

Logan Family & Friends Reunion

The family of Abram and Louisa Logan, Pengrey Logan, Larkie Logan, and Anne (Logan) Winkler are having a reunion on July 22, 2006 at the Siletz Tribal Community Center at Siletz, Oregon. This will be a potluck event.

Abram and Louisa's family were James (Jim) Logan, Ethel (Logan) Gardipee, John Logan, Jack Logan, Gus Logan, Abeson (Ab, Abe) Logan, Lillian (Logan) Easter and Elmer Logan. Anne and Jack Winkler's daughter was Agnes Doherty.

The reunion will begin Saturday, July 22, 2006 at 10 a.m. with introductions and sharing family history. Potluck will begin at 1 p.m. and following will be baseball. Bring your own ball equipment. Next will be bingo and please bring a small inexpensive gift for bingo prizes.

A family tree is being developed and if you have family tree information you would like to share, contact Jim McCormick at 503-838-3783; Please mail in family history if you are unable to attend and other history that you would like to share. Others to be contacted are Elaine Thomas in the evening at 503-623-6253; Claudia Leno at 971-241-2031; Donna Holmes at 541-444-2578; or Lillie Butler at 541-444-2448, e-mail lebutler2@hotmail.com or send a letter to Lillie at PO Box 26, Siletz, OR 97380. Please leave a message with phone number on answering machines. Please call or write if you are attending the reunion.

Openings On Parent Board In Willamina/Sheridan Indian Education Program

The Willamina/Sheridan Indian Education program would like to announce the following openings on their parent board. Vice Chair, Secretary/Treasurer, High School Student Representative (2 openings) and Parent Representatives (2 openings) — one for a parent of a student in Willamina School District and one for a parent of a student in the Sheridan School District. Ballots may be obtained by calling Wendi Spencer at 503-876-1513.

Bid Announcement

The Confederated Tribes of Grand Ronde are seeking bids from interested parties to furnish beverage and snack vending services to various governmental buildings in the Grand Ronde area. Vending services include nine beverage vending machines and nine snack machines located in the following facilities: Governance, Procurement, Health & Wellness, Gaming Commission, Social Services, Community Center, Gymnasium, Maintenance and Natural Resources.

Contractor shall have minimum of one year of successful professional experience providing vending services and install and operate high quality vending machines. Machines shall be of adequate size and capacity to provide continuous service. Vending machines shall be arranged in attractive units, making use of similarly sized machine, compatible systems, attractive decorative panel, accent lighting, color and other materials. ALL INSTALLATIONS SHALL BE SUBJECT TO THE APPROVAL OF THE TRIBE.

All machines shall be installed at no expense to The Confederated Tribes of Grand Ronde. Bidders shall include a commission schedule based on sales and any associated cost for cords or hook-up accessories in the bid price. The Contractor shall be solely responsible for providing equipment, routine maintenance, repairs, delivery of products and stocking of machines.

INSTRUCTIONS TO BIDDERS

Bid proposals shall be submitted in a sealed envelope. The envelope shall be addressed to the Tribe at 9615 Grand Ronde Road, OR 97347, attention Larry Leith. If the bid is sent by mail, the sealed envelope shall be enclosed in a separate mailing envelope with the notation "SEALED BID ENCLOSED" on the face thereof.

Bids must be received at the designated location by 5 p.m. on June 26, 2006. Bids received after the time and date for receipt of bids will be returned unopened. The bidder shall assume full responsibility for timely delivery at the location designated for receipt of bids. Oral, telephonic, or facsimile transmission bids are invalid and will not receive consideration.

MODIFICATION OR WITHDRAWAL OF BID

A bid may not be modified, withdrawn or canceled by the bidder after 5 p.m. on June 26, 2006 and each bidder so agrees in submitting a bid.

Prior to the date and time designated for receipt of bids, a bid submitted may be modified or withdrawn by notice to the Tribe at the place designated for receipt of bids; such notice shall be in writing over the signature of the bidder. A change shall be so worded as not to reveal the amount of the original bid.

Withdrawn bids may be resubmitted up to the date and time designated for the receipt of bids provided that they are then fully in conformance with these instructions to bidders.

REJECTION OF BIDS

The Tribe reserves the right to reject any and all bids, to reject a bid that is in any way incomplete or irregular, to waive technical defects in bidding, or negotiate with any unsuccessful bidder if no bid is awarded.

Native American preference will apply during the consideration process.

Diabetes: Affects Almost 18 Percent Of Native Americans

Diabetes and You

Did you know that almost 7 percent of the U.S. population has Diabetes; this is over 20 million people in the U.S. alone that are afflicted with this disease. Unfortunately, only about two-thirds of those with Diabetes have been diagnosed, the other third are unaware they have the disease. This is over 6 million people with Diabetes that are not diagnosed, treated or receiving care for their condition.

Are you at risk for Diabetes? Did you know that American Indians/Alaskan Natives are the highest ethnic population in the U.S. in which Diabetes occurs. Almost 18 percent of the Native American population has Diabetes. You could be at a higher risk of having Diabetes if you are

- ◆ 55 and older
- ◆ Native American, African American or Latino
- ◆ Have a close relative (brother, sister, parent) with Diabetes
- ◆ Overweight or don't exercise
- ◆ Have a history of high blood pressure or high blood cholesterol

Signs and Symptoms of Hypoglycemia (low blood sugar).

- ◆ Feeling shaky, nervous, sweaty, dizzy, weak, tired, tingling in or around mouth or lips, blurry vision, headache, racing pulse, grouchy. If this happens more than twice a week contact your doctor, it is possible to pass out.

Signs and Symptoms of Hyperglycemia (high blood sugar).

- ◆ Thirsty, itchy skin, hungry, blurred vision, grumpy, sleepy, increased urination, frequent vaginal infections, and numbness of feet and hands. Illness, infection and stress can cause increased blood sugars; Contact your doctor if you see a pattern of higher sugars.

Diabetes is manageable; it requires some learning, changing, and checking. It is important to take care of yourself in order to be able to take care of others. With more than 20 million people in the U.S. alone having diabetes 90% of them have what is considered Type 2. Type 2 diabetes means adult onset, usually diagnosed after age 45.

Diabetes can have many serious long term effects if not controlled including: Glaucoma, retinopathy, heart disease, circulation problems, amputations, wounds, stroke, nerve damage (neuropathy) and kidney disease. This is why it is very important to communicate openly with your doctor often.

If you have questions about Diabetes or would like information on this or a variety of other topics feel free to contact the tribe's dedicated Health Educator nurse with UMR at 1-800-316-9946. This program is entirely confidential and at no charge to you.

Managing Your Diabetes

If you are one of the many people with diabetes, you know how important it is to take good care of your health. These helpful tips can help you manage your diabetes — and stay active and strong:

Know your blood glucose level. Stay in the habit of monitoring your blood glucose. It might be tempting to skip a reading now and then, but resist the temptation. Your doctor can tell you how often and at what time of day you should check your levels. Bring your readings with you to your next appointment and discuss ways to keep your blood sugar at the healthiest level possible.

Eat right. Work with your doctor or a nutritionist to develop a meal plan that's right for you. Learn how much, when and what you should eat to keep your blood glucose levels stable. Starting to feel like you're in a rut with your food choices? Explore new cookbooks for diabetic diets at the public library, your local bookstore or online.

Get moving. Exercise not only helps you manage your diabetes, it can give you more energy and lift your spirits. Be sure that your doctor approves any exercise plan or increase in activity before you begin. Physical activity helps control weight, makes insulin work better and prevents heart attacks and strokes. If you take insulin to manage your diabetes, talk with your doctor about adjusting your dose according to the amount of exercise you get. Be sure you know how to manage low blood sugar.

Stay alert. Diabetes can put you at risk for other health problems. Take action to prevent complications:

- ◆ Keep your blood sugar under control, and your blood pressure and cholesterol normal.
- ◆ Avoid smoking to prevent kidney, heart disease and eye problems.
- ◆ See an eye care professional regularly. Don't compromise your vision by putting it off.
- ◆ Take excellent care of your feet and legs. Be very careful when cutting your toenails. Check your feet daily for cuts, blisters or bruises, and don't walk barefoot. Report any changes to your doctor right away.
- ◆ See your dentist regularly, floss and brush your teeth at least twice daily to help prevent gum disease.

Signs and Symptoms

Not sure if you or someone you love has diabetes? These signs and symptoms indicate that a visit to your doctor is warranted — frequent urination, increased thirst, increased hunger, unexplained weight loss and extreme fatigue.