

Diabetes Education Class

Community Center

April 19th 5pm-8pm

Our first topic will be Pre-diabetes, Metabolic Syndrome, Insulin Resistance and what we know as borderline diabetes.

This class is meant for anyone and or their family member who have been told they have Pre-diabetes or any of these conditions mentioned above.

This is informal and informational. A light meal will be provided.

To RSVP and if you have any questions please call Shirley Walkhoff RN, CHN at 503-879-1355



Ad created by George Valdez

Seven Day Alaskan Cruise On The Norwegian Star

Prices are : Inside cabin "K" \$1,090 per person
Cabin with obstructive view \$1,349 per person
Cabin with full view \$1,360 per person
Balcony cabin \$1,819 per person

Includes tax, but an additional charge of \$30 per person for booking fee. We will leave Seattle on July 7 and return to Seattle seven days later. If interested please call Donna Johnson at McMinnville Travel, 503-472-5127 and mention that you saw the ad in the *Smoke Signals* to get these prices or call Anna Hannan at 503-879-6341. If we get over 20 people we could get a bigger discount. It's a fun trip and great food.

CULTURAL GATHERINGS

- APR. 5: **NORTHWEST INDIAN YOUTH CONFERENCE POW-WOW.** Spokane Convention Center, 334 W. Spokane Falls Blvd. **SPOKANE, WA.** Contact Davonica at 509-445-0700 or 509-998-6151 or dbrowneagle@kalispeltribe.com
- APR. 13-15: **36TH FN@UW SPRING POW-WOW.** Hec-Edmundson Pavillion, 3850 Montlake Blvd. N.E. **SEATTLE, WA.** Contact fnuw@u.washington.edu or <http://students.washington.edu/fnuw>
- APR. 21: **2ND ANNUAL JUDITH QUILL MEMORIAL POW-WOW.** Tacoma Community College, Student Center, Building 11, 6501 S. 19th St. **TACOMA, WA.** Contact Ronald at 253-561-5210.
- APR. 21-22: **32ND ANNUAL PAH-LOOTS-PU CELEBRATION.** Beasley Performing Arts Coliseum, 1000 N.E. Orchard Dr. **PULLMAN, WA.** Contact David at 509-335-8676 or visit www.wsu.edu/~naschome/powwow.htm
- APR. 28: **HONORING OUR COMMUNITY POW-WOW.** Linn Benton Community College, 6500 Pacific Blvd. S.W. **ALBANY, OR.** Contact Nick Sixkiller at 541-484-4234.
- MAY 1: **DANCE CLASS END OF THE SEASON MINI-POW-WOW.** Old Yakama Nation Bingo, Back of Yakamart, 111 Fort Rd. **TOPPENISH, WA.** Contact 509-865-2102 ext. 219.
- MAY 19-20: **OSU 31ST ANNUAL POW-WOW.** Oregon State University MacAlexander Field House, 1800 S.W. Jefferson Way. **CORVALLIS, OR.** Contact nal@oregonstate.edu
- MAY 19: **22ND "IN HONOR OF OUR CHILDREN" POW-WOW.** Kelso High School Gym, 2000 Allen St. **KELSO, WA.** Contact Shelley at 360-501-1655 or visit www.kelso.wednet.edu/indian_ed/powwow.html
- MAY 26: **3RD ANNUAL SKYKOMISH VALLEY INDIAN EDUCATION TRADITIONAL POW-WOW.** Monroe High School Commons, 17001 Tester Rd. **MONROE, WA.** Contact Craig at 360-793-0279 or millerm@monroe.wednet.edu
- JUNE 2: **3RD ANNUAL SPRING INTERTRIBAL POW-WOW.** Beaverton High School Football Stadium, 13000 S.W. Second St. **BEAVERTON, OR.** Contact 503-614-1291.
- JUNE 15-17: **WINDS OF THE NORTHWEST.** Wahelut Indian School, Franks Landing Indian Community, 11110 Conine Ave S.E. **OLYMPIA, WA.** Contact 360-456-1311.
- JUNE 15-17: **37TH ANNUAL DELTA PARK POW-WOW.** Delta Park, N. Union Ct. **PORTLAND, OR.** Contact Mark at 503-807-3667 or Robert at 503-887-5933.
- JUNE 22-24: **MUCKLESHOOT VETERANS' ASSOCIATION ANNUAL POW-WOW.** The new Muckleshoot Pow-wow Grounds, 172nd Ave S.E. & S.E. 392nd St. **AUBURN, WA.** Contact Kelvin at 253-797-7738.
- JULY 6-8: **WILDHORSE 13TH ANNUAL POW-WOW.** Wildhorse Casino, 72777 Highway 331. **PENDLETON, OR.** Contact info@wildhorse.com

If you or anyone you know has information on cultural events happening, *Smoke Signals* would be glad to list it in our Cultural Gatherings. Please e-mail news@grandronde.org or write to *Smoke Signals*, 9615 Grand Ronde Road, Grand Ronde, Oregon 97347.

Ntsayka makuk haws Our Store

The lodge gift shop invites Tribal members and Indian craftspeople at all skill levels to submit their work

submit your work to Diana George
CTGR Tribal member and casino buyer
at 503-879-3728
or e-mail artwork/designs
to diana.george@spiritmtn.com



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