

Happy 8th Birthday
Ethan Leno!



Your Family loves
you very much!



Happy Birthday
and Mother's Day!
You make us proud and
we love you!
Your Dave "Honey" Tovey
Eric, Hope, Ethan, Titus & Ekias
Gary, Teri, Azreyuh & Gabryl
Anthony
Shantell & Selena
Nikko, Chamucklee & Sammie.



Happy 1st Birthday
Laila
Love, your family!

Congratulations to my daughter,
Lisa Nicole Byars
for graduating Penn State University. Also, your engagement to
Mr. Mark Kephart.
"Take care of my baby."
I'm so proud of you Lisa. And
always will be.
Love always, Dad.



I love and miss you very much
Flicka Rye Lucero. Happy 17-year
anniversary. Love you always,
your husband, Johnny Lucero.



Happy Mother's Day to you all.

On this day a year ago my mom walked on. I feel that
her last words were something like "James, I told you I'd
get the last word." Well, she did. There's comfort in me
feeling that way. I miss mom every day. She will always
be in my heart. Every day of my life has been Mother's
Day. And I will always feel that way. Love you all.

Live, laugh & Love
James



Happy Mother's Day Flicka Rye Lucero!
From your loving husband Johnny, 3 children and grandchildren.
We love you very much!

Change is an invitation to grow, learn

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.

By Tom Bender

Tribal Mental Health counselor

Imagine you're packing for a trip. It'll be a long one, so you'll want to take as many of your possessions as possible.

Let's say you're allowed to bring all the suitcases, trunks and duffle bags you wish, but there's a catch: Each time you get off at a station, you personally have to unload everything you brought, schlep it to another platform and reload it onto your next train.

After going through a few of these transfers (and only 75 more to go), you might start hearing a little voice inside your head gently proposing that maybe, just maybe, it was time to start looking at the things in your life you truly need and the things you can do without.

Many of us react to change in a similar way. We spend a lifetime accumulating memories, life lessons, coping strategies, material belongings, modes of communicating, emotional wounds, addictions, professional skills, hobbies, etc., and at some point in our lives we may find ourselves feeling trapped, painted into a corner by our own limited definition of who we believe ourselves to be.

I attended a presentation once where the presenter put two little finger puppets on and had them talking back-and-forth to each other on stage. "Hi, My name is Paul. I'm an accountant and like Mexican food and sports. I like to go four wheeling and watching movies ..."

The other puppet responded: "Well hi, Paul. I'm Andrea, and I like to cook, hike and spend time with my friends. I enjoy collecting porcelain elephants and ..."

This went on for quite a while until the entire room was cracking up.

The point is this: We are not the things we do or even the things we think or believe. What is true about us is our ability to love and our willingness to serve and help others, the very things, in other words, that make us human.

So what does this have to do with change? Through the fire of change, we deepen in our knowledge of who we are. We see where our strengths lie and also where we bump into our limitations and challenges.

Ultimately, saying yes to change, wherever it may manifest in our lives, allows us to be transformed by life itself. It's an invitation to grow and learn.

However, there's also some risk involved. When animals shed their skins, they do so in order to grow, but this is when they are at their most vulnerable.

When we hold a limited definition of who we think we are, change means stepping into the unknown and letting go of some of our old, unnecessary baggage.

The good news is that the next train is always just around the next bend. ■



Oregon Parks and Recreation Department

Classification No.: C8433
Open: March 2, 2010
Salary: \$1,979 - \$ 2,585 (Monthly)

Announcement: LEPR0900
Close: Open Until Filled
Location: Statewide

Seasonal Park Ranger Assistant Fort Yamhill State Heritage Area



Position Description

Park Ranger Assistants assist year-round State Park staff in the protection, maintenance, operation and repair of state park lands, natural and cultural resources, structures, facilities, equipment and systems. Park Ranger Assistants typically perform basic tasks in a single area of park operations (e.g.: janitorial work, landscape maintenance, interpretation or visitor services), although some positions will require performing tasks in a variety of areas. Some work may require the most elementary skills in building trades, including carpentry, electrical, plumbing, painting and landscape maintenance. In addition, specialized skills in basic park maintenance and operations may be required. Park Ranger Assistants, on a task specific basis, may guide the work of individuals or teams composed of volunteers, seasonal, and/or temporary state park employees.

Qualifications

Six months of experience (paid or unpaid) performing public contact or customer service duties e.g. Teacher, Customer Service Representative, Salesperson, Receptionist, etc.) and/or maintenance experience (construction trades, landscaping, custodial, etc.); **OR** Six months of college in any discipline (24 quarter hours / 16 Semester Hours). If you qualify, see "How to Apply" section of this announcement.

To Apply

Oregon Parks and Recreation has moved to an online application system, Oregon E-Recruit. This posting can be found at (<http://agency.governmentjobs.com/oregon/default.cfm>). You will need to create a state of Oregon applicant login in order to apply. Application materials must be submitted through the states new electronic E-recruit system. If you do not have access to the internet you can visit your local Employment Office, or local library. If you are not able to apply online please call 503-986-0626 to discuss accommodations.

Geographic Availability: When you select a Geographic location you will be applying to work for any of the parks in that Geographical region. Please be aware that you may not be interviewing for a specific park.

IMPORTANT NOTE: If you qualify, by applying now your name will be placed on a referred list. Some park locations have immediate openings but the majority of positions are normally filled between May and July.

Please be aware that due to the economic down turn and subsequent state budget short-fall the Governor has ordered mandatory furloughs for employees. This position will be required to take furloughs in the biennium 2009- 2011.

This position is represented by the Service Employee International Union (SEIU). Applicants are subject to both a Computerized Criminal History and Driver & Motor Vehicle Services check. Adverse background data may be grounds for immediate disqualification. Information obtained in this process will remain confidential.

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