

— Tribal Life —

Get Ready, Get Set, Quit!

By Linda Mann, RDH

The Great American Smokeout is just two weeks away. Have you begun to plan your strategy? Now is the time to prepare yourself for the big day. Consider the following tips...

- Cut back on smoking even before you quit.
- Switch brands to one you do not like.
- Smoke a low-tar, low nicotine brand, but don't smoke more of them.
- Don't smoke when you first experience the craving. Usually cravings last only a short time. If you can get through the craving, you may not want to smoke at all.
- Stop carrying cigarettes with you, and make them difficult to get to.
- Stop buying cigarettes by the carton.

At least two-thirds of smokers have tried at one time or another to quit, and at least one-third try in any one year. If you're a would-be quitter, the American Cancer Society's Great American Smokeout could be just the help you need. On **Thursday, November 16**, join the millions of Americans who will quit for the day — and perhaps for good.

Activities planned by the dental program include a kick-off breakfast at the Grand Ronde Community Center with motivational talks and "Quit Kits." We will also be providing support through activities and gifts throughout the day. For more information on the Great American Smokeout or about how to quit smoking, call the Grand Ronde Dental Clinic at 879-2020 or 1-800-422-0232.

USDA Distribution

SALEM: November 7, 8*, 9
(*evening distribution)
SILETZ: November 20, 21, 22

**Happy Belated Birthday
to Lennis and Dennis...**
from the Awful Sisters!

Member loses home in fire

Due to a fire that claimed the home of tribal member Tina Grout and her family, the Tribe is asking for donations and supplies to help them recoup from their loss.

Contact April Howren for clothing sizes and other information at 879-2260. Monetary donations can be made with Sarah Harvey at the Health Clinic at 879-2002, or Willamina Fire Department at 879-2004.

Thank you for your kindness.

New CHS Specialist tackles job

Hi! My name is Julie Little and I am the new Contract Health Services Specialist. I am a tribal member. My grandparents were Ted Houck and Leona Severin. My parents are Bruce and Annabelle Poole. I am married to Mike Little, and have four great kids, one grandson, and one on the way.

I will be handling all the medical bills for letters J through Z. I am loving my job and will do my very best to serve you.

You can contact Julie at the tribal offices every Monday through Friday by dialing 1-800-775-0095 or 879-2009.



Willamina Coastal Hills Art Tour November 10 and 11 from 10 a.m. to 5 p.m.

Begin your Holiday celebration with a trip to the fourth annual Coastal Hills Art Tour in Willamina, Oregon. The tour takes place on Friday and Saturday, November 10 and 11 from 10 a.m. to 5 p.m. More than thirty local artists and crafters from Willamina, Sheridan and Grand Ronde will display and sell their work in downtown store fronts and individual galleries.

Tour the Historic Dr. Andrew Kershaw House including the "Second Story" where you will meet local published authors. Linger to sip tea and savor fine pasteries and desserts from Piontek's Bakery and The Cheesecake Lady.

Step back in time with a ride on an old fashioned hay wagon to downtown destinations. Fine Art, Crafts, Antiques and the hospitality of small town Oregon make this a must do in beginning the holiday season.

For more information call (503) 876-2242 or (503) 876-2577.

November Mealsite Menu

| <i>Birthday Dinner and Elders Meeting is Tuesday, November 30.</i> | <i>Wednesday, Nov. 1</i> Pot Roast & Veggies Jello Salad and Glorified Rice Ice Cream | <i>Thursday, Nov. 2</i> Chicken & Dumplings Three Bean Salad Cran-Raspberry Dessert |
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| <i>Tuesday, Nov. 7</i> Meatloaf Mashed Potatoes w/Gravy Pickled Beets & Celery Sticks Cookies | <i>Wednesday, Nov. 8</i> Baked Cod Pickled Beets Coleslaw Ginger Bread | <i>Thursday, Nov. 9</i> Pork Chops Baked Potatoes w/ Cheese Broccoli & Cauliflower Salad and Apple Crisp |
| <i>Tuesday, Nov. 14</i> Cabbage Rolls Shrimp Salad Dessert | <i>Wednesday, Nov. 15</i> Hot Beef Sandwiches Mashed Potatoes Corn Jello w/Fruit Dessert | <i>Thursday, Nov. 16</i> Sweet & Sour Chicken Nuggets over Rice Oriental Salad Dessert |
| <i>Tuesday, Nov. 21</i> Swiss Steak w/Baked Potatoes Peas Dessert | <i>Wednesday, Nov. 22</i> Closed for Thanksgiving Holiday | <i>Thursday, Nov. 23</i> Closed for Thanksgiving Holiday |
| <i>Tuesday, Nov. 28</i> Meatballs w/Mushroom Gravy Noodles Carrot Salad & Celery Sticks Banana Supreme | <i>Wednesday, Nov. 29</i> Enchiladas Refried Beans Spanish Rice Custard | <i>Thursday, Nov. 30</i> Oven Baked Chicken Mashed Potatoes Veggies Dessert |

Menu is subject to change. Meal Price is \$2.50. Tribal member elders and spouses meals are free. Meals are open to everyone. Staff please call by 9 a.m.

Spirit Mountain Challenge to Mountain Bikers

- ① If we sponsor a mountain bike race would you participate?
- ② Would your friends participate?
- ③ Do you have any ideas to organize an event like this?
- ④ Would you be willing to volunteer to help with this project?

Please mail your answers back to: The Wellness Component
9615 Grand Ronde Road, Grand Ronde, OR 97347.

For more information call (503) 879-2016 or Jeff Nepstad at 879-2377. Sponsored by Confederated Tribes of Grand Ronde Wellness Program and Forestry Department.

Grand Ronde Recycling

The Department of Resources is seeking interested consultants to conduct a comprehensive waste stream analysis for the Grand Ronde area.

The request for proposal is available by calling Kathleen Feehan at 879-2395. Small, minority, and women's businesses are encouraged to apply.

**Proposals must be submitted by
November 6, 1995.**