

A HEALTH TEXT MESSAGING SERVICE FOR
AMERICAN INDIAN AND ALASKA NATIVE
TEENS AND YOUNG ADULTS

WE R NATIVE

For weekly health tips, contests, and life advice
text **NATIVE** to 24587

Please encourage young people in your community to sign up.

Topics include:

- Teachings from Native leaders
- Wellness and Life Balance
- Family Relationships
- Mental Health
- Tobacco, Drugs and Alcohol
- Violence and Bullying
- Peer Pressure
- Sexual Health
- Healthy Relationships
- School Pressures
- Getting Help
- Quizzes, polls, and discussions
- Scholarships, conferences, internships

*Standard rates apply. It's just like texting your friends and family.

In 2012, the Northwest Portland Area Indian Health Board will launch a companion website: www.weRnative.org. The site is being designed for Native youth, by Native youth, to encourage healthy behaviors, share youth-friendly media and current events, increase cultural identity and pride, and share the positive impacts Native youth are having on their communities.

Funded by the National IHS HIV Program

For more information, please contact

Jessica Leston: jleston@npalhb.org or visit us at: <http://www.npalhb.org/epicenter/project/projectredtalon>



Jeffers 65th Family Reunion

Sunday, Aug. 10, 2014, at Wild Cat covered bridge, Highway 126 and Siuslaw River Road (former home of Ira Jeffers).

From Eugene, take Highway 126 west toward Mapleton. At approximately mile marker 27.5, turn left on Siuslaw River Road.

From Mapleton to Eugene, turn approximately at mile marker 26.5 to the right on Siuslaw River Road. Look for signs with balloons for your turnoff. Bring lawn chairs and favorite food dish. Eat at noon.

Call Joyce at 541-647-0460 or Eloise at 541-689-2485.

15th Annual Riggs/Norwest Family Reunion Sunday, Aug. 17, 2014

A gathering of relatives and friends. A potluck meal will be served at 3 p.m. We provide the meat, you bring your favorite dish and beverage.



Tournament Starts @ Noon

R.S.V.P.

Steve & Connie Bobb
503-876-3118

23340 S.W. Willamina Creek Rd.
Willamina, Or. 97396

Monte "MOUSE" George
10th Annual
Memorial Horseshoe Tournament

Creek & games for kids.
(Bring towels and extra clothes)

BRINGING BACK THE BOW!!!



FREE

Dates for Camp Aug. 9 - 10

Camp starts Saturday, 9 a.m. to 4:30 p.m.

Sunday 9 a.m. to 2 p.m.

There will be no programming or staff after 4:30 p.m. on Saturday

Meals @ 9 a.m. - Noon 3:30 p.m.

- ♦ Begins at 9 a.m. We will need a head count of participants. Last day to sign up will be July 28.
- ♦ We will need a release form signed by your parent or guardian. Ages 12 and under must have parent or guardian present.
- ♦ Saturday breakfast, lunch and afternoon snack will be provided Sunday continental breakfast and lunch. Camp over @ 2 p.m. Sunday

Please contact

Flicka Lucero

503-879-2268 or

flicka.lucero@grandronde.org

Traditional Bow Camp at Grand Ronde powwow grounds

Please come in a good way and have lots of fun learning how to make a bow like our ancestors.

If you plan on camping you will be on your own. There are bathrooms and showers. Please dress to work and go on a hike. No tools are needed so just bring a good spirit.

Turn in permission forms to Flicka at Land and Culture Dept. by July 28. This is sponsored by CTGR Youth Prevention in conjunction with the Land & Cultural Dept. and Bringing Back the Bow.