

# General Council meeting

11 a.m. Sunday, Jan. 7, 2024

Tribal Council Chambers

Tribal members can participate remotely via Zoom and in-person attendance. Call 503-879-2304 for more information.

## NOTICE — Monthly Tribal Council Wednesday Meetings

DATE	TIME
Wednesday, Dec. 27.....	4 p.m.

## LETTERS

Dear *Smoke Signals*:

I would like to thank the Tribe and Tribal Council for taking the time to make it possible for the membership to get healthy by eating healthy foods and exercising more to lose weight.

At the beginning of 2022, I was an astonishing 222.2 pounds. I wanted to lose weight but struggled at the same time.

When I heard of the grants I jumped at the chance and the weight began to fall away. Recently, I joined the 21-day challenge with Myfit Foods and out of 498 people (corporate wide) I placed first, which won me \$1,500, just in time because the majority of my clothes are now too big. I've lost 99.2 pounds since the beginning of last year.

Hayu masi to all who have encouraged me every step of the way.

Respectfully yours,

**Veronica Eileen Gaston**

Roll No. 2332

Dear *Smoke Signals*:

I am a Grand Ronde community resident for over 30 years with only a landline telephone and no internet. I have no phone service more than 20 percent of the time. My neighbor has had a landline for 55 years, and his pole has been down now for more than a year. Many older people in rural areas are stranded without landline telephone service, especially during the holidays.

People having trouble with CenturyLink landlines in the Grand Ronde area should call the Public Utility Commission of Oregon at 503-378-6600. It was a huge relief to me to hear they are taking an interest in the community's need for reliable landline telephone service.

Thank you,

**Gara Griffin**

Grand Ronde

## TRIBAL OFFICE CLOSURES

Tribal offices will be closing at 11 a.m. Thursday, Dec. 21, and remain closed through Monday, Dec. 25, in observance of the Christmas holiday. Offices also will be closing at noon Friday, Dec. 29, and all day on Monday, Jan. 1, in observance of New Year's Day.

# smok signalz

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DEADLINE DATE	ISSUE DATE
THURSDAY, DEC. 21.....	JAN. 1, 2024
MONDAY, JAN. 8.....	JAN. 15, 2024
TUESDAY, JAN. 23.....	FEB. 1, 2024
FRIDAY, FEB. 23.....	MARCH 1, 2024
FRIDAY, MARCH 8.....	MARCH 15, 2024

## EDITORIAL POLICY

**smok signalz**, a publication of the Confederated Tribes of the Grand Ronde Community of Oregon, is published twice a month. No portion of this publication may be reprinted without permission.

Our editorial policy is intended to encourage input from Tribal members and readers about stories printed in the Tribal newspaper. However, all letters received must be signed by the author, an address must be given and a phone number or e-mail address must be included for verification purposes. Full addresses and phone numbers will not be published unless requested. Letters must be 400 words or less.

**smok signalz** reserves the right to edit letters and to refuse letters that are determined to contain libelous statements or personal attacks on individuals, staff, Tribal administration or Tribal Council. Not all letters are guaranteed publication upon submission. Letters to the editor are the opinions and views of the writer. Published letters do not necessarily reflect the opinions of **smok signalz**.

- MEMBERS OF: ■ INDIGENOUS JOURNALISTS ASSOCIATION
- OREGON NEWSPAPER PUBLISHERS ASSOCIATION
- 2022 IJA GENERAL EXCELLENCE

DO YOU WANT TO LEARN ABOUT COOKING?

DO YOU LIKE TO EAT?

CAN YOU COMMIT TO 4 CLASS SESSION?

ARE YOU ENROLLED IN SCHOOL AND BETWEEN THE AGES OF 12 & 18?

**JANUARY 16TH - FEBRUARY 6TH**

WHAT: COOKING CLASS

WHEN: TUESDAY NIGHTS

WHAT TIME: 5:30-7:30PM

IF INTERESTED PLEASE SEND: NAME, BIRTHDATE, PARENT/GUARDIANS NAME AND CONTACT INFORMATION TO [NANCY.HAMALIAN@GRANDRONDE.ORG](mailto:NANCY.HAMALIAN@GRANDRONDE.ORG)

APPLICATION DEADLINE: JANUARY 2ND, 2024

4 STUDENTS WILL BE SELECTED AT RANDOM

## 2023-24

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