

## Per-capita distribution date: Friday, March 13, 2009

YOU ARE NOT REQUIRED TO DO ANYTHING — Your check will be mailed from New Mexico to the most current address on file at the Tribe. Please allow at least five business days to receive. If you would like to verify your address, contact Hollie Mercier at 800-422-0232, ext. 2490, or 503-879-2490.

## Grand Ronde Tribal Housing Authority



## Calling all kids It's a poster contest!

It's time for the AMERIND Risk Management Corporation 2009 National Fire and Home Safety Poster Contest for children currently in grades K through 8 (only one entry per child).

All posters entered are to illustrate a fire safety theme, and must be originals created by the child in crayon, markers or paint, drawn horizontally on 8.5" x 11" paper (no pencils, please).

This year's winner of the poster contest will receive a \$2,000 savings bond in his or her name. Entry forms are available through the Grand Ronde Tribal Housing Authority office, 28450 Tyee Road, Grand Ronde, or by calling Shawn Kennedy or Victoria Jones at ext. 2401.

All AMERIND Poster Contest entries must be submitted to the Grand Ronde Tribal Housing Authority office no later than March 26.

## CULTURAL GATHERINGS

■ MARCH 14: **7TH ANNUAL SOCIAL POWWOW**. Cone Fieldhouse, Willamette University, 400 University St. S.E. SALEM, OR. 503-370-6265.

■ MARCH 20-21: **7TH ANNUAL AGENCY CREEK ROUND DANCE**. Tribal Gymnasium, 9615 Grand Ronde Road. GRAND RONDE, OR. 1-800-422-0232.

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](mailto:news@grandronde.org) or write to Smoke Signals, 9615 Grand Ronde Road, Grand Ronde, OR 97347.

## United States Census 2010

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U S C E N S U S B U R E A U

## Coping with stress in tough economic times

By Tom Bender

Tribal Mental Health counselor

When I was asked to write an article about dealing with stress during challenging times, my first reaction was that, for someone who has lost their job or is struggling to pay rent, stress is an honest and natural response.

As human beings, we have basic needs: food/water, sleep, employment, health, safety and love of family. Faced with the possibility of losing any of these can create stress in our lives. The greater the number of needs not being met, the more stress we may experience. So how to cope?

The following is our Top 10 List for Stress Reduction during Tough Economic Times.

**1. Knowledge is power:** Become familiar with various social service agencies in the area. Become a fixture at employment offices, financial assistance programs and food banks. Learn to use the computer.

**2. Maintain calming activities:** Daily meditation, prayer, inspirational readings and walking in a nature can be calming and can put one's mind and body at rest.

**3. Be generous:** When times are challenging, there is a tendency to contract into a poverty mindset. By continuing to let our goodwill flow through kindness, patient listening and compassion for others, we create a loving flow in our lives and our family's.

**4. Don't be picky:** A career counselor recently offered this bit of advice: "If someone offers you a job, take it." Take care of your basic human needs first. Get picky with career choices later.

**5. Don't do it alone:** Helpful pride

In an effort to inform and assist the community at large, *Smoke Signals* has agreed to publish a monthly article addressing various mental health issues written by a member of the Behavioral Health Department at Health & Wellness. We welcome letters, e-mails and questions from people with mental health-related questions.

gives us a feeling of accomplishment; unhelpful pride tells us that we should be able to do it alone. The latter can lead to feelings of isolation, anger or depression. We are here to help each other. Reach out.

**6. Maintain a routine:** It can be very helpful to structure one's day. People who don't keep a schedule can start to bog down and get discouraged.

**7. Network:** Ask your friends and family for helpful suggestions/contacts. If you have a skill, offer to trade it for something you need.

**8. Get creative:** Learn to think outside the box. What haven't you tried yet?

**9. Feel your feelings:** Ignoring one's emotions does not help. Identify what you're feelings, breathe, feel and move on. Stress can increase from trying not to feel.

**10. Go on vacation:** Counteract stress with pleasurable non-addictive activities (e.g. exercise, a movie, friends, etc.). That's an order.

Tom Bender can be reached at 503-879-2026 or [tom.bender@grandronde.org](mailto:tom.bender@grandronde.org).

## Support group starts

The Grand Ronde Tribal Housing Authority sponsors a Financial Wellness support group that meets weekly at 5:30 p.m. Thursday in the Housing Authority conference room. The support group discusses, shares and learns ways to stretch dollars and protect the money participant's make. The group is informal and decides on the topic to be discussed and researched each week.

The Housing Authority has computers and worksheets to help people develop and track spending plans.

For more information, call Deborah Kroeker at 503-879-4522 or send her an e-mail at [deborah.kroeker@grandronde.org](mailto:deborah.kroeker@grandronde.org).

## Cultural Resources seeks plankhouse giveaway items

In anticipation of an early fall opening of the Grand Ronde plankhouse, the Tribe's Cultural Resources Department is seeking donations of giveaway items for the planned blessing ceremony.

Giveaway items can be about almost anything, including beads and blankets, but not alcohol or drugs.

The items are intended to recognize people from outside the Grand Ronde community who will come for the blessing ceremony.

"By having people from outside the community, they are helping to strengthen our house," said Tribal member and Cultural Resources Protection Coordinator Eirik Thorsgard.

Giveaway items can be dropped off at the Cultural Resources Department in Grand Ronde or at the Tribal satellite offices in Eugene and Portland.

For more information or to check on the appropriateness of possible giveaway item, call Angella McCallister at 503-879-2268, Thorsgard at 503-879-1630 or Language & Culture Specialist Bobby Mercier at 503-879-2076.

An article on proper plankhouse protocol written by Cultural Resources Department staff will appear in *Smoke Signals* closer to the blessing ceremony. ■