

Happy 3rd Birthday Leland Butler Jr!

We hope all your birthday wishes come true and that you have the best birthday ever. You are our super star tiny boy!

All our love and all our kisses,
Mommy and Halona Rae



March 31 Happy 1st Birthday CHEYANNE



We love you lots
Grandpa & Grandma

HEALTH AND HUMAN SERVICES Employee of the Month



CHERYLE KENNEDY

To my mom, Donna Casey...

I just wanted to let you know in a very special way that I love you very much. Love, Veronica "Ronnie" Gaston

U.S.D.A. Distribution

— SALEM —

May 5: 3 to 7:30 p.m.
May 6: 8 a.m. to 5 p.m.
May 7: 8 a.m. to 8 p.m.

— SILETZ —

April 22, 23, and 24
May 20, 21, and 22
8 a.m. to 4:30 p.m.

Diabetic Support Group meeting

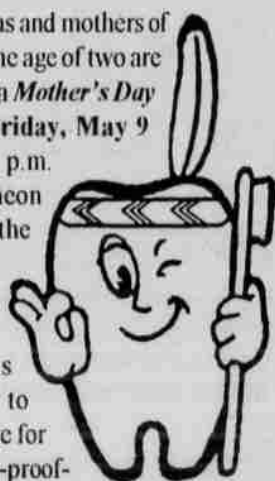
On April 17, there will be a Diabetic Support Group meeting at 1 p.m. at the Community Center. Ruth Jensen will be there to speak briefly about mammograms, and the regular meeting will follow after. Anyone is welcome to attend.

Thanks for recycling cans

The Wellness staff really appreciates the support and effort in recycling your pop cans at the tribal offices. The money collected from this will help with this year's Wellness activities.

Let's Talk Teeth...

Pre-natal moms and mothers of children under the age of two are invited to attend a *Mother's Day Luncheon* on **Friday, May 9** from noon to 2 p.m. This free luncheon will be held at the Grand Ronde Community Center. Presentations such as knowing when to seek medical care for your child, child-proofing your home, and proper use of car seats will be given by staff members. There will be free gift bags for all who attend and lots of fun door prizes. Child care will be provided. For more information, please call Tracy Biery at 879-2020 or 1-800-775-0095. Watch for more information in the next issue of *Smoke Signals*.



During the month of April, two dental hygiene students from OHSU will be doing a rural rotation of the dental clinic. They will be doing a variety of community dental health projects, such as presenting at the tribal pre-school, elementary and middle schools, and helping with Senior Smile week activities. If you see them around the office, please make them feel welcome.

Congratulations to the winner of the "No Cavity Club" Quarterly Drawing **Keegan Jenness**. Other members of the "No Cavity Club" this quarter were **Stephanie Duran, Tiffany Wheeler, and Joe Ham**.

Family photo quilt project

On **Monday, April 17** the Elders will meet at 1 p.m. at the Community Center to plan the size and design of the tribal quilt that is being made to hang in the new Clinic.

If you would like to have your family included in this project, please plan on attending this meeting. For arrangements on getting your quilting materials and to reserve a spot in the design of the quilt, please contact June Olson, Cultural Resource Specialist, at 879-2249 or 1-800-422-0232, ext. 2249.



Hunter safety course

The Fish and Wildlife Department will hold its first hunter safety class of the year on **May 12, 14, 19, and 21** from 6 to 9 p.m. at the Community Center. There is no age limit for the class, but will be limited to 10 students. The course will consist of four 3-hour classes. No one between the ages of 12 to 18 may hunt without a hunter safety certificate. You must have a certificate in order to obtain an adult license. To register call **Karen Larsen** at 879-2376 by May 7.

Camp out in Sweet Home Ranger District

Tony Farque, an archaeologist with the Willamette National Forest, recently contacted the Cultural Resources Program to invite tribal members to a week long camp out near Cougar Rock.

The Ranger District will be clearing a parcel of land to enhance the camas growing in the area. Besides spending a week in the great outdoors, this will be a great opportunity for tribal members to meet people working for the forest service, identify other kinds of plants, dig some camas and collect seeds.

The camp out will be held **June 23 to July 3**. If you and your family would like to attend or if you have further questions, please call June Olson at 1-800-422-0232, ext. 2249.



Poem from Nanitch Sahallie

Dead Asleep

By Brian Tortice

I'm tired of getting spaced out,
Without a doubt,
Also getting kicked out,
All because of weed,
Inhalants, cocaine, and speed.
And now it's hard to read,
Listen and all that indeed,
And now I see,
What weed
"Really did for me."
So take this as a lesson,
Don't be guessin',
And don't ask no questions,
Because it's a known fact,
That "weed" makes you lactic,
In life and other things.
And you will just "feen,"
For the drugs to get in your "jeans."

So don't "start."
It's not "smart,"
And it's bad for your "heart."
So stay away "from it,"
Because it will get
You in a lot of "s...,"
Like "treatment."
And "death" will put you in a "casket,"
"6 feet deep,"
And your loved ones will weep,
As you're "dead asleep."