

### Support needed to help build families

Volunteers needed to be "Family Friends" in Grand Ronde and Falls City. Help a family build on their strengths and accomplish their goals. Training is provided. Time commitment: 4 to 6 hours per week for 1 year.

The Polk County Family Empowerment Project is a partnership between Polk County's DHR Volunteer Program, Services to Children and Families, and Americorps to strengthen families and to increase safety, security and stability for children. The project's goals, accomplished through volunteer mentors, are to help local families in the following areas:

- ◆Recognize and build on their strengths.
- ◆Meet their personal and family goals.
- ◆Improve their level of independence and to increase self-reliance.
- ◆Reduce multiple stresses.
- ◆Access community services.
- ◆Stay together!

For more information on volunteering, please call Bonnie Smith, Project Coordinator at (503) 623-8118, ext. 275; or DHR Volunteer Program at (503) 623-4366.

### Teen parenting support group

All pregnant teens and teen parents are invited to participate in this confidential and safe support group. Make new friends and have fun while you learn about the building blocks of parenting. This group will meet on Thursdays from 4:30 to 6:30 p.m. beginning in February at Grand Ronde Elementary School. The cost is FREE.

For more information, please call Dawna Dickens at (503) 472-1230. Sponsored by Yamhill County Reduce Adolescent, Pregnancy Project (RAPP), Service Integration Team, and Confederated Tribes of Grand Ronde.

### Tribe donates building for Food Bank

Members of the Service Integration Team (SIT) are looking for volunteers to help repair and refurbish a building in Grand Ronde to be used as the new Food Bank location.

The building was donated by the Tribe, and needs some repairs inside and out before it can open. It will be used for storage and pick-up of products.

Nancy Holmes, a member of the Team, said that although there is a food bank in Grand Ronde, there is a great need for expansion. We need to get the word out that one exists here, because there are many people who feel they need to drive to a bigger town to receive needed food products. The Food Bank's resources will be available to anyone who needs assistance.

The house is located at 25505 Grand Ronde Road, and anyone interested in volunteering should call Nancy Holmes at 879-2401 or Ed Larsen at 879-2300.

### Sable House seeks wedding dresses

A fund-raiser is being planned for the Sable House — a Polk County Battered Women's Shelter — to be held in February. The fund-raiser will be a fashion show parade of wedding gowns from all different types of cultures. Traditional American, Asian, and other parts of the world. They are looking for a wedding dress from the Native American culture to be modeled as part of the show. Any tribal member interested in participating or having her gown in the parade, please call Jan Rickert at (503) 623-4062. The proceeds for this event will help many women!



## ENERGY ASSISTANCE

### Polk and Marion County residents

February 11 at the Depot  
8615 Grand Ronde Road  
Grand Ronde, Oregon

Call now for appointments  
879-2034 or  
1-800-775-0095 ext. 3

This program is sponsored by the state's LEAP Program and is available to anyone who qualifies. Applicants will need to bring in proof of their income at the time of appointment. Income includes gross wages, salaries, self-employment, unemployment compensation, public assistance, Social Security benefits, student income from grants, and interest on savings accounts. However, deductions may be taken for garnishments or other court ordered payments, and payments for child care while working.

#### INCOME GUIDELINES

size of household	annual income
1	\$ 9,675
2	\$12,950
3	\$16,225
4	\$19,500
5	\$22,775
6	\$26,050
7	\$29,325
8	\$32,600

for each additional member, add \$273 monthly or \$3,274 annually.

#### OUTSIDE GRAND RONDE AREA

To schedule an appointment, call the office in the area in which you live. This program expects a high volume of calls and appointments will fill up quickly.

Woodburn	982-8212
Dallas	623-8429
Silverton	873-8330
Stayton	769-3173
Independence	838-0531
Salem	588-9016

### Smoke Signals SUBSCRIPTIONS

If you have recently moved or plan on moving, let us know so you won't miss a single issue of your favorite newspaper. *Smoke Signals* is available to anyone at no cost. Just fill out this form with your name and address, then mail it back to *Smoke Signals*, Attn: Kim Mueller, 9615 Grand Ronde Road, Grand Ronde, OR 97347.

OLD ADDRESS:

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\_\_\_\_\_  
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NEW ADDRESS:

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### PUBLIC NOTICE:

#### new water hookups

Until further notice, there will be NO additional or new water hook-ups accepted on the Rock Creek Hideout Water System in Grand Ronde. Please call the Rock Creek Hideout Water Company with any questions at (503) 749-9184.