

Food Bank provides boxes, seeks help

The Grand Ronde Food Bank – iskam məkʰmæk 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, Sept. 7;
- 10 a.m. to 2 p.m. Saturday, Sept. 15;
- 9 a.m. to 1 p.m. Friday, Sept. 21;
- And 2 to 6 p.m. Wednesday, Sept. 26.

People must check in 15 minutes before closing to receive a food box. If you need immediate assistance, call 211 or visit 211info.org.

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.

In addition, the Grand Ronde Health & Wellness Center’s Community Health Team will be setting up the mobile clinic at the pantry on the first Friday of every month. The Community Health Team also is offering a cooking class from 10 a.m. to noon Wednesday, Sept. 26, at the Food Bank. RSVP to Kim Contreras at 503-879-2078.

In partnership with the Health & Wellness Center, the Farm Share Rx distributions occur from noon to 2 p.m. Wednesdays. If you are interested in being placed on the waitlist, contact your clinic provider or call Rachel Peterson at 503-581-3855.

In the continuing Preservation Class series, the Food Bank will teach how to preserve tomatoes from 5:30 to 7:30 p.m. Tuesday, Sept. 11.

The Food Bank also is joining in celebration the 150th anniversary of Oregon State University’s Extension Service with a livestream event called the “Food, Community and Resilience Conference.” The event will be held from 1 to 5 p.m. Wednesday, Sept. 5, in the Community Center, 9615 Grand Ronde Road. There will be a light lunch, resource tables and speakers sharing about their food programs on topics such as small farms, food systems work and master food preservation. Starting at 2:30 p.m., the conference speakers will be livestreamed and include Tribal member Dr. David Lewis.

In partnership with Northwest Hub, the Food Bank will offer a bicycle repair class demonstration on Saturday, Sept. 15, during the scheduled food distribution. The class is free and open to all, and sign-ups will be taken at the Salem store.

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

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. ■

Helping Hands schedules Monday, Sept. 10, meeting

The Clothes Closet, iskam məkʰmæk haws, Empowerment Outreach Ministries, Lighthouse Church and A Cause For Paws have joined forces to support local families.

The group, collectively named Grand Ronde Helping Hands, seeks to bring together those who are supporting families in Grand Ronde to share services and resources, and create a resource guide.

Helping Hands’ next meeting will be held at 10:30 a.m. Monday, Sept. 10, at iskam məkʰmæk haws, 9675 Grand Ronde Road. If you provide any type of services to families in the community, consider attending. The group is looking for meal site calendars, food box sites, clothes closets, showers and laundry services.

There also will be a collection day at iskam məkʰmæk haws from 10 a.m. to 2 p.m. Saturday, Sept. 15. Donations are being sought of small kitchen appliances, backpacks, school supplies, pet items and warm clothing, as well as tents, tarps, sleeping bags, pillows, warm blankets, rain gear and heavy jackets to restock the shelves.

Helping Hands continues to seek a volunteer with graphic arts skills to create a logo that represents the organizations. The logo would be used on business cards, a banner and possibly a website, and the artist possibly would receive a small honorarium.

For more information, contact Food Bank Coordinator Francene Ambrose at 503-879-3663 or by e-mail at fambrose@marionpolkfoodshare.org. ■

Smoke Signals posts eight candidate podcasts

Still unsure about who you will vote for in the Sept. 8 Tribal Council election? *Smoke Signals* can help you decide!

Eight Tribal Council interviews have been posted at www.spreaker.com, *Smoke Signals*’ podcasting host website. The interviews can be found by searching for “Smoke Signals podcasts” or by clicking on the links added to the newspaper’s Facebook page.

Tribal incumbents Cheryle A. Kennedy, Jon A. George and Brenda Tuomi and challengers Kristina Helfrich, Steve Bobb Sr., Victor Cureton, Brent Merrill and Jonathan R. George all sat down with *Smoke Signals* Editor Dean Rhodes for 20- to 25-minute interviews.

Candidates discussed such issues as this year’s advisory votes, enrollment issues, the Multnomah Greyhound Park property in Wood Village, possibly building a grocery store in Grand Ronde, a Tribal free press and the size of Tribal government.

For more information, contact Rhodes at dean.rhodes@grandronde.org or call 503-879-1418. ■



Appointments available in Optometry at the Health & Wellness Center

- Comprehensive eye exams
- Diabetic eye exams
- Red eye treatment
- Excellent selection of frames

Call 503-879-2097 for an appointment. ■

Committee & Special Event Board meeting days and times

Below is the most current information on the meeting days and times for Tribal Committees and Special Event Boards:

- **Ceremonial Hunting Board** meets as needed. Chair: Marline Groshong.
- **Culture Committee** meets at 5:30 p.m. the second Tuesday of the month at the Grand Ronde Food Bank/iskam məkʰmæk haws, 9675 Grand Ronde Road. Chair: Francene Ambrose.
- **Editorial Board** meets monthly at the Chachalu Museum & Cultural Center’s conference room, 8720 Grand Ronde Road. Next meeting is scheduled for 10 a.m. Friday, Sept. 21. The public is welcome to attend. Chair: Siobhan Taylor. Contact: Editorial.Board@grandronde.org.
- **Education Committee** meets at 5:30 p.m. on the first Tuesday of the month in the Adult Education building. Chair: Tammy Cook.
- **Elders Committee** meets at 10 a.m. the third Wednesday of the month in the Elders Activity Center. Chair: Jennie VanAtta.
- **Enrollment Board** meets quarterly in Room 204 of the Governance Center. Chair: Ann Lewis.
- **Fish & Wildlife Committee** meets at 5:30 p.m. the second Tuesday of the month at the Natural Resources building off Hebo Road. Chair: Tyson Mercier.
- **Health Committee** meets at 10 a.m. the second Monday of the month in the Health & Wellness Center. Chair: Patti Tom-Martin.
- **Housing Board** meets at 3 p.m. the third Thursday of the month in the Housing Department conference room. Chair: Kristy Criss-Lawson.
- **Powwow Special Event Board** meets monthly at noon at the Community Center. Dates vary. Contact Dana Ainam at 503-879-2037. Chair: Dana Ainam.
- **Timber Committee** meets at 5 p.m. the second Thursday of the month at the Natural Resources building off Hebo Road. Chair: Bob Mercier.
- **Tribal Employment Rights Commission** meets 10 a.m. Monday, Sept. 10, in the Employment Services building, Room 118A. Chair: Russell Wilkinson.
- **Veterans Special Event Board** meets at 5:30 p.m. the first Tuesday of the month in the old Elders Craft House. Chair: Steve Bobb Sr.

To update information on this list, contact Publications Coordinator Dean Rhodes at 503-879-1463 or dean.rhodes@grandronde.org.