider.

Make the decision:

Becoming a resource provider will bring changes to your life. Because of that, it is important that every member of your household considers what that will mean to them. The following is a list of questions that can help you make the right decision with your family:

- Does everyone in our family believe that resource care is right for us?
- Are you comfortable maintaining and making cultural connections?
- Are you willing to attending cultural events in Grand Ronde?
- Do we have friends or family that will support us in this decision?
- Do we have space in our home for a child?
- · Is there an age group or gender that would work best with our family?
- Any special needs a child may have that we would not be comfortable taking on?

For information contact:

Audra Sherwood Foster Care Coordinator Children & Family Services 503-879-2039





Smoke Signals file photo

The Easter Bunny, aka Tribal member Ayden Bobb, hands out candy during the Tribal Housing Department Easter Egg Hunt held at Tribal Housing last March. This year's Easter Egg Hunt is Saturday, April 19.

An egg-citing time for kids

Mini powwow will follow at Chachalu

By Danielle Harrison

Smoke Signals editor

The popular Tribal Housing Department Easter Egg Hunt will be held at 10 a.m. Saturday, April 19, rain or shine, at the covered area in Tribal housing on Raven Loop.

The hunt is traditionally held the Saturday before Easter. This year, Easter is Sunday, April 20.

As usual, organizers want to remind participants to arrive early or risk going home empty-handed as the young participants are very egg-er about scrambling about for the treats quickly.

In past years, the time for all the candy to be spoken for is about one minute after the hunt begins. Attendees are also asked to bring their own basket or bag to carry their treasures home.

This is one Tribal event that requires promptness on the part of parents and prospective Easter egg hunters, lest they miss out on the various treats.

"We are very excited to be able to have the Easter egg hunt," Housing Services Coordinator Lacy Leno said. "We look forward to seeing everybody and watching the kids have fun finding eggs."

There are four hunt categories for children ages 1 to 2, 3 to 4, 5 to 8, and 9 to 12. Typically, there are approximately 200 participants.

The Easter Bunny will be posing for pictures with children before and after the hunt, but parents will be responsible for taking their own photos.

Members of the Tribe's Housing Department, Community Health employees and other volunteers stuff about 2,000 plastic eggs with candy during the week before the event. Tribal Council sponsors the hunt and pays for the candy.

Afterward, the Tribe's Children & Family Services Department will host a mini powwow from 11 a.m. to 2 p.m. at Chachalu Tribal Museum & Cultural Center gym. The emcee will be Tribal member Fabian Quenelle and the arena director will be Tribal member Anthony Quenelle. The host drum is Bad Soul.

Lunch is provided and there will be vendors, raffles and activity tables. All are welcome and regalia is not required. ■

ELECTION BOARD VACANCIES

One permanent full time board member position open.

Two alternate board member positions open.

Qualifications:

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

Election Board Chair: Kalene Contreras

For information contact:

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



Food Bank news

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

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

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

The Food Bank will hold April 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.

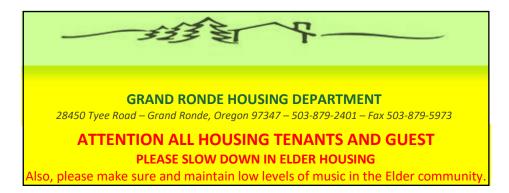
Call to ensure someone is available to assist. People also can sign up for a monthly email for the Food Bank calendar and events, as well as follow the Food Bank on Facebook.

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 in the Veterans House, Acting Chair: Pamala Warren-Chase.
- Editorial Board meets monthly. The next meeting will be held at 11 a.m. Friday, April 11 via Zoom. Contact Chair Mia Prickett at Editorial.Board@grandronde.org for the meeting link.
- **Education Committee** meets at 5:30 p.m. on the last Tuesday of the month in the Adult Education building. Interim Chair: Vale-
- Elders Committee meetings have been paused. Meeting times will be updated when information is available.
- 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 Molalla Room of the Health & Wellness Center. 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
- 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: Raymond Petite.

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





2020 - COVID-19 precautions went into effect in Oregon in mid-March of 2020. By April 1, shutdowns had been extended to late April. Spirit Mountain Casino, which had planned to re-open on April 2, extended the closure to April 9, while the Tribal Council prepared for financial effects from the pandemic.

2015 - Legalization of use and possession of small amounts of marijuana went into effect on July 1. To help Tribes, whose lands fall under federal jurisdiction, navigate the situation, Assistant U.S. Attorney Jennifer Martin and Assistant U.S. Attorney Tim Simmons offered a briefing at Spirit Mountain Casino.

2010 - Spirit Mountain Casino paid the fares for riders of the Grand Ronde Express bus that ran between Salem and Grand Ronde for the month of April in an effort to increase ridership. The service normally cost \$3 each way, or \$75 for a monthly pass. The program was a combined effort between the Salem Area Mass Transit District and the Confederated Tribes of Grand Ronde.



2005 - Tribal members split cedar logs to build a traditional plankhouse with lumber donated by the U.S. Forest Service.

2010

2000 - The Tribe partnered with the University of Oregon to offer Chinuk Wawa classes through the University of Oregon's Northwest Indian Languages Institute. Teacher Tony Johnson, a member of the Chinook Tribe in southwest Washington, said he was working with Head Start to create a children's language immersion program at the Tribal preschool.

1995 – Construction of Spirit Mountain Casino was picking up as the weather improved. A new underpass to cross Highway 18 was scheduled to start within the month.

1990 — The Tribe purchased two new flatbed trucks to convert for use as fire trucks on reservation lands.

1985 – Roger Harrison won the contest to design a logo for the Confederated Tribes of Grand Ronde. "Spirit Mountain has always been a symbol and a historic landmark of the Grand Ronde to me, and the five eagle feathers represent the five major, remaining Tribes: The Calapooia, Rogue River, Umpqua, Chinook and Tillamook," he wrote in Smoke Signals. "My grandfather, Harry W. Jones, was a full-blood Molel, a band of the Calapooias.'

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



Tribal Council approves first reading of amendments

By Danielle Harrison

Smoke Signals editor

Tribal Council approved a first reading of proposed Enrollment Ordinance amendments at its Wednesday, March 19, meeting.

The Enrollment Ordinance is being amended to align with the lineal descent constitutional amendment, which was certified by the Bureau of Indian Affairs Tuesday, Jan. 21.

Currently, enrollment for those older than six months and all non-emergency enrollments is on pause until Tuesday, June 3. At that time, open enrollment will begin for non-infant/non-emergency applications. It will close at 5 p.m. Friday, July 18.

Staff will publish a list Monday, July 21, of completed applications that are eligible for a random drawing. The Tribal Constitution sets a limit of 150 to 200 applications per year. That limit doesn't apply to infants younger than six months or minors who are the subject of pending juvenile dependency proceedings.

Before the first reading was approved, Tribal Council Vice Chair Chris Mercier read a statement.

"The Tribe's path to lineal descent has been a long one. We appreciate the time everyone has taken to participate in this process and be part of the discussion. The community meetings, surveys, and ongoing conversations have all been an important part of where we are now. We've heard your comments and are happy to be rolling out the proposed changes to the enrollment ordinance for its

Council to limit online chat function

When the COVID-19 pandemic began in 2020, most everyone had to make a quick switch to remote meetings. The Confederated Tribes of Grand Ronde was no exception.

Fast forward five years and hybrid meetings have become the norm, with Zoom a regular feature of Tribal Council and General Council meetings, allowing the Tribal membership from across the globe to participate.

However, along with the benefits of this technology have come issues as well, which is why the Tribal Council said it has decided to partially disable the "chat" feature button for meetings going forward

During the Wednesday, March 19 Tribal Council meeting, Chairwoman Cheryle A. Kennedy read aloud the following statement.

"I would like to thank our members for continuing to engage in meaningful dialogue with us during our regular Tribal Council and General Council meetings," she said. "We greatly value the thoughts and feedback of our members. Unfortunately, over the years we have encountered some issues with our hybrid formatting and have seen the chat feature used by some in ways that aren't appropriate for public meetings. In addition to that, the chat is extremely fluid and challenging to keep up with distracting some participants from the presentations and/or dialogue at hand. More recently, we have also had trouble verifying peoples' identities as links are shared with others. As a result, we have decided to limit some of the online chat features."

Moving forward, the chat will only be enabled for online participants to message all hosts and panelists during the meeting. If a member would like to ask a question but is not comfortable in a public setting, they will be able to message anyone of the panelists to request the question be asked on their behalf. Thank you all for your understanding and patience as we work to improve our hybrid meetings. We look forward to continued communications."

first reading.

He continued, "We have decided to move forward with an open enrollment period for first-year applicants and a drawing to create the waitlist. While we realize that this approach may not be the preferred path for some, it was important that we come from a place of fairness and equity. This process

will not discriminate against individuals with different application factors. We believe that this process will also alleviate concerns members have shared with us around other types of processes...We will be providing additional updates as we move forward."

Tribal members will have until Thursday, May 1, to comment on the proposed changes. Those can be sent to the Tribal Attorney's Office, 9615 Grand Ronde Road, Grand Ronde, OR 97347, or by email to legal@grandronde.org. The proposed changes will run in Smoke Signals in the Tuesday, April 1 and Tuesday, April 15 editions.

In other action, Tribal Council:

- Approved appointing Pamala Warren-Chase to the Tribal Member Review Board;
- Approved the Tribal Transportation Program funding agreement between the Tribe and U.S. Department of the Interior Bureau of Indian Affairs;
- Approved amending a contract with Maul Foster & Alongi for a maximum amount of \$196,350 for demolition permits and oversight related to the latest round of demolition at tumwata village in Oregon City;
- Approved amending a contract with Elder Demolition Inc. for a maximum of \$1.89 million to demolish 40 structures at the tumwata village site, including all fire damaged buildings and warehouse buildings;
- Approved an application to Philanthropy Northwest for its EPA Region 10 Environmental Justice Thriving Communities Grant for up to \$250,000;
- Approved an application to the National Oceanic and Atmospheric Administration for the Transformational Habitat Restoration and Coastal Resilience Grant for up to \$10 million;
- And approved the enrollment of three infants into the Tribe because they meet the requirements under the Tribal Constitution and Enrollment Ordinance.

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



CTGR Member Services

Requests for Descendancy Options

- 1. Descendancy letter (no DNA testing)
- 2. Certificate of Descendancy (DNA testing required)

Process:

Submit completed application (digital signatures are not accepted) along with a copy of an original state certified birth certificate (we cannot accept copies) and proof of payment for the DNA from the Finance Department. Once application is received, Enrollment Office staff will process and setup the DNA appointment.

DNA at the Grand Ronde Health & Wellness Center: Cost of DNA testing is \$50 and you must pre-register with the clinic prior to your appointment. To pre-register, contact Ashley Stonebrink at 503-879-1325 or Stacy Pond-Bissonette at 503-879-2096.

To request an application or if you have any questions, contact the following:

Memberservices@grandronde.org

Enrollment staff:

Tristin Armstrong 503-879-1619, Tristin.armstrong@grandronde.org Nick Labonte 503-879-2490, Nick.labonte@grandronde.org

Please send completed applications to:

The Confederated Tribes of Grand Ronde
Attn: Enrollment Office

9615 Grand Ronde Road, Grand Ronde, OR 97347

2025-26 Royalty Courts

Currently accepting applications.

Application deadline is 5 p.m. Wednesday, April 9.

Late applications will not be accepted.

General requirements:

- Enrolled Grand Ronde Tribal member and/or direct descendant of a Tribal member (must show proof via a descendancy letter and/or certificate).
- Must be drug, alcohol and tobacco free.
- Attend school regularly and be in good standing.
- Must be single with no dependents.
- Attend mandatory orientation and sign and comply will all royalty guidelines.

For information contact:

Shannon A. Simi 503-879-1358 Shannon.simi@grandronde.org



Smith was born in 1925 in Grand Ronde

ELDER continued from front page

scendent of Peter McCoy, Second Chief of the Umpqua Tribe, who signed a treaty with the Umpqua and Kalapuya in 1854, and with the Molalla in 1855.

Smith was born in 1925 in Grand Ronde, to Lawrence Smith and Gertrude McCoy, but had only a few years with her mother, who died when she was 4.

She said she can't recall how old she was when she and her older sister Rosemary were sent to Cushman Indian Hospital & Sanatorium on the Puyallup Reservation in Tacoma, Washington, or exactly how long they stayed.

"They suspected my sister and I of having TB (tuberculosis), that was why we were there," Smith said. They kept us there for quite a while. They used to make us stand out in the hall of the building we lived in and drink milk. I hated milk. That was a part of my life I didn't like."

She continued, "I was about six, but one morning — I guess it was morning, it was dark — I found myself sitting, leaning against a wall. They were punishing me. I don't know what I did to get punished. I was a shy, quiet, backward kid. So, I was entertaining myself. There was a window above me. I could see the sky; I watched the clouds go by. I don't know how long it went on."

After being released from the sanitorium, Smith said, she often worked in the fields with her family, as her father and stepmother, Irene Cunningham, picked crops such as hops and berries, particularly around Independence, like many Grand Ronde families at the time.

"That was a part of my life I liked, working out in the field," she said.

She recalled that, "You'd get out there about 6 a.m., be there working and at 10 a.m. they'd send the ice cream truck around to the people, so we all looked forward to that as kids," she said.

Her favorite flavor was strawber-



Contributed photos

Tribal Elder Lorene Smith, right, at age 9, with her sister Rosemary, at age 13.

ry, she said, before amending it to "actually, anything sweet."

And although the work was repetitive the kids kept themselves entertained.

"Picking strawberries, you're down on the ground crawling around, rows and rows of berries, but we'd always sing," Smith said. "Then we worked in hop fields, they had amateur hour there. They had a ring, like a string match place, and they'd put a microphone. My cousin Arnold Logsden would sing with us, so it kind of entertained people. ... In Independence, I think that was a real small town, and that's where the grower had his field."

World War II began in 1939. In 1941, Smith said, "When I was 16, my dad, him and my stepmother went to work in Portland, building airplanes. It was wartime."

Smith and her sister Rose found jobs in a plant where they packaged eggs for the Army. They snatched eggs from a conveyor belt going by and cracked them into containers. They soon tired of it, she said, and found jobs in a furniture manufacturing plant instead.

After the war, she said, they returned to field work. But in the 1950s, the United States government began terminating federally recognized Tribes and started a concerted effort to convince Indigenous people to move to cities.

"That government man kept coming out to the berry farm where we worked," she said. "It took him three times to get me to move."

The effort was to "get them off the reservations, move them, put them in the city where they can get jobs, live like a white man," Smith said. "I thought we had a good life on our berry farm, out in the fresh air and the sunshine. Eat all the berries we wanted."

She laughed, remembering that she once told her boss she needed more time to get to work.

"He said 'Why, it's just a walk, not too far away.' I said, 'I've gotta eat my way through the fields. Stop, eat all the berries.' He said, 'Go ahead."

But Smith had two children by then, and the government agent kept coming back, making promises. In 1956, she finally agreed to move – on condition that she could be a power machine operator, although she had no idea what that was.

"My dad come down with me," she said. "He wanted to see me get settled. I was about 31."

Things did not work out exactly as promised.

"They wanted me to live in San Francisco and I said no," she recalled. "They asked me where I wanted; they said you can go anywhere you want ... we'll help you find work. And I said, 'not San Francisco.' I'd never been there, never heard about it. That's where they put me. And they got

me working someplace, making jeans. Levi Strauss. I don't know how long I stayed there. ... I might have worked there a year, but I didn't like it," she said. She did operate her power machine – an industrial sewing machine, with a knee pedal.

"It was a fast machine ... you push your knee against it, then that machine took off, so you had to really know how to control it. But I enjoyed that," she said.

Smith attended the school in Grand Ronde, which ended in the eighth grade.

"When I come down here, I wanted to get a job, but I was quite young and they wanted my schooling," she said. "I told them I didn't graduate high school. And the job I wanted, you had to be at least 10th grade. They said, 'Well, don't worry about it. There's an address you go to and we'll test you. If you test at 10th grade, not having gone, you're in.' And I passed, and I said, 'Look at that, I'm a 10th grader.' I felt pretty proud, seeing as I didn't go to that."

After leaving her first job, she moved to Oakland, where she still lives now, having heard of another training opportunity manufacturing drapes.

"I don't remember how long I stayed there, but it was a nice place to work," she said.

Smith settled down and made friends, some lifelong, and raised her four children: Veda, John, Kelly and Gina. There were more jobs, including working in a salon after attending beauty school, but she disliked that one.

She moved on again, to McClure Convalescent Hospital and Rehabilitation Center, where she worked in housekeeping – and this time, she stayed for the next 30 years.

"I enjoyed working," she said. "I enjoyed the nurses and the patients were happy to see me."

Smith retired in 2005.

"I was 80 when I retired," she said. "I told myself, 'You worked enough. Saturday, you're going to be 80. Quit."

She said when she announced her retirement, the hospital administrator said, 'You've got 407 hours sick leave. How come you never took time off?" She had never wanted to, she said.

Rivera said the family stayed close, living in the house Smith had found with separate apartments on two levels. She grew up in the upper apartment, living with her mother, siblings and grandmother, and later raised her own daughter there.

"She's been an important part of my life," Rivera said. "She would start work at 5 in the morning, then she'd go across town to pick us up, me and my sister. I remember her taking us out to eat and then taking us home. ...I've been really privileged to grow up with her."

Today, Rivera said, her mother and stepfather live in the upstairs apartment, while Smith and Rivera live downstairs. Rivera shares care of Smith with her mother and stepfather. ■



Tribal Elder Lorene Smith and her daughters Tribal Elders Gina Ahedo, left, and Kelly Lazore, right, on Smith's 99th birthday last year.

The Tribe failed to prove its case

TRIAL continued from front page

through his work and was unaware of his effort to correct the proofs. Michael Cherry was not cited in the incident.

In September, she lost her reelection bid. The Cherrys said at the time, they believed the complaint and social media allegations were tactics to undermine her campaign.

According to evidence presented at trial, Cherry had spent "less than six minutes" working out the issue before discarding the proof. The flyers and banners actually used in the campaign were printed by professional vendors, with receipts presented in evidence.

Shortly after he did that work, however, allegations surfaced on an anonymously run Facebook page that Cherry had used the computers at the casino to print out his wife's campaign materials, followed by an anonymous complaint to the Tribal police, who followed up with an investigation and later a citation.

The police report didn't specify if it was a casino or Tribal employee who initially reported the matter, but it was later stated at a Wednesday, Aug. 21, Tribal Council meeting that a Tribal Council member had been

the one to initially contact police.

The Tribe accused Cherry of having violated the ordinance by soliciting and distributing campaign materials. Prosecutor and Tribal Senior Staff Attorney Brooks Wakeland argued that Cherry should not have used a vendor that he knew of because of his marketing job with the casino, saying that was a use of Tribal resources. Cherry testified that it would have been "almost impossible" to try to find a vendor he had not become familiar with through his job.

Wakeland also argued that it didn't matter how little time Cherry had spent on the project.

Tribal Police Cpl. Tokata Tehama testified for the prosecution.

Tehama testified that a manager for the casino, who did not testify or attend the trial, had provided him with a copy of a file Cherry had deleted from his computer, and a video showing Cherry's desktop and the actions Cherry had taken in sending his proof to the printer three times. The file, Tehama said, "contained campaign signs he had designed going back to 2020."

Tehama said he believed that Cherry's actions constituted both solicitation and distribution, telling Brattain that he meant "reaching out to One Day Signs and working on, designing and editing on work time." Further, Tehama said, "If I print something, I'm going to use it. I can't think of something I'd print and just toss." He agreed, however, that other people might act differently.

Cherry said all design and editing work was done on his home computer, and that his communications with the vendors were done using his personal email.

"I would never have thought that reaching out to a vendor would be any kind of solicitation," Cherry testified.

Brattain quizzed Tehama on the meaning of the words "solicit" and "distribute," and called Tribal Police Chief Jake McKnight to the stand to testify that he had approved the citation, and had not provided training to his officers on the meaning of the words "solicit" and "distribute."

Wakeland conceded that Cherry had not distributed the proof he had printed. However, he told Melendy, Cherry "did troubleshoot, he did reach out to solicit through a resource developed through work. ... he used Tribal resources — a vendor — and Tribal materials — a computer." However, he failed to convince Melendy.

"I just can't get there," Melendy said. Cherry's actions "may have been a substantial step," he said, but the Tribe had failed to prove its case. Cherry said he felt vindicated and hopes that his case will prevent others from enduring similar treatment.

"The entire ordeal - starting with an anonymous online smear campaign, immediately followed by a police investigation, a rushed employment decision and a public announcement by Tribal Council before I had even been formally notified – has been an alarming example of political interference and overreach," Cherry said. "I was held to a different standard than others, and after 28 years of dedicated service to the Tribe and casino, it has been incredibly disheartening to see my reputation dragged through the mud over an issue that was exaggerated for political purposes."

However, he noted that the ruling had given him "renewed hope," in the justice system and "deep respect" for the Tribal Court.

"I hope that moving forward, others will be treated more fairly and that, as a community, we can set aside political divisions and focus on our shared values of respect, fairness and the well-being of our co-workers, friends and neighbors," Cherry said. "As a lifelong community member with many Tribal family members and friends, my prayer is for the continued success of the casino and the Tribe in all its endeavors."

If the Tribe decides to appeal the ruling, the case will go to the Tribal Appeals Court. \blacksquare







Tribal Court Programs Coordinator 9615 Grand Ronde Road Grand Ronde, OR 97347

503-879-4623 CourtPrograms@grandronde.org

Volunteers Needed!

We are seeking volunteers for two of our programs:

Court Appointed Special Advocate (open to all community members)

Tribal Member Review Board (must be an enrolled CTGR Tribal member)

oard ember)

If you would like to volunteer:

- 1. Indicate which program you are interested in (mark one of the boxes above).
- 2. Fill out the form below with your contact information.
- 3. Mail, drop-off or email the completed form to Tribal Court Programs Coordinator.

Full Name:

Phone Number:

Email:

Address:

Visit our website for more information and the qualifications for each program: grandronde.org/government/tribal-court/court-programs/



Tribe honors 83 employees for 1,070 years of service

By Nicole Montesano

Smoke Signals staff writer

The Tribe took time Thursday, March 20, to honor 83 employees for a cumulative 1,070 years of service with breakfast and games at the Tribal gym.

Tribal Council Chairwoman Cheryle A. Kennedy welcomed employees.

She praised employees and Tribal members for "taking care of all of our lands. Taking care of all of our rights and fighting for things yet to come. And all of the work," noting that her own background was in health care.

"I especially look toward all the services that deliver our sovereignty," Kennedy said. "Whether you're a member or not, we value you. We appreciate you. ... I'm thankful we seek input from our members and our employees."

She reminded employees of the dedication of Tribal members Margaret Provost, Merle Holmes and Marvin Kimsey in getting the Tribe's federal recognition restored. A bronze statue of the trio is located in front of the Governance Center on campus.

"Those three had an idea and we couldn't be stopped

and we're not stopping today," Kennedy said.

She noted that the actions of the Trump administration have sown chaos and uncertainty, noting "they have an idea about what it means for Tribes," but said, "rest assured" that the Tribal Council is watching closely, trying to forecast the effects of the administration's actions and come up with responses.

"Even through the pandemic, our



Photos by Michelle Alaimo

Tribal Staff Accountant Shereena Bates, right, hugs Tribal Council member Denise Harvey as she is recognized during the first quarter Years of Service awards in the Tribal gym Thursday, March 20. Bates has worked for the Tribe for nine years.

Tribal Early Head Start Family
Educator Shawn Bobb, right, shakes
hands with Tribal Council member
Brenda Tuomi as she is recognized
during the first quarter Years of
Service awards in the Tribal gym
Thursday, March 20. Bobb has
worked for the Tribe for 21 years.

Assistant General Manager Bryan Langley presided over the event and called out ticket numbers for attendees to participate in games. After presenting the service awards, Langley drew employee names to raffle off gifts of cash and administrative leave time.

Employees were served a breakfast of scrambled eggs, biscuits and gravy, bacon, sausage and fruit.

The following employees were recognized:

35 years: Procurement Specialist Kelly Leno.

30 years: Records Administrator Kimberly Mueller.

29 years: Licensing ProgramManager Julia Papen.27 years: Billing Supervisor

Sunni Ulestad.
26 years: Clinic Business Office

26 years: Clinic Business Office Manager Melody Baker.

25 years: Employee Relations Manager David DeHart and Compensation/HRIS Specialist Becky Mode.

24 years: Spirit Mountain Community Fund Director Angela Sears

23 years: Web Administrator William Mercier, Tribal Police Chief Jake McKnight and Office Manager/Paralegal Kerrina Mishler

22 years: Post-secondary Education Coordinator Joshua Clift.

21 years: Early Head Start Family Educator Shawn Bobb and Tribal Services Representative Lisa Archuleta.

19 years: Employment Specialist Toni Mercier and Staff Accountant Debra Nolen.

18 years: Employment Specialist Jessy Powley.

17 years: Construction Supervisor Bart Bryant, Housekeeper Rosie Saldivas, Health Information Supervisor Desiree Allen, Fish and Wildlife Administrator (in training) Michele Volz, Enrollment Officer Nick Labonte, Senior Dental Assis-

tant Rachel Clark and Compliance Analyst Tyrell Soderberg.

16 years: Health Care Payment Specialist Kayla Leno, Groundskeeper Joseph Grammer and Hydrosystem Compliance Specialist Lawrence Schwabe.

15 years: Lead Shipping Receiving Clerk Seth Mercier and Rental Housing Program Manager Leon Ramos.

14 years: Chinuk Wawa Preschool Teacher Halona Butler, Employment Program Manager Michael Herrin, Employee Relations Specialist Sean Barton and Dental Hygienist Erin Muchmore.

13 years: Gaming Inspector Dalten Robertson, Historic Preservation Manager Briece Edwards and Family Support Specialist Alexandria Warren-Masters.

12 years: Groundskeeper Sean Sell, Risk Analyst Patricia Mercier, Child Family Services Investigator Shauna Hastings, Employment Caseworker Angella Schultz and Employment Caseworker Tiny Gibbons.

11 years: Groundskeeper Joseph Kelley, Tribal Police Detective Tyler Brown, Patient Insurance and Eligibility Specialist Whitney Vanarsdel, Chinuk Wawa K-5 Teacher Jade Colton and AV Technician/ Web Specialist Jordan Smith.

10 years: Housing Services Coordinator Lacy Leno, Tribal Police Sgt. Rod McAllister, Elder Justice Coordinator Stephanie King and Chinuk Wawa Outreach Teacher Zoey Holsclaw.

Nine years: Staff Accountant Shereena Bates, Senior Help Desk Technician Mark Donahoo, Lead Licensed Practical Nurse Jeannette Cavan, Assistant Teacher Washie Squetimkin-Anquoe and Emergency Preparedness Coordinator Brandy Bishop.

Eight years: Preschool Teacher Joshua Biery, Physician Randall Blome, Training Specialist Jeri St. Onge, Teacher Aide/Bus Monitor Shawna Freeman, Human Resources Specialist Jessie Storm and Firefighter Anthony Simmons.

Seven years: Senior Mental Health Counselor Denise Fellows, Member Benefits Administrator Kalene Contreras, Tribal Police Officer James Flynn, Early Head Start Family Educator Tracy Haas, Compensation/HRIS Analyst Jonathan R. George, Lab Manager Teresa Larson and Tribal Realty Specialist Amanda Wilson.

Six years: Staff Accountant Benito Rodriguez.

Five years: Victims Assistant Advocate Anne Falla, Cultural Protection Specialist Jesse Norton, Vocational Rehabilitation Trainee Trinity Sherwood, Secretary Bethany McKnight, Enrichment Coordinator Jerald Harris, Teacher Aide/Bus Monitor Maria Ramirez, Maintenance Technician Lisa M. Leno, Rental Housing Assistant Alisa Mull, Tribal Police Officer Brian Hamlin, Health & Physical Education Coach Shane A. Thomas, Academic Advisor Devon Mercier, Applications Administrator Dina Sayers and Behavioral Health Program Care Coordinator Dorothy De la Rosa. ■



focus was on trying to keep our employees employed," Kennedy said.

Tribal Council member Matthew Haller gave the invocation and performed a flute song. When he finished, he said, "Thank you guys; I really appreciate you."

In addition to Kennedy and Haller, Tribal Council Vice Chair Chris Mercier and council members Denise Harvey, Brenda Tuomi and Tonya Gleason-Shepek attended.



smok signəlz **APRIL 1, 2025**

ENROLLMENT ORDINANCE OPEN FOR COMMENT

The Tribal Council has moved forward with a first reading of amendments to the Enrollment Ordinance at the Tribal Council meeting held on March 19, 2025.

The amendments to the Enrollment Ordinance will (1) Update sections of the ordinance including the duties of staff section, the committee section, the Tribal roll section, the application section, the proof of descendancy section and the publication section; (2) Add sections to the ordinance including a waitlist section, a 2025 open enrollment section, and an enrolled in error section; (3) Remove the blood degree correction section and other unnecessary references to blood quantum; and (4) other minor technical changes. Tribal Council invites comments on the amendments to the Enrollment Ordinance.

For a copy of the ordinance, contact the Tribal Attorney's Office at 503-879-4664. Send comments to the Tribal Attorney's Office, 9615 Grand Ronde Road, Grand Ronde, Oregon 97347 or by email to legal@grandronde.org.

Comments must be received by May 1, 2025. ■





FREE Household Hazardous Waste Collection Event

Confederated Tribes of Grand Ronde Procurement Building V 9635 Grand Ronde Road Grand Ronde, OR 97347













1. Use safe containers

- Keep products in securely-sealed original containers when possible
- Place items in boxes or sturdy containers.
- Please do not put inside plastic garbage bags.
- No containers larger than 5 gallons.

2. Waste collected from vehicle

- Keep products in securely-sealed original containers when possible.
- Please stay in your vehicle.
- Materials will be collected from trunk, cargo area, or truck bed.
- Please do not bring additional passengers or pets
- No smoking.

3. Follow instructions at event



Bring This:

- · Pesticides and poisons
- Thermometer · Thermostats
- · Mercury and mercury
- containing items
- · Polishes
- · Pool chemicals
- Rust remover
- Antifreeze · Parts cleaners
- Automotive fluids
- · Paint and paint thinners · Batteries

Not That:

- · Radioactive waste
- Asbestos
- Ammunition Explosives
- Pharmaceuticals
- · Electronic Waste

ECE move



Photos by Michelle Alaimo

Shayim classroom Teacher's Aide Aleah Patterson places books on shelves in the library area as the Tribe's Early Childhood Education Program moves into the new Early Care and Education building on Monday, March 24. The 26,000-square-foot building includes 12 classrooms, two outdoor play areas, community room, large commercial kitchen, 16 administrative offices, break room, restrooms and other support areas. Students started classes in the building Monday, March 31.



Teacher's Aide Wendy Mercier cleans a cubby in the Chak Chak classroom as the Tribe's Early Childhood Education Program moves into the new Early Care and Education building Monday, March 24.

ODFW rescinds Siletz consent decree

SALEM — On Friday, March 14, the Oregon Department of Fish and Wildlife Commission rescinded a 1980 consent decree between ODFW and the Siletz Tribe. This means that Grand Ronde is now the only Tribe in the state of Oregon, as well as the United States, to still be bound by a consent decree.

Consent decrees are enforced by federal agreement and were used as a means of negotiation in order for terminated Tribes to get their reservation lands back. In exchange, Tribes agreed to have very limited hunting, fishing, trapping and gathering rights. Decades after these agreements were signed, the state of Oregon has acknowledged that these were a product of the times and represented a distorted view of Tribal sovereignty.

"I couldn't be happier for the Siletz people," Grand Ronde Tribal Council Chairwoman Cheryle A. Kennedy said. "Not only is the repeal of the Siletz Tribe's consent decree historic in its own right but it signifies that the state is moving forward to right these historical wrongs. We look forward to working with the state to address our own."

The state's action came after congressional legislation and a federal court's vacating of the Siletz consent decree.

"Today's action rights a historic wrong and continues to advance our cooperation with the Siletz Tribe towards our shared goal of healthy fish and wildlife populations," ODFW Director Debbie Colbert said.

In February, U.S. Rep. Andrea Salinas and U.S. Sen. Jeff Merkley reintroduced legislation to restore traditional hunting and fishing rights for Grand Ronde.

The House version of the bill is cosponsored by U.S. Reps Suzanne Bonamici, Val Hoyle and Janelle Bynum. The Senate version is cosponsored by Ron Wyden.

If passed, this legislation would allow the Tribe to return to federal court to request the termination or modification of their current consent decree with the state of Oregon. ■

Barry started on the Tribe's wildland fire crew

BARRY continued from front page

Community Response Teams to train and prepare for responding to emergencies of all sorts within the Grand Ronde area.

"We live in a community that does such an awesome job of sticking together and creating such a healthy, successful life for our people and something that protects that is safety preparedness," she said.

More details about that program will be forthcoming.

"We're still just crafting this posi-

tion," Barry said. "Obviously there's a goal and a direction we specifically want it to encompass, that's kind of vague, so I can assess what the needs are in the community that can slip through the cracks, and then go out and assist with that in any way."

Barry said she got her start at the age of 20, working on the Tribe's wildland fire crew for a season. In December 2020, she transferred to the Tribe's Emergency Services Department, went through the fire academy and obtained training to become an EMT. She loved all of it, she said. When the department started talking about using grant money for a new position focused on prevention, rather than response, she was immediately interested and began her new role in June

"I've been on the ambulance for three years, so it's been interesting switching to preparedness, from acting as the emergency is unfolding," she said.

While not every emergency can be prevented, Barry said taking steps to prepare ahead of time can make a world of difference.

"It's super fun and really rewarding to feel like I can really impact my community with safety preparation," she said. "It's really open for any direction we want to take it, so it's exciting."

With spring underway, she's encouraging homeowners within the department's response area to call for assessments of their properties' defensible space. The wildland interface, which is the term used by firefighters for areas where homes are located in or near forests and wild lands, is particularly vulnerable to the dangers of wildfires.

Increasingly, fire departments are asking residents in such areas to focus on making their homes and properties better able to withstand wildfires. That can include work such as cutting tree limbs around the house higher to prevent fire from racing up into the crown of the trees, being careful about what kind of vegetation is located near homes, making sure that driveways won't be engulfed by fire if residents need to flee and similar considerations.

Department members will visit the property, Barry said, and provide an assessment.

"So, I'm really hoping more people reach out this year," to request the service, Barry said.

Elders who have physical or

financial limitations can also ask for assistance in carrying out the advice they receive on improving their property's defensible space.

"We have in the past hired a couple of seasonal employees to go out and help with that," Barry said. "It's increasingly important to consider wildfire susceptibility. In the past, Oregon hasn't had the same risk of fire that we do now. People are so used to this not happening to us: now we are faced with educating people on what it looks like to start prepping in late winter and spring, so that when summer comes and that fire risk goes up, you're not trying to backtrack dangerous situations."

Although it was late March when Barry was interviewed by Smoke Signals, she said that she had already responded to a wildfire.

"A field was on fire," she said. "And it's March and it's been raining, and it rained all day today, which is good for that property owner, but it goes to show that it's never too early to start preparing."

Barry said it's important to keep aware of various potential hazards.

"This time of year, it's always like, making sure you're prepared because our weather is changing really quickly; it could be raining today and snowing tomorrow ... keep in mind to be prepared to drive in different conditions," she said. "Ready go bags (should be packed) because we're always under threat of an earthquake.

She encourages people to reach out to her with questions on how to start planning and preparing for earthquakes or talk to family members about creating a plan.

For more information about the defensible space program or emergency planning, email Kaylene. Barry@grandronde.org or call 503-879-1701. Email is preferred where possible, she said. ■

TERO individual funding spotlight: Alan Cureton

Alan first came to TERO seeking assistance with his Class B commercial driver's license in 2023, which he obtained and began utilizing.

In 2024 Alan came back to TERO looking to upgrade to his Class A CDL. After quickly completing the program, Alan went to work immediately and says that he is, "very thankful to the Tribe and TERO for the assistance and I have been working for more than six months now



Alan Cureton

enjoying my new career as a truck driver."

Alan first heard that TERO was able to assist with the funding for his CDL course by speaking with TERO Director Harris Reibach and then working directly with TERO Training and Development Coordinator Jacob Boekhoff to get the course set up and funded.

The TERO staff thanks Alan for his hard work and representation of the program!

For more information on the TERO Skills Bank Individual Funding Opportunities and other TERO opportunities, contact the TERO office or the TERO director. TERO Office: 503-879-2188 or tero@grandronde.org

COMMUNITY PROGRAMS

WE WANT TO HEAR FROM YOU

Drop In April 2nd 11am-6pm



Seeking Input On:

- Budgeting
- · Goal Setting
- · Time Management
- · Health & Wellness
- Cultural Connection

Building Independence

Please call Joanna Brisbois for questions or interest 503-879-2149

Where: Veteran Services &

Building (Old Procurement)

Community Programs

Snacks & cultural activity provided



We are excited to announce our new Defensible Space Program!

This program is aimed to help our community reduce potential impacts of wildfire. We will be educating the community on actions that help prepare their homes and properties from the threat of fire. We will also be offering free defensible space home assessments and mitigation services to qualifying properties! Evaluations and recommendations are available to assist property owners in strengthening their defensible spaces.

As the threat of wildfire increases each year, so does the importance of spreading information on how to protect and enhance the resilience of yourself, your home, and property. Reach out today for more information.

For more information please reach out to:

Grand Ronde Emergency Services - 503-879-3473 Kaylene Barry - kaylene.barry@grandronde.org

11 smok signəlz **APRIL 1, 2025**

Tribe stops using pesticide glyphosate

By Nicole Montesano

Smoke Signals staff writer

The Tribe responded to advocacy from Tribal members regarding use of the herbicide glyphosate by discontinuing its use, General Manager Angie Blackwell said in March.

The widely used but sometimes controversial herbicide is more broadly known by the brand name Roundup, although it is also sold under other names.

Activist and Tribal member Amber Eastman, who had been a leader in advocating for ending use of glyphosate, initially said she was grateful for the decision.

"The land can finally begin to heal and that is restoration we deserve, the restoration we have always deserved," Eastman said. "hayu masi, Creator, for hearing our prayers and guiding hearts toward this decision. The facts were there and could no longer be ignored...Years of advocacy from

so many community members are rejoicing and relieved with this decision, a section made on behalf of the membership and community it affected. ... I know there was other chemicals used along with the glvphosate and I hope they made the decision to cease all of those...We cannot ignore what we are putting into the ground as a whole is bad for the environment and contradiction to our values and connection to the lands as good stewardship."

However, Eastman later said she was upset that a different herbicide had been substituted. Eastman wrote to the Tribal Council, saying that she had "deep concern regarding the continued use of herbicides on our lands, particularly the recent replacement of Glyphosate (Glystar) with Surflan, which contains the active ingredient oryzalin. While this change may have been made with good intentions, oryzalin carries its own set of health and environmental risks that must not be overlooked. As stewards of our land, we have a responsibility to ensure that our practices align with the health and well-being of our people, our future generations, and the natural world we are entrusted to protect."

Eastman said that she is now advocating for an end to the use of herbicides in general around the Tribal campus and housing.

"Spraying herbicides disrupts the balance of our ecosystems, affecting soil health, water sources, and the plants and animals that are vital to our traditional practices," she said. "The long-term consequences of these chemicals in our environment are still not fully understood, vet the risks are evident."

She continued, "Our ancestors thrived for generations by working in harmony with the land, not against it. There are alternative, culturally-aligned land management practices that prioritize soil regeneration, controlled burning, manual removal and native plant restoration — methods that not only protect our people but also enhance the resilience of our lands."

Eastman urged the Tribal Council to conduct an independent review of

herbicides used and also to develop alternative land use practices.

Last year, the Tribe obtained a five-year, \$1.9 million grant from the Environmental Protection Agency to develop a policy on the use of herbicides and other chemicals. In December, the Tribe conducted a member survey to gather information about members' views with the hope of having a program ready to implement by the end of September 2026.

The grant for the program, however, may be threatened by the Trump administration's actions involving federal grant freezing and suspension.

The Facilities Department policy on herbicides authorizes uses of specific products, but states that housing tenants who want to opt out of having their yards sprayed may do so if they submit a formal written request to the Grand Ronde Housing Department and keep the area weeded within the bounds of signs that will be placed by the Housing Department.

Periodic inspections will be conducted, it notes, and once the nospray signs have been placed, they are not allowed to be moved and must be kept clean and clear. ■

Drop box installed

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

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

The drop box is for any prescribed or over-the-counter medication. If the containers are too large to fit in the drop box, please repackage them in a zip-lock plastic bag.

Needles and liquids are not allowed in the drop box.

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

Clothes Closet open The Clothes Closet is open from 9 a.m. to noon Friday on the Tribal

campus near the Elder Activity Center at the end of Blacktail Drive.

The Clothes Closet accepts clothing, small appliances and pieces of furniture, electronics and household goods that are clean and in good condition. It does not accept books, large TVs or furniture, but there is a community board where people can post those items.

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

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For more information contact: Katherine at 503-879-1466 or

Katherine.Warren-Steffensmier @grandronde.org



Ad by Samuel Briggs III

WWW.SMOKESIGNALS.ORG



Save the date | August 15–17



Photos by Michelle Alaimo

Tribal Native Plant Nursery Supervisor Jeremy Ojua, left, helps Alana Hudson, 14, plant narrow leaf onion in a pot for her to take home during Spring Break Camp Tuesday, March 25.

Breakn' in spring

The Tribe's Youth Enrichment Program hayu-munk skukum held its annual Spring Break Camp at B'nai B'rith Camp in Otis Monday to Wednesday, March 24-26. Thirty sixth grade through 12th grade youth attended the annual camp where they were divided into "villages," Chinook, Kalapuya, Tillamook and Umpqua. The villages took part in Native activities, cultural education stations, performed team skits and competed against each other in team challenges for points. The village with the most points at the end of camp was added to Youth Education's Spring Break Hall of Fame.



From right, Riley Freeman, 13, Aubrey Campbell, 12, Leloo Quenelle, 12, and Grace Macon, 11, decorate their flutes during Spring Break Camp Tuesday, March 25. Tribal Elder Deitz Peters told a flute story and the youth got a short lesson on how to play the flute before decorating.

Cohen Fugate, 13, left, and Micah Bruckner, 15, compete in a game of Kajabe Can Can during Spring Break Camp Tuesday, March 25. Cohen won the challenge game for his village.





Zendaya Many Hides, 12, left, pours water into the filtration system she and Isabella Alexander, 12, made during Spring Break Camp Tuesday, March 25. Tribal Environmental Health & Safety Specialist Nick Oldenbourg and Tribal Health Promotion Specialist Zach Rue from the Tribe's Public Health Program taught the activity.



Grace Macon,
11, attempts
from memory to
recreate a pebble
pattern that a
fellow camper
created while
competing in a
Native Olympics.



POWWOW VENDORS WANTED

The Grand Ronde Contest Powwow Committee is seeking vendors for the 2025 Contest Powwow, which will be held Friday, Aug. 15 to Sunday, Aug. 17.

Interested vendors are asked to apply online at www.grandronde.org. For more information or assistance call 503-879-5211, 503-879-2037 or 503-879-4533. ■

G R A D U A T I O N C A P B E A D I N G

With Marcel



April 17th, 2025 2:00pm - 6:00pm @Public Health Building

A basic black cap will be provided for the first 20 people to arrive



Beads will be provided and available, but you may bring your own as well.



łush lamatsin

Federal budget cuts funding for tumwata village

WASHINGTON — A continuing resolution for federal funding that narrowly passed in Congress last month includes eliminating \$2 million in funding for the Confederated Tribes of Grand Ronde's restoration of tumwata village, among other cuts.

The Senate passed the bill on Friday, March 14 and President Trump signed it into law the following day.

"We are disheartened that our funding, along with all of the community funding requests, was pulled but are grateful that our representatives in Congress continue to champion this project for Oregonians," Tribal Communications Director Sara Thompson said.

The Fiscal Year 25 Community Funding requests, originally submitted by Oregon Rep. Lori Chavez-Deremer and resubmitted by Oregon Rep. Janelle Bynum, had funding requests for numerous projects in Oregon. These included \$2 million for the tumwata village cleanup, training court advocates for foster children, clean drinking water projects, an emergency coordination center and more.

"The continuing resolution breaks promises to Oregonians by stripping them of \$30 million in community project funding already allocated to projects across the district, including \$12 million to create more jobs, \$8.5 million to make our communities safer and another \$2 million to make sure we have safe water to drink," Bynum said in a press release.

Bynum joined most other House democrats to vote against the bill.

"And let me be clear: My vote against this bill was not a vote to shut down the government," she said. "My vote was a demand for Republicans to work together with Democrats on a solution that works for all of us, not just some of us. Instead, they went full steam ahead without any Democratic input on a bill that harms Oregonians, gives Elon Musk more control and fails to deliver for Americans at a time of need. No thanks."

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. ■



TRIBAL COMMITTEE / BOARD & COMMISSION

Now accepting new applications

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

Current vacancies:

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

For questions email:

shannon.ham-texeira@grandronde.org

Applications available online at:

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

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

HAYU MUNK SKUKUM YOUTH ENRICHMENT SUMMER YOUTH INTERNSHIP Apply online starting April 4th at www.grandronde.org/employment HAVE QUESTIONS? PLEASE CONTACT EMPLOYMENTTEAM@GRANDRONDE.ORG APPLICATION AVAILABLE ONLINE: HTTPS://WWW.SRANDRONDE.ORG/EMPLOYMENT/ **OPENS APRIL 4TH AND CLOSES APRIL 18TH** WHO IS THIS PROGRAM FOR? TRIBAL MEMBER YOUTH BETWEEN THE AGES OF 14-18 AT THE TIME OF EMPLOYMENT AND FINISHING 8TH-12TH GRADES FOR THE 2024-2025 SCHOOL YEAR (SOME JOBS MAY HAVE A MINIMUM AGE REQUIREMENT). PROGRAM REQUIREMENTS: COMPLETE APPLICATION ONLINE AND PROVIDE TWO FORMS OF IDENTIFICATION COMPLETE INTERVIEW COMPLETE ONBOARDING PROCESS ATTEND ORIENTATION (FIRST DAY OF WORK) ATTEND 4 MANDATORY PROFESSIONAL DEVELOPMENT TRAININGS (DATES, TIMES, LOCATION TRO) COMPLETE EXIT 500-WORD ESSAY OF WORK EXPERIENCE AT END OF INTERNSHIP WHEN WILL I BE NOTIFIED FOR THE JOB THAT I HAVE APPLIED FOR? ONCE THE APPLICATION HAS BEEN RECEIVED, A FOLLOW UP EMAIL WILL BE SENT WITH KEY INFORMATION AND NEXT STEPS. WHAT TYPES OF INTERNSHIPS WILL BE OFFERED? THERE WILL BE A LIMITED NUMBER OF INTERNSHIPS AT VARIOUS CTGR DEPARTMENTS. ALL INTERNSHIPS ARE PAID POSITIONS. TRIBAL YOUTH, DO YOU NEED HELP COMPLETING YOUR APPLICATION? WE ARE HERE FOR YOU! IF YOU NEED SUPPORT IN THIS AREA, PLEASE EMAIL YOUTHENRICHMENT@GRANDRONDE.ORG

Tribal Library merges with Regional Library Service

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

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

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

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









FLU/COVID PRECAUTIONS

Please do not attend if you are experiencing symptoms or are positive for FLU/COVID

Keen your social

Keep your social distance, 6 Feet apart.
 Clean your hands frequently.
 Face mask use is optional and for your

own safety. Thanks!!!



The Hebo Ranger District invites You for the Family Fishing Day in the Forest

When: Friday, June 20

9 a.m. to 2 p.m.

Where: Hebo Lake in Hebo, OR.

Fishing Contest and Prizes at 11 a.m. for Children (4-15 years old)

We will have fishing poles and reels, bait and free fishing lessons available.

Parking is free, and kids under 12 years old won't need a fishing license. For people 12 years and up, a fishing license is required for this event.

Grand Ronde Editorial Board position openings

The Grand Ronde Editorial Board, a Tribal board assigned the duty by the Confederated Tribes of Grand Ronde ("Grand Ronde") of overseeing its independent Tribal press (Smoke Signals), invites applications to serve on the Grand Ronde Editorial Board. There are two open board positions with terms that expire on March 31, 2028.

The five-member Grand Ronde Editorial Board is responsible to the Grand Ronde Tribal Council. It oversees the editor of Smoke Signals to ensure the independent Tribal press reports news free from any undue influence and free from any political interest, and that Tribal news employees adhere to the highest ethical journalistic standards.

The Editorial Board meets monthly. From time to time, additional special meetings may be held. Board members are expected to attend all meetings in person, although participation by telephone or video will be permitted. Each board member receives a monthly stipend for attending meetings. Travel reimbursement is limited to travel within the six counties of Polk, Yamhill, Marion, Tillamook, Multnomah and Washington.

Board members must be 18 years of age, have qualified experience in management and/or publications, be of good character and integrity, and certify that he or she will adhere to the standards of accepted ethics of journalism as defined by the Society of Professional Journalists and endorsed by the Indigenous Journalists Association. Experience with and knowledge of Native American organizations is also preferred, as well as dedication to protecting and advancing a free press for the Confederated Tribes of Grand Ronde.

Applicants will be interviewed by the Grand Ronde Editorial Board before a recommendation is forwarded to Tribal Council.

Preference will be given to qualified Tribal members.

Submission deadline: 5 p.m. Thursday, May 1, 2025

Interested individuals should submit a letter of interest describing their qualifications, a résumé and three references to:

Grand Ronde Editorial Board

c/o Smoke Signals

Confederated Tribes of Grand Ronde

9615 Grand Ronde Road Grand Ronde, OR 97347

Phone: 503-879-4663

E-mail: editorial.board@grandronde.org

We want to hear from you!

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



Nourish Your Body

A celebration of local food, farmers, hunting, and gathering
Free and Open to all community members

Cooking Demonstations Educational Workshops Informational booths Free community Meal



Organized by Grand Ronde's Food Access and Community Team
Sponsored by Marion-Polk Food Share & The Confederated Tribes of Grand Ronde

Winter tales



Photos by Michelle Alaimo

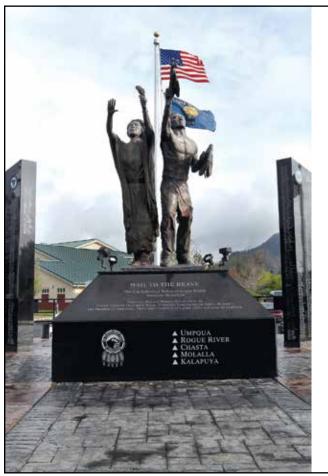
Tribal member Kylie Hofenbredl, middle, reads a book to three-year-old Briar Ashley, left, and her four-year-old daughter Kova Speer during ikanum pulakhli (winter stories night) at achaf-hammi (the Tribal plankhouse) Thursday, March 13. The event was hosted by Shawash-ili?i Skul and it marks the end of storytelling season. Tribal members Chris Bailey, Diane Smith and Zoey Holsclaw told stories.



Tribal member Diane Smith tells a story during ikanum pulakhli (winter stories night) at achaf-hammi (the Tribal plankhouse) Thursday, March 13.

2 3 4 5 6	IN THE TRIBAL COURT FOR THE CONFEDERATED TRIBES OF THE GRAND RONDE COMMUNITY OF OREGON In The Matter of: Case No.: Z5C 9008 Tolin William Waters III NOTICE OF NAME CHANGE Petitioner. [ADULT]
8 9	NOTICE TO ANY INTERESTED PERSONS:
10	PLEASE TAKE NOTICE, that the above Petitioner has filed a Petition with this Court on the 10 day of 12 ch , 20 25, requesting that Petitioner's name be
12	changed from John William Waters II to
13	Ciam John Waters
14 15 16	The purpose of this Notice is to give all interested persons an opportunity to show cause why the name change should or should not be granted. Any person objecting to the purposed
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 13 day of March, 20 25
21 22	112
23	Petitioner
24	John Waters [Print Name]

2	IN THE TRIBAL COURT FOR THE CONFEDERATED TRIBES						
3	OF THE GRAND RONDE COMMUNITY OF OREGON						
4	In The Matter of:) Case No.: 250000						
5 6	In The Matter of:) Case No.: 25000 q) Brandon Tay or Bearmas,) NOTICE OF NAME CHANGE [ADULT]						
7	Petitioner.) [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 day of March, 2025, requesting that Petitioner's name be						
12	changed from Brandon Taylor Beafface to						
13	Brandon auchelle						
14	The purpose of this Notice is to give all interested persons an opportunity to show cause						
15	why the name change should or should not be granted. Any person objecting to the purposed						
16 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							
21	DATED this 13 day of MARCh, 2025.						
22	Brandon Bearface.						
23	Brandon Bearface. Petitioner, Brandon Bearface [Print Name]						
24							



West Valley Veterans Memorial Application

Deadline is January 15, 2026

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

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

Any applications received after January 15, 2026, will be kept on file for inclusion to the Memorial in 2027.

Students of the month

The Tribe's Youth Enrichment Program hayu-munk skukum has implemented student of the month awards for K-2, 3-5, middle and high school students. The students of the month for February were named in March.



Wyatt Zimbrick, 6, was chosen for grades K-2 because he has come out of his shell after being shy and hesitant. He has had a lot of growth as far as participation and leadership in the classroom.



Lucy Fox, 9, was chosen for grades 3-5 because she has shown exemplary selfgovernance and modeled honor in a peer-leadership capacity that has enriched the classroom environment.



Timothy Murphy, 13, was chosen as middle school student of the month because he is consistently helpful in the van rides and at the programming. He welcomes all new staff and students to the program and gives them a tour.



Logan Clark, 16, was chosen as high school student of the month because of his thoughtfulness in helping others and leading through example with his calming presence and demeanor.



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

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



Serving urban Natives, infant to elder, in Portland and Vancouver

Open Positions

Development and Communications Director \$120,000-140,000/yr

Housing Development Manager

\$100,000/yr

Cully Economic Development Coordinator \$60,000-65,000/yr

Sexual Assault Advocate

\$29/hr

Early Head Start Teacher (On Call) \$18/hr



All jobs are located in Portland or Vancouver.

Visit nayapdx.org/about/jobs to learn more.

Paid ad

GRHWC PROJECTED lush lamatsin EVENTS 2025



Fentanyl Awareness Event Mother's Day Tea Canoe Outings Fresh Foods Distribution 5/22 Starts 10:00am @GR Procurement Building





Elder Canoe Day 6/18 Location TBD Father's Day BBQ Canoe Outings Fresh Foods Distribution 6/26 Starts 10:00am @GR Procurement Building June Jam 6/27 (TBD)





Fresh Foods Distribution 7/17 Starts 10:00am @ GR Procurement Building Marcellus Norwest Memorial Veterans Powwow July 11 - 13, 2025 **@Uyxat Powwow Ground** Canoe Journey (tentatively)

Tovember Fresh Foods Distribution 11/20 Starts 10:00am @ GR Procurement Building







Tribal member exhibit, 'Hands of the Ancestors,' opens April 2

"Hands of the Ancestors," an exhibit by Grand Ronde Tribal member and artist Stephanie Craig, will be featured in the Linfield Gallery in the Miller Fine Arts Center from Wednesday, April 2 through Friday, May 2.

An opening reception will be held from 5-7 p.m. Wednesday, April 2. Craig will give remarks about the exhibition and her process at 5 p.m. Light refreshments will be served.

The exhibition features Indigenous basketry, belongings and photos corresponding to Craig's traditions and practice.

"Hands of the Ancestors' is an immersive exploration of cultural continuity, resilience, and the sacred connection between people, land and tradition," she said. "This exhibit highlights the artistry and legacy of Native basketry, showcasing how these woven forms are more than objects — they are vessels of memory, identity and knowledge passed down through generations. At its heart, this exhibit emphasizes the idea that our ancestors' hands are still with us, guiding each weave, stitch and braid. The pieces on display are created using traditional materials such as hazel, maple bark, cedar roots, rushes and grasses — plants carefully gathered and prepared with respect, following ancestral protocols. Every basket, tool and fiber reflect the intricate relationship between Indigenous people and the land, embodying the stories, songs and teachings embedded within these practices."

Linfield Gallery exhibits are free and open to the public. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday and noon to 5 p.m. Saturday. ■

smok signəlz offering fast email subscription

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

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

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

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



UPDATED INFORMATION

Community Fund seeking Hatfield Fellow applicants

Applications for the 2025-26 Hatfield Fellowship program funded by Spirit Mountain Community Fund are being accepted through Friday, May 2.

Spirit Mountain Community Fund annually sponsors a Native American to serve as the Hatfield Fellow and intern in an Oregon congressional office. Placement of the fellow rotates through the Oregon delegation to enhance mutual understanding between leadership in Washington, D.C., and Indian Country.

Fellows are provided an opportunity to gain knowledge and understanding of how to navigate the political process in Washington, D.C., while working on issues that affect Native Americans.

Fellows begin their Capitol Hill experience in November with a month-long orientation at the American Political Science Association, which is followed by an eight-month term working in a congressional office. The fellowship includes a monthly stipend and relocation and travel expenses.

The fellowship is for Tribal members from the nine federally recognized Tribes in Oregon, as well as members from any Tribe in the United States who are currently living in the Pacific Northwest. Preference will be given to members of Oregon Tribes. Applicants must have a bachelor's degree or be graduating in June 2025 and be 21 or older.

For more information, visit the communityfund.com/grants-programs/hat-field-fellowship or go to youtu.be/7TOnNoFgUYs to watch an informational video about the Hatfield Fellowship.

The fellowship was created in 1998 to honor the late Sen. Mark Hatfield's public service to Oregon and the Pacific Northwest. ■

Free household hazardous waste disposal event set April 12

The Tribal Natural Resources Department is hosting a free household hazardous waste collection event from 9 a.m. to noon Saturday, April 12, at the Tribal Procurement Department, 9635 Grand Ronde Road, building "V."

Products must be securely sealed and in original containers when possible. Do not use garbage bags. Materials will be collected from the trunk, cargo area or trunk bed. Drivers are asked to stay in their vehicles and not to bring additional passengers or pets. Smoking is not allowed.

Acceptable products are pesticides and poisons, thermometers, thermostats, mercury and items with it, fluorescent lights/ballasts, polishes, household cleaners, pool chemicals, rust remover, antifreeze, parts cleaners, automotive fluids, paint and paint thinners, and batteries. Non-accepted products are radioactive waste, asbestos, ammunition, explosives, Sharps products, pharmaceuticals and electronic waste.

For more information, contact Lindsay McClary at Lindsay.mcclary@grandronde.org or 503-879-2387. ■

Fishing Pole Giveaway

April 12, 2025

Englund Marine 880 SE Bay Blvd., Newport, OR 97365

Fishing Poles

Fishing Poles for Kids Oregon Coast will be handing out

450 fishing poles

to children

under 14 years old





Fishingpolesforkids.com fishingpolesforkidsoregoncoast@gmail.com

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

April 1, 2025 Confederated Tribes of Grand Ronde 9615 Grand Ronde Road Grand Ronde, OR 97347 503-879-2404

These notices shall satisfy two separate but related procedural requirements for activities to be undertaken by the Confederated Tribes of the Grand Ronde Community of Oregon (CTGR).

REQUEST FOR RELEASE OF FUNDS

On or about Thursday, May 1, 2025, the CTGR will submit a request to the U.S. Department of Housing and Urban Development for the release of HUD Indian Housing Block Grant competitive (IHBG-COMP 24ICOR05300) funds under Title I of the Native American Housing Assistance and Self-Determination Act of 1996, to undertake a project known as Wind River Apartments Project, for the purpose of constructing two low-income, fourplex rental apartment housing, on an open and largely flat vacant lot. The work will also include excavation, site grading and site utility connections to existing utility lines in the street. Landscaping of the area around the new buildings is also included.

Location: 100 Wind River Drive, Grand Ronde, OR 97347

Estimated total cost: \$5,300,000 Grant amount: \$ 2,961,635

FINDING OF NO SIGNIFICANT IMPACT

The CTGR has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act (NEPA) of 1969 is not required. Additional project information is contained in the Environmental Assessment (EA) on file at the Public Works Department, 9615 Grand Ronde, OR, 97347 and may be examined or copied weekdays from 8 a.m. to 5 p.m.

PUBLIC COMMENTS

Any interested agencies, groups or persons disagreeing with the decisions are invited to submit email comments to Confederated Tribes of Grand Ronde, Ryan.Webb@grandronde.org. All comments received by Wednesday, April 30, 2025, will be considered by the Confederated Tribes of Grand Ronde prior to authorizing submission of a request for release of funds. Comments should specify which notice they are addressing.

ENVIRONMENTAL CERTIFICATION

The CTGR certifies to HUD that Cheryle A. Kennedy in her capacity as Tribal Council Chairwoman consents to accept the jurisdiction of the federal courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD's acceptance of the certification satisfies its responsibilities under NEPA and allows the CTGR to use program funds.

OBJECTIONS TO RELEASE OF FUNDS

HUD will accept objections to its release of fund and the Confederated Tribes of Grand Ronde Community of Oregon certification for a period of 15 days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (A) The certification was not executed by the certifying officer of the Confederated Tribes of Grand Ronde Community of Oregon; (B) the Confederated Tribes of Grand Ronde Community of Oregon has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (D) The grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (D) Another federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to HUD designated HUD Seattle Regional Office, 909 First Ave., Suite 200, Seattle, WA, 981074-1000 to the attention of Director of Grants Management, Tom Carney. or via email at: Tom.Carney@hud.gov. Potential objectors should contact HUD to verify the actual last day of the objection period.

The Honorable Cheryle A. Kennedy, Tribal Chairwoman Confederated Tribes of the Grand Ronde Community of Oregon 9615 Grand Ronde Road Grand Ronde, OR 97347-9712

MARRIAGES IN TRIBAL COURT

Tribal Court is issuing marriage licenses and able to perform marriage ceremonies for a filing fee of \$40. Contact the Tribal Court at 503-879-2303. ■



STRONGHEARTS Native Helpline







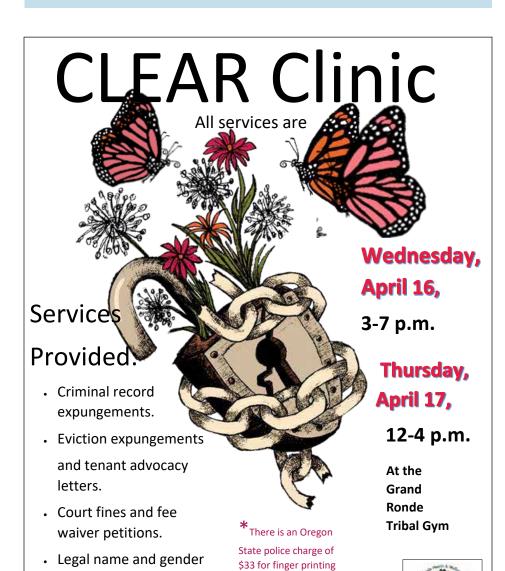
of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this ad are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.



19 smok signəlz **APRIL 1, 2025**

Health & Wellness Center entrance

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



for all criminal

expungements

Cash, Card or Money order

marker changes.

Referrals for other legal



Contact Andrew Puerini at 503-879-1696

or Jim Pinder at 503-879-2332

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. ■



We have transitioned to a new applicant portal system. Returning applicants will need to create a new profile in UKG.

İ		The Confederated Tribes of Grand Ronde offers generous benefits and competitive pay. POSTINGS ARE OPEN UNTIL FILLED & WILL BE REMOVED WITHOUT NOTICE
	INTE	RVIEWS WILL BE GIVEN IN THE FOLLOWING RANKING ORDER:
		Grand Ronde Tribal members.
		(Qualified Grand Ronde Tribal members who show they meet the minimum qualifications of the position during the course of the screening and interview process will be given first
		consideration for hire and the recruitment process will end)
		Tribal member spouses, parents and/or legal guardians of Grand Ronde Tribal member children and current regular employees.
	3.	External candidates.



POSTING TITLE	CLOSE DATE	WAGE/SALARY
Assistant Food & Beverage Manager	3/27/2025	\$48,329.22/yr. DOE
Sports Bar Busperson	3/27/2025	\$18.02/hr. DOE
Banquet Server (*Part-Time)	Until Filled	\$14.70/hr. DOE + Tips
Bar Porter (*Part-Time)	Until Filled	\$18.29/hr. DOE
Casino Beverage Waitstaff (Full-Time & *Part-Time)	Until Filled	\$14.70/hr. DOE + Tips
Cook	Until Filled	\$18.29/hr. DOE
Executive Steward	Until Filled	\$63,586.43/yr. DOE
Food Runner (*Part-Time)	Until Filled	\$18.02/hr. DOE
Hospitality Attendant (*Part-Time)	Until Filled	\$18.02/hr. DOE
Host/Hostess Cashier (*Part-Time)	Until Filled	\$18.02/hr. DOE
Hotel Front Desk Clerk	Until Filled	\$18.02/hr. DOE
Hotel Room Attendant	Until Filled	\$18.02/hr. DOE
Restaurant Manager	Until Filled	\$63,586.43/yr. DOE
Surveillance Agent II	Until Filled	\$18.82/hr. DOE
Surveillance Agent III	Until Filled	\$21.22/hr. DOE
Table Games Dealer (Full-Time & *Part-Time)	Until Filled	\$14.70/hr. DOE + 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 adheres to a Tribal hiring preference policy for
 Job postings are updated every Friday with remaining and new enrolled members of the Confederated Tribes of the
 - positions; applications must be received by 5:00pm on the following Thursday to be considered.
- Grand Ronde Community of Oregon. ✓ Please reference the Job Description for job duties, ✓ Incomplete applications will not be considered.

 - qualifications, and required knowledge/skills.
- ✓ All positions are eligible for an incremental Hire-on Bonus

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



Hall of Legends at Spirit Mountain Casino

Call for Tribal family photos for the Hall of Legends at Spirit Mountain Casino electronic display

We are excited to invite all Confederated Tribes of Grand Ronde members and their families to submit your family photos for inclusion in a special electronic display in the Hall of Legends at Spirit Mountain Casino. This project is a wonderful opportunity to celebrate and preserve the legacy, history, and culture of our community through shared moments captured in pictures.

Photos submitted should have a connection to CTGR and can showcase any aspect of Tribal life, including familial gatherings, school events, sports teams, cultural ceremonies or other significant occasions. We encourage you to label your submissions with as much information as possible, such as names, dates, locations and the story behind the moment.

Please keep the following guidelines in mind:

- Submission details: Ensure photos are clearly labeled with information about the event or gathering, the individuals featured and any other relevant context.
- Photo considerations: While we will make every effort to include all submitted photos, inclusion is not guaranteed. Photos will be reviewed for quality, content and appropriateness. Please refrain from sending original photos, as they will not be returned.
- Photo adjustments: To ensure a high-quality display, our team reserves the right to make general improvements to photos, such as cropping, sharpening and adjusting focus or clarity.

This is a unique opportunity to celebrate our shared heritage and strengthen the bonds of our Tribal community. Submit your photos and the photo submission form no later than **Wednesday**, **April 30**, **2025**, by mailing to: Hall of Legends Submissions, Spirit Mountain Casino, ATTN: Carter Tollas, 27100 SW Salmon River Hwy., Grand Ronde, OR 97347. Help us honor the past, present and future of the Grand Ronde people.

You can also visit the Spirit Mountain website at SpiritMountain.com, then scroll to the bottom of the page to the "get in touch" header, and click the "Hall of Legends" link to submit online.

We look forward to seeing the stories your photos tell! ■



Tribe offering support to incarcerated members

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

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

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

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



Grand Ronde Head Start Preschool

Apply starting: April 01, 2025

Applications due by: June 6, 2025

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 & suppor
- Enrollment opportunities for pregnant women
- Enrollment opportunities for all income levels

ligibility: 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 for an application

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21 smok signəlz **APRIL 1, 2025**

Walking On...

Polly Katherine Lewis

May 22, 1947 - March 8, 2025

Tribal parent Polly Katherine Lewis died on March 8, 2025, from complications of chronic obstructive pulmonary disease after a two-decade long struggle.

Polly was born May 22, 1947, in Vallejo, California. Her father was Thomas Arnold Cox (1920-1982) of Tignall, Georgia and mother was Martha Alice Cluver (1921-1986) of Petaluma, California. In her youth, Polly's family frequently moved due to her father, Thomas, being a master boilermaker in the Navy. Vallejo was the town where they lived for many years while Thomas worked at the Mare Island Naval Station as an engineer.



Later they settled on an 11-acre farm near Napa, California. Polly has many relatives in Petaluma, being a descendant of the Douglas, Evans, Tupper and Cluver families of the town.

Polly and Tribal member Gary Wayne Lewis (1943-2011) of Sheridan were married in Concord, California, and with Gary in the Army, they lived in Heidelberg, Germany; Livorno, Italy; and New Jersey. They moved to Salem in 1972, where Polly lived ever since.

She attended Chemeketa Community College, Willamette University and Western Oregon University, earning a master's degree in counseling and working as a mental health therapist at Northwest Human Services in Salem, the Behavioral Health program in Grand Ronde and in private practice.

During her life Polly owned a yarn shop in West Salem, did therapy under the business name Tranquility Inc. and sold books online for 20 years. Polly was a voracious lifetime reader, worked with wool textiles spinning and creating her own sweaters and loved her home flower garden created with her long-term companion, Bill Dukes.

She is survived by her sisters, Linda L. Herr-Akins of Salem, Katie A. Morris of Napa and Nancy S. Raby of Petaluma. A fifth sibling, Susan, died as a child and sister, Pat E. Honsvick, passed in 2024.

She had two children with Gary, Tribal Elders David Gene Lewis and Patricia Anne Schmitt, who survive her, as well as seven grandchildren, Katie L. Schmitt, Thomas M. Schmitt, Saghaley W. Lewis, Inatye D. Lewis, Michael J. Becka, Laura M. Carroll, and Jamie D. Oakes; and seven great-grandchildren.

She loved and was extremely proud of her children and grandchildren, who loved her very much.

Cecilia Rose Bissonette

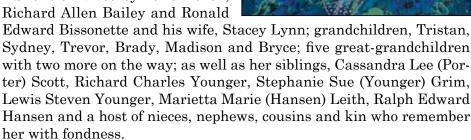
Aug. 21, 1948 - March 16, 2025

Tribal Elder Cecilia Rose Bissonette passed on March 16, 2025, at the age of 76.

Cecilia was born in McMinnville, Oregon. After 76 years of laughter and toil, she walked on from her home in Grand Meadows.

She was preceded in death by her dear mother, Etta Ann (Porter) and stepfather, Ralph Hansen; and sisters, Annetta Marie Hansen and Jean (Younger) Olean.

She is survived by her children,



Cecilia was a lifelong Oregonian, spending most of her youth and adulthood in and around the communities of Willamina and Grand Ronde.

She married twice, first to Russell Alan Bailey in 1967 and then later to Ronald Duane Bissonette in 1972.

She raised her boys to be strong and independent, and lived her life in the same manner.

In her later years, Cecilia resided as a member of the community of Elders at the Confederated Tribes of Grand Ronde. She will be deeply missed by all who knew and loved her.

Bollman's Tribute Center in Dallas is assisting the family.

A celebration of life will be held from 2-6 p.m. Saturday, June 7 at the Tribal Community Center.

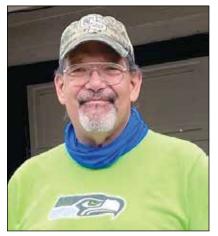
Patrick Earl Watson

Sept. 11, 1961 - March 11, 2025

Tribal Elder Patrick Earl Watson, a beloved son, brother, and uncle, passed away peacefully on March 11, 2025, in Corvallis, Oregon, at the age of 63.

He was born Sept. 11, 1961, in Salem, Oregon, to Robert and Vera Watson. Patrick was a kind and loval man whose life was full of adventure, camaraderie, and love for his family and friends.

A 1979 graduate of South Salem High School, Pat's passion for sports, the community and his alma maters continued throughout his life. He attended Oregon State University and was a proud, life-



long fan of the OSU Beavers, attending many football and baseball games to cheer on his team. His enthusiasm for the Beavers was contagious, and he enjoyed sharing this love with those around him.

For more than 20 years, Pat worked as a long-haul truck driver, forging lasting relationships with fellow drivers, many of whom admired his remarkable memory. His friends fondly nicknamed him "WikiPatia" due to his vast knowledge and his ability to recall even the most obscure details.

Pat had a love for the outdoors, especially fishing and camping, where he found peace and joy. He also had a keen interest in podcasts and lively discussions on politics, always ready to engage in thoughtful conversations with friends and family. His unique perspective and quick wit will be missed by all who knew him.

Pat was preceded in death by his beloved mother, Vera; brother, Jimmy; and aunts, Kathryn Harrison and Marie Schmidt.

He is survived by his devoted father, Robert; siblings, Roberta Watson (Ken Aerni), Doug Watson, Mike Watson, Sandy Watson and Lisa Watson (Peter Shanky); as well as many nieces, nephews and extended family members who will cherish his memory.

A celebration of Pat's life was held at Virgil T. Golden Funeral Home in Salem, Oregon, Monday, March 17.

In lieu of flowers, donations in Pat's memory can be made to the Oregon State University Athletics Fund, a cause that was close to his heart.

Pat will be deeply missed for his unwavering loyalty, infectious spirit and ability to bring people together. May he rest in peace, knowing he touched so many lives with his kindness and love.

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IN THE CONFEDERATED TRIBES OF GRAND RONDE COMMUNITY OF OREGON CIVIL COURT) Case No. 250023 In Re: Estate of: Miguel Burton Adams NOTICE TO PUBLIC AND CREDITORS Decedent. NOTICE TO: THE PUBLIC AND CREDITORS of the above named decedent: CONFEDERATED TRIBES OF GRAND RONDE TRIBAL COURT 9615 GRAND RONDE RD. GRAND RONDE, OR 97347 The following information is being provided to the public and all Creditors, the above-named cedent who Walked On in ORTOON, CLECKIMAS. estate of: <u>Miquel Bueton Adams</u> The Person named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must present the claim in the manner as provided in the Tribe's Probate Ordinance Chapter 310, subsection (p) which is available online at www.grandronde.org by serving on or mailing the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court. The claim must be presented within 60 days of receipt of notice or date of first publication of notice, whichever occurs first as provided in the Tribe's Probate Ordinance, Chapter 310, Subsection (n)(2). Any claim against the Estate not presented within the 60 day time line shall be barred. March 15, 2025 Date of First Publication: Personal Representative: LISA ARCHULETTS Attorney for Personal Representative (if applicable): Address for Mailing or Service: 13636 SE SOUTON ST PORTHAM OR 97233 Phone: 503 405 6076

Gas discount

Signature of Personal Representative

DATED THIS 26 DAY OF 66 , 2025

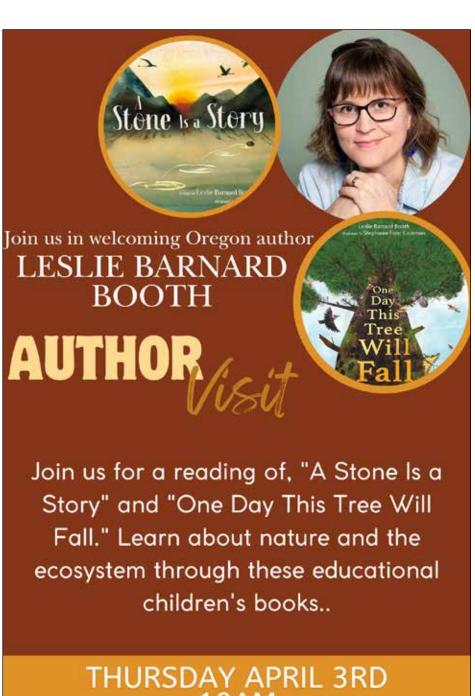
Grand Ronde Tribal members, as well as Tribal and Spirit Mountain Casino employees, can receive a 30-cent per gallon discount on gasoline at the Tribally owned Grand Ronde Station convenience store.

Tribal members and employees must go inside and show either their enrollment card or employee identification card to receive the discount. ■



IN THE CONFEDERATED TRIBES OF GRAND RONDE COMMUNITY OF OREGON CIVIL COURT Case No. 24CCO23 In Re: Estate of: Miquel Burton Adams NOTICE TO HEIRS NOTICE TO: THE HEIRS of the above named decedent: CONFEDERATED TRIBES OF GRAND RONDE TRIBAL COURT 9615 GRAND RONDE RD. GRAND RONDE, OR 97347 The following information is given to you as an heir of the above-named decedent who Walked On in Eagle Creek . Oregon , Clackonas on Jan 11, 2023 Estate proceedings in the decedents estate, bearing the Tribal Court Case Number , have been commenced and are now pending in the above-entitled court. The Court has determined that there is a valid Will NOT a valid Will that Decedent Walked on intestate leaving no known Will. On Local 2025, the undersigned was duly appointed and is now serving as Personal Representative of the estate. Your rights may be affected by this proceeding: additional information may be obtained from the records of the court, the undersigned Personal Representative, or the attorney for the Personal Representative, if applicable. The name and address of the Personal Representative and the attorney for the Personal Representative is as follows: ATTORNEY FOR PERSONAL REPRESENATIVE USA Archuleta fortland or 97233 Tribal Probate Code, Chapter 310, section (s) provides that any interested person may file a petition to contest the validity of a Will or finding Decedent dies Intestate within 60 days of receipt of notice or date of first publication of notice, whichever occurs first, as provided in Subsection (n)(1), and all untimely filed petitions are forever barred.

DATED THIS 26 DAY OF 66. , 2025



Risa archulota



Health & Wellness Tribal DNA testing information

Clients must be fully registered with the clinic prior to the testing. It can take three to five business days once all their information is submitted.

The patient cannot schedule with the lab until after registration is complete.

Unregistered patients cannot show up with papers in hand and do the test the same day.

The link for the registration form is registration-form-use-forall-2023-24.pdf (grandronde.org) or it can be emailed and mailed. Patients should contact registration at 503-879-1325 or 503-879-2096.

To complete registration, a copy of a state birth certificate and a copy of a parent's Tribal identification is needed.

Registration information can be mailed to the address on the form, faxed, emailed or dropped off at the clinic.

The link for the registration form can be found on the Tribe's main website www.grandronde.org, under "Services – Health and Wellness." The link to print the form is on the bottom of the page, called "New Patient Registration Form."

Once everything is submitted and the registration process is complete, the patient can schedule with lab. ■

National Autism Awareness Month

April is National Autism Awareness Month. This is a time to learn about autism and to support people who have it. Autism is a condition that affects how people communicate, learn and interact with others. People with autism are



unique and have different strengths and challenges.

What is autism?

Autism is a brain condition that people are born with. It is not something you can catch like a cold. Autism affects how a person:

- Talks or understands language
- Socializes and makes friends
- Reacts to sounds, lights, or textures
- Learns and solves problems

Some people with autism may talk a lot, while others may not talk at all. Some may like certain routines and get upset if things change. Everyone with autism is different.

How can we support people with autism?

There are many ways to help and include people with autism in our communities including:

- o Be kind and patient People with autism may think and act differently. Be patient and try to understand their needs.
- o Communicate clearly Use simple words and be direct. Some people with autism may take longer to respond, so give them time.
- o Respect their space Loud noises or bright lights can be overwhelming for some people with autism. Be mindful of their comfort.
- o Encourage inclusion Invite people with autism to join activities at school, work or in the community. Small gestures can make a big difference.
- o Learn more about autism The more we learn, the better we can support people with autism. Talk to families, teachers and experts to understand autism better.

What you can do

- Parents: Teach your children to be kind to people with autism.
- Teachers: Help students understand autism and create an inclusive classroom.
- Community members: Support events that promote autism awareness and acceptance.

By working together, we can make the world a better place for people with autism. This National Autism Awareness Month, let's learn, support and spread kindness!

National Youth Violence Prevention Week 2025: April 28- May 2

National Youth Violence Prevention Week is a time to learn about stopping violence before it starts. Youth violence is when young people hurt others physically or emotionally. This can include bullying, fighting and gun violence. Violence can cause serious harm to health



and well-being. The good news is that there are ways to prevent it.

Why youth violence prevention matters

Violence can hurt young people in many ways. It can cause:

- · Physical injuries like cuts, bruises or broken bones
- · Stress, anxiety and depression
- Trouble in school or work
- Problems with family and friends

When young people feel safe, they are healthier and happier. Preventing violence helps them succeed in life.

How we can prevent youth violence

There are many ways to stop violence and keep young people safe. Here are some things we can do:

- 1) Teach respect and kindness- Young people should learn to treat others with respect. Being kind and understanding can help prevent fights and bullying.
- 2) Speak up- If you see violence or bullying, tell a trusted adult like a teacher or parent. Speaking up can stop the violence from getting worse
- 3) Build strong communities- Schools, families and neighborhoods should work together to create safe spaces. After-school programs, sports and community events can help young people stay out of trouble
- 4) Learn healthy ways to handle anger- Everyone gets angry sometimes, but violence is not the answer. Taking deep breaths, talking to someone or walking away can help calm down tough situations.
- 5) Support mental health- Sometimes violence happens because young people are dealing with stress or sadness. Getting help from a counselor or therapist can make a big difference.

What you can do

- Parents: Talk to your kids about kindness and respect. Set rules about how to solve problems without fighting.
- Teachers: Encourage students to speak up about violence and bullying.
- Young people: Be a role model. Show others how to solve problems without hurting anyone. ■

SELF CARE AS A CAREGIVER

Why taking time for self care is extremely important as a caregiver



Why is self care important?

Practicing self-care is essential for caregivers to maintain their physical, emotional, and mental health while fulfilling their caregiving responsibilities. Here are some practical ways caregivers can incorporate selfcare into their daily lives:

Prioritize Rest

Caregivers should establish a consistent bedtime routine and ensure they are getting enough sleep. If caregiving duties are affecting sleep, consider asking for help or hiring respite care during night hours. Short naps during the day can also help recharge energy and improve alertness, especially when nightlime rest is limited.

Take Breaks

Caregivers should carve out time each day for brief breaks, even if it's only for a few minutes. Use this time to step outside, enjoy a cup of tea, or simply relax in a quiet space.

Seek Support

Reaching out to loved ones for emotional support, companionship, or even just a chat can help reduce feelings of isolation. Connecting with other caregivers who understand the challenges can provide a sense of community and valuable advice. Many support groups meet in person or online.





Practice Self Compassion

Caregivers often feel guilty or inadequate, but it's important to remember that self-care is not selfish. Practice selfcompassion by acknowledging that you are doing your best and that your well-being is important too.



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