

Elders' head cook retires



The Grand Ronde staff, Elders, and Tribal Council wish to thank **Elaine Smith**, who recently retired from her job as Head Cook at the Elders' Mealsite. Elaine, we will miss you and your wonderful cooking!

Making fry bread

- 2 cups whole-wheat flour
- 2 cups white flour
- 4 level tablespoons baking powder
- 1 teaspoon salt
- 1/4 cup vegetable oil
- 1 cup warm water

1. Mix together whole-wheat flour, white flour, baking powder and salt.
2. Add vegetable oil a little at a time, only enough to make the mixture look like corn meal.
3. Slowly add 1 cup warm water, only adding enough to make dough stick together.
4. Roll into fist-size balls.
5. Cover the bowl with a towel for about 10 minutes.
6. Pat dough out with your hands to the size of large pancakes.
7. Fry in hot vegetable oil until golden brown on both sides (about 375 degrees).

To make an Indian Taco: put beans, shredded lettuce, tomato, and cheese on top of fry bread.

U.S.D.A. DISTRIBUTION

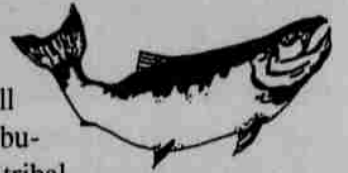
- SALEM —
- Aug. 3: 3 to 7:30 p.m.
- Aug. 4: 8 a.m. to 7:30 p.m.
- Aug. 5: 8 a.m. to 4:30 p.m.
- SILETZ —
- Aug. 17, 18, and 19:
- 8:30 a.m. to 4 p.m.

NANITCH SAHALLIE Staff Member of the Month



TONY FOLDEN

Salmon Distribution



The Fish & Wildlife Committee/Department will be holding its annual Subsistence Salmon Distribution during the week of August 10-14, 1998. Each tribal member will receive 2 pounds of salmon. In order to pick up your salmon **YOU MUST PRESENT YOUR TRIBAL ID CARD.** If you are picking up salmon for a family member you must present their ID card and a note giving you permission. Salmon pickup is available at the Natural Resources Facility located at 47010 SW Hebo Rd in Grand Ronde. For more information contact Karen Larsen at 879-2376. Distribution date and times are as follows:
ELDERS ONLY: Mon., Aug. 10, 8:30 to 12:00 and 1:00 to 5:00
ELDERS ONLY: Tues., Aug. 11, 8:30 to 12:00 and 1:00 to 5:00
GENERAL MEMBERSHIP: Wed., Aug. 12, 8:30 to 12:00 and 1:00 to 5:00
GENERAL MEMBERSHIP: Thurs., Aug. 13, 8:30 to 12:00 and 1:00 to 5:00
GENERAL MEMBERSHIP: Fri., Aug. 14, 8:30 to 12:00 and 1:00 to 5:00

Congrats to recent graduate

On May 16, 1998, tribal member **MARY RING**, graduated from the University of Nevada at Reno, where she earned a Bachelor's degree in Education. While attending UNR, Mary was involved in the Association of Student Council at the University, and she started the first Native American Student Association, as well as receiving honors of being listed in the "Who's Who in American Universities" publication for outstanding students.



Mary is taking a break for the summer months and will resume her studies to pursue a Master's degree in Counseling and Educational Psychology during the fall. Congratulations Mary! (Mary is pictured here with Dean Azule, the Tribe's Education Division Manager.)



On June 29, the Wellness and Education staff took the Tobacco Free summer program youth to Lincoln City to learn about ocean life. Dwight Sours, a marine biologist, showed the kids different sea life — both plants and animals. They learned about life in the water and in the sand, and how our actions as people can affect their environment.

SMOKE SIGNALS SUBSCRIPTION

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 to:

Smoke Signals, Attn: Kim Mueller
 9615 Grand Ronde Road
 Grand Ronde, OR 97347

OLD ADDRESS:

NEW ADDRESS:

AUGUST MEALSITE MENU

TUES., AUG. 4 Taco Soup Tossed Salad Garlic Bread Dessert	WED., AUG. 5 Chicken Rice Veggie Dessert	THURS., AUG. 6 Hamburgers Potato Salad Baked Beans Dessert
TUES., AUG. 11 TUES., AUG. 18	WED., AUG. 12 WED., AUG. 19	THURS., AUG. 13 THURS., AUG. 20
KITCHEN CLOSED FOR POW-WOW		
TUES., AUG. 25 Cubed Steak Mashed Potatoes Veggie Dessert	WED., AUG. 26 Beef Goulash Salad Rolls Dessert	THURS., AUG. 27 B-B-Q Ribs Macaroni Salad Baked Beans Cake & Ice Cream

ELDERS' MEETING AND BIRTHDAY LUNCH IS THURSDAY, AUG. 27.
TRIBAL ELDERS AND SPOUSES EAT FREE. \$3.00 FOR OTHERS.
 PLEASE CALL 879-2410 BEFORE 9:30 A.M.
 IF YOU ARE DINING WITH THE ELDERS.