



Boys with Braids
Grand Ronde
photos — pg. 12

MAY 15, 2025



SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

AN INDEPENDENT PUBLICATION OF THE CONFEDERATED TRIBES OF GRAND RONDE · SMOKE SIGNALS.ORG

Judge will issue Willamette Falls decision by August



Photo by Michelle Alaimo

Grand Ronde Tribal members sing and drum during a Fight to Save Willamette Falls rally in Lownsdale Square in Portland Monday, April 21. The trial between the Tribe and Portland General Electric began April 21, in the Mark O. Hatfield United States Courthouse located across from the square. Closing arguments were heard Tuesday, May 6, and Judge Michael Simon said he plans to issue a written decision within 30 to 90 days.

By Nicole Montesano

Smoke Signals staff writer

PORTLAND — Tribal members holding their breath over the outcome of Portland General Electric's effort to take ownership of Willamette Falls will have to wait, as Judge Michael Simon said he plans to issue a written decision within 30 to 90 days of the Tuesday, May 6, closing arguments. In a six-day trial that began Monday, April 21, at the Mark O. Hatfield United States Courthouse, PGE sought to condemn 5 acres at the falls, where the Tribe has a removable seasonal fishing platform it uses for an annual ceremonial catch of up to 15 hatchery spring Chinook.

See TRIAL
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A bee feeds on a camas flower in the Cozine Creek camas patch near Linfield University in McMinnville Friday, May 9. The university held its annual Camas Festival, which celebrates the cultural, ecological and artistic significance of camas. The event included Grand Ronde Tribal Council Vice Chair Chris Mercier speaking during the opening remarks, the Grand Ronde singers drumming and singing, tours of the camas patch, face painting, an Indigenous Creator's marketplace, a presentation by Tribal Elder Dr. David Lewis and baskets made by Tribal member Stephanie Craig were on display.

Camas camp



Tribal Research Librarian Kelsey Bosch, left, plays a game with attendees at the Tribe's Historic Preservation Office information table during the Camas Festival. The game was identifying which objects in the photographs were older than 50 years.

Photos by Michelle Alaimo



Tribal member JC Rogers sings the national anthem during the Tribe's annual Memorial Day ceremony at the West Valley Veterans Memorial on the Tribal campus last May. This year's ceremony is Monday, May 26.

Smoke Signals file photo



Six names being added to Veterans Memorial

By Danielle Harrison

Smoke Signals editor

Six names, including that of Tribal member Justin Foster (Army), will be added to the West Valley Veterans Memorial during the Monday, May 26, ceremony being held on the Grand Ronde Tribal campus. The six pillars at the West Valley Veterans Memorial feature the names of Tribal and community members from Grand Ronde, Willamina and Sheridan who served in the four major branches of the U.S. military – Army, Navy, Air Force and Marine Corps. The addition of the names this year will increase the number of those honored on all pillars to 2,391. The memorial had four pillars until 2023, when

the Tribe received a \$33,000 grant from Oregon State Parks to install two new black granite slab pillars at the memorial because the ones containing names of Army and Navy veterans were reaching capacity. Other names being added include Bruce Cohen, Arthur Lamarche, John Pitt and Leo Seidel on the Navy pillar and Rick Sardegna on the Air Force pillar. The Memorial Day ceremony will begin with a meal being served in the Tribal Community Center starting at noon and the ceremony occurring outside at the West Valley Veterans Memorial

See MEMORIAL DAY
continued on page 5

Tribal Council nominations

11 a.m. Sunday, June 29

Tribal Council Chambers

All nominations are required to be done in-person.
Tribal members can participate remotely via Zoom and in-person attendance. Call 800-422-0232 for more information.

NOTICE — Monthly Tribal Council Wednesday meetings	
DATE	TIME
Wednesday, May 28.....	4 p.m.
Wednesday, June 11.....	4 p.m.
Wednesday, June 25.....	4 p.m.

Please note that these times and dates are subject to change if needed.
In-person attendance in Tribal Council Chambers and via Zoom.

Grand Meadows lot available for lease

Lot #5 in Grand Meadows is now available for lease. Applicants must be pre-approved for a new manufactured home. The lot size is 55' x 100' (pre-approved manufactured home must fit size of lot). Sale will be preceded by a lottery system. To be included in the lottery, the leasing application and preapproval letter from the lender must be received no later than 5 p.m. Friday, May 16. The leasing application is on the Tribal webpage, www.grandronde.org, or applicants can stop by the Grand Ronde Housing Department, 28450 Tyee Road, between 8-12 p.m. and 1-5 p.m. Monday to Friday and pick up an application. ■

Letters welcome

Letters should be exclusive to **smok signalz**. Letters should be **400 words or less** and must include the writer's name, address, phone number and Tribal roll number. You will be contacted to confirm authorship. All letters are subject to editing for space, grammar and, on occasion, factual accuracy. Only two letters per writer are allowed during a three-month period. Letters written in response to other letter writers should address the issue at hand and, rather than mentioning the other writer by name, should refer to the date of the letter published. Discourse should be civil and people should be referred to in a respectful manner. Letters deemed in poor taste will not be printed. Send letters via e-mail to news@grandronde.org, or submit in person at the Tribal Governance Center in Grand Ronde, Ore. or mail to **smok signalz**, 9615 Grand Ronde Road, Grand Ronde, OR, 97347.

TRIBAL OFFICE CLOSURES

Tribal offices will be closing at noon Friday, May 23, and remain closed Monday, May 26, in observance of Memorial Day.

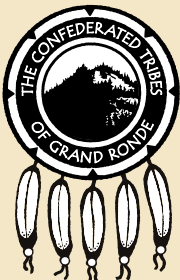
Contest Powwow vendors wanted!

The Grand Ronde Contest Powwow Committee is seeking vendors for the 2025 Contest Powwow, which will be held Friday, Aug. 15 to Sunday, Aug. 17.

Interested vendors are asked to apply online at www.grandronde.org.

For more information or assistance call:

503-879-5211 • 503-879-2037
503-879-4533



Ad by Samuel Briggs III

smok signalz

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DEADLINE DATE	ISSUE DATE	MEMBERS OF:
Wednesday, May 21	June 1	Indigenous Journalists Association
Thursday, June 5	June 15	Oregon Newspaper Publishers Assoc.
Friday, June 20	July 1	2022 IJA General Excellence
Wednesday, July 2	July 15	2023 IJA General Excellence

EDITORIAL POLICY

Smoke Signals, 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 email 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.


Smoke Signals 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 Smoke Signals.

2025 TRIBAL COUNCIL

tribalcouncil@grandronde.org

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IN THE FUTURE



(k^hapa atqi)

- qwinəm-mun (May)
- Saturday, May 17 – Fire Safety Fair, 10 a.m.-2 p.m., Grand Ronde Fire Station, 28480 McPherson Road.
 - Wednesday, May 21 – Mental Health Awareness Walk, noon to 1 p.m., Cheryle A. Kennedy Public Health Building. Lunch is included.
 - Monday, May 26 – Tribal offices closed in observance of Memorial Day.
 - Monday, May 26 – Memorial Day Ceremony, 1 p.m., West Valley Veterans Memorial, 9615 Grand Ronde Road. Meal served at noon in the Tribal Community Center.
 - Tuesday, May 27 – Community Smudge Walk, 5 p.m. Meet at the Visionaries statue in front of the Governance Center. All are invited.
 - Wednesday, May 28 – Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
 - Wednesday, May 28 – Community Response Team/Committee interest meeting, 5:30 p.m., Grand Ronde Fire Station, 28480 McPherson Road. RSVP to Kaylene.barry@grandronde.org.

- taxam-mun (June)
- Wednesday, June 11 – Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
 - Thursday, June 19 – Tribal offices closed in observance of the June-teenth commemoration.
 - Tuesday, June 24 – Community Smudge Walk, 5 p.m. Meet at the Visionaries statue in front of the Governance Center. All are invited.
 - Wednesday, June 25 – Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
 - Sunday, June 29 – Tribal Council nominations, 11 a.m., Tribal Council Chambers and via Zoom.

To stay informed of future Tribal events, visit www.smokesignals.org/calendar.

Food mania



Photo by Michelle Alaimo

Amber Zimbrick pours a strawberry jam mixture into a jar as she demonstrates how to make freezer jam during məkʰmək Mania at the Chachalu Tribal Museum & Cultural Center gym Saturday, May 10. The annual event is a celebration of local food, farmers, hunting and gathering. It included information tables, door prizes, cooking demonstrations and a meal. The event was organized by Grand Ronde’s Food Access and Community Team and sponsored by Marion-Polk Food Share and the Confederated Tribes of Grand Ronde.



HEALTH & WELLNESS CENTER

NEW SIGN AT THE HWC

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR **LOADING AND UNLOADING ONLY.**



PICK-UP AND DROP-OFF ONLY

NO PARKING

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Grand Ronde Tribal Police Department:
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Grand Ronde Employment Services
Facebook.com/EmploymentServices





TRIBAL EMPLOYMENT RIGHTS OFFICE

Position yourself for a job in archaeology by training as an archaeology assistant.



Monday, Sept. 8 – Friday, Sept. 12

Portland classroom training and onsite locations at Agency Block 1.

What you will learn.

- How to work safely as an archaeologist in the field.
- Hands-on training in field survey and excavation.
- Hands-on training to identify artifacts.

What you will need to bring or wear.

- Wear long pants and a shirt with sleeves.
- Have good work boots (leather preferred), and work gloves.
- Expect to be outside each day, in the weather, rain or shine.

What is Required?

- Open to all Tribal members of any federally recognized tribe.
- Must have the ability to stand for extended periods of time and be able to get dirty.
- Must be 18 years or older with a valid driver's license and transportation.

To register contact:

Jacob.boekhoff@grandronde.org
503-879-2146

Certificate awarded upon completion.

Lunch will be provided.



Archaeological Investigations Northwest, Inc.

Food Bank news

The Grand Ronde Food Bank – iskam məkʰmək 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.”

The Food Bank will hold May food box distributions from 10 a.m. to 2 p.m. Fridays. In addition, there is a light food box (mostly bread and produce) distribution from 10 a.m. to 2 p.m. Wednesdays.

People must check in 15 minutes before closing to receive a food box on both days. 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 designated person can pick up a food box on your behalf. The authorization is good for one year.

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 email for the Food Bank calendar and events, as well as follow the Food Bank on Facebook.

The Food Bank is an equal opportunity provider. Contact Ambrose at 503-879-3663 or fambrose@marionpolkfoodshare.org for more information or to volunteer. ■

Committee & Special Event Board meeting days and times

- **Ceremonial Hunting Board** meets as needed. Chair: Marline Groshong.
- **Culture Committee** meets as needed in the Veterans House, Chair: Molly Leno.
- **Editorial Board** meets monthly. The next meeting will be held at 10:30 a.m. Friday, June 20, via Zoom. Contact Editorial.Board@grandronde.org for the meeting link.
- **Education Committee** meets at 5:30 p.m. on the last Tuesday of the month in the Adult Education building. Interim Chair: Valeria Atanacio.
- **Elder Board** meetings times will be updated when information is available.
- **Enrollment Committee** meets quarterly in Room 204 of the Governance Center. Chair: Debi Anderson.
- **Fish & Wildlife Committee** meets at 5:30 p.m. the second Tuesday of the month at the Natural Resources building off Hebo Road. Chair: Reyn Leno.
- **Health Committee** meets at 10 a.m. the second Monday of the month in the Molalla Room of the Health & Wellness Center. Chair: Darlene Aaron.
- **Housing Grievance Board** meets at 3 p.m. the third Thursday of the month in the Housing Department conference room. Chair: Harris Reibach.
- **Powwow Special Event Board** meets as needed at the Community Center. Dates vary. Contact Dana Ainam at 503-879-2037. Chair: Dana Ainam.
- **TERO Commission** meets at 10 a.m. the second Tuesday of the month in the Employment Services building. Chair: Russell Wilkinson.
- **Timber Committee** meets at 5 p.m. the second Thursday of the month at the Natural Resources building off Hebo Road. Chair: Jon R. George.
- **Veterans Special Event Board** meets at 5:30 p.m. the first Tuesday of the month in the Quenelle House. Chair: Raymond Petite.

To update information on this list, contact Smoke Signals Editor Danielle Harrison at 503-879-4663 or danielle.harrison@grandronde.org.

She Flies leader



Photo by Michelle Alaimo

Tribal Council Chairwoman Cheryle A. Kennedy receives the She Flies Leadership Award from Sport Oregon Chief Executive Officer Jim Etzel during the Sport Oregon Foundation Fuel the Future fundraising banquet at Multnomah Athletic Club in Portland Friday, May 9. The award honors individuals who lead by example, inspire others and drive meaningful change through their commitment, innovation and influence. As per the award criteria, recipients embody integrity, resilience and a passion for making a lasting difference, leaving a profound impact on people, organizations and communities they serve. Kennedy was honored with the award for, “her extraordinary vision, service and unwavering commitment to lifting up others.”

POWWOW VENDORS WANTED

The Grand Ronde Contest Powwow Committee is seeking vendors for the 2025 Contest Powwow, which will be held Friday, Aug. 15 to Sunday, Aug. 17.

Interested vendors are asked to apply online at www.grandronde.org.

For more information or assistance call 503-879-5211, 503-879-2037 or 503-879-4533. ■

JOIN US ON MAY 26TH

MEMORIAL DAY OBSERVANCE

TO REMEMBER

★

TO PAY TRIBUTE

PROGRAM BEGINS AT 1 P.M.

MEAL SERVED AT NOON

WEST VALLEY VETERANS MEMORIAL

9615 GRAND RONDE ROAD, GRAND RONDE, OR 97347

For more information about the Memorial Day event, please contact

Veterans.SEB@grandronde.org

GRAND RONDE HOUSING DEPARTMENT

28450 Tyee Road – Grand Ronde, Oregon 97347 – 503-879-2401 – Fax 503-879-5973

ATTENTION ALL HOUSING TENANTS AND GUEST

PLEASE SLOW DOWN IN ELDER HOUSING

Also, please make sure and maintain low levels of music in the Elder community.

Tribal Council approves grant application for parent engagement activities

By Danielle Harrison
Smoke Signals editor

Tribal Council approved an application for a grant focused on supporting Tribal families and parents with educational-related activities at its Wednesday, April 30, meeting.

The \$500,000, five-year grant would be used by the Tribal Education Department to provide parent engagement activities, host community culture camps and other events for families, as well as provide a disability screening and referral program.

Tribal Education Department Manager Angela Fasana told council members at a Tuesday, April 29, Legislative Action Committee meeting that the programming could potentially feature a mixture of current and new events.

“We like to keep things fresh and some people tend to get tired of the same events, so we could sub out or change some of the events,” she said. “We’re always assessing ways we can get parents to engage. As kids get older, engagement changes, and so it could be new but will definitely support current (activities).”

Tribal Council member Lisa Leno thanked Fasana for all of her efforts.

“I’m really excited for these opportunities for grants,” she said. “We don’t really recognize the opportunities our young children have now and the professionalism of our staff, and the support and resources our families receive. It’s a real gift.

I really appreciate all of the work that you do.”

In other action, Tribal Council:

- Approved a grant application to U.S. Department of Education for the Native American Teacher Retention Initiative for up to \$500,000;
- Approved a contract amendment with Perlo Construction of Tualatin for the modernization of the second floor of Great Circle Recovery in Salem;
- Removed former Tribal General Manager Angie Blackwell as an authorized signer on the Tribe’s bank, sweep and investment accounts and granted signing authority to Interim Tribal General Manager Bryan Langley;
- Approved a grant application to the National Oceanic and Atmospheric Administration Coastal Habitat Restoration and Resilience Grants for Tribes and Underserved Communities for up to \$2 million;
- Approved a grant application to the U.S. Department of Education for professional development training for up to \$450,000;
- Approved an easement for Northwest Natural Gas at the Chemawa Station property in Keizer to service phase two development;
- And approved a master lessor consent agreement at Chemawa Station for phase two development.

To watch the entire meeting, visit the Tribal government’s website at www.grandronde.org and click on the Videos tab. ■

Clothes Closet open

The Clothes Closet is open from 9 to 11:30 a.m. and 12:30 to 2 p.m. every Friday on the Tribal campus near the Elders Activity Center at the end of Blacktail Drive. The Clothes Closet accepts clothing, small appliances and pieces of furniture, electronics and household goods that are clean and in good condition. It does not accept books, large TVs or furniture, but there is a community board where people can post those items. For more information or emergency clothes, contact Lori Walker-Hernandez at 559-847-7565. ■

ELECTION BOARD VACANCIES

One permanent full time board member position open.

Two alternate board member positions open.

Qualifications:
Basic computer skills / file search / email / phone inquiries / flexible hours.

Election Board Chair:
Kalene Contreras

For information contact:
Shannon Ham-Teixeira • 503-879-2301
shannon.ham-teixeira@grandronde.org



Ad by Samuel Briggs III

Hotel room rates increase

As of January 2025, the Spirit Mountain Hotel at Spirit Mountain Casino has implemented a revised pricing structure for the Elders discount, which has remained unchanged since the hotel’s opening in 1997. The new discounted rates are \$99 for mid-week stays, \$109 for weekends and \$129 for holidays.

This adjustment is necessary to better align room rates with the actual cost of room upkeep, while still offering competitive pricing, according to Spirit Mountain Casino Chief Executive Officer Camille Mercier.

The Tribal member discount will reflect a 10% discount on standard room rates. The RV park will offer Elders and Tribal members a \$10 discount off the standard rate at the RV lot.

“The changes ensure that we continue to provide valuable services while maintaining financial sustainability,” Mercier said. ■

Memorial was designed by late Tribal Elder Steve Bobb Sr.

MEMORIAL DAY
continued from front page

starting at 1 p.m.

The memorial was designed by late Tribal Elder Steve Bobb Sr., a Vietnam War-era Marine Corps veteran who walked on in August 2022. It features a man and woman dressed in traditional Native clothing standing side by side while

reaching for the sky.

This will be the 22nd Memorial Day celebration at the West Valley Veterans Memorial, which was dedicated in May 2003.

Additional details about the ceremony were not available before press time.

For more information, contact Veterans.SEB@grandronde.org or Molly Leno at 503-983-6790. ■

Drop box installed

The Grand Ronde Tribal Police Department, 9655 Grand Ronde Road, has a medication drop box located in the front lobby.

Lobby hours are 8 a.m. to 5 p.m. Monday through Friday.

The drop box is for any prescribed or over-the-counter medication. If the containers are too large to fit in the drop box, please repackage them in a zip-lock plastic bag.

Needles and liquids are not allowed in the drop box.

Tribal Police suggest mixing liquid medications with cat litter or coffee grounds and then throwing them away with the household trash.

For more information, call 503-879-1821. ■



FIRE SAFETY FAIR

HOSTED BY GRAND RONDE EMERGENCY SERVICES

JOIN US FOR A DAY OF SAFETY PREPAREDNESS! FOOD, VENDORS, DEMONSTRATIONS, AND FREE COFFEE TO FIRST 100 CUSTOMERS!

DATE OF EVENT :
17 May 2025

OPEN GATE :
10:00 AM - 02:00 PM

EVENT PLACE :
Grand Ronde Fire Station
28480 McPherson Rd
Grand Ronde, OR





General Council hears update from Grand Ronde Food Bank

By Danielle Harrison
Smoke Signals editor

Grand Ronde Food Bank Coordinator Francene Ambrose briefed Tribal members on the various services it has provided to the community during a Sunday, May 4, General Council hybrid meeting held via Zoom and in Tribal Council Chambers.

“I’m very happy to be here today to see all of you and I wanted to say, ‘May the fourth be with you,’ because I’m a huge Star Wars fan as well,” she said. “We just had our 10th anniversary at the Food Bank and the time seems to have flown by.”

The Food Bank – iskam məkʰmək haws – is a partnership between the Tribe and Marion-Polk Food Share. It has been in its current location at 9675 Grand Ronde Road since 2015. The Tribe built the 3,300-square-foot structure with federal grants and Marion-Polk Food Share hired Ambrose to oversee the pantry.

Recipients of SNAP, TANF, SSI or LIHEAP assistance automatically qualify for help, but Ambrose noted that no one in need of a food box will be turned away.

The Food Bank holds onsite distributions from 10 a.m. to 2 p.m. Fridays. In addition, there is a light food box (mostly bread and produce) distribution from 10 a.m. to 2 p.m. Wednesdays.

Clients must check in 15 minutes before closing to receive a food box on both days. There are also outreach distributions coordinated at Willamina High School, the Portland Area Office on Barbur Boulevard and the Elders Activity



Smoke Signals file photo

Grand Ronde Food Bank Coordinator Francene Ambrose briefed Tribal members on the various services that have been provided at iskam məkʰmək haws during a General Council meeting in Tribal Council Chambers Sunday, May 4.

Center as needed. Additionally, the Food Bank conducts mobile food distributions at Kerleyville, Water’s Edge, Wandering Spirits RV Park and with the Tribal Police homeless liaison as needed.

“We also do a holiday food box distribution for Thanksgiving and Christmas,” Ambrose said. “Those are always the Saturday prior to the holiday to help with traffic on campus. We do approximately 250 food boxes on those days...The last two years, we had generous support from the Tribe and the Spirit Mountain Community Fund to provide those.”

She and two part-time staff, Pantry Assistant Kim Godsey and a warehouse assistant (currently hiring), coordinate the distributions with other community partners

such as the Willamina Food Pantry and Grand Sheramina in Sheridan.

“Families can come to every single distribution,” Ambrose said. “We share food, resources and make sure families have access.”

The Food Bank has partnerships with Spirit Mountain Casino, the Elders Activity Center, Oregon Department of Fish & Wildlife (provides deer, bear and elk meat), Bonneville Fish Hatchery, Safeway, WinCo, Dollar General, American Military Encouragement Network, Dave’s Killer Bread and the Dundee Women’s Club.

Volunteers are currently needed for food donation pickups at retail locations.

“Even if you can’t drive, we could also use someone to assist with the pickups because we try to send two people to help with lifting,” Ambrose said. “We would greatly appreciate it.”

The Food Bank works with the Oregon State University Extension Office to offer various cooking classes and is partnering with the Native American Youth and Family Center in Portland to offer traditional food preservation classes. Additionally, the food bank partners with the Marion-Polk Food Share Youth Farm, Meals on Wheels and with the Grand Ronde Health & Wellness Center to offer the “food as medicine” Farm Share RX program.

The Food Bank also sponsors məkʰmək Mania, an annual food resource fair event. It occurred Saturday, May 10, at Chachalu Tribal Museum & Cultural Center. It included cooking demonstrations, food tasting, a silent auction, raffle prizes and free lunch.

“If we have access to the best food possible, the most nutritious, we can be the healthiest and best we can be,” Ambrose said. “We’ve learned some of that information from our ancestors.”

Lastly, Ambrose thanked all of the Food Bank partners, funders and supporters.

“The food pantry wouldn’t be what it is today,” she said. “I want to say thank you because working here has been phenomenal to me. We’re such a generous and giving community, and I’m thankful every day for the opportunities that I have.”

After the presentation concluded, several Tribal Council members thanked Ambrose.

“When I get the time to go on Fridays, people are always very, very grateful,” Vice Chair Chris Mercier said. “I don’t know of another Tribe that has something equivalent to this, it’s a real boon to our community and Francene is the fuel that gets it going.”

Tribal Council Secretary Jon A. George said it was “inspiring” to listen to Ambrose’s report.

“I love all of the ideas you bring forward and that are there, and what can be given even more to helping people,” he said. “Congratulations on being here for 10 years.”

Before Ambrose spoke, Tribal Emergency Services Department Resilience Officer Kaylene Barry told General Council members about her new position within the department and how she’s focused on helping Tribal members prepare for emergencies of various kinds – ice storms, heat waves, wildfires, earthquakes and so on.

“If you’re within our response area, which is the Grand Ronde, Willamina and some parts of Sheridan, we can come to your property and basically give you an assessment that tells you if your property would hold up well if there was a wildfire in our area,” she said. “Just being prepared can go a long way, especially if you’re an Elder. We have services we can provide to people who don’t have the physical or financial capability to take care of some of the things that we might point out on our assessments.”

Additionally, she is working with Tribal Emergency Preparedness Coordinator Brandy Bishop to design a new program; creating a Tribal Community Response Team to train and prepare for responding to emergencies of all sorts within the Grand Ronde area.

The first meeting was held in April and the group is open to all community members. The purpose is to train a group of volunteers in emergency response skills that would help during a major emergency event, such as an earthquake or wildfire. The next meeting will be held at 5:30 p.m. Wednesday, May 28 at the Grand Ronde Fire Station.


For more information or to RSVP for the Community Response Team meeting, email Barry at Kaylene.barry@grandronde.org.

In other action, Tribal Council Chairwoman Cheryle A. Kennedy announced that the next special General Council meeting will be at 11 a.m. Sunday, June 29, in Tribal Council Chambers and via Zoom, for the purpose of Tribal Council nominations. All nominations are required to be done in-person.

Ambrose, Jodie Howard, Orin John Allen, Faye Smith and Tynan George won the \$50 door prizes.

Antoine Auger, Leroy Good and Shayla Myrick-Meyer won the \$100 door prizes.

The meeting can be viewed by visiting the Tribal government’s website at www.grandronde.org and clicking on the “Videos” tab. ■



TRIBAL COMMITTEE / BOARD & COMMISSION

Now accepting new applications

- Do you want to be more involved with the Tribe?
- Do you have a desire to be a part of a group to plan and be involved in Tribal activities and events?
- Are you intersted in making positive changes for future generations?

Current vacancies:

- Ceremonial Hunting Board – Must be a ceremonial hunter (2)
- Election Board (1) • Election Board alternates (2)
- Fish & Wildlife Committee (1) • Culture Committee (1)
- Powwow Special Event Board (2) • Health Committee (1)
- Timber Committee (2)

For questions email:
shannon.ham-texeira@grandronde.org

Applications available online at:
www.grandronde.org/government/tribal-council/committees/

Applications also available in the Tribal Governance building:
Located at the Tribal Council office near the security desk.

Remodel updates are coming to Spirit Mountain Casino

Spirit Mountain Casino will be getting a facelift this spring and summer with remodel work in several areas. These include the Spirit Mountain Hotel lobby, courtyard and Hall of Legends.

“These areas have served our guests well over the years—but they were starting to show their age,” a press release stated. “With worn finishes, outdated design and underused space, it was time to breathe new life into these key areas. Our goal is to maximize the space and elevate the overall guest experience at SMC.”

Originally part of the property update plan launched before the COVID-19 pandemic, these projects were delayed as the casino focused on completing the hotel remodel first.

“Now, we’re thrilled to bring these improvements to life, with completion expected by early summer,” the release stated.

Hall of Legends: This space, which honors the history of the Confederated Tribes of Grand Ronde, was originally built in 1997 and last remodeled in 2004. It includes Tribal family photos across generations, key historical events and other important heritage markers in the Tribe’s journey.

“The Hall of Legends isn’t just a hallway — it’s a tribute, a timeline, and a bridge between past and present,” the release stated. “With this remodel, we are preserving and enhancing this important space to better share the Tribe’s story with every guest who walks through it. We’re proud to carry this legacy forward — and we can’t wait for you to see the updates when they’re completed early this summer.”

Hotel lobby: This area originally opened in 1997 with a light update in 2004. It has served millions of guests over the years. “Now, it’s time for a transformation that matches the warmth and excitement of today’s Spirit Mountain experience,” the release stated. “The remodel will give the space a more modern, inviting feel designed to enhance the overall guest experience from the moment you walk through the doors. We’re excited to bring new life to a familiar space — where your getaway begins.”

New courtyard: Slated for completion in early summer, this new space will be located between the hotel and the Spirit Mountain Event Center and will feature pergolas with outdoor seating, fire pits, space for private casino gatherings, food truck access for special events, a dedicated salmon bake area and a small stage for live entertainment.

Additionally, early this summer, two statues will find new homes on the property for better guest visibility.

The Martha Jane Sands statue will be moved from a hallway near the SIPS Coffee Shop to the courtyard, where all guests can view the statue as they enter from the west side of the casino.

The male and female Native American statue, previously located in the old parking lot between the hotel and event center, will be relocated to the front of the west entrance of the casino.

“These meaningful moves are part of our continued efforts to honor the history and heritage of the Confederated Tribes of Grand Ronde and to ensure these symbols of culture and resilience are seen and appreciated by all who visit,” the release stated. ■



GENERAL COMMITTEE AND SPECIAL EVENT BOARD ORDINANCE/ TRIBAL COMMITTEE AND BOARD ORDINANCE OPEN FOR COMMENT

The Tribal Council adopted amendments to the General Committee and Special Event Board Ordinance on an emergency basis at the Tribal Council meeting held Wednesday, April 16, 2025.

The amendments to the General Committee and Special Event Board Ordinance: (1) Rename it the Tribal Committee and Board Ordinance; (2) Define “Elder” and provide provisions related to an Elder Board; (3) Update meetings and compensation provisions; (4) Update the code of conduct provision; (5) Add a provision for Tribal Council liaisons; and (6) other minor technical changes.

Tribal Council invites comments on the amendments to the General Committee and Special Event Board Ordinance / Tribal Committee and Board Ordinance. For a copy of the ordinance, contact the Tribal Attorney’s Office at 503-879-4664. Send written comments to the Tribal Attorney’s Office, 9615 Grand Ronde Road, Grand Ronde, Oregon 97347 or by email to legal@grandronde.org.

Comments must be received by Friday, May 30, 2025. ■

Oregon House passes bill to remove offensive names

On Tuesday, May 6, the Oregon House of Representatives voted to advance the Dignity in Place Act, House Bill 3532.

Led by Rep. Tawna Sanchez, the bill would “expedite a multi-decade effort to rename derogatorily named waterways, valleys, roads and more in Oregon including Squaw Creek (Douglas County), Chinaman Hat (Josephine County) and Cannibal Mountain (Lincoln County),” a press release stated.

In 2021, the U.S. Department of the Interior established a process to review and replace derogatory names of U.S. federal lands, including the slur “squaw.”

“Renaming offensive locations in Oregon reflects our shared commitment to mutual respect, historical truth and creating a welcoming environment for all Oregonians,” Sanchez said. “My hope is that no one has to drive in any wonderful part of the state of Oregon and feel like they don’t belong there.”

The bill builds on legislation passed in 2001 to eliminate derogatory geographic names from Oregon. The 2001 legislation came at the request of two women from the Confederated Tribes of Warm Springs.

Since then, the Oregon Historical Society has compiled a list of 107 geographic locations bearing offensive names, but many remain unchanged.

The bill now moves to the Senate for potential approval. ■



Children & Family SERVICES

Find out more:

Get as much information about foster care as you can. Children & Family Services offers opportunities to talk one-on-one with certification staff to ask questions and learn more before attending required training. You can also review our certification standards, which offers guidance and expectations of being a resource provider.

Make the decision:

Becoming a resource provider will bring changes to your life. Because of that, it is important that every member of your household considers what that will mean to them. The following is a list of questions that can help you make the right decision with your family:

- Does everyone in our family believe that resource care is right for us?
- Are you comfortable maintaining and making cultural connections?
- Are you willing to attend cultural events in Grand Ronde?
- Do we have friends or family that will support us in this decision?
- Do we have space in our home for a child?
- Is there an age group or gender that would work best with our family?
- Any special needs a child may have that we would not be comfortable taking on?

For information contact:

Audra Sherwood
Foster Care Coordinator
Children & Family Services
503-879-2039



Tribal member starts Weed Warriors program

By Nicole Montesano
Smoke Signals staff writer

Buoyed by her success in convincing Tribal Council to ban the use of herbicides around housing or the campus, Tribal member Amber Eastman is trying to convince Tribal members to join her in taking ownership of maintaining the grounds with a new program called Weed Warriors.

“We pull weeds by hand, drop them in the marked bins and show what real stewardship looks like together,” Eastman said in a social media post. “Why volunteer? Because we’re not going backward. Because we want to keep moving forward with Facilities in partnership, not protest. Because if we show up, there’s no excuse to ever go back to chemical spraying. Because we are the first stewards of this land.”

She is encouraging members to weed from 6 to 8 p.m. weeknights, Sunday from 8 a.m. to noon or any other time they find convenient. Eastman wrote that she plans to hold a monthly raffle for handmade beaded earrings for people who submit photos of themselves weeding. The earrings were donated by Carmon Morelese of Singing Bird Creations.

“Message me if you want to meet

up and weed (or if) you’ve got a spot that needs help,” Eastman said.

The group’s mission statement declares it “is a community-led movement rooted in Indigenous stewardship, dedicated to protecting and restoring the lands of the Confederated Tribes of Grand Ronde without the use of harmful chemicals. We honor our ancestors by caring for our homelands through hands-on, toxin-free methods that promote health, biodiversity and cultural resilience. By reconnecting with the land and each other, we reclaim our role as first stewards one weed at a time, one prayer at a time, one generation at a time.”

However, the response so far has been disappointing, Eastman said in an email.

“This past month, only my niece, Kiah Runningbird, and my neighbor’s daughter were able to help,” she said. “I myself have dedicated two hours a night and 9 a.m. to noon the last couple of weekends. Their commitment means everything, but overall, I’ve been feeling discouraged. Still, I remain hopeful. Movements like this take time to grow roots and I believe in the power of community to rise when called upon.” ■

Kick the Habit.

Call these numbers for free from anywhere in Oregon:
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Español: 1-877-2NO-FUME (1-877-266-3863)
TTY: 1-877-777-6534
Or register online at: www.quitnow.net/oregon/

DHS
Oregon Department of Human Services

Oregon Senate passes resolution to celebrate LCIS

The Oregon Senate passed Senate Concurrent Resolution 31 on Tuesday, May 6, which celebrates the establishment and the contributions of the Legislative Commission on Indian Services.

The commission was created in 1975 so Oregon’s nine federally recognized Tribes could advise state officials and agencies on the needs of Oregon’s Native American communities.

The resolution is sponsored by Sen. President Rob Wagner, who told senators that they should engage with the Tribes.

“We must commit to consultation, listening and working to understand, and doing our best not to just make blanket assumptions about Tribal needs,” Wagner said. “We must commit to continue to advocate to Congress and to our president to honor our treaties and continue to live the promises that we have made to our Oregon Tribes.”

The resolution passed unanimously and now heads to the House for potential approval.

Oregon was the first state to establish a Native American commission 50 years ago, created by statute in 1975 to improve services to Native Americans in Oregon. Its 13 members are appointed jointly by the president of the Oregon Senate and speaker of the Oregon House of Representatives to two-year terms. Commission members select their own officers to serve one-year terms.

Tribal Council Chairwoman Cheryle A. Kennedy has been the Grand Ronde Tribe’s longtime representative on the commission, serving 22 years. She is currently the longest serving member on the commission. ■

Contains information from Oregon Capital Chronicle

Craft classes



Photos by Michelle Alaimo

Tribal member Ashley Tuomi, left, lays out ribbon with the help of Tribal member and Culture Committee member Marianne Blanchard, while making a ribbon skirt during a Culture Committee cultural craft class at the Cheryle A. Kennedy Public Health Building Monday, April 7.



Stephanie Burns picks out beads for a necklace she is making during a Culture Committee cultural craft class at the Cheryle A. Kennedy Public Health Building Monday, April 7. The Culture Committee is holding monthly classes through the end of the year. Tribal families and all ages are welcome to attend and make new projects or work on old ones. The classes are 10 a.m. to 4 p.m. Sunday, May 18; Monday, June 9; Sunday, July 6; Aug. 3, Sept. 14, Oct. 12, Nov. 9 and Dec. 14, in the Tribal Community Center.

LONELINESS

IN ADULT FOSTER CARE

WHEN ELDERS MOVE INTO ADULT FOSTER CARE, WE ASSUME THAT THEY WILL CONTINUE TO HAVE THE SOCIAL LIFE THEY HAD WHEN THEY WERE LIVING INDEPENDENTLY. THAT THEY WILL CONTINUE TO SEE THEIR FAMILY & FRIENDS, PARTICIPATE IN EVENTS, VISIT....

NEARLY 40% OF ELDERS LIVING IN ADULT FOSTER CARE SUFFER FROM DEPRESSION AND LONELINESS.

THERE IS NO REPLACEMENT FOR FAMILY & FRIENDS!

For years, PGE made no effort to acquire the property

TRIAL continued
from front page

Assistant Tribal Attorney Kimberly D'Aquila argued that PGE's lawsuit was filed in bad faith to appease other Tribes.

"For generations, PGE has operated its hydropower plant safely and effectively, using rights it already holds," she said. "Those rights are still sufficient...It's not about what PGE needs; it's about what it wants. And that distinction is key in the federal condemnation act."

PGE said it needs ownership of the falls to comply with its hydropower operations license.

"Someone attending this trial might be forgiven if they came away with the impression that this case was all about whether a single Native American Tribe should have access to those rocks for a fishing platform and under what terms," PGE attorney Erick Haynie of Perkins, Coie, LLP said in his closing memo.

"But this case is actually about something else: The conflict created when the state of Oregon stepped into the fray," by claiming its right "to grant third-parties the rights to access, occupy, and build structures within an area of Willamette Falls that has been in active use by PGE for hydroelectric operations for over 100 years," Haynie wrote.

PGE's federal license was last renewed in 2005. It states that within five years of receiving it, PGE "shall acquire title in fee or the right to use in perpetuity all lands ... necessary or appropriate for the construction maintenance and operation of the project."

Yet, D'Aquila said, for years, PGE made no effort to acquire the property. Instead, it leased a third of an acre where the dam structure is located at the top of the falls. Nor did the Federal Energy Regulatory Commission tell PGE to acquire it, including after an inspection last year that found PGE was in "full compliance with all license issues," D'Aquila said.

PGE officials testified that, until 2018, when the state granted Grand Ronde a waterway registration to build a fishing platform, they believed they had sole control over the falls.

PGE officials testified that, until 2018, when the state granted Grand Ronde a waterway registration to build a fishing platform, they believed they had sole control over the falls. Mark Lindley, PGE's senior principal attorney for real estate strategy, acquisitions and dispositions, testified that the state's action was "a wakeup call."

At that point, Haynie noted, PGE began trying to acquire the property.

"Only after years of efforts ... including through negotiation, property ownership studies, administrative appeals, two mediations, offers to lease and offers to purchase, PGE has determined that condemnation is the appropriate remaining option to finally secure that control in satisfaction of its safety and regulatory obligations," he wrote.

D'Aquila argued that PGE's own maps identified the area as belonging to the state and that PGE had made no objections in 2016 when it reviewed a similar application from the Tribe.

Further, she argued, "The state offered access and control; PGE rejected it, unless the registration rights were terminated."

She noted that, "PGE's own communications with the board (of directors) reference a property dispute, not a license necessity. PGE didn't stop discussions because of public safety or operations. It stopped because one of its business partners objected to what another one was doing under state rules."

Haynie acknowledged that PGE had "paused" lease talks with Grand Ronde after other Tribes raised objections. He said the utility was taking the time to listen

and learn.

"I think it's appropriate to listen to other Tribes," he told Simon.

The Confederated Tribes of Siletz Indians participated as a "friend of the court," on the side of PGE. Attorney Lea Ann Easton of Dorsay & Easton LLP argued that PGE is merely trying to ensure that having multiple Tribes jockeying for space at the fishing platform doesn't cause safety issues. She said giving PGE ownership would enable it to force Grand Ronde to coordinate with other Tribes.

Simon closely questioned all the attorneys, and asked D'Aquila if PGE's condemnation would be allowed "if it was not just the business calculus but a public-spirited mindset on the part of PGE to avoid Tribal conflict."

It would not, she said.

"However commendable someone might believe that is, it's still not a proper project purpose under the federal power act," D'Aquila said.

Simon noted that, "If the state

felt there was a safety issue and the best way to handle that was to have PGE control all the lands, it could have easily sold the land to PGE."

State attorney Shaunee Morgan sidestepped Simon's questions about the state's views, but said it is not the state's policy to sell land.

"The state is in an odd position; we've never faced a condemnation of property effort by a private corporation before," she said. "The case is not about who owns the property, or other Tribes' treaty rights ... The narrow question is the condemnation standards."

PGE argued that it must take control of the falls, including an area where multiple Tribes harvest lamprey on the east bank, to ensure the state does not grant additional uses for the property.

"The state could offer some type of other use and it's outside the control of PGE, and the fundamental responsibility of PGE is to have that ownership and control," Haynie said.

D'Aquila told Simon that argument is "not a valid use of eminent domain. Condemnation is granted only when its necessary for operation or construction or maintenance. ... It doesn't include sweeping takings to prevent hypothetical future actions by the state." ■



West Valley Veterans Memorial Application

Deadline is January 15, 2026

Name (as desired on memorial):		DOB:	
Address:	City:	State:	Zip:
Phone:	Gender: Male/Female (Circle)		
Rank:	Branch:	Honorable: Yes/No (Circle)	
DOE:	Place of entry:		
DOS:	Place of seperation:		
Deceased: Yes/No (Circle)		Place of burial:	
CTGR Tribal: Yes/No (Circle)		If Tribal, Roll#	

*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please contact Chelsea Clark at 503-879-1418 or e-mail: publicaffairs@grandronde.org

Any applications received after January 15, 2026, will be kept on file for inclusion to the Memorial in 2027.

Indigenous Place Keeping Artist Fellows selected

Douglas Burgess (Grand Ronde) and Chantele Rilatos (Siletz) have been selected as the two Indigenous Place Keeping Artist Fellows for 2025.

“This fellowship not only provides the resources to begin this project, but also the recognition to help build momentum for long lasting cultural impact in my communities,” Burgess said. “Being the recipient of this fellowship reassured me I am on the right path, and I have people who support me and my mission.”

During the fellowship, Burgess will develop and build a mobile glassblowing unit that he will bring to Grand Ronde for workshops this summer.

His aesthetic is largely inspired by the Haida art that surrounded him growing up in Hydaburg, Alaska, according to a press release. His Haida name is “Slaay Sliinlaas,” which translates to “creative hands.”

In 2007, his family relocated to Tacoma, Washington, where Burgess had his introduction to hot glass through the Hilltop Artists nonprofit.

He went on to study at Pilchuck Glass School and the Corning Museum of Glass. He learned under master glass artist Dan Friday for several years. Burgess has since returned to Hilltop Artists as an instructor where he works full time teaching middle schoolers teamwork, perseverance and building confidence through working with hot glass.

Douglas has had the opportunity to show his work in the Museum of Glass, Tacoma Art Museum, Bainbridge Island Museum of Art, Thurston County Museum of Fine Arts, and Pilchuck Glass School. In his work, Burgess pays homage to



Contributed photos

Chantele Rilatos (Siletz)

his culture’s traditional practices in a contemporary format.

Rilatos is a traditional basket weaver and regalia maker from the Takelma, Tututni, Galice, Molala and Yurok tribes.

Born and raised in her ancestral homelands of the Rogue Valley along the Rogue River, Rilatos carries forward the knowledge and practices of her ancestors through her art, according to a press release.

With the support of family, she gathers, processes and prepares all the plant materials used in her traditional art form.

“I am honored to be selected as a fellow in recognition of my traditional basket weaving,” Rilatos said. “Basket weaving is ceremony, it’s spiritual and cultural. Culture keeps me grounded and true to who I am. This fellowship is special because it values traditional knowledge and Indigenous lifeways, and having that support means so much to me.”

Rilatos will weave a ceremonial basket cap and a maple bark skirt for naa-yvhl-sri nee-dash,



Tribal member Douglas Burgess

the winter solstice world renewal ceremony.

She sees basket weaving as more than just an art form: It’s a connection to the land, the ancestors and a way of life. To her, baskets are a living part of her culture. Her goal is to “weave in the ways of her ancestors” and pass this knowledge on to future generations.

The Indigenous Place Keeping Artist Fellowship was created in 2022 by the Confederated Tribes of Grand Ronde and provides up to \$20,000 for serving as a fellow.

The fellowship exists to develop Indigenous artist capacity within the Grand Ronde Tribe’s homelands and as a means to develop

artists’ resumes with an intent that artists who have been fellows have better opportunities for local, regional and nationwide funding to help make an independent career as full-time artists possible.

A call for applications is made each fall for the IPKA Fellowship and is open to individuals who can demonstrate a verifiable Indigenous connection to ancestral peoples of Western Oregon from the lower Columbia River in the north to the Klamath River in the south.

The fellowship is administered by the Grand Ronde Cultural Resources Department. More information can be obtained by contacting Cultural.Resources@grandronde.org. ■

New Health Building
Grand Ronde Oregon

MMIP EVENT

Food&Drinks
Elk Burgers
Bison Burgers
HotDogs
Chips

Thank you
Grand Ronde Police Department
Fabian and Crew
Shadow

Front Door Raffles 1.30pm


WARRIORS OF HOPE

MAY
Friday 30 11:00-2:00
2025

Warriors Of Hope
Confederated Tribes of Grand Ronde
9615 Grand Ronde Rd
Grand Ronde OR 97347
503-879-1660



Fresh Foods
Distribution

One Box per Tribal Member Household

May 22nd | 10am-2pm

- One food box per tribal member household (tribal member must be present-or- complete permission slip), 3 boxes max per vehicle.
- 400 boxes are available in Grand Ronde, first come first served (distribution begins at 10 am and ends at 2pm or earlier if all boxes have been distributed).
- Distribution will be at the GR Procurement Building (see map for driving directions).
- 100 additional boxes are available at the Portland Office. Portland office 2 boxes per vehicle max.

Questions? Contact Public Health
503-879-6701
publichealthdepartment@grandronde.org



Creative show



Photos by Michelle Alaimo

Kelsi Amouak takes time in the mindfulness space during the Creativity as Medicine art show and celebration in the Tribal gym Thursday, May 1.



Artist and Tribal member Kitana Connelly talks about her book “Sacred Flow: Creativity as Medicine” during the Creativity as Medicine art show and celebration in the Tribal gym Thursday, May 1. The book, which was released Feb. 1, offers readers help in working through difficult emotions and experiences. An exhibit related to the book is on display in the Tribal Library through the end of May.

smok signalz offering fast email subscription

Want to be one of the first Tribal members to receive smok signalz? Want to receive the Tribal publication on your computer instead of waiting for it to arrive in the mail? Want to get up-to-date and in-the-know about the Grand Ronde Tribe before anyone else? In an effort to be more efficient and reduce printing and postage costs, smok signalz electronic subscribers receive a PDF (portable document format) version sent to them instead of a newsprint version sent via the mail. All you need on your computer is Adobe Acrobat or another program that can read a PDF and you're set. Why would you want to do that? The PDF version is available before the newspaper is sent to our printing contractor in Salem. You can read the paper on your computer or print out a copy of individual pages yourself. And you will receive Tribal news much faster than the current standard mailing utilized by the Tribe. If you would like to receive an emailed PDF version of smok signalz and stop receiving a mailed newsprint version, send your email to esubscription@grandronde.org. Stopping mailed delivery of the newspaper will not affect other Tribal mail. ■

Portland Business Journal honors Ryan Webb in its 2025 ‘40 under 40’

By Nicole Montesano
Smoke Signals staff writer

The Portland Business Journal is honoring Tribal Engineering & Community Development Department Manager Ryan Webb in its 2025 “40 under 40” list of influential professionals. Every year, the journal accepts nominations for “40 rising stars in the local business world who have distinguished themselves in their companies, their communities and their industries — all before their 40th birthday.” Webb said he nearly missed the announcement. “I was honestly going to send the email to IS Helpdesk, as I thought it was a spam email,” he said in an email. Unknown to Webb, his team had worked with his supervisor, Tribal Council Chief of Staff Stacia Hernandez, to submit an application. “We congratulate Ryan on his award and recognition as one of the Portland areas up-and-coming leaders and raise our hands to those that selected him,” Hernandez said in an email on behalf of the Tribe. “Ryan has been a tremendous asset to the Confederated Tribes of Grand Ronde and we are fortunate to have someone as talented as him as a member of our valuable team and Tribal family. Over the years, he has helped lead the way on a number of projects that are important to our community, including the Cheryle A. Kennedy Public Health Building, Elders phase III housing project, homeownership,



Ryan Webb

and the child development center. We look forward to continuing our work with Ryan for years to come as we carry out our vision to create a healthy and sustainable future for our members; and we applaud Ryan on his work and award.” Webb, 39, is married to Tribal member Ashlee Webb. They have three children; Violet, Amelia and Andrew. Originally from Gloucester, in the United Kingdom, Webb met Ashlee at Oregon State University, where he was an exchange student. They later married and moved to the United States, where he worked for the city of Portland for nearly 10 years as a civil engineer. He was hired by the Tribe in 2020. “I am truly honored,” Webb said. He will be speaking at the award ceremony on Thursday, July 17 in Portland. Tickets may be purchased online at www.bizjournals.com/portland/40-under-40. ■

MARRIAGES IN TRIBAL COURT

Tribal Court is issuing marriage licenses and able to perform marriage ceremonies for a filing fee of \$40. Contact the Tribal Court at 503-879-2303. ■

GRAND RONDE TRIBAL YOUTH

LIMITED PAID REGISTRATIONS AVAILABLE

NATIVE YOUTH WELLNESS WARRIOR CAMP

JUNE 23 - 26, 2025

The camp is intended to provide healing opportunities and skill development through ceremony, workshops, activities, movement, traditional games, crafts, and more!

UYXAT POWWOW GROUNDS
GRAND RONDE, OREGON

Contact us at: YEP@grandronde.org or YouthEnrichment@grandronde.org

Thank you for respecting Grand Ronde Community & Culture by not displaying gang affiliation and by not bringing drugs, alcohol or weapons to this event.



Tribal member Stacey Runningbird braids her son, Keylie Runningbird Redhawk’s, hair during Boys with Braids Grand Ronde in the Tribal gym Saturday, May 3. The annual conference is focused on empowering Native boys and men with braids as well as those without. It is organized by the Tribe’s Youth Power & Prevention Program.

Braids braided



From left, Tribal youth Kaikanim Mercier, 18, Azariah Sherwood, 10, Kayne Ulestad, 12, Aven Cox, 16, and Isaac Emery, 17, participate in a youth discussion about their hair during Boys with Braids Grand Ronde in the Tribal gym Saturday, May 3.



Tribal member Nakoa Mercier gives the keynote speech during Boys with Braids in the Tribal gym.

Photos by Michelle Alaimo



TRIBAL VETERANS
SERVICE OFFICE

Scheduled Appointments Only

Monday
Tuesday

Walk-In Day

Thursday

To schedule an appointment:

Call (503) 879-1424 or

CTGR Tribal VSO@GrandRonde.Org

Weed Warriors group launches summer series

Tribal member Amber Eastman has formed a group called Weed Warriors, who are dedicated to removing weeds from Tribal housing and other areas on the Tribal campus using natural methods instead of pesticides. All are invited. The weeding events will occur from 6 p.m. to 7 p.m. Tuesday, June 24, July 29 and Aug. 26. Before the weeding begins, all are invited to participate in a Community Smudge Walk at 5 p.m. Both the walk and the weeding group participants will meet at the Visionaries statue in front of the Tribal Governance Center. Each weeding event has a theme: June is “strawberry shortcake and stewardship,” where participants will enjoy strawberry shortcake afterward. July is “weed and watermelon” and August is “smudge walk and seed the future.” Tools, gloves and cold drinks will be provided for all participants. ■

End Willamette Basin hydropower to save salmon and lower energy bills, advocates say

By Nicole Montesano
Smoke Signals staff writer

To save salmon and lower power bills, the Army Corps of Engineers needs to stop producing hydropower from eight Willamette Basin dams, Tribal Council member Kathleen George told Advocates for the West Communications Director Will Shoemaker during a web forum Wednesday, April 30.

“Simply put, the way the Army Corps of Engineers is managing these dams today kills salmon and loses money. A lot of salmon and a lot of money,” George said. “These dams produce far less than 2% of all regional power. But in doing so, they block critical habitat and they raise taxpayer and ratepayer dollars.”

The Army Corps manages 13 dams on the Willamette River and its tributaries, eight of which produce hydropower. For years, it has ignored federal and congressional directives to improve salmon access and study removing hydropower production, George said.

Advocates for the West is a non-profit environmental law firm that files lawsuits in defense of the environment. Shoemaker hosts a monthly web forum on topics the firm is engaged with. For his April 30 event, Shoemaker was joined by George, Advocates for the West Senior Attorney Laurie Rule and by Jennifer Fairbrother, legislative and policy director for the Native Fish Society, to discuss Willamette Basin spring Chinook and winter steelhead.

The webinar is available to view at www.youtube.com/watch?v=udmqT2b0PQ.

Removing hydropower production is not only necessary for chinook and steelhead, George said, “but it will save Oregonians money on their power bill at the same time. Because this very small percentage of power that’s produced at these dams is the most expensive hydropower in the system.”

A fact sheet from the Bonneville



“Simply put, the way the Army Corps of Engineers is managing these dams today kills salmon and loses money. A lot of salmon and a lot of money.”

~ Tribal Council member Kathleen George

Power Administration states that power from the dams costs \$30.83 per megawatt hour, compared to \$9.03 per megawatt hour from dams on the mainstem of the Columbia River. It further states that the utility must maintain costs near \$11 per megawatt hour to remain competitive, and that the dams on average produce “enough power for about 138,000 homes” per year.

Although the Oregon Department of Fish and Wildlife has stocked other salmon species in various rivers and reservoirs in the basin, Fairbrother said spring Chinook and winter steelhead are the “only two historically native anadromous species” to the Willamette Basin, and that “they evolved over many millions of years to be uniquely adapted to the specific watershed that they call home and ... their natal waters.”

In 1999, both species were listed as threatened under the Endangered Species Act. They remain at risk, with runs of less than 1% of their historic numbers.

George said a 2024 study by the National Oceanic and Atmospheric Administration’s Fisheries division “found that because of the salmon’s lack of passage around the Willamette basin dams, they continue to face that heightened risk of extinction, and NOAA Fisheries has said that’s really likely by about 2040.”

The dams block access to 75% of the most critical spawning habitat. Because of their height and the landscape in which they are locat-

ed, “even today it’s not feasible to install fish ladders. Which would be the ultimate ideal, because it would allow fish to move up and down under their own timing and their own volition,” Fairbrother said.

Adult fish are taken by the Army Corps and trucked above the dams to spawn but the juveniles are then trapped, unable to migrate to the ocean, where they spend several years of their lives before they return.

“In an ideal world, where you could have the reservoir full all the time, you’d be able to do spill most of the time, and that’s actually a pretty effective route for fish to get past dams,” Fairbrother said. But that method is not used in the Willamette Basin, because the need for flood control prevents keeping the reservoirs full.

Instead, young fish must go through the powerhouse turbines, which injure and kill many of them, “and that’s assuming the fish even find their way to the intake. Because these are species that tend to travel as juveniles in the very top of the water column, in like the first 15 to 20 feet,” Fairbrother said.

There are also regulating outlets, which lack the dangerous spinning turbines but are too deep underwater for fish passage, Fairbrother said. Advocates want the Army Corps to drop the reservoir levels during migration season, in what is called a deep drawdown, low enough that fish can easily pass through the regulatory outlets.

George noted that, “NOAA fisheries has called for seasonal drawdowns for juvenile passage for many, many years, but the Corps has repeatedly ignored those directives and requirements to comply with the Environmental Species Act, and sadly, they’ve also ignored congressional directives to consider a better path forward.”

In 2021, a federal court judge ordered the Army Corps to use deep drawdowns at some dams. The results have been extremely successful, George said. However, it does not want to expand the program to all 13 dams. Instead, it wants to use floating fish collectors, which Fairbrother described as “really big contraptions that you can think of as a vacuum, essentially; you hope that the fish get close enough that that they feel the flow going into these things and they fall into them.”

The Tribe’s concern has also been growing, as the Army Corps dragged its feet, George said

“Our scientists work closely with scientists from the state of Oregon and NOAA fisheries, and all of the best scientists are telling us the same thing; and that’s that time is running out to save these species from extinction,” she said. “So ... while the Grand Ronde Tribe has been involved at the technical level for a very long time, seeing the lack of progress on this issue, our Tribal government has decided that we really have to get more involved, at the local and national level to work with leaders to make sure that things we need to happen to save these species from extinction happen before time runs out.”

She continued, “We simply do not have time to wait decades for new projects, new floating fish collectors, that are unlikely to be effective and that the Army Corps of Engineers has no funding to support.”

Salmon are a crucial part of the Tribe’s history and culture.

“The Tribes that make up the modern confederation of Grand Ronde have lived with salmon, and in particular Willamette salmon, since time immemorial,” George said. “There’s no part of the history of our people who lived throughout the Willamette Basin, that does not occur in harmony and in reliance upon our salmon relatives. And so that is a very deep relationship and it’s one that’s carried through our ancestors to us today, and it’s an essential part of Tribal culture and identity. The Treaty of 1855 ceded the Willamette Valley to the United States government, but that never terminated our relationship with those salmon and our reliance upon them.”

She continued, “It’s also, in my opinion, an essential part of Oregon and what it means to be an Oregonian. These fish are iconic to our region and our state, and all Oregonians rely on healthy waterways, and our salmon and steelhead are critical indicators of the health of our river systems, and so when our salmon and steelhead are in trouble, our rivers are in trouble and our communities are in trouble. It’s hard for me to imagine a Willamette River that doesn’t have salmon and steelhead in it.”

George urged Oregonians to join in the effort.

“My ask is, tell our senators, tell our representatives that this is important for you. We have to prioritize drawdowns, we have to deauthorize hydropower. And tell them that it’s important, that you don’t believe in a future without Willamette salmon and steelhead in it. You know, if we could get some calls or some emails to our senators, to our representatives, to the governor, reminding them that this is essential and we don’t have time to lose, I think that’s what’s needed,” George said. “We have to refuse the path that we’re on, which has been a path of delay. And if this is a priority to you, we ask you to join us in insisting that we reflect that priority, now.” ■

Elder Abuse Awareness Resource Fair and Walk



June 16th, 2025

11am to 1pm Resource Fair
Walk Noon

Elder Activity Center
48940 Blacktail Drive
Grand Ronde, OR

Let's End 1 In 10

Hatfield Fellow application deadline extended

Applications for the 2025-26 Hatfield Fellowship program funded by Spirit Mountain Community Fund are now being accepted through Thursday, June 12.

Spirit Mountain Community Fund annually sponsors a Native American to serve as the Hatfield Fellow and intern in an Oregon congressional office. Placement of the fellow rotates through the Oregon delegation to enhance mutual understanding between leadership in Washington, D.C., and Indian Country.

Fellows are provided an opportunity to gain knowledge and understanding of how to navigate the political process in Washington, D.C., while working on issues that affect Native Americans.

Fellows begin their Capitol Hill experience in November with a month-long orientation at the American Political Science Association, which is followed by an eight-month term working in a congressional office. The fellowship includes a monthly stipend and relocation and travel expenses.

The fellowship is for Tribal members from the nine federally recognized Tribes in Oregon, as well as members from any Tribe in the United States who are currently living in the Pacific Northwest. Preference will be given to members of Oregon Tribes. Applicants must have a bachelor's degree or be graduating in June 2025 and be 21 or older.

For more information, visit thecommunityfund.com/grants-programs/hatfield-fellowship or go to youtu.be/7TOnNoFgUYs to watch an informational video about the Hatfield Fellowship.

The fellowship was created in 1998 to honor the late Sen. Mark Hatfield's public service to Oregon and the Pacific Northwest. ■

NRD coordinates Hunters Education Field Day

The Natural Resources Department Parks and Recreation program is coordinating a Hunters Education Field Day Saturday, June 7 at the Natural Resources office, 47010 Southwest Hebo Road. Registration for the class must be done via the Oregon Department of Fish and Wildlife website, <https://vem.myodfw.com/eventprofile/328>.

There is a \$10 per student fee for the class. It will be open to both Tribal and non-Tribal members ages 12 to 17 by the beginning of the 2025 hunting season.

This class is only the field day and all students must have attended either a conventional course or an online course prior to the field day. There will be limited spots for the field day, so if interested, sign up as soon possible.

In Oregon, all youth hunters ages 17 years and younger must pass a certified hunter education class prior to hunting, unless they are participating in the Mentor Youth Hunter Program (youth aged 9 to 14 eligible).

The minimum age to hunt big game is 12 (at the time of the hunt) and hunters ages 13 and younger must be accompanied by an adult 21 years of age or older when hunting (unless on land owned by parent or legal guardian).

Hunter Education can be completed with a conventional classroom course or online course with a hands-on field day.

Class size is limited in all of these courses and students must attend all sessions of the course they sign up for.

For a full list of youth hunter regulations, visit <https://myodfw.com/articles/hunting-opportunities-youth>. ■

GRIEF & LOSS GROUP

GRAND RONDE HEALTH AND WELLNESS CENTER
BEHAVIORAL HEALTH DEPARTMENT

Salem BH Team: Amy Reid LPC

DATE – JUNE 2, 9, 16, 23
TIME – 2:30 – 4:30 p.m.

Save the Date

FAMILY NIGHT OUT

Date: August 22, 2025
Time: 4:00pm
Location: Grand Ronde Tribal Gym

FOOD
RIDES
PRIZES
RESOURCE BOOTHS

Please note: This is just a save the date, formal invitations will be sent out closer to the event date.

Save The Date!

The Confederated Tribes of Grand Ronde

2025 VETERANS SUMMIT

All Veterans are invited to join us
Friday, July 11
9 a.m. to 4 p.m.

Veterans Resources & Information
Claims Assistance, presentations and more!!

At the uyxat Powwow Grounds ~
9600 S.W. Hebo Rd. Grand Ronde, OR 97347

The CTGR Veterans Powwow is Friday, July 11, Saturday, July 12, and Sunday, July 13th.
All are welcome to attend!

TRIBAL VETERANS SERVICE OFFICE
(503) 879-1484 • CTGRtribalsvo@GrandRonde.org

Confederated Tribes of Grand Ronde Institute for Applied Ecology

Champoeg Volunteer Days

Help restore habitat for First Foods at Champoeg State Heritage Area

Saturdays monthly (see below)
9:00 a.m. to 1:00 p.m.
Champoeg State Heritage Area

You are invited to join the Institute for Applied Ecology and the Confederated Tribes of Grand Ronde to help restore prairie habitat—at a **First Foods Harvest Area** in Champoeg State Heritage Area. All are welcome! Join us to remove invasive weeds like tansy ragwort, while contributing to the recovery of the land. Thanks to the Marion Soil and Water Conservation District for funding this project.

Dates: Saturdays on May 10, June 14, July 12, Aug. 16
Times: 9am – 1pm
Where: Champoeg State Heritage Area, Oregon
What: Planting native plants in a First Foods harvest area
RSVP: Contact Evan at evanlasley@appliedeco.org

A restroom is available on site, and limited carpooling from Corvallis is available. Learn more at appliedeco.org/calendar.

What are "First Foods"?
First Foods were eaten by indigenous groups before the arrival of Europeans, and continue to be harvested, grown, and collected today. Native Americans have a long history of food gathering at Champoeg State Heritage Area. The word "Champoeg" comes from an indigenous word that names it as "the place of the yampa," an edible root that was harvested there. As part of the Plants for People project, yampa has been reintroduced to this site, as well as many other First Foods such as camas, brodiaea, ookow, yarrow, and many others.

Learn more about our work to conserve native species and habits in the Willamette Valley at www.appliedeco.org.

4950 SW House St. Corvallis, OR 97333
541-753-3099
info@appliedeco.org



ADULT FOSTER CARE

Priority is given to Grand Ronde Tribal Elders, dependent on need and acuity of all Tribal applicants

Eligibility Requirements

- TRIBAL ELDER (55+)
- COMPLETED WAITLIST APPLICATION

RETURN APPLICATIONS TO ALISHA PARKS SHELL,
COMMUNITY HEALTH AND ADULT FOSTER CARE MANAGER
PHONE: 503-879-6542

MIND, BODY, & SPIRIT GROUP

GRAND RONDE HEALTH AND WELLNESS CENTER
BEHAVIORAL HEALTH DEPARTMENT
DATE – MAY 5, 12, 19, 26
TIME – 2:30PM - 4:30PM
AMY REID LPC

JOIN US FOR A 4-WEEK GROUP COURSE

The main concept behind the mind-body-spirit connection is that we are all more than just our thoughts. We are also our bodies, our emotions, and our spirituality - all these things combine to give us identity, determine our health, and make us who we are.

PROTOCOL PRACTICE DATES

~~April 14th from 4:30-6PM at the Chachalu Gymnasium~~
~~April 28th from 4:30-6PM at the Chachalu Gymnasium~~
~~May 12th from 4:30-6PM at the Chachalu Gymnasium~~
May 19th from 4:30-6PM at the Chachalu Gymnasium
June 2nd from 4:30-6PM at the Chachalu Gymnasium
June 16th from 4:30-6PM at the Chachalu Gymnasium
June 30th from 4:30-6PM at the Chachalu Gymnasium
July 7th from 4:30-6PM at the Chachalu Gymnasium
July 14th from 4:30-6PM at the Chachalu Gymnasium

Hosted by the HWC and YEP. A small meal will be provided.

Paddle Practice Days

~~April 22nd – 1:00pm to 4:00pm @ East Devils Lake Park~~
~~May 10th – Mother’s Days Paddle / location and time TBD~~
~~May 14th – 1:00pm to 4:00pm @ East Devils Lake Park~~
May 20th – 1:00pm to 4:00pm @ East Devils Lake Park
~~June 6th – 10:00am to 2:00pm @TBD~~
June 14th – Father’s Day Paddle / location and time TBD
June 24th – 1:00pm to 4:00pm @ East Devils Lake Park
July 8th – 1:00pm – 4:00pm @ East Devils Lake Park
July 19th – 20th @ Siletz River (in place of Rooster Rock)
August 26th – 1:00pm to 4:00pm @ East Devils Lake Park
August 28th – 1:00pm to 4:00pm @ East Devils Lake Park

Hosted by GRHWC



Tribal Court Programs Coordinator
9615 Grand Ronde Road
Grand Ronde, OR 97347
503-879-4623
CourtPrograms@grandronde.org

Volunteers Needed!

We are seeking volunteers for two of our programs:

Court Appointed Special Advocate

(open to all community members)

☐

Tribal Member Review Board

(must be an enrolled CTGR Tribal member)

☐

If you would like to volunteer:

1. Indicate which program you are interested in (mark one of the boxes above).
2. Fill out the form below with your contact information.
3. Mail, drop-off or email the completed form to Tribal Court Programs Coordinator.

Full Name:

Phone Number:

Email:

Address:

Visit our website for more information and the qualifications for each program:
grandronde.org/government/tribal-court/court-programs/



Gas discount

Grand Ronde Tribal members, as well as Tribal and Spirit Mountain Casino employees, can receive a 30-cent per gallon discount on gasoline at the Tribally owned Grand Ronde Station convenience store.

Tribal members and employees must go inside and show either their enrollment card or employee identification card to receive the discount. ■

Tribe offering support to incarcerated members

Grand Ronde Tribal members who are incarcerated, have been recently released from prison or are involved in addiction treatment programs don't have to face challenges alone.

The Tribe has a post-prison/post-treatment peer support specialist, Tribal member Joe Ulestad, who is also a certified recovery mentor.

"I want our members who are incarcerated or need help to know we haven't forgotten about them and we're here to help," he said. "They can call me, email or text."

Ulestad can be reached at joe.ulestad@grandronde.org, by text/call at 971-237-5262 or on his office line, 503-879-1389. ■

tush pus chaku k^hapa k^hofi haws



k^hofi haws

OPEN XALAQŁ

HOURS:

FALL: CHXI K^hUL ILI?I

WINTER: K^hUL ILI?I

SPRING: CHXI WAM ILI?I

SUMMER: WAM ILI?I

7:30AM-3:00PM



We are looking for part time bus drivers during Summer Break 2025



If interested please apply at

When Applying please provide a copy of your CDL-B and CBR if you have one. Please indicate if you don't have a CBR (Central Background Registry) it may take 45 day to process.



Tracy Howerton

Early Childhood Education Transportation and Facilities Coordinator
The Confederated Tribes of Grand Ronde
503-879-2285
Tracy.howerton@grandronde.org

Apply for the Temp pool

WHAT POWERS YOU?



Wanda
Exec. Director, Turtle Cove
Created a comfortable home and haven for her community, and families in need.

Offering energy savings and solutions that power your life.

Find cash incentives and resources at energytrust.org

EnergyTrust of Oregon

Culture Committee Cultural Craft Classes

10-4pm

April 7th @ CTGR Public Health Building
May 18th @ CTGR Community Center
June 9th @ CTGR Community Center
July 6th @ CTGR Community Center
August 3rd @ CTGR Community Center
September 14th @ CTGR Community Center
October 12th @ CTGR Community Center
November 9th @ CTGR Community Center
December 14th @ CTGR Community Center

Come make new projects, work on old projects!
Tribal families welcomed!!
All ages!!

Questions? Please reach out to the Culture Committee:
Pamala Warren-Chase @ Pamala.warren-chase@thecommunityfund.com
Marianne Blanchard @ indigenousartstattooco@gmail.com
Stephanie Craig @ kalapuyaweaver@gmail.com
Molly Leno @ molly.leno@grandronde.org



Watchlist: ‘Red dresses bring awareness to Washington’s missing, mudered Indigenouse people’

(Editor’s note: It is estimated that there are approximately 149 billion videos on YouTube, and the number continues to grow. Grand Ronde Tribal member and Social Media/Digital Journalist Kamiah Koch sifts through those videos twice a month to recommend a worthwhile Indigenous video to watch. Follow her bimonthly recommendations and enjoy!)

By Kamiah Koch
Social media/digital journalist

All across the country on Monday, May 5, red dresses were on display in public spaces for Missing and Murdered Indigenous Women’s Awareness Day, also known as Red Dress Day.

“Right now 72 Indigenous women are missing across the state of Washington and their names can all be found on this display in Northern Quest Resort & Casino,” KXLY reporter Natalie Grant said. “It’s part of their red dress campaign, hoping to raise awareness and put a stop to this growing national epidemic.”

KXLY’s 4 News Now coverage shows video of dozens of red dresses strung across the ceiling of the resort’s lobby area, along with several information displays to provide context, including the long list of missing Indigenous women.

Kalispel Tribal Economic Authority Kyndra Gamache added there are a total of 134 missing Indigenous people in Washington, including men, women and children. To her, awareness days like this are vital.

“These are mothers, grandmothers, daughters, cousins, sisters and aunties,” Gamache said as the camera pans over the display of the missing Indigenous women. “These are all women who aren’t coming home to their families tonight.”

According to Washington State Patrol Tribal Liaison Dawn Pullin, the state of Washington has been leading the charge on directing resources to finding missing Indigenous people but challenges remain, mainly with gaps between Tribal and non-Tribal jurisdictions.

To this, Gamache reiterates the importance of this awareness day. “The more people who know what the issue is, the more people can help share information and be talking about it to bring these people home,” Gamache said.

The Grand Ronde Tribe had their own Red Dress Day display in the Tribal Governance Center Atrium.

You can watch more of KXLY’s coverage of Washington’s MMIW awareness day at www.youtube.com/watch?v=BGQ_5wnr0MI. ■

Reading volunteers needed

Children’s literacy nonprofit SMART Reading is seeking volunteers to read with students weekly at Grand Ronde Head Start. Reading is an essential skill for kids, helping them start and stay on a path to success in school and beyond, according to a press release from the organization.

“Volunteering with SMART Reading is a fun, meaningful way to impact kids right here in our community,” Michael Finlay, Interim Program Manager for SMART’s northwest area, said. “I regularly have volunteers tell me that the hour they spend at SMART is the best part of their week.”

The time commitment is one hour per week. To learn more, contact 971-634-1628 or visit www.SMARTReading.org. ■

Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
Audit Director	21	\$160,360.03/yr.	\$225,696.79/yr.	Until Filled
Business Office Assistant	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Certified Medical Assistant – Public Health	8	\$24.60/hr.	\$31.84/hr.	Until Filled
Child and Adolescent Mental Health Therapist	12	\$74,901.04/yr.	\$96,316.53/yr.	Until Filled
Dementia Care Specialist	9	\$27.05/hr.	\$34.95/hr.	Until Filled
Forestry Technician (Fire Suppression/Prevention) Intermediate	6	\$20.75/hr.	\$26.42/hr.	Until Filled
Forestry Technician (Fire Suppression/Prevention) Engine Boss/Crew Boss/EMT	7	\$22.36/hr.	\$29.00/hr.	Until Filled
Foster Care Recruitment Specialist – Social Services	9	\$27.05/hr.	\$34.95/hr.	Until Filled
Health & Wellness Staff Accountant	11	\$32.74/hr.	\$42.16/hr.	Until Filled
K-6 Math & Science Teacher	10	\$61,901.69/yr.	\$79,848.88/yr.	Until Filled
Lodge Caregiver	7	\$22.36/hr.	\$29.00/hr.	05/12/2025
Licensed Practical Nurse –Portland - GCR	12	\$36.01/hr.	\$46.31/hr.	Until Filled
Mental Health Counselor – Sheridan - GCR	12	\$74,901.04/yr.	\$96,316.53/yr.	05/19/2025
Mental Health Therapist – Behavioral Health	12	\$74,901.04/yr.	\$96,316.53/yr.	05/12/2025
Milieu Safety Technician – Portland – GCR	6	\$20.75/hr.	\$26.42/hr.	Until Filled
Nurse Practitioner – Health & Wellness	22	\$176,396.03/yr.	\$248,130.43/yr.	Until Filled
Optometrist	17	\$118,408.71/yr.	\$154,344.91/yr.	05/12/2025
Payment Processing Specialist	8	\$24.60/hr.	\$31.84/hr.	Until Filled
Physician – Health & Wellness	25	\$226,851.26/yr.	\$330,026.39/yr.	Until Filled
Physician Assistant – Salem – Great Circle Recovery	20	\$151,691.92/yr.	\$205,141.88/yr.	Until Filled
Substance Use Disorder Therapist – Portland - GCR	10	\$61,901.69/yr.	\$79,848.88/yr.	Until Filled
Substance Use Disorder Therapist – Salem – GCR	10	\$61,901.69/yr.	\$79,848.88/yr.	Until Filled
Substance Use Disorder Therapist – Sheridan - GCR	10	\$61,901.69/yr.	\$79,848.88/yr.	Until Filled
Teacher Aide/Bus Monitor - PT	5	\$18.86/hr.	\$24.07/hr.	05/19/2025
Training Coordinator – Human Resources	10	\$29.76/hr.	\$38.39/hr.	Until Filled
Youth Crew Leader – Limited Duration - Natural Resources	3	\$20.00/hr.	\$20.00/hr.	Until Filled
Youth Crew Member – Limited Duration - Natural Resources	1	\$16.00/hr.	\$16.00/hr.	Until Filled
Temporary Pool	2	\$16.00/hr.	\$16.00/hr.	

The Confederated Tribes of Grand Ronde offers generous benefits and competitive pay. POSTINGS ARE OPEN UNTIL FILLED & WILL BE REMOVED WITHOUT NOTICE

INTERVIEWS WILL BE GIVEN IN THE FOLLOWING RANKING ORDER:

- Grand Ronde Tribal members.
(Qualified Grand Ronde Tribal members who show they meet the minimum qualifications of the position during the course of the screening and interview process will be given first consideration for hire and the recruitment process will end)
- Tribal member spouses, parents and/or legal guardians of Grand Ronde Tribal member children and current regular employees.
- External candidates.

Apply online at: www.grandronde.org

POSTING TITLE	CLOSE DATE	WAGE/SALARY
Banquet Server	5/15/2025	\$14.70/hr. DOE + Tips
Bar Porter (*Part-Time)	5/15/2025	\$18.29/hr. DOE
Hotel Houseperson (*Part-Time Limited Duration)	5/15/2025	\$18.02/hr. DOE
Hotel Laundry Attendant	5/15/2025	\$18.02/hr. DOE
Mountain View Sports Bar Waitstaff (Full-Time & *Part-Time)	5/15/2025	\$14.70/hr. DOE + Tips
Player Services Representative I	5/15/2025	\$18.02/hr. DOE
Prep Cook (*Part-Time)	5/15/2025	\$18.02/hr. DOE
Amore Waitstaff (*Part-Time)	Until Filled	\$14.70/hr. DOE + Tips
Assistant Food & Beverage Manager	Until Filled	\$48,329.22/yr. DOE
Bartender	Until Filled	\$16.50/hr. DOE + Tips
Casino Beverage Waitstaff (Full-Time & *Part-Time)	Until Filled	\$14.70/hr. DOE + Tips
Cleaning Attendant	Until Filled	\$18.02/hr. DOE
Cook	Until Filled	\$18.29/hr. DOE
Executive Steward	Until Filled	\$63,586.43/yr. DOE
Host/Hostess Cashier (*Part-Time)	Until Filled	\$18.02/hr. DOE
Slot Floor Supervisor	Until Filled	\$23.24/hr. DOE
Surveillance Agent II	Until Filled	\$18.82/hr. DOE
Surveillance Training Supervisor	Until Filled	\$58,008.29/yr. DOE
Table Games Dealer (Full-Time & *Part-Time)	Until Filled	\$14.70/hr. DOE + Tips

\$1,000 Hire-On Bonus All Positions

\$500 Referral Bonus SMC & CTGR Employees

*Part-time employees are eligible for a 20% differential pay to their base wage if they are scheduled to work up to 29.99 hours per week.

SPIRIT MOUNTAIN CASINO EMPLOYMENT INFORMATION

✓ SMGI adheres to a Tribal hiring preference policy for enrolled members of the Confederated Tribes of the Grand Ronde Community of Oregon.

✓ Please reference the Job Description for job duties, qualifications, and required knowledge/skills.

✓ Job postings are updated every Friday with remaining and new positions; applications must be received by 5:00pm on the following Thursday to be considered.

✓ Incomplete applications will not be considered.

✓ All positions are eligible for an incremental Hire-on Bonus

✉employmentteam@spiritmtn.com <https://www.spiritmountain.com/careers>

Call (503) 879-3737 for application assistance.

StrongHearts Native Helpline recognizes strong familial bonds are tied to Indigenous culture which is integral to healing the wounds caused by sexual violence.

Safe | Anonymous | Confidential | 24/7

Call | Text: 1-844-7NATIVE (762-8483)

Chat online: www.strongheartshelpline.org

This advertisement was produced by StrongHearts Native Helpline with Grant No 15POVC-23-GK-01582-TVAG, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this ad are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Tribal nonemergency text

The Grand Ronde Tribal Police Department has a nonemergency text line at 541-921-2927.

“If you have a nonemergency situation or question, feel free to contact my officer via text through this line,” said Grand Ronde Tribal Police Chief Jake McKnight.

McKnight said that emergency situations still require calling 911. For more information, contact McKnight at 503-879-1474. ■

YOUTH EMPOWERMENT & PREVENTION

PADDLE TO ELWHA 2025

DAMS REMOVED • A RIVER REBORN • SPIRITS RENEWED



JULY 25 - AUGUST 6

*Dates are subject to change

Youth ages 13-24 that are interested in going on 2025 Canoe Journey please scan the QR code and fill out the form. Feel free to contact us for more info

SCAN HERE

 503-879-2034

 YEP@grandronde.org



Congratulations, graduate! Tribal youth

Hailey Garl

will graduate from Tumwater High School in Tumwater, Washington, on Friday, June 6.

After graduation, she plans to join the workforce and is also interested in attending Evergreen State College in Olympia.

Honoring Laila

Please join us as we come together to honor the beautiful life of Laila Holsclaw. We look forward to sharing memories and love in her honor.

Date: May 24th, 2025

Location: Grand Ronde Tribal Gymnasium

Time: 11:00 am

We will gather at the plank house after the services for food and sharing

In lieu of flowers, please consider making donations to Laila’s favorite program, the Willamina High School shop for a student program. A donation box will be available at the memorial.



WANT TO PLACE AN AD?

DO YOU WANT TO ADVERTISE IN SMOKE SIGNALS?

Tribal member?

Did you know Smoke Signals offers special discounted advertising rates for Tribal members.

Not a Tribal member?

We accept ads from non-Tribal members as well. Please contact us for a current list of advertising rates.

For more information contact:

Katherine Warren Steffensmier at 503-879-1466 or Katherine.Warren-Steffensmier@grandronde.org

Smoke Signals is always FREE online at smokesignals.org. Click current issue pdf or send an email to news@grandronde.org to subscribe.



WWW.SMOKESIGNALS.ORG



Ad by Samuel Briggs III

YOUTH EMPOWERMENT & PREVENTION

GIFT MAKING

Help us prepare for Canoe Journey. All are welcome, come at your lunch or stay the whole time!

DATES & TIMES

MAY WEDNESDAY 7TH 10:30AM-2:30PM @COMMUNITY CENTER


MAY WEDNESDAY 14TH 3:30PM-5:30PM @CHACHALU

MAY WEDNESDAY 28TH 10:30AM-2:30PM @COMMUNITY CENTER

Thank you for respecting Grand Ronde Community & Culture by not displaying gang affiliation and by not bringing drugs, alcohol or weapons to this event.

Supplies & Snacks Provided

YEP@grandronde.org or (503) 879-2034 for more information



TERO Worker of the Month

April 2025

Name: Austin James
Employer: Kiewit
Position: Journeyman Carpenter

Austin first joined the TERO program back in 2016. Austin’s most recent dispatch opportunity landed him doing general carpentry, rigging, signaling and steel erection work for TERO’s largest construction project to date, the Abernathy bridge project located in Oregon City. Austin has been dispatched to this project since October 2022.

Austin says he has learned many new skills in his current position with Kiewit, some of which include working with large crawler cranes and a derrick barge, along with assembling steel framework both below the water level and high up in the air.

Austin took advantage of training opportunities when he obtained his commercial drivers license through a training TERO put on in collaboration with Baker Technical Institute in 2022.

Austin says TERO has helped him by providing opportunities to grow and use his skillset. Austin added that he definitely plans on utilizing TERO for any future employment needs.

Austin would like to thank TERO’s Senior Compliance Officer, Duke Kimsey, for being such a strong supporter and advocate for him over the years. Austin went on to say that Duke always had a job or trainings for him to help progress in the trades and become a valued employee to the contractor.

TERO is proud to award the April TERO Worker of the Month to Austin for utilizing all the resources that TERO has provided for him and representing our program in a good way.

Great job Austin, thank you for your hard work and dedication!

*For more information on the TERO Skills Bank and any other TERO opportunities, contact the TERO office or the TERO director.
TERO Office: 503-879-1488 or tero@grandronde.org*



Austin James

Tribal member’s work part of Portland art exhibit

Tribal member Matthew Williams (aka M. Earl Williams) is a part of the Blue Sky Oregon Center for the Photographic Arts’ Pacific Northwest Drawers program for 2025. He is sharing a set of photographs which seek a reconciliation between the self, the land and the painful histories they carry.

These can be viewed from noon to 5 p.m. Wed-Sat, through March 2026 at 122 N.W. 8th Ave., Portland. ■

Apply for
YOUTH COUNCIL





Deadline is May 30th

MORE INFO ON FB & IG

**Applications available on
YEP & YC, FB & IG**

MUST BE IN GRADES 9-12



Grand Ronde Youth
Empowerment & Prevention



CTGRyouthempowerment



503.879.2034



CTGRyouthcouncil

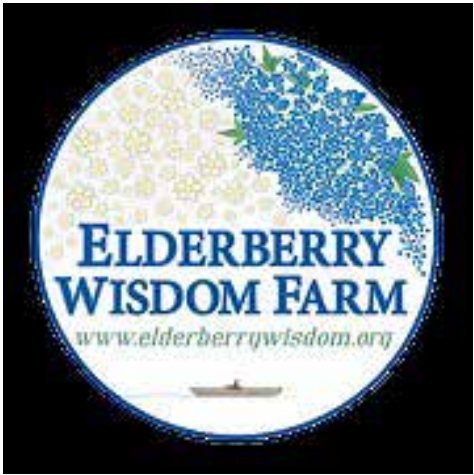
MAY IS MENTAL HEALTH AWARENESS MONTH

Join us for a gentle yoga + breathing session to promote mental health with Diana Robertson

When: Tuesday, May 27th, 2025
12-1 pm

Where: The Cheryle A. Kennedy Public Health Building

What: Session will be about 30 minutes. All skill levels are welcome (as is work attire). Yoga mats will be provided for those who need one (feel free to bring your own).



Elderberry Wisdom Farm TEK Conservation Internship Summer and Fall 2025

The Native American nonprofit, Elderberry Wisdom Farm is recruiting Interns interested in conservation careers to apply for Summer and Fall 2025 openings. We provide culturally tailored habitat restoration training, experiential service learning, and mentoring by integrating Traditional Ecological Knowledge into Mid-Willamette Valley habitat restoration, urban forestry and native plant nursery development practices. A \$3,000 stipend is provided for those completing the 9-week internship, or 200 hours of classroom education and experiential service-learning activities. Send resume and letter of interest or Q’s to accounts@elderberrywisdom.org.



TEACH our children
our stories

BECOME A TEACHER.
APPLY TO AITP
www.pdx.edu/aitp



Willamette Valley Powwow set May 31

Several Tribal members will be participating in the Willamette Valley Powwow in Lebanon Saturday, May 31, at Boulder Falls Center, 505 Mullin Drive. Admission is free and everyone is welcome.

The arena director is Tribal member Fabian Quenelle, and head dancers are Tribal members Nichole and Levi Liebelt. The host drum is Bad Soul.

The free event will feature grand entries at 1 and 6 p.m., and a special performance by the Aztec Dancers at 2 p.m.

It is hosted by the Lebanon Valley Community School District Native American Education Program. Contact Laurie Regalado at 541-451-8524 or laurie.regalado@lebanon.k12.or.us for more information. ■



SHAWASH-ILI?I SKUL
tunus-tənas
lu?lu

Shawash-ili?i Skul



If you have any questions, please email chinukwawaedu@grandronde.org

Are you interested in learning more about what we do at Shawash-ili?i Skul and jump starting your little's exposure to language? Beginning in May, Shawash-ili?i Skul will be hosting chinuk wawa language and culture socializations for littles 2 years old and younger every third Tuesday of the month.

Socializations are scheduled for the following dates from 5:00 to 6:30PM at the Chinuk Wawa Skul Building behind Adult Education:

MAY 20TH
JUNE 17TH
JULY 15TH
AUGUST 19TH

TERO small business startup grant



TERO grant eligibility:

- Must be an established Oregon business with state registry.
- Business must be less than three years old according to your business articles of organization start date: May 1, 2022 or newer.
- Must be a Grand Ronde Tribal member or descendant.
- Must prepare a detailed allocation of how you plan to utilize the funding and how it will benefit your business.
- Applications must be submitted by 5 p.m. Friday, June 6.
- This grant is open to the first 25 completed and eligible applicants, so please get your applications in as quickly as possible. TERO will reach out if anything else is needed to deem your business eligible once your application has been submitted.
- After the interview process, there will be three chosen applicants that will be awarded an \$8,000 grant.

For grant applications or questions please contact TERO.
503-879-2146 • 503-879-2188 • TERO@grandronde.org
9615 Grand Ronde Rd., Grand Ronde, OR 97347

Ad by Samuel Briggs III

CTGR EDUCATION DEPARTMENT

2025

Honor and Recognition Event
Graduation Celebration

Are you a CTGR tribal member promoting from 8th grade, high school/GED graduate, or college graduate? We invite you and your family to celebrate with us on June 27th at 5:00pm at Spirit Mountain Casino for our Honor and Recognition event! Meal included.



JUNE 27, 2025 • 5:00 P.M.

8TH GRADE PROMOTERS & HIGH SCHOOL GRADUATES

Sign up here: <https://forms.gle/zGhjz2voZAyVS4c69>



GED & COLLEGE GRADUATES

Please email Higher Education for the college graduate form.
highereducation@grandronde.org - 503-879-2275

We would like to invite you to our

Community Response Team/ Committee

We will be establishing a Community Response Team and Committee. We will be able to answer any questions and gauge interest levels if you email or call us.

The goal with this team is to create a community response that is trained in assisting our Emergency Services in the event of a large incident or natural disaster.

During these events every bit of support helps. Strengthen our community's resilience by volunteering with us today.

NEXT MEETING
MAY 28TH 2025
AT GRAND RONDE FIRESTATION 5:30 PM
JOIN OUR TEAM! HELP PROTECT OUR COMMUNITY!
FOOD PROVIDED AND RAFFLE PRIZES

We hope you can participate. If you have any questions, please don't hesitate to reach out.

Contact Person
kaylene.barry@grandronde.org

ALL COMMUNITY MEMBERS ARE WELCOME, TRIBAL AND NON-TRIBAL

Walking On...

Ricky Scott George

June 19, 1964 – Jan. 30, 2025

Tribal Elder Ricky Scott George passed away on Jan. 30, 2025, at the age of 60.

A memorial service will be held at 11 a.m. Friday, June 20, in the Tribal gym, followed by a meal at the Community Center.



Jeannie Lorraine Rocha

July 2, 1949 – April 5, 2025

Tribal Elder Jeannie Lorraine Rocha passed away on April 5, 2025, at the age of 75.

Chapel of Chimes in Fairbanks, Alaska is assisting the family. No funeral service information was available by press time.

RISE & SHINE! IT'S A

MONDAY MEET UP

UNDER THE COVERED AREA IN

Tribal Housing

6th-12th Grade

MONDAY MORNINGS
9:50AM - 10:20AM
FREE BREAKFAST FOR YOUTH

MAY IS MENTAL HEALTH MONTH

Join us for our Mental Health Awareness Walk

When: Wednesday, May 21st, 2025
12-1 pm

Where: The Cheryle A. Kennedy Public Health Building + Day Use Park

What: We will walk as a community to the day use park where lunch will be ready. We'll discuss ways we can keep our mental health strong, including cultural and spiritual self-care. Supplies to create our own mental health survival kits will be provided.

We hope to see you there!

ATTENTION!!!

DUE TO ILLEGAL DUMPING OF TRASH IN THE RECYCLE BINS AND CONTAMINATION, THIS RECYCLING DEPOT IS ON THE VERGE OF CLOSING AND GOING AWAY.

CTGR FACILITIES DEPARTMENT

RECYCLE

CONFEDERATED TRIBES OF GRAND RONDE FAMILY FISHING DAY

The Hebo Ranger District invites You for the Family Fishing Day in the Forest

When: Friday, June 20
9 a.m. to 2 p.m.

Where: Hebo Lake in Hebo, OR.

Fishing Contest and Prizes at 11 a.m. for Children (4-15 years old)

We will have fishing poles and reels, bait and free fishing lessons available. Parking is free, and kids under 12 years old won't need a fishing license. For people 12 years and up, a fishing license is required for this event.

FLU/COVID PRECAUTIONS

- Please do not attend if you are experiencing symptoms or are positive for FLU/COVID
- Keep your social distance, 6 Feet apart.
- Clean your hands frequently.
- Face mask use is optional and for your own safety.

Thanks!!!

YOUTH EDUCATION HIGH SCHOOL TRIP

WASHINGTON D.C.

JULY 19-23, 2025

museums, iconic landmarks, baseball, theatre & fun!

- Explore the USA's capitol - from the Museum of the American Indian to the MLK Memorial to Capitol Hill, and the Holocaust Museum - D.C. is brimming with a complicated history and rich culture. We will immerse ourselves in the city, enjoy all of the sites while examining the country's past, present and future through an Indigenous lens. Join us on this unique and fun educational experience!
- For Summer 2025 - Youth Ed. is taking High School students on a multi-day trip, from July 19th-23rd. Up to 12 spots are available for Grand Ronde tribal, descendant, and other native students. *preference will be given to enrolled CTGR Tribal Members and graduating seniors.
- See application for more requirements & details.
- Due Date - please submit a COMPLETE application form before 5:00pm, May 16th in order to be considered for this trip. You will be notified of your invitation to a short interview and a general acceptance announcement will follow.
- Apply here- <https://bit.ly/42sX3Ny>
- Or Scan the QR code -

QUESTIONS?
CALL YOUTH EDUCATION
(503) 879-2101

STORY IDEAS?


Do you have Tribal story ideas you would like to see in Smoke Signals?

Please share your suggestions at news@grandronde.org or by calling Editor Danielle Harrison at 503-879-4663.



WWW.SMOKE SIGNALS.ORG

Ad by Samuel Briggs III



Are you frustrated with your diabetes control?
Do you have questions about diabetes?
Do you need help managing your diabetes?
If so...
Call the Medical Clinic today at 503-879-2002
To schedule an individual diabetes education appointment

NRD Spotlight

Harvest Card holders we want to connect with you!

Please send us your email address to receive hunting and fishing announcements, breaking news and other outdoor related information and opportunities

HuntingandFishing@grandronde.org



Serving urban Natives, infant to elder, in Portland and Vancouver

Open Positions

Chief Advancement Officer	DOE
Community Engagement and Policy Director	\$125K+/yr
Housing Development Manager	\$100-120K/yr
Family Shelter Assistant Manager	\$70-75K/yr
Grants and Contracts Accountant	\$63K/yr
Cully Business Development Coordinator	\$60-65K/yr
Resident Services Coordinator	\$25-27/hr
Foster Care Support Specialist	\$24/hr



All jobs are located in Portland or Vancouver.

Visit nayapdx.org/about/jobs to learn more.

04/22/25

Paid ad

GRHWC PROJECTED tush lamatsin EVENTS 2025

<h4>January</h4> <p>Pajama Jam 1/10 from 5-7pm @Tribal Gym Fresh Foods Distribution 1/23 Starts 10:00am @ GR Procurement Building</p>	<h4>February</h4> <p>Sweetheart's Jam 2/13 from 5-7pm @ Tribal Gym Fresh Foods Distribution 2/20 Starts 10:00am @ GR Procurement Building</p>	<h4>March</h4> <p>Fresh Foods Distribution 3/20 Start 10:00am @ GR Procurement Building</p>	<h4>April</h4> <p>Earth Day Jam 4/18 from 5-7 @ Tribal Gym Fresh Foods Distribution 4/24 Starts 10:00am @ GR Procurement Building</p>
<h4>May</h4> <p>Fentanyl Awareness Event Mother's Day Tea Canoe Outings Fresh Foods Distribution 5/22 Starts 10:00am @GR Procurement Building</p>	<h4>June</h4> <p>Elder Canoe Day 6/18 Location TBD Father's Day BBQ Canoe Outings Fresh Foods Distribution 6/26 Starts 10:00am @GR Procurement Building June Jam 6/27 (TBD)</p>	<h4>July</h4> <p>Fresh Foods Distribution 7/17 Starts 10:00am @ GR Procurement Building Marcellus Norwest Memorial Veterans Powwow July 11 - 13, 2025 @Uyxtat Powwow Ground Canoe Journey (tentatively)</p>	<h4>August</h4> <p>Fun Run / Walk 8/16 - Time TBD @Uyxtat Powwow Grounds 3v3 Bball Collab Fresh Foods Distribution 8/21 Starts 10:00am @ GR Procurement Building Canoe Journey (tentatively)</p>
<h4>September</h4> <p>Fresh Foods Distribution 9/18 Starts 10:00am @GR Procurement Building Every Child Matters Jam 9/20 - Location & Time TBD Canoe Races (tentatively)</p>	<h4>October</h4> <p>Health and Wellness Centers 28th birthday 10/ 01 Fresh Foods Distribution 10/16 Starts 10:00am @GR Procurement Building Fall Festival - TBD</p>	<h4>November</h4> <p>Fresh Foods Distribution 11/20 Starts 10:00am @ GR Procurement Building</p>	<h4>December</h4> <p>Fresh Foods Distribution 12/18 Starts 10:00am @ GR Procurement Building</p>

*All events are subject to change, please look out for our official fliers on the GRHWC Facebook page



HEALTH & WELLNESS NEWS

New acupuncture/massage service at Health & Wellness Center

Heidi Manning, acupuncture and massage therapist, is now seeing patients at the Health & Wellness Center.

Heidi has been licensed in acupuncture since 2005 after completing a masters of acupuncture degree at Bastyr University. She has been a licensed massage therapist in Oregon since 2017.

In addition, she completed a craniosacral therapy program at Bastyr University in 2004 and employs it as needed. She enjoys practicing acupuncture, massage, cupping, moxibustion, gua sha, Chinese dietary therapy, Chinese herbal medicine and engaging with her clients in a meaningful way.

She specializes in pain management, infertility and gynecological problems, digestive issues and psycho-emotional health issues, especially as they relate to trauma.

Heidi also enjoys working with animals in the state of Oregon under a referral from a veterinarian. She has worked with dogs, cats, cows and horses.

The scheduling links are:

Established patient acupuncture
<https://app.acuityscheduling.com/schedule.php?owner=12567238&appointmentType=1887600>

New patient acupuncture and massage
<https://app.acuityscheduling.com/schedule.php?owner=12567238&appointmentType=10379732>

30-minute therapeutic massage
<https://app.acuityscheduling.com/schedule.php?owner=12567238&appointmentType=1646500>

60-minute massage with cupping or moxibustion
<https://app.acuityscheduling.com/schedule.php?owner=12567238&appointmentType=26011180>

Heidi Manning Acupuncture & Massage
541-992-5175 (cell)



National Senior Health and Fitness Day is May 28



National Senior Health and Fitness Day is a special day to remind older adults to stay active and take care of their health. Being active helps seniors feel better, stay strong, and live longer. Even small changes can make a big difference!

Why is fitness important for seniors?

As people get older, their bodies change. Staying active can help:

- Keep muscles and bones strong
- Improve balance and prevent falls
- Lower the risk of heart disease and diabetes
- Reduce stress and improve mood
- Keep the brain sharp

Easy ways to stay active

You don't have to do hard exercises to be healthy. Here are some simple activities:

1. **Walking** — Walking is one of the best exercises. Try taking short walks every day, even inside the house.
2. **Stretching** — Stretching helps keep the body flexible. Try gentle stretches in the morning or before bed.
3. **Chair exercises** — If standing is hard, try moving your arms and legs while sitting in a chair.
4. **Dancing** — Put on your favorite music and move to the beat! Dancing is fun and good for the heart.
5. **Water exercises** — Swimming or moving in water is easy on the joints and helps build strength.

Healthy habits for seniors

Staying healthy is more than just exercise. Here are other important habits:

- Eat healthy foods like fruits, vegetables, and whole grains
- Drink water to stay hydrated
- Get enough sleep to help your body recover
- Stay social by talking to friends and family

What you can do

- Seniors: Try a new activity and make fitness a daily habit.
- Family members: Encourage and support your loved ones to stay active. ■

Food Allergy Awareness Month

May is Food Allergy Awareness Month, which is important for keeping people safe. A food allergy happens when the body reacts badly to certain foods. This reaction can be mild or very serious. Learning about food allergies can help us protect ourselves and others.

What is a food allergy?

A food allergy is when the body thinks a certain food is harmful and attacks it. This can cause symptoms like:

- Itchy skin or rash
- Swelling of the face, lips or tongue
- Stomach pain, nausea or vomiting
- Trouble breathing

Some food allergies can cause a life-threatening reaction called anaphylaxis. This needs emergency treatment right away.

Common foods that cause allergies

Some foods cause more allergies than others. The most common ones are:

- Peanuts
- Tree nuts (like almonds and walnuts)
- Milk
- Eggs
- Fish
- Shellfish (like shrimp and crab)
- Wheat
- Soy

How to stay safe

If you or someone you know has a food allergy, here are some important steps to stay safe:

- a) Read food labels. Always check food labels for allergy warnings. Some foods may contain hidden allergens.
- b) Ask before eating. If you are eating at a restaurant or someone's home, ask if the food contains allergens.
- c) Avoid cross-contact. Even a small amount of an allergen can cause a reaction. Use clean utensils and cookware to prevent mixing foods.
- d) Carry an epinephrine auto-injector. People with severe allergies should carry an epinephrine pen (EpiPen) at all times. This medicine can stop a life-threatening reaction.
- e) Educate others. Teach family, friends and teachers about food allergies. Knowing what to do in an emergency can save lives.

By working together, we can make the world safer for people with food allergies. Let's spread awareness and keep everyone healthy! ■

Łush təmtəm Jam!

(good feeling jam)



FRIDAY
MAY 16TH

CHACHALU GYMNASIUM
8720 GRAND RONDE RD.
GRAND RONDE, OR 97347

5-7PM

DINNER WILL BE PROVIDED!
ENTER TO WIN RAFFLE PRIZES!

In honor of mental health awareness month, join us for an evening full of Łush təmtəm & community! Let's come together to raise awareness and support mental health in a fun and meaningful way!

Songs, Dance, dinner and prizes!

If you have any questions, please contact YEP at yep@grandronde.org
Or call 503-879-2034

Thank you for respecting Grand Ronde Community & Culture by not displaying gang affiliation & by not bringing drugs, alcohol or weapons to this event.



SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

AN INDEPENDENT PUBLICATION OF THE CONFEDERATED TRIBES OF GRAND RONDE · SMOKESIGNALS.ORG



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BEANIES • PATCHES • STICKERS • FREE SHIPPING!**

Checks, cash or money orders only please: Make payable to Confederated Tribes of Grand Ronde. Memo: Editorial Board
Please mail to: Smoke Signals Publications Dept., 9615 Grand Ronde Road, Grand Ronde, OR 97347

FREE SHIPPING!		SMALL	MEDIUM	LARGE	X-LARGE	2X-LARGE	3X-LARGE	4X-LARGE
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ZIP-UP HOODIE (BLACK) \$35								Not Available
ZIP-UP HOODIE (GRAY) \$35								Not Available
ZIP-UP HOODIE (TEAL) \$35								Not Available
T-SHIRT (BLACK) <small>BACK GRAPHIC</small> \$15	Discontinued	Discontinued				Discontinued		
T-SHIRT (BLACK) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (GRAY) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (TEAL) <small>FRONT GRAPHIC</small> \$15								
T-SHIRT (CYAN) <small>FRONT GRAPHIC</small> \$15			Discontinued	Discontinued	Discontinued			

TRUCKER CAPS \$15

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STICKERS \$1

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