

Letters

Dear *Smoke Signals*:

I loved the article about the lively discussion on health issues in the Jan. 15 issue. Of course, knowing how to fill out forms is important and, of course, smokers should not be segregated. But the really pivotal point was made by Bryan Mercier on educating Tribal members on healthy lifestyles. Yes, yes and kudos to Bryan. We are bombarded with ads for cookies, fast foods and nutrient-lacking soda. We need education to know there are good tasting alternatives to junk foods.

An article I just read in the *New York Times*, Jan. 20, 2009, page D1, is enough to scare anyone into wanting to stay healthy. The article is about how 87 percent of the medical drugs we take are made in China or India. The reason they are made in China? There is less oversight than in the United States. Popular drugs like Prednisone, Metformin and Amlodipine are all made in China.

Does everyone remember all the pets that died over ingredients from China? Or even worse, China killed its own children with tainted milk formulas. I'm not saying all these drugs are tainted, nor needlessly scare those who have to take them, but it is something to think about and an incentive to stay as healthy as possible so you don't have to expose yourself to these drugs.

Health is wealth.
Judith Pettibone
Roll #717

Garage & bake sale



Photo by Michelle Alaimo

Tribal Council member Valorie Sheker and her son, Tribal member Gary Guzman, look at some bobblehead dolls for sale at a garage sale at the Tribal Community Center on Tuesday, Feb. 10. Tribal member Sharon Freund had the garage and bake sale. She and her husband Steve are attempting to downsize for when they can retire.

Going Red



Photo by Michelle Alaimo

Larry Remington, left, the Tribe's senior help desk technician, gets his blood pressure taken by Darlene Aaron, right, a health promotion specialist for the Tribe and Tribal member, during the Go Red for Women event in the Governance Center on Thursday, Feb. 5. In the background Denise Harvey, left, director of the Tribe's Mentorship/Workforce Development Program and a Tribal member, prepares to get her blood pressure taken by Pearl Mekemson, a health promotion specialist for the Tribe and Tribal member. The event was organized by the Tribe's Wellness & Prevention Department and was aimed at promoting women's health. More than 50 people had their blood pressure taken.

JOB OPPORTUNITIES

EXTERNAL OPENINGS

- Caregiver (on-call)
Adult Foster Care
Grade: 5
Opened until filled

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.

For a detailed job description, please contact the Tribe's job line at 503-879-2257 or 1-877-TRIBEGR.

- Internal applicants are
1. Current Regular Employee, past their six-month introductory period, receiving at least a "meets expectations" on most recent performance evaluation and not under disciplinary action or performance improvement within the previous six months,
 2. Grand Ronde Tribal members
 3. Spouse of a Grand Ronde Tribal member or
 4. Parent or legal guardian of Grand Ronde Tribal member children
- Internal recruitment
For those individuals meeting minimum qualifications an interview will be given in the following ranking order:
1. Grand Ronde Tribal members
 - a) Qualified Grand Ronde Tribal members who show they meet the minimum qualifications of the position during the course of the interview process will be given first consideration for hire and the recruitment process will end
 2. Tribal member spouses, parents and/or legal guardians of Grand Ronde Tribal member children
 3. Current regular employees

www.grandronde.org

Canoe Family events

CANOE FAMILY BOARD MEETING
WILL BE HELD
SATURDAY, MARCH 7
FROM 10-11 A.M.
AT YOUTH EDUCATION.

THE GRAND RONDE/CHINOOK CANOE FAMILY
WOULD LIKE TO INVITE AND WELCOME YOU
TO ATTEND OUR MONTHLY CANOE FAMILY
MEETING, WHICH WILL BE HELD
SATURDAY, MARCH 7
FROM 11 A.M. - 4 P.M.
AT CTGR TRIBAL GYMNASIUM.

Youth Canoe Club mtgs Every Thursday from 4-5 P.M.

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The Confederated Tribes of Grand Ronde

CASA

COURT APPOINTED SPECIAL ADVOCATE
BECOME A TRIBAL COURT CASA VOLUNTEER AND BE A VOICE FOR A NEGLECTED OR ABUSED NATIVE CHILD.

As a Grand Ronde Tribal Court CASA you will speak up for the best interests of a neglected or abused Tribal child. You will review records and speak with pertinent persons to the case and make recommendations to the Court stating what you, as a CASA, believe is best for the child.

EVERY NATIVE CHILD DESERVES TO HAVE A SAFE HOME, AN EDUCATION, AND TO KNOW AND BE CONNECTED TO THEIR CULTURE.

Our Children.....
Our Future.....

FOR MORE INFORMATION PLEASE CONTACT:
Julie Boekhoff
(503)-879-4623

BE A VOICE FOR OUR NATIVE CHILDREN.....BECOME A TRIBAL COURT CASA VOLUNTEER!

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