

## EDUCATION OPPORTUNITIES

### Youth Ed slates Literacy Night

Tribal Youth Education will hold a K-5 Literacy Night from 5:15 to 6:30 p.m. Thursday, April 15, in the Tribal Community Center.

Literacy Night is designed for kindergarten through fifth-grade families and families that receive tutorial services.

To RSVP, contact Elementary Tutor Emily Hanes at 503-879-2318 or Emily.hanes@grandronde.org.

### Youth Education Family Night

Friday, April 2, from 5:15-7 p.m. in the Tribal gym. Dinner will be provided. RSVP to Emily Hanes at 503-879-2318.

### Are you interested in finishing your bachelor's degree?

Find out how on Thursday, April 15 - 3:30-4:30 p.m.

George Fox University offers adult students the ability to dramatically change their lives and improve their futures. Finish your degree in 16 months. Classes are designed for working adults and meet once each week from 6-10 p.m. and one full-day Saturday class per 16-week semester. Classes/Programs are located in Portland/Tigard, Salem and Boise.

#### George Fox University Degree Completion Program information session

Where: CTGR Adult Education Building Classroom 126

For more information on the information session, call 503-879-1478.

For more information on the George Fox University Adult Degree Completion Programs: go to [www.georgefox.edu/sps/index.html](http://www.georgefox.edu/sps/index.html) or call Jeremy Stephens at 503-554-6168.

### Addictions can affect our relationships

In an effort to inform and assist the community at large, *Smoke Signals* publishes a monthly article addressing various mental health issues written by a member of the Behavioral Health Department at Health & Wellness. They welcome e-mails, letters and questions from people with mental health-related questions at [tom.bender@grandronde.org](mailto:tom.bender@grandronde.org).

By Tom Bender

Tribal Mental Health counselor

A little over five years ago, I quit smoking.

Growing up, everywhere I looked was an adult in my life with a cigarette in their mouth — parents, grandparents, aunts, uncles, siblings — everyone.

I was puffing away by fifth grade. Years later, during my most passionate days as a smoker, if someone I cared about had asked me to quit it would have been touch-or-go which would have won out — the relationship or my addiction.

Working in social services, I have witnessed much of the beauty as well as much of the woundedness that is part-and-parcel of the human experience.

Many of us choose our partners to teach us how to love, but also to point the way to where we need to heal. In that way, relationships are wonderful mirrors reflecting the levels of intimacy we are willing to go, but also where we balk or get scared.

One sure block to true intimacy is when we bring a third party along, a hitchhiker that has a profound effect on the depth and quality of our relationships — addiction.

I have spoken with many people who minimize the effects addiction is having on their lives and in their relationships. The most obvious culprits, of course, are drugs and alcohol.

If we are using/abusing substances, our primary relationship is not with the person sitting across from us at the dinner table, but with the substance itself. If you doubt this, ask yourself if you'd be willing to quit your drug of choice rather than lose your relationship.

The above is true for all forms of addiction — computer games, pornography, compulsive eating, workaholicism, compulsive gambling, control — anything we do in a persistent way despite the repetitive, negative effects it has on our lives.

Addiction leaves little breathing room for relationships to flourish. Oftentimes we are trying to self-medicate to avoid feeling our emotions or coming to terms with the past.

At home, our bodies may be *physically present* with our families, but if we are engaged in addictive behavior we have created emotional and spiritual distance. (This is true for even the so-called "benign" drugs like marijuana. I have encountered many people who chose continuing to get high over their jobs, their partners and even their own children.)

Beneath most addictive behavior is the desire to be happy, whole and loved. How does one begin to move from unconscious acting out to a place of freedom and emotional connection?

It starts, of course, with us. As challenging as some of our emotions can be (sadness, hurt, anger, loneliness), it takes even more energy not to feel them. It is a radical and loving act to gently lay down our addictions and channel that energy toward our own healing. We do so for the sake of our highest good, and we do it for those whom we love. ■



### LIBRARY HOURS:

Monday – Friday: 9 A.M. – 6 P.M.  
(closed Monday - Friday: noon – 1 P.M.)  
Saturday: 10 A.M. – 2 P.M.

**"Tiny Tots" Program:** Sessions are held the first Monday of each month. Next session is April 5, from noon – 1 p.m. in the library. This program is for parents, grandparents and or caregivers of babies 0 - 2. Please join us.

**National Poetry Month:** April is National Poetry Month. The library will feature a bulletin board display of poets and their work and information on different kinds of poems.

**National Library Week:** April 11 – 17. Honorary Chair is Neil Gaiman, the winner of the 2009 Newbery Medal for *The Graveyard Book*, and is a bestselling author for readers of all ages. *The Graveyard Book* is available at the library for checkout. The Library will be sponsoring literary trivia and drawings for library visitors during National Library Week.

**Evelyn Sibley Lampman Award:** Oregon author Roland Smith is the recipient of the 2010 Lampman Award that was presented on March 5. The Lampman Award is Oregon's most notable and prestigious award for library service to children and is given to a living Oregon author for their significant contribution to Oregon in the fields of children's literature and library services. The Tribal Library has several of Mr. Smith's books available for checkout. Titles include: *B is for Beaver*; *S is for Smithsonian*; *N is for Nation's Capitol* and *Z is for Zookeeper* for children and *The Captain's Dog*; *Cryptid Hunters*; *Thunder Cave*; *The Last Lobo* for pre-teens & teens. Smith's fast paced adventures and fascinating facts stories have drawn many readers, reluctant and otherwise, over the years. The Tribal Library also has a small collection of Evelyn Sibley Lampman books available for checkout. Two popular Lampman books include historical fiction *Witch Doctor's Son*, a story of establishing the Grand Ronde Reservation, and *Treasure Mountain*, a story about two Siletz youth seeking the Neakahnie Mountain treasure to help save their great aunt Della's Indian homeland.



### Sioux and Willamette National Forests



#### 2010 SUMMER EMPLOYMENT OPPORTUNITIES

The USDA Forest Service is recruiting students and US Citizens for summer seasonal positions. Many jobs are working outdoors, and some are working with the public.

##### Types of Positions Available

- Firefighter
- Recreation
  - Campground and trail maintenance
  - Fee collection
  - Off-highway vehicle patrol
  - Wilderness guard
- Interpretive guide and/or visitor information
- Botany
- Engineering
- Fisheries
- Wildlife
- Archaeological

##### Duty Station Locations

- Sioux National Forest**
  - Alsea Guard Station
  - Hebo Ranger Station
  - Mapleton Office
  - Reedsport Office - Oregon Dunes National Recreation Area
  - Waldport Office
- Willamette National Forest**
  - Detroit Ranger Station
  - McKenzie River Ranger Station
  - Middle Fork Ranger Station
  - Sweet Home Ranger Station

For more information contact Kathy Fletcher at 541-750-7003 or 541-207-2149 or visit these web sites: <http://www.usajobs.gov/> or <http://www.fs.fed.us/r6/sioux/employment/summer.shtml> <http://www.fs.fed.us/r6/willamette/admin/employment/summer.html>

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