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Oct. 2 - Nov. 7, 2010

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Congrats Erik on your graduation!!!

Congratulations go out to Erik Estrada, son of Tribal member Debbie Leno, grandson of Tribal members Bud and Maxine Leno. Erik graduated this May with a Business degree from Cal State Long Beach. Erik we are so proud of you ~ you have overcome so much and have grown into such a wonderful man. Along with being a proud Vet having served in Iraq, you are now a college graduate. Your family and Friends are so proud of you. Love, the Estrada family.



Oregon health committee listens to Grand Ronde

By Ron Karten

Smoke Signals staff writer

With legislation passed by the 2009 Legislature, Oregon re-organized the huge Department of Human Services into the Oregon Health Authority to pursue better health care at lower costs.

Part of that effort is the Oregon Health Improvement Plan Committee that came to Grand Ronde on Thursday, June 24, as the last stop on its statewide "listening sessions."

Tribal member and Tribal Director of Program Operations John Mercier stood in for Tribal Council Chairwoman and committee member Cheryl A. Kennedy in welcoming the group to the Tribal Community Center.

"The top ranking concern of Tribal members in our first survey back in 1984-85 was health," Mercier said.

"What we know," said committee Vice Chair Lila Wickham, "is that only 20 percent of health issues are related to health care."

When the group broke into smaller groups to tackle the positives, negatives and potential solutions to local health care issues, greater detail surfaced.

The food that's available in the community is not very nutritious and these high calorie foods without much nutrition also cost less.

"It fills them up and it's cheap," said Lee Means, executive director of Yamhill Community Action Partnership.

Even the casino's buffet encourages overeating, said one participant.

But take a step back to the garden, where good foods can be grown for very little cost, and Means reported that the fruits of last year's garden went to waste.

"Very low-income people have no clue how to cook it or use it," she said.

On the other hand, Means added, YCAP built a community garden in Willamina and learned that when children work in the garden and grow their own vegetables, they also eat them.

In some places, transportation and health care costs keep people from using existing

health facilities.

Tribal health facilities are well-used, however, according to Tribal Health Services Executive Director Mark Johnston.

The Tribe offers a number of preventive possibilities that aren't available elsewhere, including walking, Biggest Loser contests and gym facilities.

And Tribal Head Start programs have the dual benefit of teaching children and their parents about nutrition.

While the Tribe is "doing OK by teenagers," according to Deb Kroeker, Tribal Housing Services specialist, "we're having trouble holding on to the 18-29 group."

"It's daunting to try to overcome peer pressures and popular media," said Dr. Curtis Hesse, administrator of the Tillamook County Central Health Center.

Agricultural policy provides some "perverse incentives," said Means. Farmers mainly grow food on contract to processors, and in good years they plow under the excess. This is quality food that could be competitive, price-wise, with junk food.

One question: Is the Grand Ronde community healthier since the clinic was built in 1997?

"Without a doubt the health status of the Grand Ronde community, and Tribe specifically, has improved since the clinic was established and the Tribe began providing health coverage through plans like the Skookum Health Plan," said Johnston.

"That being said, we still have a long way to go as we focus more attention on prevention and wellness to try and really get at the root causes of the symptom and develop strategies that reduce these issues."

The listening sessions will feed into "an action plan for the state that will look at preventing chronic disease." It also will answer the question: "What, as a state, should we be doing to encourage local health prevention and treatment efforts?" said Wickham.

To follow the discussion or to contribute, the committee encourages the public to visit the Web site www.oregon.gov/DHS/ph/hpcdp/hip/index.shtml. ■

2010 Food Preservation Classes

Grand Ronde Community Resource Center's Garden House

(Next to Community Garden)

10 A.M. - 2 P.M.

July 17 - Condiments (mustard, corn relish & jalapeno jelly)

July 24 - Bread (Artisan, Sourdough, Potato)

Aug. 14 - Pickles (dill pickles & jardiniere)

Sept. 18 - Sausage (Chorizo, Italian, Breakfast, Portugese Linguiza)

Sept. 25 - Apples (applesauce & pie filling)

Oct. 10 - Pears (butter, canned & jam)



Will accept a maximum of 10 people per class

Everything is provided, however, feel free to bring any fruit/berries, vegetables or jars that you would like to use

Lunch will be provided

Classes are limited to those individuals who meet USDA Commodity income eligibility i.e. receive Food Stamps or food boxes.

SIGN ME UP! Please contact GRCRC staff - Patrice or Angie at 503-879-5731 to sign up for classes



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