

Getting CERTified



Photo by Michelle Alaimo

Egypt Leno, left, Tribal optometry technician, and Rhonda Leno, Tribal Social Services Department secretary, work on a triage decision making exercise during the Polk County Community Emergency Response Team training held in the Tribal Community Center on Friday, Dec. 4. The training took place over three days, Dec. 4-6, and involved 11 people.



Courtesy photo

Shannon Simi, Tribal Council administrative assistant, practices wrapping bandages on Tribal Elder Christine Contreras during the Polk County Community Emergency Response Team training held in the Tribe's Adult Education building on Saturday, Dec. 5.

WIC in Grand Ronde

Pregnant? Breastfeeding? Does your family include a child under the age of 5?

If so, you may qualify for the Women, Infants and Children program. With WIC, people can receive answers to nutritional questions and access fruits and vegetables, whole grains, eggs, milk, cheese, juice, cereal and more.

A WIC representative visits the Health & Wellness Center on the first and third Tuesday of the month. Walk-ins are welcome between 8:45 and 11 a.m.

When WIC clients arrive at the Health & Wellness Center, they should enter through the Wellness Department located at the back of the medical wing

For more information or to schedule an appointment, call 503-623-8175, ext. 2297.

WIC clinics are scheduled for Dec. 15. ■



Free Playgroup in Grand Ronde!



When: First Thursday of each month 10:00 am-11:30 am

Where: CTGR – Community Service Center 9615 Grand Ronde Road Grand Ronde, OR 97347

Who: Parents and Caregivers of children under 5 years.

Why: Come to play, have a snack and have fun!



Children & Family
SERVICES



Family Building Blocks
Keeping Children Safe and Families Together

Learn about Apple Bars and Barley Lentil Soup!

Free Hands-on Cooking Class

BONUS! Tak



Apple Bars



Barley Lentil Soup

Tuesday, Jan. 19, 2016

5:30 pm

Iskam Mək^hMək-Haws

Sign up TODAY!



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Honoring Our Rivers seeks submissions

Honoring Our Rivers, Oregon's only student anthology focused on rivers and watersheds, is seeking student art and writing samples for publication in the 2016 edition.

Submissions are now being accepted with a deadline of Jan. 31, 2016.

This year, Honoring Our Rivers is offering a chance to win a jet boat tour by submitting to the anthology. Every submission will be entered into a raffle and winners will be notified before the publication date in April.

Visit www.honoringourrivers.org for complete guidelines, submission form, teaching aids and more information.

Submissions can be e-mailed to info@honoringourrivers.org or mailed to Honoring Our Rivers, care of Willamette Partnership, 4640 S.W. Macadam, Suite 50, Portland, Ore., 97239.

Honoring Our Rivers is a project of the Willamette Partnership, an environmental organization dedicated to conservation solutions. ■