

Food Bank provides boxes, seeks help

The Grand Ronde Food Bank – iskam məkʰmək haws – is operated by Marion-Polk Food Share, which has been leading the fight to end hunger since 1987 because no one should be hungry.

Recipients of SNAP, TANF, SSI or LIHEAP assistance automatically qualify for assistance at the Grand Ronde Food Bank, 9675 Grand Ronde Road. No one will be turned away in need of a food box.

“We believe that everyone deserves to have enough to eat,” Food Bank Coordinator Francene Ambrose says. “You are welcome to get a food box at each of our regular weekly distributions. No one will be turned away in need of a food box.”

Upcoming food box distribution dates will be:

- 9 a.m. to 1 p.m. Friday, Feb. 2;
- 10 a.m. to 2 p.m. Saturday, Feb. 10;
- 9 a.m. to 1 p.m. Friday, Feb. 16;
- 2 to 6 p.m. Wednesday, Feb. 21.

Those who are unable to pick up a food box can fill out an authorized representative form and that person can pick up a food box on your behalf. The authorization is good for one year.

The Food Bank continues to seek volunteers to help with repacking food, putting food on the shelves, handing out food boxes and end-of-month inventory.

Call to ensure someone is available to assist. People also can sign up for a monthly e-mail for the Food Bank calendar and events, as well as follow the Food Bank on Facebook.

The Food Bank is an equal opportunity provider.

Call Ambrose at 503-879-3663 or contact her at fambrose@marion-polkfoodshare.org for more information or to volunteer. ■

Smoke Signals offering e-mail version to read

Want to be one of the first Tribal members to receive *Smoke Signals*? Want to receive the Tribal publication on your computer instead of waiting for it to arrive in the mail?

Want to get up-to-date and in-the-know about the Grand Ronde Tribe? Well, here’s your chance. In an effort to be more efficient and reduce costs, *Smoke Signals* subscribers can have a PDF (portable document format) version sent to them instead of a newsprint version sent via the mail. All you need on your computer is Adobe Acrobat or some other program that can read a PDF and, viola, you’re set. Why would you want to do that? The PDF version is available before the newspaper is sent to our Salem printing contractor. You can read the paper on your computer or print out a copy yourself.

And you will receive Tribal news much faster than the current standard mailing employed by the Tribe.

If you would like to receive an e-mailed PDF version of *Smoke Signals* and stop receiving a mailed newsprint version, send your e-mail to esubscription@grandronde.org. ■

Veterans’ Affairs seeking committee applications

SALEM – The Oregon Department of Veterans’ Affairs is seeking applications from veterans interested in serving as a member of the department’s Advisory Committee.

Advisory Committee members are military veterans who are appointed by the governor and act as advocates for veteran issues and represent veterans concerns across Oregon.

Meetings are held throughout the state on the first Wednesday in March, June, September and December. To be eligible, a veteran’s service must meet the criteria defined under state law.

Completed forms may be submitted by e-mail to executive.appointments@oregon.gov or by regular mail to the Office of the Governor, Executive Appointments, 900 Court St., Room 160, Salem, OR 97301-4075. Deadline to submit applications is Thursday, Feb. 22. ■

Class to cover living with chronic health conditions

The Tribe’s Community Health program is partnering with Northwest Senior and Disability Services to offer "Living Well With Chronic Conditions," a free, six-week class that meets at 11 a.m. Mondays beginning on Feb. 5 at the Community Center, 9615 Grand Ronde Road.

Lunch is provided.

The class is an opportunity for older adults or people with disabilities to support others while learning how to navigate some of the challenges of living with chronic conditions such as arthritis, heart disease, diabetes, depression, fibromyalgia and other conditions that have a negative effect on quality of life.

For more information or to sign up for the class, contact Community Health Registered Nurse Susan Jobert at 503-879-2016. ■

STOCK OUR SHELVES!

Seeking your donations for 4 organizations!

GRAND RONDE HELPING HANDS
ISKAM MƏKʰMƏK-HAWS, THE CLOTHES CLOSET, EMPOWERMENT OUTREACH MINISTRIES, AND A CAUSE FOR PAWS ARE WORKING TOGETHER






You’ve got it. We want it!
SATURDAY, FEB. 10, 2018
10 A.M. TO 2 P.M.

GIVE TO 4 ORGANIZATIONS IN ONE LOCATION!

Iskam MəkʰMək-Haws is seeking small kitchen appliances and personal care items.

The Clothes Closet is seeking school supplies.

Empowerment Outreach is seeking camping equipment, bedding, sleeping bags (broken zipper ok) for homeless families.

A Cause for Paws is seeking pet food, toys, and beds.

We will take books for our lending library.

Clean out your food pantry, we’ll figure out the expiration dates!

If you are not sure, bring it or give us a call.

Iskam MəkʰMək-Haws
 9675 Grand Ronde Road
 Grand Ronde, OR 97347
 503-879-FOOD (3663)

Follow us on Facebook



Mid-Valley Food Summit

February 3, 2018

Willamette University

8:30am-3:00pm

For farmers, food producers, processors, gardeners, volunteers, and eaters!

Learn about local food efforts in Marion and Polk counties and engage in exciting collaborative plans to improve the Mid-Willamette Valley food system.

There will be community talks, breakout sessions, and a local foods lunch.

TICKETS: \$15 - register at <http://midvalleyfoodsummit2018.eventbrite.com>

Questions? Call 503-581-3855




