

VETERANS

I would like to have your help in putting together a list of tribal members that have served our country. I need a list of rank and branch.

If you have any question feel free to call Joseph Brisbois, Community Health Representative at (503) 879-5211 or 1-800-422-0232. I appreciate your help.

NORPLANT PRESENTATION

Nurse Practitioner, Bette Seagren will show a video on the Norplant Contraceptive August 28th, 1991 from 1:15 to 2:15 p.m.

VOLLEYBALL TOURNAMENT

There will be a 4 person volleyball tournament held during the Pow-Wow on Saturday and Sunday. The teams must have two guys and two gals on each team entry. Entry's must be turned in or called into the Alcohol and Drug Program office August 10th. There will be an entry fee of \$2.50 per player.

POW WOW MEAL MENU

On Saturday, August 17, 1991 we will be having elk, salmon, corn on the cob, green salad, fruit salad, and frybread.

Sunday, August 18th the menu will be lasagna, green salad and garlic bread.

The Pow-Wow Committee would like to request that others please bring desserts.

Looking forward to seeing you there!!!



POW WOW SCHEDULE OF EVENTS

FRIDAY, AUGUST 16, 1991

- Arts and Crafts Set-up
- Royalty Pageant - Sr. & Jr.
- 7:00 p.m. Grand Ronde Grade School
- Sober Dance (following Pageant)
- Grand Ronde Grade School

SATURDAY, AUGUST 17, 1991

- 4th Annual Spirit Mt. Fun Run/Walk
- Fun Run (one mile, 5K & 10 K)
- 9:00 a.m.

Tiny Tots Race - 9:30 a.m.

Walk For Health - 10:00 a.m.

-Pow-wow Parade - 11:00 a.m.

-Volleyball Tournament

-Dinner - 12:00 p.m. - 3:00 p.m.

Grand Ronde Grade School

-Pow Wow Grand Entry - 4:00 p.m.

SUNDAY, AUGUST 18, 1991

-Volleyball Tournament

-Pow-Wow Grand Entry - 1:00 p.m.

SPIRIT MOUNTAIN FUN RUN/WALK FOR HEALTH

AUGUST 17, 1991

GRAND RONDE, OREGON

T-SHIRT FOR EACH REGISTERED PARTICIPANT

PRIZES INCLUDE TROPHIES & RIBBONS

1 Mile, 5K(3 miles), 10K(6 miles)

Tiny Tots 50 yd dash (ages 2-6)

Walk for Health (all ages)

REGISTRATION AFTER AUG 15, 1991

Registration Fee: \$7.00

Registration Fee: \$3.00

Registration Fee: \$6.00

ADD \$2.00 FOR LATE FEE.

Participation Instructions:

Completely fill out the official entry form and return it with the appropriate registration fee to the Grand Ronde Tribal Health Program, P.O. Box 38, Grand Ronde, OR 97347 before August 15, 1990 or at the registration table at the event site before the event begins on August 17, 1990.

If you are under 18 years of age, your parent or guardian must sign the waiver.

1 Mile, 5K 10K race time: 9:00am August 17, 1990

Tiny Tot race time: 9:30am August 17, 1990

Walk for Health 10:00am August 17, 1990

You may begin and end your walk at any check point between the hours of 10:00am and 12:00 noon.

4th ANNUAL SPIRIT MOUNTAIN FUN RUN/WALK FOR HEALTH REGISTRATION FORM *****IN MEMORY OF MONTE RING*****

REGISTRATION FEE: _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WAIVER: I hereby release the Confederated Tribes of Grand Ronde Community and the Confederated Tribes of Grand Ronde Community Health Program of all liability that may result from participation in any of these events. In filling out this form, I acknowledge I have read and fully understand my own liability.

Signature (parent or guardian if under 18yrs) _____ Date _____

TINY TOTS 1MILE 5K 10K WALK FOR HEALTH

T-SHIRT SIZE (circle one) Childs: (6-8) Adults: S L XL XXL
*****T-SHIRTS AND SIZES BASED ON AVAILABILITY*****