

IHS Scholarship Workshop slated

Laurie Veitenheimer, regional Indian Health Service representative, will visit Grand Ronde on Wednesday, March 16, to provide information on how to complete the Indian Health Service Scholarship application.

The 2011 deadline is Monday, March 28.

Scholarship categories include:

- Health Professionals Preparatory: Pre-clinical psychology, pre-nursing, pre-pharmacy, pre-social work;
- Health Professionals Pre-Graduate: Pre-dentistry, pre-medical, pre-podiatry;
- Health Professionals: Includes a variety of associate, bachelor and graduate programs.

Veitenheimer will be at the Adult Education Building between 1:30 and 3:30 p.m.

For more information, contact Tribal Scholarship Coordinator Luhui Whitebear at 503-879-1345 or luhui.whitebear@grandronde.org. ■

Walking On...

Peggylee Chillson

Feb. 1, 1934 – Feb. 12, 2011

Peggylee Chillson, 77, longtime Moses Lake, Wash., resident passed away Saturday, Feb. 12, 2011, at Central Washington Hospital in Wenatchee surrounded by her loving family.

She was born Feb. 1, 1934, in Orofino, Idaho, daughter of the late Johnny and Laila (Pasila) Bellmer. She was raised and educated in Orofino. She met and later married Tribal Elder Gerald Stephens Sr. in Bothell, Wash., and they had nine children. They lived in Yakima, Seattle and Everett before settling in Moses Lake in the early 1980s.

Peggylee enjoyed dancing, bowling, bird watching, playing cards, her lunches with the "lunch bunch" and the Motorcycle Club. Her greatest love was spending time with her family. She was a member of the Church of Jesus Christ of Latter-day Saints, Grape Drive.

She is survived by her significant other, Clyde Kinkel, of Moses Lake; seven sons, Dana D. and Gloria Stephens of Odessa, Fabian R. and Leah Stephens of Moses Lake, Lynnaire and Roberta Stephens of Moses Lake, Gerould Jr. and Connie Stephens of Sheridan, Ore., Anthony S. and Tammy Stephens of Moses Lake, Vallant V. Stephens of Hot Springs, Mont., and Danti S. Stephens of Coeur d'Alene, Idaho; two daughters, Kimalee Kirkman and Diana K. Leland of Moses Lake; one brother, Benny Mennegar of California; one sister, Patty Feucht, of Orofino; 29 grandchildren, numerous great-grandchildren and several great-great-grandchildren.

She was preceded in death by her parents; son-in-law, Don Kirkman; grandson, Dwaine Kultgen Sr.; granddaughter, Angelica Armaeol Delacruz; and stepsister, Eldeen Mennegar.



Lottie Lavinias Child

Dec. 4, 1948 – Feb. 26, 2011

Tribal Elder Lottie Lavinias Child, 62, of Grand Ronde walked on Feb. 26, 2011.

She was born to Floyd and Rose Low on Dec. 4, 1948, in Philomath, Ore.

Lottie worked for the Bureau of Land Management in Vale, the Tribal Health Clinic in Grand Ronde and also at Spirit Mountain Casino in Grand Ronde as a blackjack dealer, as well as many other games.

Lottie lived in many places, including Maggie Valley, N.C., and Harper, Wren, Sheridan and Grand Ronde.

She very much loved her Tribe and stayed very involved. She also loved crafting, hunting and fishing.

Lottie is survived by her husband, Ryan Child of Tillamook; daughters, April Michelle Loges of Payson, Ariz., Paula Ann Wilkinson of Grand Ronde and Brandy Lavinias Sanchez of Vale, Ore.; and son, Big Farmer of Grand Ronde.

She held a memorial with her family and friends before her passing, and her committal at the Confederated Tribes of Grand Ronde Cemetery was private.

Arrangements were by Adamson's Sheridan Funeral Home. To leave online condolences, go to www.AdamsonsSheridanFuneralHome.com.

Eugene office holding grand re-opening

The Eugene satellite office will hold a grand re-opening from 11 a.m. to 4 p.m. Saturday, April 30, with lunch at noon.

There will be food and door prizes, too. All are welcome and are invited.

"Come reunite with your Eugene area Tribal member family," said Tribal member and Eugene Office Coordinator Perri McDaniel.

The Eugene Tribal office is at 711 Country Club Road, Suite 1A. For more information, call 541-484-7085 or send an e-mail to perri.mcdaniel@grandronde.org. ■

Saddle Club open

The Grand Ronde Saddle Club is open from 10 a.m. to 6 p.m. Monday, Tuesday, Friday and Saturday, and 10 a.m. to 1 p.m. Wednesday near the former Grand Ronde Food Bank west of Grand Ronde Road.

The Saddle Club is closed on Thursday and Sunday. For more information, contact Tribal member Clint Folden at 503-559-1977. ■

Elder's bingo changes days

Bingo at the Elders' Activity Center has been moved to the second and fourth Fridays of the month.

Potluck starts at 6 p.m. and bingo starts at 6:30 p.m.

For more information, contact Elder Activity Assistant Daniel Ham at 503-879-2233. ■

There's wisdom in saying goodbye

In an effort to inform and assist the community at large, Smoke Signals publishes an occasional article addressing various mental health issues written by a member of the Behavioral Health Department at Health & Wellness. This is Tom Bender's final column before leaving for New Mexico.

By Tom Bender

Tribal Mental Health counselor

I was born and raised in Milwaukee, Wis. For this last Super Bowl, I went to the home of fellow-Cheese Heads to enjoy some food and watch the game.

My friends were aware that my wife and I were moving to New Mexico at the end of March. As we stood at the front door to say our goodbyes, they suggested we get together one more time before we leave.

My first instinct was to say, "Yes, of course," even as I knew that another get together was unlikely. I paused for a moment, took in these two wonderful people and told them, thank you, but no. I explained that we would be extremely busy between now and our moving date and suggested we say our farewells over the telephone.

It felt liberating to honor the moment and not pretend I could agree to something I knew would not happen.

For many of us, goodbyes are a sad affair, one that we would rather not think about or avoid altogether. If a loved one is facing the end of their life, we may even stay in denial all the way to the end — anything not to feel.

The day before my father was to go in for triple bypass surgery, my stepmother and I were in his hospital room for a visit. I asked my dad if his impending operation had him thinking about his own mortality. His wife looked at me sternly and said, "Tom!" My father gently waved her off and said, "No, that's OK. I want to talk about it."

I have worked with many people who have lost any number of friends and family members in their lives; some due to illness and death, some to prison time and substance abuse, and some simply because people move away and relationships end. If we have spent a good part of our lives avoiding these farewells and repressing our sadness and our grief, then each ensuing goodbye may stimulate the pain we carry from all the previous, unfelt partings. To stem the tide of our emotions, we sometimes even resort to self-medication through our addictions.

To be alive is to face the fire of many farewells. With each goodbye, we get to feel our heart break just a little more and learn about our bottomless capacity to love and grow. But if we come from a place of fear of loss, we may discover that in our attempt to avoid the pain of too much sorrow, we have limited our own ability to love and connect with other human beings. A number of spiritual lineages say that the way to increase what one wants in life is to give it away. You want more love in your life? Be more loving. You want more compassion? Practice compassion in action. You want to be heard? Practice active listening.

And if you want to become more tender of heart and mind? Allow yourself to consciously say farewell and to feel your grief and sadness.

Thank you, Grand Ronde. It has been a privilege working with you these last three-and-a-half years. ■