Hello everyone, My name is Kalea Liebelt and I am the outgoing Little Miss Grand Ronde for 2020/2021. I would like to take a

moment to thank my tribe and community for letting me represent them this year. I would also like to thank my family for all their help and support.

This year I hope we will get to travel more and go to more powwows and events. I really miss that.

I am the newly crowned Junior Veterans Queen for 2021/2022 and it will be my honor to represent and serve all the veterans past and present this year. Hayu masi

> Little Miss Grand Ronde 2020/2021





I was really proud to be chosen Junior Miss 2020-21 and I hope I represented the tribe well. I want to thank my parents for supporting me and my royalty family for being there through the pandemic. Thank you to Tammy Fisher for making my beautiful crown I only wish I was able to wear it more.

I'm retiring from royalty for now but you will still see me out there representing the tribe on Youth Council! If any of the new court needs any help or advice I will always be here for you and be rooting for you all! - Love Sophia Grout Junior Miss Grand Ronde



Isabelle Grout Senior Mis The end is always so bittersweet, I never thought this wou

Senior Miss Grand Ronde 2020/2021

The end is always so bittersweet, I never thought this would be how my last year on royalty would go. It's been tough to not be able to do something you love and not be able to finish how you hoped. Even though we have been apart our royalty group has stayed together and a big part of that is because of the work Chelsea puts in for us.

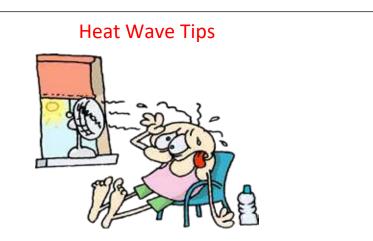
Keeping us out there on social media, sending us special mail, finding socially distant activities for us to be "together" again. I want to thank her for all the support through this pandemic. I am proud to have have represented my tribe and family in a good way and will continue to educate others that we are a generous community of proud resilient people.



On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

## Text JOIN to (971) 318-3459







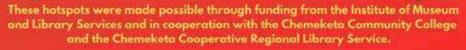
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For additional terms and agreements please contact the library Kathy.Cole@grandronde.org 503-879-1488



## SUMMER IS HERE! Here are things to make sure you are keeping cool and hydrated!

- Open up windows in the late evening and early morning to make sure your house cools down inside. When it starts to warm up close all windows and blinds. If you do not have blinds find something to hang over the windows to keep the sun out.
- HYDRATION, HYDRATION, HYDRATION
  - o Water
  - Gatorade, PowerAde, anything with electrolytes to make sure your body will absorb the water.
  - Popsicles
  - Add lemon to your water, or crystal light if you need a little flavor to encourage consumption.
  - Freeze fruit such as grapes, blueberries, berries, watermelon to snack on.
- To hot
  - $\circ$   $\;$  If you have a sprinkler cool off in it.
  - If you go to the river make sure you are wearing sunscreen, taking breaks from the sun, and making sure your body does not cool too quickly.
  - $\circ$   $\,$  The outside temperature and river temperatures will be different pay attention to your body.
- If you are in need of assistance and are concerned please contact the non-emergency line at 503-879-FIRE (3473)
- Also if you know someone who lives alone please call and check in on your neighbors!