

ELDER ACTIVITIES

- **October 3** — Randy Travis Concert.
- **October 16** — Dinner at Lum Yuens, 3190 Portland Road, N.E. Salem, OR at 6 p.m. Deadline for attending the dinner is October 1. Please call Darlene at 503-879-2019 to sign up.
- **November 12-13** — Christmas Bazaar — Bake Sale Friday only. If you want to contribute baked goods or crafts to the Elder sale, please call Patsy Pullin at 503-879-4543 or Sharon Hanson at 503-363-1226.
- **December 11** — Tribal Christmas Party. More information later.
- **December 16** — Elder Christmas Dinner. More information later.

CULTURAL GATHERINGS

Smoke Signals has no further information on these events.

- **OCT. 9-10:** BURNS-PAIUTE RESERVATION DAY POW-WOW. 1100 Oregon Avenue Burns High School. **BURNS, OR.** Contact David or Julie Johnson at 541-573-1772 or julie.johnson@burnspaiute.nsn.gov.
- **OCT. 9:** 1ST ANNUAL KANAWAKSOOMA "QUIET THUNDER" POW-WOW. 26000 S.E. Stark Street, Mt. Hood Community College Gym. **GRESHAM, OR.** Contact Shiela at 503-752-2099 or ChakoKumtux@yahoo.com.
- **OCT. 9:** HONORING THE SPIRIT OF ALL COWLITZ PEOPLE POW-WOW. 1242 State Route 505, Toledo High School Gym. **TOLEDO, WA.** Contact Bob Bouchard at 360-883-0985 or PowwowColitz@aol.com.
- **OCT. 23:** SAUK-SUIATTLE FALL POW-WOW. 5318 Chief Brown Lane Suak-Suiattle Indian Reservation. **DARRINGTON, WA.** Contact Kay Brooks or Janice Enick at 360-436-0131.
- **NOV. 6:** CHEMAWA VETERANS' POW-WOW. 3700 Chemawa Road N. Chemawa Indian School Gym. **SALEM OR.** Contact 503-399-5721.

Words can't express how thankful I am for the work, dedication and caring from Julie Brown, Norman Peters and Jackie Provost. You have given my mother, Peachie, one of the most memorable weekends ever during pow-wow.

Thank you very much, you are not forgotten.

Khani



Happy
2nd Birthday
**Hunter
Campbell**
Love, Aunt Amber
& Family.
October 9

Happy
5th Birthday
**Kiona
Campbell**
Love, Aunt Amber
& Family.
October 11

Happy Birthday
Payton L. Smith
September 28
3 years old



Love, Mommy & Daddy.

Congratulations
Tom
on graduating from BCTI
Your family is very proud of you.



Happy 2nd Birthday
Gaberiel Knight
Love, Mom, Danilo, Casey, Dylan,
Kimmy & Momma Kim.
October 16



Happy Belated 22nd Birthday
Ashleigh Phillips
September 23
Love, your family.

JOB OPPORTUNITIES

INTERNAL OPENINGS

- **Bus Monitor**
(15-20 hrs./week)
Education
Grade: 1
Closing date: October 8

- **Teacher Assistant**
Education
Grade: 4
Closing date: October 8

- **Librarian**
(26 hrs./week)
Education
Grade: 10
Closing date: October 8

*Application materials must be received in Human Resources by 5 p.m. on the closing date.

Drug-Free Workplace Policy

- Effective January 1, 2004, all employees are subject to random drug and/or alcohol testing.
- All pre-employment offers.
- When there is reasonable suspicion.
- Post accident.

The eligibility requirements for applying for internal postings — Current employees meeting the following criteria:

- Regular full or part-time employees:
- 1) have completed 6 months in current position.
 - 2) have obtained an overall performance rating of "meets expectations or better" on their most recent performance evaluation.
 - 3) were not under disciplinary action or performance improvement review during the previous 6 months.
- Any Tribal member of the Confederated Tribes of Grand Ronde meeting the following criteria:
- 1) Are not a current employee of the Tribe in their "introductory" period.
 - 2) Are not a current employee of the Tribe under disciplinary action or performance improvement during the previous 6 months.



503-879-2257

or 1-877 TRIBEGR

www.grandronde.org

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. As many are aware, breast cancer has been on the rise for the past several years. In 1940 the lifetime risk of breast cancer was one in 20. By 1997, that risk had increased to one in every eight women. What many people don't know is that most women who get breast cancer have **NO** known risk factors. On the positive side, nationwide awareness campaigns together with improved diagnostic and treatment methods have led to earlier diagnosis, and improved outcomes. Death rates from breast cancer have dropped every year from 1990 to 2000. There are several ways all of us can help reduce the incidence and severity of this disease.

KNOW THE RISK FACTORS: Several factors contribute to increased lifetime risk of breast cancer.

- (1) **AGE:** Breast cancer risk increases with age.
- (2) **FAMILY HISTORY:** Risk increases in people who have a "first degree relative" (mother, sister, daughter) who has had breast cancer. There is a slightly higher risk if there is a family history of other cancers such as ovarian, uterine, or colon.
- (4) **ALCOHOL USE:** Women who consume 2 to 5 drinks a day have an increased risk of developing breast cancer. Alcohol also increases the risk of cancers of the mouth, throat, and esophagus.
- (5) **WEIGHT:** High calorie, high fat diets as well as being overweight (especially in the upper body) increases breast cancer risk, especially after menopause.
- (6) **MEDICAL HISTORY:** Starting your period before age 12, menopause after age 50, taking Hormone Replacement Therapy, having your first child past age 30, or never having children all put you at

higher risk for breast cancer.

(7) **SMOKING:** Increases risks for multiple medical problems, including breast cancer.

IMPROVE YOUR ODDS: By following current recommendations for breast cancer prevention and detection, you can significantly reduce your risk.

(1) **GET SCREENED FOR BREAST CANCER:** Ask your health care provider to discuss what screening is "right" for you. A clinical breast exam and or self breast exams may be recommended. Mammography detects cancer at its earliest, most treatable stage—an average of 1-3 years before a woman can feel a lump and often locates cancers too small to be felt during a clinical breast exam. Current recommendations include a screening mammography every 1-2 years between the ages of 40 to 49 and every year thereafter.

(2) **MAKE LIFE-STYLE CHANGES:** Quitting smoking, losing weight, reducing the fat in your diet, and increasing exercise can significantly reduce your risk of developing breast cancer, as well as some other cancers. The sooner you begin the better!

Every woman deserves and needs to take the time and effort to make sure that she is informed and aware of her breast cancer risk. If you have not had breast cancer screening this year, take time this month to speak to your health care provider. You may be able to get your mammogram at Grand Ronde Health & Wellness Center. Starting this month a Mammography Van will be visiting the clinic once a month. The first visit will be **OCTOBER 29**.