

Casino wins two 'Best of Mid-Valley' awards

Spirit Mountain Casino won two "Best of the Mid-Valley Awards" handed out by the *Salem Statesman Journal*, including the gold award for Best Casino.

"Spirit Mountain strives to provide exceptional guest service, great food options, impeccable accommodations and responsible fun in a clean and safe environment," the award said.

Spirit Mountain bested Chinook Winds Casino in Lincoln City and Seven Feathers Casino Resort in Canyonville.

Spirit Mountain's Cedar Plank Buffet also received a bronze award for Best Seafood Restaurant.

The awards were announced in the Sunday, May 1, edition of the newspaper. ■

First Foods Celebration set for May 21

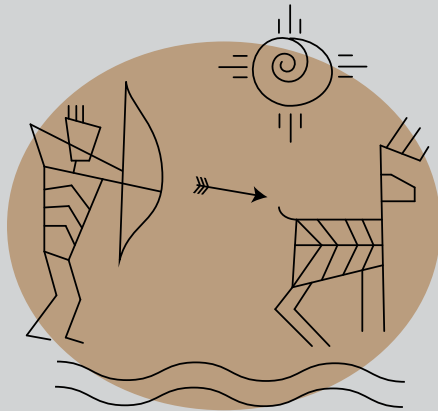
The Tribe's Culture Committee is inviting the community to share in a celebration of the First Foods of Grand Ronde on Saturday, May 21, in the Tribal Community Center.

The gathering will begin at 11 a.m. with the meal being served family style between noon and 1 p.m. This year's event will highlight foods traditionally used both pre-contact and post-Reservation, including deer, elk, salmon, eel, turkey, quail, rabbit, game hens, fry bread, wild rice, berries, acorn, camas, elderberry and other wild-crafted foods gathered and prepared by Tribal families.

The Culture Committee is requesting that anyone with an interest in donating food or volunteering should contact Francene Ambrose at 503-879-3663.

For more information about the celebration or to share a family experience with traditional foods during protocol, contact Sarah Ross at 503-879-2006. ■

FIRST FOODS
FOOD IS HISTORY. FOOD IS LIFE. FOOD IS MEDICINE.



Name etchings



Photo by Brent Merrill

Andrew Galloway of OM Stone lines up the newest names to be placed on the West Valley Veterans Memorial in Grand Ronde on Monday, May 2. The names Galloway worked on were added to the Navy pillar. The annual Memorial Day ceremony will take place in Grand Ronde on Monday, May 30, at noon beginning with a traditional meal in the Tribal Community Center. Tribal Chairman Reyn Leno will read the names of veterans being added to the memorial and Purple Heart recipient Sgt. Joel Dulashanti will be one of the guest speakers.

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 will be May 17 and June 7.

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. ■

NATIVE VETERANS SUMMIT

4th Annual Gathering of Warriors

July 7 - 9, 2016

Connecting Veterans with Services

All Veterans Welcome

Hosted by





In Grand Ronde, OR @ Uyxat Powwow Grounds
9600 Highway 22
Grand Ronde, OR 97347

For more information and to register online visit our website at
www.NativeWellness.com or email us at info@nativewellness.com.
Contact Rhonda Leno 503-879-2034 or rhonda.leno@grandronde.org

**Family
Friendly
Activities!**



FREE EVENT!