

NOTICE — Monthly Tribal Council Wednesday Meetings
DATE TIME
Wednesday, March 25.....4 p.m.
Please note that these times and dates are subject to change if needed.

Letters

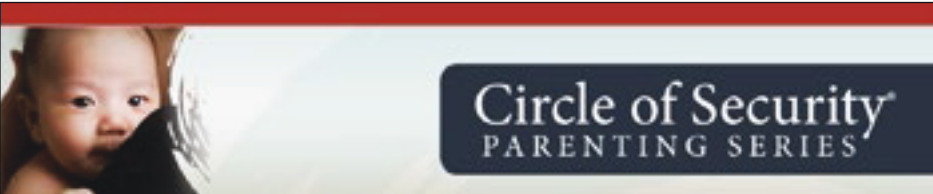
Dear *Smoke Signals*:
I was raised with that honesty is the best policy.
So the truth be told that our local Tribal Elders do not follow the postal carriers around harassing them.
So the truth be told that our local postal employees do not do their job illegally.
So the truth be told that a decision on Feb. 4, 2015, did cause extreme hardship to hundreds of our local Tribal Elders.
So the truth be told that hundreds of local Tribal Elders have always received their checks on the same day they are put in the mail; that also is true with the Tribal per capita checks.
So the truth be told that when I used to live in Sheridan I received my per capita check on the same day it was put in the mail.
So the truth be told you can't always believe what you hear, especially when it sounds so farfetched.
This so farfetched story, which spread rapidly throughout the local community, can truthfully be analyzed as nothing but a dishonest allegation.
Sonya L. Connelly
Roll #2327

Certified Application Assister sets Portland dates

Certified Application Assister Loretta Meneley will be at the Tribe's Portland office, 4445 S.W. Barbur Blvd., from 10 a.m. to 3 p.m. Tuesday, March 24, to provide information and answer questions about applying for an exemption from the shared responsibility payment, as well as to sign up members for private health insurance.
For more information, contact Meneley at 503-879-1359 or by e-mail at loretta.meneley@grandronde.org. ■

Freezer meal cooking class set

The Nutrition Program will be holding a freezer meal cooking class from noon to 1 p.m. Monday, March 16, in the Elders Activity Center, 48940 Blacktail Drive. Participants will go home with five meals for their freezer. The class is limited to the first 40 people and a light lunch will be served.
For more information, contact Nutrition Program Manager Kristy DeLoe at 503-879-2018. ■



Presented by: CTGR Behavioral Health

Sponsored by: Mid-Valley Parenting

Location: Molalla Room CTGR Health and Wellness Center

Dates: Thursdays April 2, 2015- May 21, 2015

Times: 5:30-7:00 pm

Cost: Free

Who should attend: Parents, child-care providers, those in the field working with families

How to register: contact Nicole Estrada, LMFT (503) 879-2344 please RSVP by March 23rd

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure. The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Please join us for an 8 week class to better understand how the way YOU were parented directly effects all the relationships in your life, including the one with your child.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

- Incentives and dinner provided (possible child care to be determined)



General Council meeting

Sunday, April 12 — 11 a.m.
Tribal Community Center

Smoke Signals

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DEADLINE DATE	ISSUE DATE
Friday, March 20	April 1
Monday, April 6	April 15
Monday, April 20	May 1

Editorial Policy

SMOKE SIGNALS, a publication of the Confederated Tribes of the Grand Ronde Community of Oregon, is published twice a month. No portion of this publication may be reprinted without permission.

Our editorial policy is intended to encourage input from Tribal members and readers about stories printed in the Tribal newspaper. However, all letters received must be signed by the author, an address must be given and a phone number or e-mail address must be included for verification purposes. Full addresses and phone numbers will not be published unless requested.

SMOKE SIGNALS reserves the right to edit letters and to refuse letters that are determined to contain libelous statements or personal attacks on individuals, staff, Tribal administration or Tribal Council. Not all letters are guaranteed publication upon submission. Letters to the editor are the opinions and views of the writer. Published letters do not necessarily reflect the opinions of **SMOKE SIGNALS**, Tribal staff, Tribal administration or Tribal Council.



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2015 Tribal Council

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