



Healthy Thursday — On Thursday, February 9, the Health and Wellness Department hosted "Healthy Thursday" where they provided lunch and spoke on the importance of dental care. The Health and Wellness Department will continue a series of "Healthy Thursdays," each focusing on a different issue of healthcare. Smoke Signals will be publishing a detailed article on "Healthy Thursday" in an upcoming issue.

Tribal Member Health Plan Survey Now Available

Participating Tribal members will be entered into drawing for prizes. The Confederated Tribes of Grand Ronde (the "Tribe") strives to continue providing quality health care for Tribal members with a focus on access of care, quality of care, and cost of providing care.

Your participation is requested to collect information for the Tribal Member Health Plan as currently administered by United Medical Resources (UMR). The purpose of the survey is to gather information about Tribal members and their access to other health insurance coverage through alternative carriers (via your employer, Medicare, etc).

Tribal members eligible for primary coverage through other carriers are required to provide information about the alternative carriers. Providing this information **WILL NOT** change health benefits to Tribal members, but will assist the Tribe in continuing to provide access to quality health care for all Tribal members while helping to manage the cost of care.

Responses to this survey will be **strictly confidential** and will be available only for the above mentioned purpose. The survey is currently available **through March 10, 2006 on the Tribe's website, www.grandronde.org/**. Tribal member's should have also received a paper survey via first class-mail the week of **January 16, 2006**. **You only need to complete either the paper survey or online survey, but not both.** Online participation is strongly encouraged and allows for:

1. Prompt entry into the drawing,
2. Reducing the chance that responses may be lost in the mail, and
3. Savings in the cost and time of mailing.

Your input is crucial and so is a successful return rate; therefore, successful submission of the survey, will enter the submitting Tribal member into a drawing for the following prizes (In the case of duplicate entries, only the first received entry will be entered into the drawing):

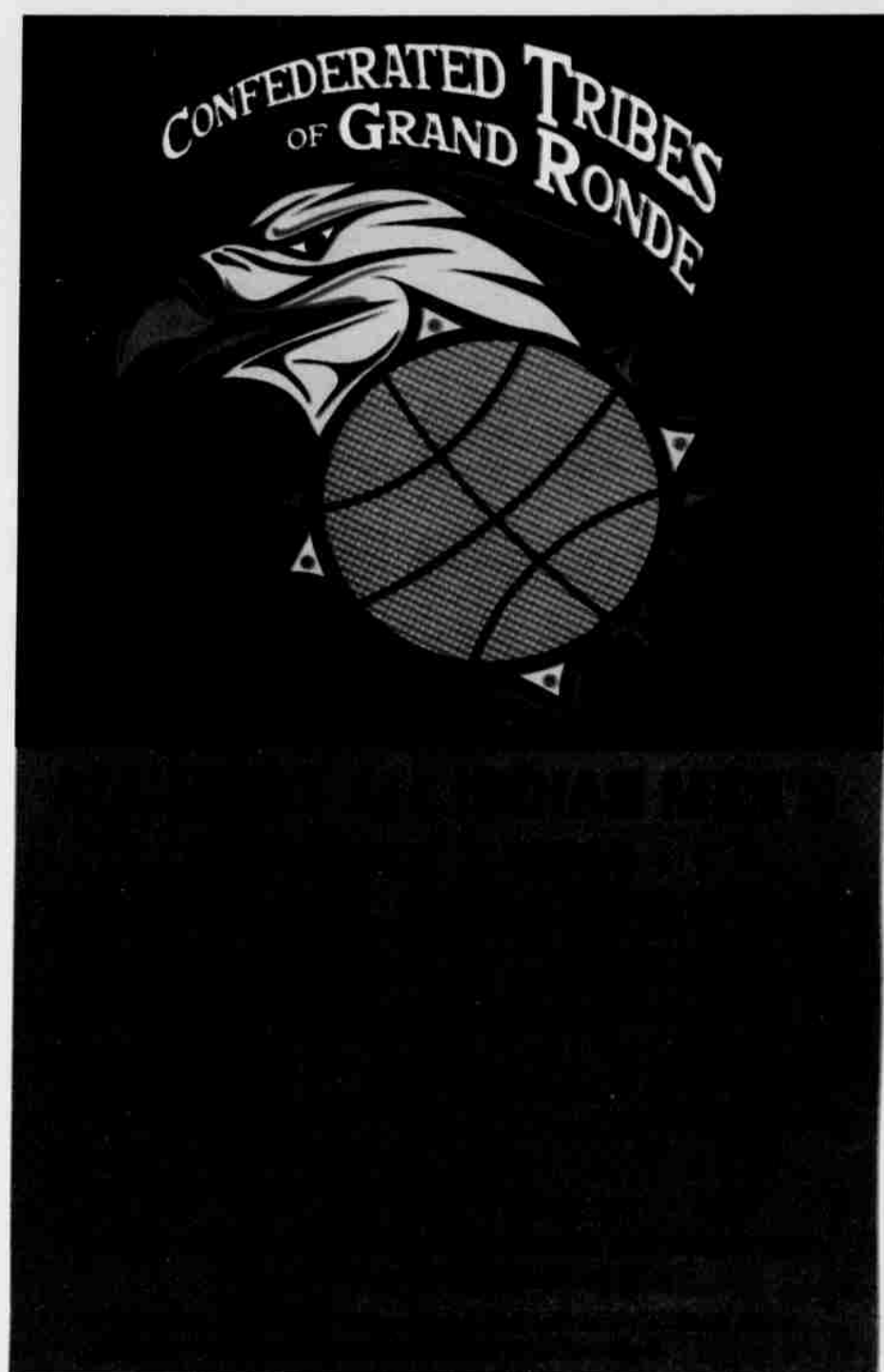
- One (1) \$2,000 Trip Voucher and \$500 in cash (to offset tax liabilities incurred)
- Two (2) \$500 Cash Prizes
- Thirty (30) \$50 Gift Certificates

If you have any questions regarding this survey, please contact Debby Larsen, Financial Risk Manager for the Confederated Tribes of Grand Ronde at 503-879-2332.

All completed surveys should be mailed back to the Tribe to my attention. Confederated Tribes of Grand Ronde, Attn: Allyson Lecatsas, 9615 Grand Ronde Road, Grand Ronde, OR 97347.



Savior — On Thursday, February 9, Tribal Council members Kathleen Tom, Reyn Leno and Jan D. Reibach presented Tribal member Tom Bean for his thankless efforts throughout the Grand Ronde community. Bean volunteers much of his time to help people of the community who might be struggling.



2ND ANNUAL REGISTRATION FORM

The Confederated Tribes of Grand Ronde Circle of Weaving
March 24, 25 & 26, 2006
Grand Ronde Gymnasium • Grand Ronde, Oregon



Registration Form Circle Of Weaving



Registration fee is \$65 for all workshop proceedings, including meals and programs. For those who register by February 20, fee is \$50. Grand Ronde Tribal families are free.

REGISTRATION & FEES MUST BE RECEIVED BY MARCH 10, 2006.

Name _____ Elder: Yes No
Tribal Affiliation: _____ Roll # _____
Address: _____

(City)

(State)

(Zip Code)

(Telephone)

(E-mail)

Please indicate (1st & 2nd) choices) class you would like to attend:

- | | |
|--|---|
| ☐ Juncus basket | ☐ Cedar Bark Hat |
| ☐ Roots & Shoots basket | ☐ Wool & hemp basket |
| ☐ Willow Stick Basket | ☐ Tule & Cattail bag |
| ☐ Beargrass braiding | |

Please return this registration with your check or money order to:
Confederated Tribes of Grand Ronde, Elaine LaBonte
9615 Grand Ronde Road, Grand Ronde, Oregon 97347
503-879-1437

Registration MUST be received by March 10, 2006.