

Program introduced after community conversations

FOOD SHARE RX continued from front page

learned about the program through her diabetes education classes at the Health & Wellness Center.

“I really like having fresh vegetables every Wednesday and the cooking classes are super helpful, too,” Taylor says. “I also like the recipe suggestions because it gives me new ways to prepare things. ... It has really made my husband and I think about what we are eating. It is really good for the community to have out here because it is hard to get to a grocery store.”

On a recent Wednesday, the produce distribution included summer squash, Chioggia beets, sweet corn, red onions, green cabbage, basil, broccoli and cucumbers. Also included were informational fliers on the produce and recipe suggestions.

Community member Susan Mills began accessing the program so she could help her elderly mother eat healthier. However, she and her grandchildren also have benefitted.

“I really enjoy the variety of vegetables,” she says. “And I have a file of new recipes. ... I give my grandkids smoothies and tell them it is just like what they have at Dairy Queen, and they like it.”

The result of this healthier lifestyle has been a significant drop on the scale.

“I have lost 97 pounds in the last year,” Mills says. “I love to try new



Photo by Michelle Alaimo

Tribal Elder Arnell Houck, left, and Ethel Taylor (Shawnee) load their bags with vegetables from the Farm Share Rx program at the Grand Ronde Food Bank on Wednesday, Aug. 8.

recipes. Coming here every week is the best part of summer.”

Farm Share Rx Coordinator Rachel Peterson says the biggest benefit she has seen from the program is changing attitudes among clients about trying new produce.

“They are excited to have new vegetables every week and increase the health of their diets,” she says. “We’ve gotten a lot of good feedback.”

The program was introduced in Grand Ronde after a series of

community conversations, recalls Marion-Polk Food Share Director of Community Programs Lexi Stickel.

“The outcome was that people wanted more access to fresh fruit and vegetables,” she says. “We were trying to come up with ways to bring this to Grand Ronde and so we were able to partner with a local farm. It is awesome to see the community connect to it.”

The program is currently full, but Health & Wellness will begin recruiting new participants in the spring. Forty people participated

this year and the goal is to increase participation to 50 in 2019, which is very attainable given that the program currently has a waiting list.

Those who are not referred by a health care provider also have the option of paying for the program and picking up their vegetables in Grand Ronde on regular Wednesday distribution days.

“I like seeing people’s facial expressions when they try new vegetables and like them,” Stickel says. “We are helping folks experience new fruits and vegetables, and providing access to fresh items.”

Ambrose added that the program is helping people conquer their fear of using raw fruits and vegetables in cooking. She has seen clients go from being unsure to enthusiastically eating produce out of the bag.

“These vegetables come straight from the farm and they are not in a colorful display at a store,” she says. “These were in the ground just a few hours ago and are the freshest way we can give them to someone.”

For more information about Farm Share Rx in Grand Ronde, contact Ambrose at 503-879-3663 or at farmbrose@marionpolkfoodshare.org. Information on Osprey Farm can be found at ospreyfarm.com. ■

MARRIAGES IN TRIBAL COURT

Tribal Court is now issuing marriage licenses and is able to perform marriage ceremonies for a filing fee of \$40.

For questions regarding scheduling, contact the Tribal Court at 503-879-2303. ■

Need something notarized?

Tribal Court staff is available at no charge for notaries 8 a.m. to 5 p.m. Monday through Friday with the exception of noon to 1 p.m. Please be sure to bring a photo ID with you. If you have any questions, contact the court at 503-879-2303. ■

REWARD

offered for information leading to resolution of these crimes:

Up to \$5,000 is being offered for information that leads to solving a missing person case. Heather Cameron was last seen Aug. 18, 2012, with Daniel Lusby, heading to Keswick Dam, a remote area approx. 20 minutes outside Redding, Calif. in Shasta County. She placed multiple calls to 911 from that area from Lusby's cell phone and has not been heard from since.

Up to \$1,000 is being offered for information that leads to solving a theft case involving firearms. On or about March 17, 2018, a Sentry 18-gun safe was stolen from the 900 block of SW Pine in Willamina, containing seven rifles and two handguns, as well as other personal items. The missing firearms have been described as follows:

- Browning bolt action A-bolt .270 & 3x9 Nikon scope (blued with wood stock)
- Browning BAR semi-auto .243 & 3x9 Nikon scope (blued with wood stock)
- Browning semi-auto .22 (blued with wood stock)
- Henry Golden Boy lever action .22 (blued with wood stock & gold accents)
- Remington bolt action .22 (blued with wood stock)
- Howa bolt action .22-250 & scope (blued with black synthetic stock)
- Savage bolt action .25-06 (blued with black synthetic stock)
- Blued .380 revolver (with black sheath)
- Thompson Contender handgun with .223 barrel (blued with wood stock)

Call or text the Grand Ronde Tribal Police Department tip line with any information: 541-921-2927

The Grand Ronde Tribal Police Department Reward Policy sets forth procedures for reward availability, eligibility, and payments. Contact the police department for more information or to obtain a copy of the policy.

Ad created by George Valdez

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Aug. 18, 2018
9 a.m. —1 p.m.
Fort Yamhill
State Heritage Area

Come test your skills with a bow & arrow at this free event. All equipment will be provided. ODFW Instructors onsite. Parent/Guardian required.

Fort Yamhill State Heritage Area
For more information matt.huerter@oregon.gov