

Aven James-Scott Cox

Born March 2, 2009
 Parents: Steven Cox & Valerie Haller
 Big Sister: KaileighAnn
 Grandparents: Mark & Patti Strutton and Timothy & Janell Haller
 Great-grandparents: Tom & Hazel Porter and Valarene Grout



There will be an 85th Birthday celebration for Tribal Elder **Marion Davidson** at Spirit Mountain Casino in the Molalla Room from noon until 4 p.m. on May 25. All family, friends and Tribal members are invited to attend.

Happy belated 40th Birthday

Veronica Gaston

March 11



Adeline Payton Moreland

Happy 3rd Birthday beautiful girl!
 Love, Mom, Dad and all your family.

Church offers activities

St. Michael's Catholic Church will be hosting free breakfast following Mass for anyone in the local communities through April 5. Join us in celebrating the Lenten season. Mass at 10 a.m. Breakfast at 11 a.m.

We will be having a rummage sale on April 3-4. 9 a.m.-4 p.m. All proceeds will go to building maintenance and general fund.

We will be having an egg hunt and small farm petting station directly following Mass on Easter Sunday. Mass is at 10 a.m., activities to follow at 11 a.m. Everyone welcome.

Grand Ronde Low-Income Home Energy Assistance Program

The Grand Ronde Tribe is operating its own Low-Income Home Energy Assistance Program (LIHEAP) to assist Grand Ronde Tribal member households with energy payments (utility bills, firewood, etc.), energy emergencies and weatherization (e.g. furnace repairs). Income eligible households within Polk, Yamhill, Marion, Washington, Multnomah and Clackamas counties with a Grand Ronde Tribal member are eligible to apply. CTGR members in these counties need to contact Grand Ronde to receive assistance instead of from the community action agency in their area. Grand Ronde's program enables more CTGR members to be served than would otherwise have been possible.

If you are interested in obtaining services contact Social Services at 1-800-242-8196 for energy assistance and the Grand Ronde Tribal Housing Authority at 503-879-2405 for weatherization. The Tribe's LIHEAP program also serves all income eligible Indians on Grand Ronde Reservation or trust land.



What is it to be a man in this society?

By Tom Bender

Tribal Mental Health counselor

When I've asked the men in groups I facilitate the above question, they point to things like integrity, being a good father and husband, supporting and protecting one's family, being honest and staying sober.

These are all wonderful, important qualities, but in a community that has been devastated by drugs and alcohol, unemployment or lack of motivation, it is one thing to say these words and another to live up to them.

To live from a place of integrity, a man has to be willing to look closely at himself and vulnerably take responsibility for his words, actions and emotions.

A man, to the best of his ability, does not make excuses for his actions — whether he has mistreated a family member, lost a job due to substance abuse or broken promises to himself or others. Instead, he takes responsibility for his decisions, and when he makes a mistake he humbly gets up from the ground, dusts himself off and begins again.

A man learns from his errors and moves on. A man who refuses to learn from his mistakes is not a man — he's a boy.

The ego is the mask we create to show the world. Our egos are who we think we are, a construct of the mind designed to protect and defend ourselves from potential threats. When we find ourselves trying to prop ourselves up in an at-

In an effort to inform and assist the community at large, *Smoke Signals* 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 e-mails, letters and questions from people with mental health-related questions.

tempt to feel more important even at the expense of putting another person down, this is ego; when we find ourselves arguing with a loved one even though we know the other person is right, this is ego; when we find ourselves blaming everybody for the state of our lives rather than taking full responsibility for our decisions, this is ego.

I've been part of men's groups off and on for a number of years. We get together to respectfully listen to each other and support one another through stormy times. Men are often isolated in our society. It can be a rare and powerful event when a group of men gather together to learn how to share their lives and trust one another.

The Behavioral Health Department at Health & Wellness is offering a men's group free to members of all Tribes. The group will meet on Thursdays from 10 to 11:30 a.m. Please contact Tom Bender at 503-879-2067 or tom.bender@grandronde.org for more information. ■

2009 Winter General Council & Community Membership Meetings

This year the community membership meetings started in January and were combined with the General Council meetings in Portland and Eugene, as well as in Grand Ronde. The focus of the meetings will be on the Draft 2009 Strategic Plan.

April 19, 2009

Sunday Red Lion Hotel Yakima Center
 607 East Yakima Avenue
 Yakima, WA 98901

12:00 Lunch

1:00 Community Meeting

Take I-81 Highway into Yakima and take exit 33B (if southbound) or exit 33 (if northbound). Then take lane marked for Yakima Avenue (the right lane if southbound & the left lane if northbound). The hotel is 3 blocks west of the highway on the right hand side. It is adjacent to the convention center and two blocks from the Yakima Mall.

May 17, 2009

Sunday Riverhouse Hotel (Deschutes Room;
 south end of Restaurant Bldg.)
 3075 N. Highway 97
 Bend, Oregon 97701

12:00 Lunch

1:00 Community Meeting

The 2009 Tribal Strategic Plan will be adopted by mid-July based on comments received at the community meetings and written comments received through the mail. Comments from these meetings also will be used in preparing grant applications (e.g. ICDBG, ANA). For additional information, call the Planning & Grants Department at (503) 879-2250. If you wish to mail in comments on the Strategic Plan or Tribal priorities please write to Mr. Kim Rogers, Planning & Grants Department, Grand Ronde Tribe, 9615 Grand Ronde Road, Grand Ronde, OR 97347