

# Submissions wanted

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](http://www.honoringourrivers.org) for complete guidelines, submission form, teaching aids and more information.

Submissions can be e-mailed to [info@honoringourrivers.org](mailto: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. ■

## WIC visits Health & Wellness Center

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, which would be Jan. 5 and Jan. 19. 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. ■

**GET YOUR BUSINESS STARTED ON THE RIGHT TRACK!**

MERIT helps you:

- Explore your business idea
- Find the information you need
- Get connected with the people who can help

To find out more, attend a FREE *Start Your Business* class!

**JOIN US** at the Grand Ronde Adult Education Building on the second Thursday of every month at 4PM  
9615 Grand Ronde Road  
Grand Ronde, OR

**LEARN MORE AT:**  
[WWW.meritnw.org](http://WWW.meritnw.org)  
Or call 503 548-7314

MERIT helps people explore, launch & grow successful small businesses through training and support.




## 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!



## DO YOU WANT TO WORK? WOULD YOU LIKE ASSISTANCE? HAVE YOU RECENTLY BEEN HIRED?

THE SOCIAL SERVICES DEPARTMENT HAS TWO PROGRAMS THAT ASSIST TRIBAL MEMBERS WHO WANT TO WORK AND LIVE IN THE 6 COUNTY SERVICE AREA

THESE PROGRAMS ARE 477/EMPLOYMENT AND TRAINING AND THE GRAND RONDE TRIBAL VOCATIONAL REHABILITATION PROGRAM.

THE VOCATIONAL REHABILITATION PROGRAM WORKS WITH TRIBAL MEMBERS WITH A DISABILITY THAT HAS BEEN A BARRIER TO GAINING OR RETAINING EMPLOYMENT

THE 477 EMPLOYMENT AND TRAINING PROGRAM SUPPORTS TRIBAL MEMBERS WITH JOB RELATED SERVICES  
 477 CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON AND YAMHILL COUNTY.

TRIBAL VOCATIONAL REHABILITATION CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON, YAMHILL AND CLACKAMAS COUNTY

FOR INFO CONTACT:  
 THE SOCIAL SERVICES DEPARTMENT AT  
**503-879-2034 OR 1-800-242-8196**  
 TO LEARN MORE ABOUT THE PROGRAMS AND TO DETERMINE WHICH ONE CAN BEST ASSIST YOU

## Learn about Apple Bars and Barley Lentil Soup!

### Free Hands-on Cooking Class

BONUS TALK



Apple Bars



Barley Lentil Soup

Tuesday, Jan. 19, 2016

5:30 pm

Iskam Mək<sup>h</sup>Mək-Haws

Sign up TODAY!



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