

Tribal Life

Veteran's Color Guard and Royalty attend convention

On May 17 the Grand Ronde Veteran's Color Guard carried the flags during the President's Commission for Handicapped People convention in Portland.

Buddy Haskins, Dale Langley, Marce Norwest, and several members of the Grand Ronde Royalty Court attended.

The Royalty Court included Sr. Princess Courtney Gallagher, Jr. Princess Courtney Warren, and Honorary Princess Nikki Norwest.

Members of Grand Ronde Royalty and the Color Guard met Miss Indian U.S.A., Natasha Wagoner of the Lumbee North Carolina Tribe, as well as Miss America, Heather Whitestone.

The Color Guard was also asked to carry the flags during a one-day pow-wow in Kelso Washington on May 13. Nikki Norwest attended and represented the Royalty Court.



From left: Jr. Princess, Courtney Warren; Miss Niva, Loretta Spotted Eagle; Miss America, Heather Whitestone; Miss Warm Springs, Starla Green; Miss Indian U.S.A., Natasha Wagoner; Sr. Princess, Courtney Gallagher and; Honorary Princess, Nikki Norwest.

Summer youth activities to start

The school year is almost over and summer vacation is about to begin. The Wellness and Prevention Departments have scheduled the June youth activities.

- Monday, June 19: Summer activities for kids (K-6th grade)
- Tuesday, June 20: Summer activities for kids (7th-12th grade)
- Wednesday, June 21: Alateen meeting
- Thursday, June 22 and Friday, June 23: Crafts for kids 10 to 18 years of age. (Younger children must be accompanied by an adult.)

All activities will meet at the Wellness Building from 2 to 5 p.m. Hopefully the weather will be nice so some activities will be held outside. If you have any questions or for more information, please call Tracy B. 879-2016, Duane M. 879-2049, or Vernon K. 879-2027.

Bike Helmets offered

The Wellness Program has bike helmets for tribal member youth. To receive a bike helmet:

- Child must be an enrolled Grand Ronde tribal member.
- Child must be 4 through 15 years of age.
- Child will need to be present at the time the helmet is given out, each child will have to be fitted.
- There will be paper work that must be filled out by the parent at the time the helmet is given out.

To receive your bike helmet, please call to make an appointment with Tracy Biery 879-2017 or Bonnie Tom 879-2016.

Spirit Mountain FUN RUN/WALK FOR HEALTH August 19, 1995 •• Grand Ronde, Oregon

Run/Walk starting time is 8:30 a.m.
Events are to be completed by 10:00 a.m.
Prizes for run include trophies and ribbons

1 mile and 5K run (3 miles).....REGISTRATION FEE: \$8.00
Walk for Health -- Adult.....REGISTRATION FEE: \$8.00
Walk for Health -- Children 6 & under...REGISTRATION FEE: \$3.00
Family discount for children accompanied by parent/parents
Registration after August 16, 1995, please add \$2.00 late fee

PARTICIPANT INSTRUCTIONS: Completely fill out the official entry form below and return it with the appropriate registration fee to the Grand Ronde Tribal Health Program, 9615 Grand Ronde Rd., Grand Ronde, OR 97347 before August 16, 1995 or at the registration table at the event site before the event begins on August 19, 1995. If you are under 18 years of age, your parent or guardian must sign the waiver.

Runners will start their races at 8:30 a.m. and walkers will start immediately afterwards. We ask that walkers stay to the right of the road so that runners will not have their running times affected. Thank You.

8th Annual Spirit Mtn. FUN RUN/WALK FOR HEALTH Registration

REGISTRATION FEE: _____

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

WAIVER: I hereby release the Confederated Tribes of the Grand Ronde Community and the Confederated Tribes of the 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 that I have read and fully understand my own liability.

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

(circle one) 1 mile 5K Walk for Health

T-SHIRT SIZE (circle one) Childs: S M Adults: S L XL XXL
T-Shirt sizes based on availability

June Mealsite Menu

Menu is subject to change.
Meal Price is \$2.50.

Meals are open to everyone.
Tribal member elders and spouses meals are free.

<i>Tuesday, June 6</i> Kraut & Sausage Seasoned Fries Cole Slaw Chocolate Chip Cookies	<i>Wednesday, June 7</i> Clam Fritters Buttered Corn Salad & Fruit Bar Hot French Bread	<i>Thursday, June 1</i> Toasted Cheese Sandwich Homemade Tomato Soup Salad & Fruit Bar
<i>Tuesday, June 13</i> Mexican Meatloaf Steamed Vegetables Cottage Cheese Pineapple Upside Down Cake	<i>Wednesday, June 14</i> Turkey Noodle Bake Stewed Tomatoes Salad & Fruit Bar	<i>Thursday, June 8</i> Chicken & Dumplings Salad Bar Cake with Fruit Topping
<i>Tuesday, June 20</i> Sweet & Sour Chicken Rice Gingered Carrots Green Peas Jello with fruit	<i>Wednesday, June 21</i> Baked Mac Dinner Salad Bar Tapioca Pudding Garlic Bread	<i>Thursday, June 15</i> Pork Chops Mushroom Gravy Mashed Potatoes Cake
<i>Tuesday, June 27</i> Picnic in the Park Elders Choice	<i>Wednesday, June 28</i> Clam Chowder Salad & Fruit Bar Sugar Cookies	<i>Thursday, June 22</i> Roast Beef Mashed Potatoes Mixed Vegetables Ginger Bread
		<i>Thursday, June 29</i> Oven Baked Chicken Scalloped Potatoes Salad Bar Strawberry Shortcake Ice Cream

*Birthday Dinner and the Elders Meeting
Thursday, June 29*