



Youth  
Community  
Gathering  
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# SMOKE SIGNALS

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## General Council briefed on Health & Wellness

By Danielle Harrison

*Smoke Signals editor*

Health Services Executive Director Kelly Rowe briefed General Council on initiatives her department is pursuing during the Sunday, Jan 7, hybrid meeting held in Tribal Council chambers and on Zoom.

“It is a pleasure and an honor to be here and to talk about health and wellness, what we have done in 2023 and what is to come in 2024,” she said. “I can’t believe it’s been eight years since I started here. Time really flies, it certainly does



Kelly Rowe

needed.”

Rowe said that Health & Wellness continues to grow, and has recently added a nurse practitioner, psychiatric nurse practitioner and a dentist, with a second one coming

when you’re having fun, and it’s great that we’re able to make a difference to the membership and bring services and programs that are

in April.

The department’s tush lamatsin (good medicine) events have continued to increase in popularity, with the Fall Festival attracting more than 350 people.

Additionally, the new public health and vaccination clinic, located next to the Health & Wellness Center, will be opening in February to provide additional services to the membership including vaccination, a denturist lab, diabetic care, pediatrics, naturopathic care, an indoor demonstration kitchen and presentation area, and outdoor patio with

a kitchen and fish pit.

“This is a labor of love and gives us the ability to expand our services,” Rowe said.

During her presentation, Rowe shared several other accomplishments of 2023 and goals for 2024, some of which she and the staff have been working toward for years. One of these is to have a financially independent department.

“When I came to Health and Wellness in 2015, one of the things

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## ‘Pajama Jam’



Photos by Michelle Alaimo

**Worthy Amouak, 5, left, and Sadie Tasker, 4, read “Little Acorn” during the Pajama Jam held in the Tribal gym on Thursday, Jan. 11. The tush lamatsin (good medicine) family event included singing, dancing, drumming, games, a cake walk, raffle prizes and the first 125 youth received a copy of the “Little Acorn” book. Breakfast for dinner was also served.**

**Gabriella Sabey, 5, dances during the Pajama Jam held in the Tribal gym.**



## Roots, rock, reggae

*Grand Ronde Tribal member Adam Sierra is bringing an Indigenous show to Portland*

By Sherron Lumley

*Smoke Signals staff writer*

Music producer and Grand Ronde Tribal member Adam Sierra is bringing an all-Indigenous reggae and hip-hop show to the Tribe’s ceded homelands on Friday, Jan. 26.



Adam Sierra

Sierra, co-founder of Chalice Row Records, is hosting, “Rebel Music,” Friday, Jan. 26, at The Haven in southeast Portland.

“This show is showcasing all Native artists,” Sierra, 39, said. “It’s a reggae and hip-hop performance with some spoken word, and we focus on cultural

identity, mental health awareness and entrepreneurship. The purpose is to uplift the community, to help keep our Native culture relevant and seen.”

The Haven show will feature Mista Chief (Northern Cheyenne), Savelle Tha Native (Chetco/Shasta/Siletz), MzShellz (Cree) and Y.N.G. Native (Haida/Tsimshian) with special guest DJ D-Rock. Native pop-up restaurant Javelina is providing food for the event.

Meanwhile, Sierra is also busy organizing the third annual Oregon Reggae Fest, a three-day event relocating to Stayton from Ashland for the first time this summer.

The festival will be held July 26-28, and will bring together a lineup of reggae music, wellness workshops, children’s activities, cultural arts and crafts, and world cuisine. The new location, approximately an hour’s drive from Grand Ronde, brings the venue much closer to where Sierra grew up.

He said that he knew at a young age he wanted to be a music producer. It began with a book he read while a student at Sheridan High School. One thing led to another, and Sierra began producing shows while living in Willamina when

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