

Ribbon skirt making class — pg. 10

MARCH 1, 2026



SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

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

Online gaming posing a threat to Tribes

By Nicole Montesano

Smoke Signals staff writer

Concern is growing about “sweepstakes gaming,” a new type of online gambling that the Indian Gaming Association says violates state and federal law. It is also referred to as prediction markets.

Companies offering sweepstakes games operate under the jurisdiction of the Commodity Futures Trading Commission and offer bets on virtually anything, including sports, politics, world events and random cultural events. Because they operate online, the companies don’t



Camille Mercier

follow state and Tribal regulations and opponents say they pose a threat of increased crime as a result.

In January, Indian Gaming Association Chairman David Bean (Puyallup) and American Gaming Association President William Miller Jr. teamed up to send a joint letter to Congress, asking members to rein in sweepstakes betting.

“These contracts are being offered in flagrant disregard of state laws, Tribal sovereignty and the Commodity Exchange Act, and CFTC (Commodity Futures Trading Commission) regulations,” the letter stated. “They mislead consumers into believing that a sports bet is an investment, fail to protect the young and the vulnerable, open the door to money laundering, match fixing and insider trading. They rob state budgets and Tribal finances while simultane-

See GAMING continued on page 8

Sweethearts Jam



Photos by Michelle Alaimo

Tribal member Cheyanne Heidt shows her daughter, Tribal member Lexi Heidt, 2, how to hold the paddle as they dance during the Sweethearts Jam in the Tribal gym Wednesday, Feb. 11. The annual jam celebrating Valentine’s Day featured singing, drumming, dancing, cupcake decorating, bracelet and card making stations, resource tables, raffle prizes and an Olive Garden dinner.

SEE MORE OF THIS STORY
Visit **YouTube**
@SmokeSignalsCTGR 

Cannon Mankins, 3, decorates a cupcake during the Sweethearts Jam in the Tribal gym Wednesday, Feb. 11.



See page 9 for more photos.

Tribal member publishes children’s book

By Nicole Montesano

Smoke Signals staff writer

Grand Ronde Tribal member and artist Steph Littlebird has published her first children’s book as an author and illustrator.

Littlebird has been illustrating children’s books for the last five years but writing as well as illustrating a book was an entirely new project.



Steph Littlebird

“YOU ARE THE LAND,” written in honor of Littlebird’s grandmother, “Mickey,” is “a love letter to Grand Ronde,” she said.

Featuring her bright, evocative illustrations, “It’s ultimately, at its core, a story about a young person learning from their family and their community about their connection to the earth and how they’re responsible for caring for the earth; not just that they’re connected to it, but that there are things that go along with that, like protest. ... I feel really lucky to be from a culture that teaches us about our connection to the earth,” Littlebird said.

The book review magazine Kirkus Reviews calls the book “simultaneously a story of intergenerational bonds, a tale of growing up and building self-confidence, and an appreciation of our planet and its resources. ... A powerful look at Indigenous identity and a loving reminder that ‘everyone can be a place keeper.’”

See BOOK continued on page 9

General Council meeting

11 a.m. Sunday, March 1

Tribal Council Chambers

Tribal members can participate in person and remotely via Zoom.
Call 800-422-0232 for more information.

NOTICE — Monthly Tribal Council Wednesday meetings

| DATE | TIME |
|--------------------------|--------|
| Wednesday, March 11..... | 4 p.m. |
| Wednesday, March 25..... | 4 p.m. |

Please note that these times and dates are subject to change if needed.
Attendance in Tribal Council Chambers and via Zoom. 503-879-2304.

Powwow SEB seeking logo designs

The Powwow Special Event Board is seeking designs for the 2026 annual contest powwow logo. The selected artist will receive \$350 and a powwow jacket (with logo).

The deadline to submit designs is 5 p.m. Friday, March 27.
Submit all designs to Shannon.simi@grandronde.org. ■

Letters welcome

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

Our editorial policy is intended to encourage input from Tribal members and readers about stories printed in the Tribal newspaper and current events happening within the Tribe. 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.**

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Published letters do not necessarily reflect the opinions of smok signalz.

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WWW.SMOKESIGNALS.ORG

Ad by Samuel Briggs III

smok signalz

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| DEADLINE DATE | ISSUE DATE | MEMBERS OF: |
|--------------------------|------------|------------------------------------|
| Thursday, Mar. 5 | Mar. 15 | Indigenous Journalists Association |
| Friday, March 20 | April 1 | Oregon Newspaper Publishers Assoc. |
| Monday, April 6. | April 15 | 2022 IJA General Excellence |
| Wednesday, April 22..... | May 1 | 2023 IJA General Excellence |

EDITORIAL POLICY

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IN THE FUTURE



(k^hapa atqi)

ṭun-mun (March)

- Sunday, March 1 – General Council meeting, 11 a.m., Tribal Council Chambers and via Zoom. 800-422-0232.
- Friday, March 6 – Agency Creek Round Dance, Tribal gym, 5 p.m. pipe ceremony, 6 p.m. traditional dinner, 7 p.m. Round Dance. No photos or video Friday.
- Saturday, March 7 – Agency Creek Round Dance, Tribal gym, 6 p.m. dinner, 7 p.m. Round Dance. Photos and video allowed Saturday.
- Wednesday, March 11 – Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 800-422-0232.
- Wednesday, March 25 – Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 800-422-0232.

lakit-mun (April)

- Saturday, April 4 – Tribal Housing Department Easter Egg Hunt, 10 a.m., covered area in Tribal housing.
- Wednesday, April 8 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 800-422-0232.
- Sunday, April 12 – General Council meeting, Lane Community College Longhouse, Eugene, 11 a.m., and via Zoom. 800-422-0232.
- Wednesday, April 22 – Tribal Council meeting, 4 p.m., in-person attendance in Tribal Council Chambers and via Zoom. 800-422-0232.

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

Love rocks!



Photo by Michelle Alaimo

Tribal member Leloo Quenelle, 13, paints a rock during Love Rocks, held in the Tribal Community Center Tuesday, Feb. 24. In addition to rock painting, there was a presentation on healthy relationships, sticker making, raffle prizes and a pizza dinner. The event was sponsored by the Tribe's Warriors of Hope Domestic & Sexual Violence and Youth Empowerment & Prevention programs. February is Teen Dating Violence Awareness Month and the event is designed to bring awareness to teen dating violence prevention.



TRIBAL VETERANS SERVICE OFFICE

| | |
|------------------------------------|--------------------|
| Scheduled Appointments Only | Walk-In Day |
| Monday | Thursday |
| Tuesday | |

To schedule an appointment:
Call (503) 879-1424 or
CTGR Tribal VSO@GrandRonde.Org

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Grand Ronde Employment Services
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Ad by Samuel Briggs III

CALLING ELDERS: KEEP OUR STORIES ALIVE

Our history, teachings, and ways are knowledge that must be carried forward for our children, grandchildren, and those yet to come. However, they can only live on if they are told by you.

We are seeking community elders to serve as docents who can provide museum tours, and share our traditions, history, and wisdom with public visitors and community members.

Your stories, your knowledge, and your way of teaching are irreplaceable. Without your voice, the next generation may never know the stories that shaped them.

WHY JOIN US?

- Pass on our history and stories how they are meant to be told
- Strengthen community connection and pride
- 4-8 hours per week, within Tuesday-Saturday, 10am-4pm [SATURDAY IS SEASONAL]
- Flexible schedule, we will work around your availability
- Support provided, you will never be alone in this work
- Training provided
- No experience necessary, just the willingness to learn and share

Your presence is a gift we cannot replace.

TO LEARN MORE, PLEASE CONTACT
 Crystal Starr Fullerton
crystal.szczepanski@grandronde.org
 503-879-1349




Food Bank news

The Grand Ronde Food Bank – iskam mak'hmak 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 March 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 at the Veterans House. Chair: Molly Leno.
- **Editorial Board** meets monthly. The next meeting will be held via Zoom at 10:30 a.m. Thursday, March 19. Chair: Mia Prickett. Contact Editorial.Board@grandronde.org for more information.
- **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** meets the first and third Wednesday of the month at 10 a.m. in the Elders Activity Center. Chair: Darlene Aaron.
- **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 Cheryle A. Kennedy Public Health Building. 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: Molly Leno.

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



2021 — After nearly a year of holding classes online because of the COVID-19 pandemic, the Willamina School District expected to re-open to all students by March 16. First and second graders returned to the Oaken Hills campus under a hybrid model the prior month, joining kindergarteners who had been attending half-time since September.

2016 — The Tribe was preparing to hold its second Tribally-managed hunt. In 2015, the Tribe had issued the first hunting tags to be disseminated by a Native American Tribe in Oregon for hunting on its own land.

2011 — Tribal members were carving a river canoe that Cultural Education Specialist Brian Krehbiel said might have been the first one made since the Tribe arrived at the reservation in the 1800s. The Cultural Resources Department, which had researched the design, was carving the 16-foot, three-



2011

File photo

to-four-person canoe with the help of volunteers, and was also working on a larger canoe for oceans and large rivers such as the Columbia.

2006 — The Tribe participated in a ceremony to celebrate the planting of more than 10,000 native trees and shrubs as part of the ongoing cleanup of the McCormick and Baxter Superfund site in Portland Harbor. “We want to let you know that this site is in the homeland of the Grand Ronde people,” Tribal Council Chairwoman Cheryle A. Kennedy said.

2001 — The Tribe was putting together plans for a new 25,000-square-foot educational complex. Included were buildings for Youth Education, Preschool and Head Start, Adult Education and a gymnasium/auditorium. The Adult Education building included a library.

1996 — Tribal members completed a new cedar sweatlodge, built in the traditional manner and located behind the Chemical Dependency office building. It was large enough to hold approximately 50 people.

1991 — Tribal Elders Ila Dowd and Nora Kimsey, along with other Elders and members of the Tribal Council, attended the grand opening of the Polk County Museum in Dallas and showed off a set of baskets made nearly 100 years ago.

1986 — Tribal Council Chair Mark Mercier said the council “has agreed to take time to stop to review its progress as a government and plan for the future. We know that, compared to other Tribes, we have much to learn. We believe reflecting on what has been done can help us improve in the future.” He said the council intended to continue exploring how to create a homeland and establish housing and businesses. In addition, Mercier wrote, “We plan to travel to other Indian reservations to see how they have developed and the problems they have encountered.”

Yesteryears is a look back at Tribal history in five-year increments through the pages of Smoke Signals.

NRD TELEGRAPH -

2026-27 HUNTING

Big Changes Are Coming.
Are You Ready?

All hunting information communicated via the alta app, direct email or in-person.

The CTGR alta app is designed to communicate directly with our membership. To download the app, just go to your app store. To read more about this please visit the website at www.grandronde.org/alta/



GRAND RONDE HOUSING DEPARTMENT

28450 Tye 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.

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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. ■

Tribal Council approves grant request for \$9.9 million

By Danielle Harrison

Smoke Signals editor

Tribal Council approved a grant request to the U.S. Department of Transportation for tumwata village at its Wednesday, Feb. 11, meeting.

If awarded, the Better Utilizing Investments to Leverage Development grant would provide up to \$9.9 million and would be used for project inspection fees, demolition and removal and construction and equipment costs. Specifically, it would be used for four local roadways within tumwata village.

"We applied for this grant last year also and we learned that our initial grant was moved to the highly recommended list, which is really far in the approval process," Tribal Grants Program Manager Wendy Sparks said during a Tuesday, Feb. 10, Legislative Action Committee meeting. "However, it was not selected by the transportation secretary for funding last year. We did a little bit of digging and determined that last year, successful applications were supported by some strategic lobbying in D.C. ... What our approach is for this year reflects changes suggested by the Department of Transportation and we, I believe, have a competitive grant application."

In other action, Tribal Council:

- Approved a contract amendment

with Elder Demolition for up to \$2,369,371, an overall increase of \$480,000. This will be used for continued demolitions at tumwata village, bringing the total number of structures to 42;

- Appointed Ruby Mendez-Anderson to the Housing Grievance Board with a term ending March 31, 2029;
- Approved limited waivers of sovereign immunity for software programs Microsoft Copilot Chat, DexCom Clarity, Oracle, Microsoft optional connected services and Health-e Pro;
- Approved one emergency enrollment and eight infant enrollments into the Tribe because they meet the enrollment requirements in the Tribal Constitution and Enrollment Ordinance;
- And approved one enrollment relinquishment request.

In other news, council set the agenda for the next General Council meeting. It will be held at 11 a.m. Sunday, March 1, in Tribal Council Chambers and via Zoom, with a program report from Spirit Mountain Casino in executive session. A community input meeting regarding potential 2026 advisory votes will follow.

To watch the entire meeting, visit www.grandronde.org and click on the Videos tab. ■

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. ■



TRIBAL COMMITTEE / BOARD & COMMISSION

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Current vacancies:

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- Election Board (1) • Election Board alternates (2)
- Fish & Wildlife Committee (1) • Veterans Special Event Board* (1)
- Powwow Special Event Board* (3) • Health Committee* (1)
- Housing Grievance Board* (1) • Enrollment Committee* (1)

Board and committee requirements: No more than three employees per board and committee. This includes all Tribal entities. *Current vacancies with three employees.

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.

Ad by Samuel Briggs III

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Concerns raised about care, medication management at AFC

By Nicole Montesano

Smoke Signals staff writer

A resident of the Tribe's Adult Foster Care lodges said that residents are being endangered and poorly cared for, and that despite many complaints, little has been done to address the problem.

Tribal Elder Beverly Cooney, a 91-year-old resident of Elk Lodge, raised her concerns at the February General Council meeting, telling Tribal Council members that, "Med mistakes are made every day. I've had five, since I've been there, in a year. I've had six times they've let me run out of meds. And they order them for me. They have control. They have all the prescriptions. I have no control over that. They let me run out six times. Then they come in and say, 'Sorry, you're out. We'll have to order it tomorrow.'"

The Tribe issued a statement saying it takes the concerns seriously.

"The health and well-being of our Elders, members and community is of utmost importance to our Tribe," Tribal Communications Director Sara Thompson said. "Concerns about the quality of care provided by our caregivers are taken seriously. It is also important to ensure that any corrective actions are taken based on a complete understanding of each situation. Tribal Council and staff have and will continue to evaluate opportunities to improve the level of care to further protect our most precious population. We look forward to continuing open communication with residents and their families well into the future."

During the General Council meeting, Cooney told the council that several changes were needed, especially as it related to medication management.

"We need either med techs or

LPNs (licensed practical nurses) to give us our meds, so that we know that we're OK," she said. "I know my meds. I know when I take them, how I take them and how much I take. They've brought me Tylenol to overdose on, at 8 in the morning. And then they bring it to me again at 8:30, and say, 'Oh, I forgot to bring it to you; take your Tylenol.' No. I'm not gonna take it twice. So, you see the mistakes that are being made and I know. But some of the people don't and they just take what they're handed."

Cooney also said that she was not notified when two of her relatives died, that the residents were not notified of communicable disease and that some caregivers are failing to clean or make beds.

"We're always told, 'We're working on it.' It's taken a year, and nothing's changed," Cooney said. "I went to (Tribal Council Vice Chair) Chris Mercier; he took me to (Interim General Manager) Bryan Langley. I thought something would change. A little bit changed. They brought in the people from the county, that were CNAs, to change some of the meds, but they disappeared, so nothing happened. No meds were changed. ... Something has to be done. I've gone to Elder Committee, I've gone to as many people as I can think of and everybody says, 'Our hands are tied.'"

Tribal Executive Director of Health Services Kelly Rowe said that she is taking "appropriate steps," to deal with the situation.

"Though these are allegations, I am taking appropriate steps to make sure our Elders feel safe and comfortable in our programs," she said. "I look forward to having a more in-depth conversation with the membership about what we

are doing at Health & Wellness to enhance the care and well-being of our Elders in the near future."

During the meeting, Mercier told Cooney that "a number of people have come to us with similar concerns and we are trying to figure out a way to deal with it. I'm sorry we didn't deal with it satisfactorily when Bryan Langley and I went over to visit you last year."

Tribal Elder Denise Harvey said she also has concerns with AFC management and care.

"My mom was there originally when it opened and I do believe my sister is the longest-living resident there right now," she said. "But a lot of these concerns have come up year after year after year and nothing ever gets resolved. I'm hoping you take action on some of these things...it's been a rocky road for a long, long time."

Tribal Elder Angie Blackwell, whose mother also lives in Adult Foster Care, told council she shares those concerns. She noted that when she was serving as the Tribe's general manager, she requested that Health & Wellness develop standards and monitoring protocols to "ensure the highest quality of care and standards for our Elders over there."

"And while the Tribe exercised sovereignty and elected not to be licensed by the state, which I fully appreciate, I do not agree with the lack of oversight monitoring from a third party," she said. "Written policies and standard operating procedures exist for the protection of our people. Monitoring ensures that those standards meet best practices and verifies that they are consistently being implemented. Internal monitoring alone is not

enough."

She added, "My mother was given the wrong medication that didn't even belong to her and she required medical attention for it. So, it does happen and they do need better training and protocols in place at AFC."

Tribal Council member Lisa Leno, along with council member Tonya Gleason-Shepek, serve as liaisons to the Elder Board. The Elder Board considers and recommends to Tribal Council policies relating to activities for and recognition of Elders, as well as coordination of Elder activities.

Leno said she would follow up, noting that the Elder Board has heard similar concerns.

"They are meeting with us next week, I believe, so we'll be having some of these conversations and Tonya and I will attend the resident meetings moving forward," she said.

The Elder Board issued a statement to Smoke Signals, stating that it "is aware of the situation at the AFC and we will continue to monitor the progress of resolution. We are very concerned about the health and welfare of our Elders, both living in AFC and living independently. We will continue to attend the monthly resident meetings and provide support and care to those in need. Please feel free to reach out to any Elder Board member with any concerns or issues."

The statement noted that the current Elder Board members are Chair Darlene Aaron, Vice Chair Annabelle Layman, Secretary Pamala Warren-Chase, Melody Wright, Claudia Leno and Kim Contreras. ■





Stay healthy and on your feet

FREE Fall prevention event March 2026

Balance, strength and overall health can change as you age, putting you at risk of falling. Join Providence experts for a free educational presentation on how to reduce your risk.

- Learn how medications, footwear and changes to your home environment can help keep you safe and on your feet.
- Try tai chi! Most events include a short, active introduction, so be sure to wear comfortable shoes and clothes for moving. The regular practice of tai chi offers multiple health benefits and has been shown to reduce the risk of falling by 50%. It's also a great way to improve strength and flexibility.
- Receive a personal medication review with a Providence pharmacist, if you wish.

Attend for yourself or someone you love.

Confederated Tribes of Grand Ronde

March 18th, 2026
5-7 p.m. (meal to follow)

9615 Grand Ronde Rd
Grand Ronde OR 97347
CTGR Tribal Gym

To register (free) contact Community Health Department: 503-879-2078

Attend for yourself or someone you love.



Hope to see you there!

Exercise participation is at your own risk. Modifications will be offered for seated or supported standing tai chi.

This event is brought to you by Providence Senior Health.



Infant Toddler Socializations

Upcoming Socialization Dates:
 Tuesday, February 24th @ 5:15pm
 Tuesday, March 31st @ 5:15pm
 Tuesday, April 28th @ 5:15pm
 Tuesday, May 26th @ 5:15pm

All socializations will be held in the SIS school building (old preschool)

Chinuk wawa. Culture. Community. Care

Shawash-ili?i Skul is excited to announce that we will be offering infant toddler socialization events on a monthly basis during the 2025-2026 school year! If you have a little under 3 years old that you are interested in attending Shawash-ili?i Skul in the future or that you would like to get some exposure to chinuk wawa, we encourage you to join us!

If you have any questions please call (503)879-1856 or email chinukwawaedu@grandronde.org

Tribal member wins national casino marketing award

By Danielle Harrison

Smoke Signals editor

When Tribal member Rich Colton graduated from Pacific University in the late 1990s, he envisioned himself working for a Portland-area advertising agency.

As many young college graduates soon discover, getting into a specific field can often feel insurmountable unless you know certain people.

At the time, Spirit Mountain Casino had only been open a few years, but as a marketing student, Colton recalled that their ad campaigns were “truly memorable.”

“That caught my attention, so I decided to apply and learn more about the casino,” he said. “I applied for a players club rep position and enrolled in dealer school. Both looked fun, but dealer school was pure magic for me. The first time I watched our instructor, Tom, deal a hand of blackjack, I was completely hooked. Camille (Mercier), HR director at the time, believed this would be a great way for me to get my foot in the door and learn about the casino — and she was absolutely right. It turned out to be an amazing experience.”

Nearly three decades later, as marketing director at Three Rivers Casino Resort in Florence, Colton has had experiences which include helping to launch the original casino in 2004, as well as a 93-room hotel and a second gaming facility in Coos Bay in 2015. He leads, “an incredible team that I’ve spent years developing. Looking back, I wouldn’t change a thing. I couldn’t imagine doing anything else... it’s just too much fun.”

Recently, Colton and his marketing team were honored at the Global Gaming Expo in Las Vegas with a national outstanding achieve-



Contributed photo

Tribal member and Three Rivers Casino Marketing Director Rich Colton, left, and Three Rivers Marketing Manager Sarah Nunez accept a national award from the Casino Direct Marketing Association at the Global Gaming Expo in Las Vegas, Nevada. The award was in the category of outstanding achievement for casino promotion.

ment award for casino promotion.

Presented by the Casino Direct Marketing Association, the inaugural Theo Awards spotlighted the year’s “most effective, innovative and results-driven marketing across the gaming industry,” according to an article in Indian Gaming Magazine.

“Winners were announced at G2E’s Networking Lounge, celebrating strategic and imaginative campaigns that elevate brand engagement and customer loyalty,” the article stated.

Colton and his marketing team won the award for “The Mad Hatter’s Tea Party,” promotional campaign at Three Rivers.

“We transformed our event cen-

ter into a Disneyland-themed experience — immersive, fun and unforgettable,” he said. “Being recognized on an international stage was an incredible honor. ... I was very surprised when we won the award at G2E. While I’m usually comfortable speaking in front of our staff and in public, I’ll admit the nerves were definitely there — I was on pins and needles. When the

announcement was made, I was truly delighted and excited to share the news with our marketing team, the casino and the Tribe.”

Colton said his favorite aspect of working in marketing is collaborating with others on ideas, projects, promotions and VIP events.

“Every day brings something new: A fresh challenge or a new opportunity and that constant energy is what makes the work so exciting,” he said. “The most challenging part is getting my brain to slow down when I’m not in the building or on the casino floor. I’m always thinking about new ideas and ways to make things better for our team members and our guests.”

He recommended that fellow Grand Ronde Tribal members who are interested in gaming and unsure of how to get their foot in the door attend the dealer school that Spirit Mountain Casino still offers.

“It’s such a fun job to have, the money is great and you don’t take any stress home,” Colton said. “It will absolutely be my part-time retirement job when I get there. This role can lead you anywhere you want to go. Tribal gaming is almost everywhere and dealer school is a great way to get your foot in the door and truly learn casino operations. Along the way, you may discover an interest in another department and that’s great, from there the opportunities are endless.” ■

Gas discount in Grand Ronde

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.

There are, however, a few rules. Tribal members and employees must go inside and show either their enrollment card or employee identification card to receive the discount. ■



21ST ANNUAL AGENCY CREEK ROUND DANCE

ARPA lu'lu-tanis
MARCH 6-7-8 2026 GRAND RONDE, OR

Friday March 6

5pm Pipe Ceremony
6pm Traditional Dinner
7pm Round Dance

NO PHOTOS/VIDEOS

Saturday March 7

6pm Dinner
7pm Round Dance

****NO VENDING ALLOWED THROUGHOUT THE WEEKEND****

Room block available at Spirit Mountain
Casino 1-800-760-7977

Emcee: Devin Bellerose
Stickman: Chase Sayer
Helpers: Darrell Paskemin
Marc Longjohn
Adrian Cross
Derrick Keeswood

Invited: Algin Scabbyrobe
Singers: Edmund Bull
Troy Tootoosis
Kelsey Foxx
Damien Totus
Tyrone Tafoya
John Scabbyrobe
Alvin Chief
Colin Chief
Spazz Dewitt
Leo Charlie
Herwin Begay
Opie Day
Irvin Waskawitch



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

YOUTH BASKETBALL CLINICS



We invite youth to come improve basketball skills to the next level! Clinics will be held in the Tribal GYM.

| | | | | | |
|----------------|--|--------------------|-------------------|--|---|
| SUNDAYS | 10-14 Years Feb 8 Mar 1 Mar 15 | 9:30AM-11AM | WEDNESDAYS | 10-14 Years Feb 4 Feb 18 Mar 4 Mar 11 | 5:30PM-7PM 14-18 Years 7PM-8:30PM |
|----------------|--|--------------------|-------------------|--|---|

BAAD TOURNAMENT

YEP is excited to announce that this year we will be sponsoring a team(s) to participate in the annual BAAD youth basketball tournament hosted by the Confederated Tribes of Umatilla Indians. All are welcome to join us, the highlight of these clinics is to prepare any youth interested in joining the Grand Ronde team(s). Try outs will be taking place when clinics have concluded.



YEP@grandronde.org
For more information please email us!

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

New companies have an unfair advantage

GAMING continued from front page

ously forcing states and Tribes to expend massive legal resources to defend their sovereignty.”

Spirit Mountain Casino CEO Camille Mercier explained that sweepstakes gaming “operates outside the regulatory framework” that governs Indian Gaming.

“That threatens Tribal sovereignty and the economic engines that many Tribes rely on for their communities, including ours,” Mercier said.

The bets, she said, include “anything from sports to who’s going to be the Democratic nominee. ... What’s the top song on weekly top songs on Thursday? You can bet for the Oscars, who’s going to be best picture, things with the climate. ... But with Tribal gaming, the real threat is sports betting.”

Bean gave a talk on the issue at the 2026 Winter Convention of the Affiliated Tribes of Northwest Indians in early February.

He told the assembled Tribal members that “For most of Indian Country, Indian gaming remains the most successful economic development tool employed by Tribal governments, providing them a con-

sistent and stable source of revenue that Tribes could use to rebuild their economies. To reclaim our language, to reclaim our culture, to reclaim our traditional foods.”

However, Bean said, “Indian Country is grappling ... against the so-called sweepstakes gaming, which is actually just another form of illegal gambling, dressed up as free mobile gaming. More than 25 states are now enforcing or pursuing legal action against those illegal sweepstakes companies.”

Tribal Elder Denise Harvey, currently serving as the treasurer of the Indian Gaming Association, said “It’s been going on for a while and we’ve been trying to get the word out. ...

“We’re going to have really rely on Congress, I think, to get things done,” Harvey said, noting that the IGA is asking Tribes and members of the public to tell their congressional and state representatives that sweepstakes gaming must be regulated.

Aside from the negative effect on Tribes, Harvey said, sweepstakes gaming can be potentially harmful to members of the public.

“There’s little consumer protection, so if you’re a consumer and you’re tapping into this, you’re on

your own. There’s nobody out there protecting you.”

Mercier said the new companies have an unfair advantage.

“I don’t think there’s anything wrong with innovation and finding new ways to innovate,” she said. “But when it comes to gaming, there’s regulations and the Indian Gaming Regulatory Act talks about what those regulations are and it doesn’t feel like a fair and equitable market.”

Bean raised a similar point at ATNI, noting that “One of our enduring messages at IGA is to remind our allies that IGRA was designed to rein in and constrict Indian gaming. Of course, our Tribal leaders used the law to transform the gaming industry, using technology to capture market space.”

In their letter to Congress, Bean and Miller wrote that sports betting contracts in predictions markets have “grown exponentially” since being launched a year ago, and “have expanded beyond the outcome of single games to include complex parlays and even potential wagers on the collegiate transfer portal. This growth has occurred by exploiting regulatory inaction by the Commodity Futures Trading Commission, which undermines state law and Tribal sovereignty and flies in the face of existing federal laws and regulation intended to protect consumers and the integrity of our nation’s financial markets.”

They wrote that, “We firmly believe that congressional consideration of cryptocurrency market structure legislation provides an important, bipartisan opportunity to prevent sports betting and casino gambling under the guise of ‘event contracts.’”

The issue has implications beyond gaming, they argued.

“The CFTC’s own regulations – adopted pursuant to the Commodity Exchange Act – prohibit event contracts regarding terrorism, assassination, war, gaming or an activity that is unlawful under any state or federal law,” the letter stated. “While the gaming industry has focused our efforts on stopping unregulated sports wagering, we have seen a troubling proliferation of other concerning betting categories that seek to capitalize on tragedy, invite manipulation and undermine public trust. Most recently, questions and concerns have been raised regarding contracts tied to the capture of Venezuelan President Nicolas Maduro and ongoing armed conflicts abroad – categories that would never be permitted under state or Tribal law.”

Gambling, Bean and Miller wrote, is “one of the most highly regulated industries in the United States,” and “Licensed gaming operators work with more than 8,400 state and Tribal regulators across the country to ensure our industry has transparency, integrity, strict consumer safeguards and responsible gaming practices. It’s a proven framework that ensures local control and protects players and the public while delivering billions of dollars in community benefits.”

By contrast, they wrote, “Several CFTC registered prediction market platforms have made self-certified event contracts available to anyone 18 and over, in all 50 states, circumventing state and Tribal gaming laws and denying states and Tribes hundreds of millions of dollars of critically needed revenue for schools, roads and first responders. The CFTC has not reviewed or approved any of these contracts as more entities enter the market and their offerings get more audacious.” ■

TEACH our children our stories

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

Grand Ronde Culture Committee

Craft Class Days 2026

10AM-4PM - CTGR Community Center

- Sunday - January 25th
- Sunday - February 22nd
- Sunday - March 22nd
- Sunday - April 26th
- Sunday - May 31st
- Sunday - June 28th
- Sunday - July 26th
- Sunday - August 23rd
- Sunday - September 27th
- Sunday - October 25th
- Sunday - November 11th
- Sunday - December 20th

Bring your creativity, supplies, and your family.

Start a new project, continue an old one, or just spend time visiting.

A welcoming space for all Tribal households and all ages.

Reach out to the culture committee with questions-

Pamala Warren- Chase
pamala.warren-chase@thecommunityfund.com

Marianne Blanchard
indigenoustartattoo@gmail.com

Stephanie Craig
kalapuyaweaver@gmail.com

Molly Leno
molly.leno@grandronde.org

Special Screening with Film Director Kitty Norton

Tuesday, March 3, 2026 at 5 PM
 Free · Meal provided · Raffle prizes available
 Confederated Tribes of Grand Ronde
 Tribal Gym, 9615 Grand Ronde Rd., Grand Ronde, OR 97347

Wine, Women, & DEMENTIA

A road trip connecting the disconnected - because until there's a cure there's community.

STUMPED TOWN DEMENTIA PRODUCTIONS PRESENTS A FILM BY KITTY NORTON "WINE, WOMEN AND DEMENTIA" WITH NICHOLAS VON PLESSER, GREG OYERS, JILLIAN CHIRO G. PARKHURST AND RICHARD WALLERS. MENTOR BY GREG OYERS AND TAMI OLEHAM. PRODUCED BY KITTY NORTON AND BETH RIGAZZO. WRITTEN BY KITTY NORTON.

www.wineanddementia.com

WATCH THE TRAILER!

EVENT PROVIDED BY
 CTGR COMMUNITY HEALTH DEPT.
 BRAIN HEALTH PROGRAM
 503-879-2078

Book is available at area bookstores and through Amazon

BOOK continued from front page

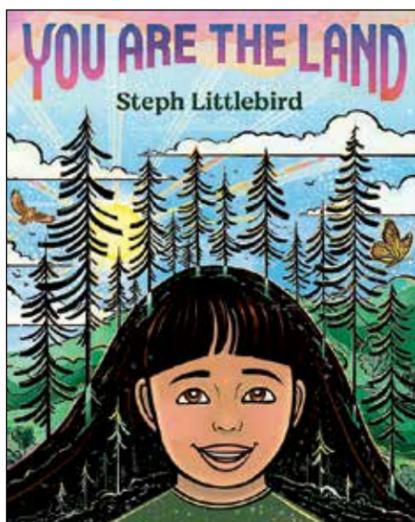
Littlebird said she's speaking to multiple cultures with her book: Her beloved Grand Ronde Tribe, Tribal members across the United States and Americans who are not from an Indigenous background.

"We're just lucky that our culture teaches us that but that connection to nature is really important," she said. "I think that a lot of humans, particularly in American culture, don't have language for that, don't understand how to describe it and so this book is me trying to teach those values through the lens of Indigenous culture, but hopefully to a broader audience of young people who probably feel that connection and need to know that they are part of the land as well."

All of that, Littlebird said, had to be packed into remarkably few words.

"Children's books have to be under 500 words," she said. "And so, every word has to be chosen really intentionally. You can't have extra words. And so, it is actually really challenging to simplify down. I had to really also put my mind, my sort of, self into the shoes of a child and how would they experience it. So yeah, it was lots of challenges and being a storyteller visually is very different from writing words and having them make sense to other people."

The book is marketed for the 3- to 7-year-old age range, although Littlebird hopes that people of all ages can enjoy it. It was published



by Penguin Random House and released Tuesday, Feb. 24. It is widely available at area bookstores and through Amazon.

Littlebird said she is already working on a second children's book, this one "teaching what the history of the powwow really is, because a lot of people, they love to look at the regalia but don't really understand the laws that essentially stopped us from dancing for 100 years. So, I'm writing a manuscript that sort of teaches about that history through the lens of dance."

Littlebird credited the Tribe's scholarship program for giving her the start that enabled her to become a successful commercial artist. "I'm just so grateful to Tribal Council and all of our leadership for prioritizing that stuff for us and giving us the opportunity because it totally transformed my life and who I could grow up to be," she said. ■

Jam in the gym



Photos by Michelle Alaimo

One-year-old Tribal member LillyRose Walsey dances during the Sweethearts Jam in the Tribal gym Wednesday, Feb. 11.



Tribal member Lucia Carl, 6, beads a bracelet during the Sweethearts Jam in the Tribal gym Wednesday, Feb. 11.



Kelsi Amouak, left, cuts fabric for a ribbon skirt she's making as Tribal member Jade Colton helps her during a ribbon skirt making class in the Cheryle A. Kennedy Public Health Building Tuesday, Feb. 10. Colton taught the class, part of Heart Health Month activities that the Tribe's Public Health program organized. A heart health education event and a yoga class were also held in February, which is Heart Health Month.

Ribbon skirt making class



Corina Limon lays out ribbons as she makes her ribbon skirt during the ribbon skirt making class in the Cheryle A. Kennedy Public Health Building Tuesday, Feb. 10.

Photos by Michelle Alaimo

Alexis Alvarado sews ribbons on her ribbon skirt during the ribbon skirt making class in the Cheryle A. Kennedy Public Health Building Tuesday, Feb. 10.



2026 / 2027 LIHEAP

Low Income Home Energy Assistance Program

- Income criteria apply.
- Does not require Shut-off Notice.
- Is a "first, come first served" program.
- Assists Tribal members in the 7 county service area (Polk, Yamhill, Marion, Tillamook, Washington, Multnomah, Clackamas).
- Adult Tribal Members name (adult CTGR tribal member who lives at home) MUST be on the billing statement or Authorized User on the utility account.
- If no adult Tribal Member is in the home, family can still apply if there is a CTGR Tribal Member youth in the home. Must provide documentation of child living in the home.
- LIHEAP assists with electric, natural gas, propane, pellet, oil, or wood
- Typically, LIHEAP is open from October 1st (or when funded) and ends September 30th or when funds have been depleted (whichever comes first).
- If client has received LIHEAP or LIEAP (Low Income Energy Assistance Program) as of October 1st, 2025, from another agency, they are not eligible to apply through the CTGR Social Services for regular LIHEAP assistance.

IMPORTANT INFORMATION:

FUNDS FOR THIS PROGRAM ARE LIMITED.
STRONGLY ADVISE ALL HOUSEHOLDS TO CONTINUE PAYING YOUR UTILITY BILL UNTIL THE LIHEAP APPLICATION HAS BEEN DETERMINED ELIGIBLE FOR SERVICES AND A CREDIT FROM LIHEAP HAS BEEN APPLIED TO YOUR ACCOUNT.

For an application contact:
Confederated Tribes of Grand
Ronde Social Service Department
9615 Grand Ronde Rd.
Grand Ronde OR 97347
1-800-242-8196 or (503) 879-
2034 Fax: (503) 879-2127 Email:
SSDInfo@grandronde.org



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



Services

Provided:

- Criminal record expungements
- Eviction expungements
- And tenant advocacy letters
- Court fines and fee waiver petitions
- Legal name and gender marker changes
- Referrals for other legal services

There is an Oregon State police charge of \$33 for finger printing for all criminal expungements
Cash, Card or Money order

Wednesday
April 15th
3-7 pm
Thursday
April 16th
10am -2pm
Gym Building I
9615 Grand Ronde Road
Grand Ronde, OR



We're Hiring

Wildland Firefighters
Confederated Tribes of Grand Ronde



National Dispatch + Overtime + Hazard Pay + IRPP
Application Period: February 5 – March 13, 2026

Seeking highly motivated individuals for a range of positions on our Tribal/DOI wildfire crews.



- No experience necessary
- Experience preferred and valued
- All basic training provided
- Significant overtime potential
- Tiered pay series based on experience
- Basic fire line gear provided
- Rewarding public service work
- Schedule suitable for summer break
- Career potential



Apply at: www.grandronde.org/employment/

Search job titles: Forestry Technician
(Entry Level/Intermediate/Engine Boss, Crew Boss, EMT)

Questions? Contact Andrew Puerini, (503) 879-1696 or Jim Pinder, (503) 879-2332

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 office line, 503-879-1389. ■



Watchlist: 'Native activists set up prayer camp outside Minneapolis ICE detention center'

(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

In a snowy field at Fort Snelling – with the Bishop Henry Whipple Federal Building looming in the background – a prayer camp has been set up by Native activists.

"I am praying for our people to be good relatives," Dakota descendent Allen Michael Owen said to WCCO News (CBS Minnesota) reporter Derek James.

The Whipple Federal Building is currently used as a detention center during the Immigration and Customs Enforcement crackdowns in Minnesota. The fort is also the site where the U.S. government killed hundreds of Dakota people and imprisoned more than 1,600 Natives during the 1800s, making it a sacred site for Indigenous people according to WCCO.

"Now a camp with tipis and a prayer fire stands across from the ICE detention center with a focus on families and neighbors impacted by immigration enforcement," James said.

The Feb. 15, 2026, Smoke Signals Watchlist featured interviews with Native officials explaining how ICE's actions and presence was "scary" for Native Americans, as well as a painful reminder of the not-so-distant past during the residential school era. Today, Indigenous activists are taking peaceful action.

"I'm praying for my people to wake up, I'm praying for my people to speak up," Owen said. "...to remember who we are and I'm praying that our people can help people all across the world to remember who they are."

Owen believes that this form of occupied prayer is action.

According to WCCO, this group of Native activists will remain at their Fort Snelling prayer site to raise awareness of the government brutality happening again on this land.

You can watch the full video of the prayer camp at WCCO's YouTube: www.youtube.com/watch?v=uN03LbntfL4. ■

MEMBERS SERVICES

EVERY 4TH WEDNESDAY
10:30 AM - 12:30 PM
Of the month.
@ The EAC!

YOU CAN..

- ✓ Set Up/Update Direct Deposit
- ✓ Update Phone Number, Email, Address, & Other Details
- ✓ Update your Tribal ID (& photo)
- ✓ Sign up for the Medicare Part B Reimbursement Program
- ✓ Get all your Member Services Questions Answered!

STARTING IN 2026!

QUESTIONS?
PLEASE REACH SHAYLA MURPHY, MS ADMINISTRATOR
(503) 879-1364 SHAYLA.MURPHY@GRANDRONDE.ORG

2026-27 Royalty Courts

Currently accepting applications.

Application deadline is 5 p.m. Friday, March 27.
Late applications will not be accepted.

General requirements:

- Enrolled Grand Ronde Tribal member and/or direct descendant of a Tribal member (must show proof via a descendency letter and/or certificate).
- Must be drug, alcohol and tobacco free.
- Attend school regularly and be in good standing.
- Must be single with no dependents.
- Attend mandatory orientation and sign and comply will all royalty guidelines.

For information contact:

Shannon A. Simi
503-879-1358
Shannon.simi@grandronde.org

Ad by Samuel Briggs III

A Tribal Navigator is Available!

We all need support sometimes. Many programs and services can help us stay healthy, independent, and connected – but they're not always easy to access. That's why the Confederated Tribes of Grand Ronde has partnered with the Oregon Department of Human Services (ODHS) and the Office of Developmental Disabilities Services (ODDS).

The Tribal Navigator supports tribal members with intellectual and developmental disabilities (I/DD) by helping them understand and access services through ODDS. The Navigator serves as a bridge between the community and state programs, providing culturally respectful guidance and support at every step.

Services Include:

- Provide information and referrals to I/DD Services
- Serve as a liaison between Tribal members and ODDS/Agency staff
- Help navigate systems to ensure access to appropriate supports
- Offer culturally informed support to individuals and families
- Coordinating services with the Tribe, Oregon Department of Human Services, and any other community partner organizations

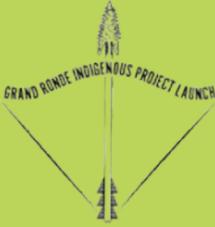
Contact the Grand Ronde Tribal Navigator!
Denaee Towner
Denaee.towner@grandronde.org
503.879.1993

Learn more by following the link
[Oregon Department of Human Services : I/DD Services and Eligibility : Intellectual and Developmental Disabilities : State of Oregon](https://www.oregon.gov/ODHS/IDDServicesandEligibility/IntellectualandDevelopmentalDisabilities/StateofOregon)



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

Text JOIN to
(971) 318-3459



Visitors to EAC asked to utilize parking lots, not streets

Tribal administration is requesting that non-Elder visitors to the Tribe’s Elders Activity Center utilize the parking lot across the street from the Adult Foster Care homes, as Blacktail Drive was not built to accommodate street parking.

“We have allowed street parking knowing that at some point this was going to need to be addressed because of how narrow the street becomes when cars park on one side of the roadway, which only allows for one car to pass through at a time,” Tribal Interim General Manager Bryan Langley said in an email. “With the increase in the numbers of residents and employees, the traffic in this area has also increased, making this area unsafe at times. Public Works will be reviewing this area to determine potential changes that will need to be made to allow cars to pass uninhibited and provide safe street parking, therefore we are asking that only Elders park on the south side of Blacktail Drive while visiting the Elders Activity Center.”

The Tribe is planning on doing some curb painting and placing additional signage to raise awareness regarding the changes. ■



Confederated Tribes of Grand Ronde Emergency Services & Food Security Community Conversation

March 5th at 5:30 PM
Grand Ronde Fire Station

Join us for an evening of connection, learning, and community building! This Community Conversation will bring together local emergency services and food security resources in one place.

- A panel discussion with local emergency services professionals
- Fire Station tour – see behind the scenes and meet our first responders
 - A free community meal
 - Door prizes for attendees

Bring your family and friends!
28480 McPherson Rd, Grand Ronde, OR 97347







Baker Technical Institute Confederated Tribes of Grand Ronde Heavy Equipment Operator Training

This course is for participants who want to train on Dozers, Wheel Loaders, Excavators, and more. Students will learn both in our high-tech CAT Simulator mobile classroom and in the field, running equipment side by side with our experienced instructors. This training will prepare you for a great career!

- 3-week course - some type of construction experience is preferred
- Must be 18 years of age and enrolled in the TERO skills pool
- Must sign a contractual agreement that you will complete the course
- A valid driver’s license is required

Simulated Training - Tribal Campus/SMC: March 16 - March 27,
2026 Land Lab Training - Albany: March 30 - April 3, 2026

Register for training by calling 503-879-2146 or email tero@grandronde.org



West Valley Veterans Memorial Application

Deadline is January 15, 2027

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 separation: _____

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, 2027, will be kept on file for inclusion to the Memorial in 2028.

The Village

k^hanamakwst nsayka chaku-hayash
(Together We Grow Stronger)

If you are currently unhoused and a Grand Ronde Tribal Member - The Village could be a resource for you

The Village is intended to provide support services to unsheltered/houseless Grand Ronde tribal members.

The Village will provide case management and wrap services intended to move the population towards permanent housing and wellness.

Each applicant will go through an application process which will include a limited background check, prior to move in.



For more information please call :
Grand Ronde Behavioral Health
503-879-2026

ELDERS LIVING WITH 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!

DISCOVER RESOURCES AND COMMUNITY

Navigate Life After Military Service at

BeyondTheMilitaryUniform.com



*Paid for by the Oregon Charitable Checkoff
Fund for Veteran Suicide Prevention*



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.

CULTURAL EDUCATION DROP-IN DAYS



~~2/3~~

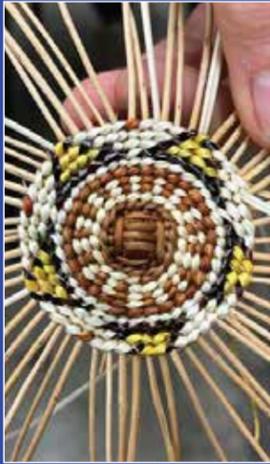
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~~2/17~~

~~2/24~~

3/10

3/17



NOON - 5PM @ CHACHALU

IT'S IMPORTANT TO LET US KNOW IF YOU'RE COMING SO WE CAN PLAN ACCORDINGLY

CONTACT: CULTURALEUCATION@GRANDRONDE.ORG



JOB ANNOUNCEMENTS



Apply online at: www.grandronde.org/government/employment

| Position Title | Grade | Min. Start Wage | Max Start Wage | Closing Date |
|--|-------|------------------|------------------|--------------|
| Administrative Assistant – Early Childhood Education | 8 | \$24.60/hr. | \$31.84/hr. | 03/02/2026 |
| Business Office Assistant | 7 | \$22.36/hr. | \$29.00/hr. | Until Filled |
| Certified Applications Assistor – PRC Assistant | 8 | \$24.60/hr. | \$31.84/hr. | Until Filled |
| CFS Caseworker – Portland Office | 11 | \$68,091.85/yr. | \$87,692.49/yr. | Until Filled |
| Child and Adolescent Mental Health Therapist | 12 | \$74,901.04/yr. | \$96,316.53/yr. | Until Filled |
| Clinic Administrator – Salem Primary Care | 12 | \$74,901.04/yr. | \$96,316.53/yr. | Until Filled |
| Enrichment Coordinator Aide – Part Time | 5 | \$18.86/hr. | \$24.07/hr. | 03/02/2026 |
| Firefighter/Paramedic | 11 | \$68,091.85/yr. | \$87,692.49/yr. | 03/02/2026 |
| Forestry Technician (Entry Level Fire Suppression/Prevention) – Seasonal/Limited Duration | 6 | \$20.75/hr. | \$26.42/hr. | Until Filled |
| Forestry Technician (Intermediate Level Fire Suppression/Prevention) – Seasonal/Limited Duration | 7 | \$22.36/hr. | \$29.00/hr. | Until Filled |
| Forestry Technician (Engine Boss/Crew Boss/EMT) – Seasonal/Limited Duration | 8 | \$24.60/hr. | \$31.84/hr. | Until Filled |
| Grant Assistant | 9 | \$56,274.26/yr. | \$72,705.24/yr. | Until Filled |
| Housekeeper | 5 | \$18.86/hr. | \$24.07/hr. | 03/02/2026 |
| Licensed Practical Nurse – Salem Primary Care | 12 | \$36.01/hr. | \$46.31/hr. | Until Filled |
| Mental Health Therapist – Behavioral Health | 12 | \$74,901.04/yr. | \$96,316.53/yr. | Until Filled |
| Milieu Safety Technician – Salem Primary Care | 6 | \$20.75/hr. | \$26.42/hr. | Until Filled |
| Physician – Health & Wellness | 25 | \$226,851.26/yr. | \$330,026.39/yr. | Until Filled |
| Physician – Salem Primary Care | 25 | \$226,851.26/yr. | \$330,026.39/yr. | Until Filled |
| Preschool Teacher | 10 | \$29.76/hr. | \$38.39/hr. | Until Filled |
| Second Grade Teacher | 10 | \$61,901.69/yr. | \$79,848.88/yr. | 03/02/2026 |
| Teacher Aide-Bus Monitor - Part Time | 5 | \$18.86/hr. | \$24.07/hr. | Until Filled |
| Tribal Security Officer – Grand Ronde | 5 | \$18.86/hr. | \$24.07/hr. | 03/02/2026 |
| Tribal Security Officer – On Call (Oregon City) | 5 | \$18.86/hr. | \$24.07/hr. | Until Filled |
| Village Case Aide | 6 | \$20.75/hr. | \$26.42/hr. | 03/02/2026 |
| Temporary Pool | 2 | \$16.00/hr. | \$16.00/hr. | |

| Position Title | Grade | Min. Start Wage | Max Start Wage | Closing Date |
|--|-------|------------------|------------------|--------------|
| Clinical Manager – Salem - GCR | 14 | \$90,630.26/yr. | \$116,255.21/yr. | Until Filled |
| Clinical Manager – Salem Detox - GCR | 14 | \$90,630.26/yr. | \$116,255.21/yr. | Until Filled |
| Clinical Supervisor – Salem - GCR | 11 | \$68,091.85/yr. | \$87,692.49/yr. | Until Filled |
| Licensed Practical Nurse - Salem Detox - GCR | 12 | \$36.01/hr. | \$46.31/hr. | Until Filled |
| Medical Director – Salem OTP - GCR | 25 | \$226,851.26/yr. | \$330,026.39/yr. | 3/02/2026 |
| Milieu Safety Technician – Salem Detox – GCR | 6 | \$20.75/hr. | \$26.42/hr. | Until Filled |
| Physician – Salem - GCR | 25 | \$226,851.26/yr. | \$330,026.39/yr. | Until Filled |
| Physician Assistant – Salem - GCR | 20 | \$151,691.92/yr. | \$205,141.88/yr. | Until Filled |
| Psychiatric Mental Health NP – Salem - GCR | 22 | \$176,396.03/yr. | \$248,130.43/yr. | Until Filled |
| Substance Use Disorder Therapist – Salem Detox - GCR | 10 | \$61,901.69/yr. | \$79,848.88/yr. | Until Filled |

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 & current regular Confederated Tribes of Grand Ronde employees.
- External candidates including current Spirit Mountain Casino employees.

LET'S WORK TOGETHER!

JOIN THE CTGR TEMPORARY SERVICE POOL

TEMP POOL BASICS:

- ✓ **AGE REQUIREMENT**
Candidates must be at least 18 years in age.
- ✓ **TRIBAL PREFERENCE**
Tribal preference applies. However, non-tribal candidates will be considered based on business need, certifications and skills required.
- ✓ **AVAILABILITY**
Most positions work Monday through Friday 8:00 AM to 5:00 PM. Part-time & full-time work is available. Specific schedules will be communicated upon job placement.
- ✓ **ANNUAL HOURS**
Generally six (6) months or 999 hours (29.99 hours/week) in a calendar year

FIND A JOB OR START YOUR CAREER

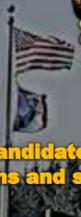
GAIN KNOWLEDGE, SKILLS, AND EXPERIENCE

EXPLORE CAREER INTERESTS

HOW IT WORKS:
While we strive to assist and accommodate qualified candidates, it is essential to recognize that placement opportunities are subject to the organization's needs and staffing level gaps. The Temporary Service Pool offers an opportunity for individuals seeking temporary full-time & part-time positions at CTGR, but it's vital to understand that placement is not guaranteed.

- Departments submit requests for temporary staff when they encounter staffing gaps or increased workload demands. These requests drive the creation of placement opportunities within the pool.
- The HR department compiles a list of qualified candidates who have indicated their availability to participate in the Temporary Service Pool. Qualifications are determined by factors such as skills, experience, and compatibility with the requested roles. This list serves as a resource for departments to select suitable candidates for their temporary staffing needs.
- The selection of individuals for specific positions is ultimately the responsibility of the requesting departments. These departments are best equipped to assess how a candidate's qualifications align with their unique needs.





QUESTIONS?
Contact Human Resources:
(503) 879-2109

Toni Mercier
Toni.mercier@grandronde.org

APPLY ONLINE:
<https://www.grandronde.org/employment/>





| POSTING TITLE | CLOSE DATE | WAGE/SALARY |
|--|--------------|------------------------|
| Cleaning Attendant (*Part-Time) | 2/26/2026 | \$18.02/hr. DOE |
| Player-Services-Representative I | 2/26/2026 | \$18.02/hr. DOE |
| Casino Beverage Waitstaff (*Part-Time) | Until Filled | \$15.05/hr. DOE + Tips |
| Chef de Cuisine - Banquet/Production | Until Filled | \$63,586.43/yr. DOE |
| Cook (Full-Time & *Part-Time) | Until Filled | \$18.29/hr. DOE |
| Guest Safety Specialist I | Until Filled | \$18.29/hr. DOE |
| Guest Safety Specialist II | Until Filled | \$18.55/hr. DOE |
| Promotion/Events Coordinator | Until Filled | \$21.22/hr. DOE |

\$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.
- ✓ 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.
- ✓ Please reference the Job Description for job duties, qualifications, and required knowledge/skills.
- ✓ Incomplete applications will not be considered.
- ✓ All positions are eligible for an incremental Hire-on Bonus

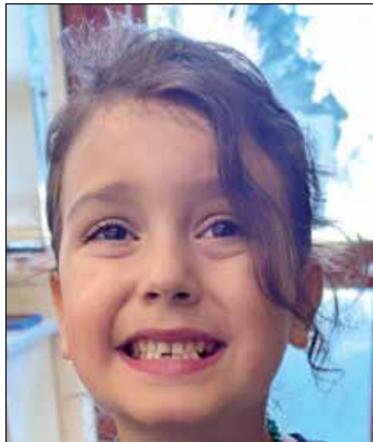
✉ employmentteam@spiritmtn.com <https://www.spiritmountain.com/careers>
Call (503) 879-3737 for application assistance.

January 2026 students of the month

The Tribe's Youth Enrichment Program hayu-munk skukum implemented student of the month awards for grades K-2, 3-5 and 6-12. Students of the month for January were named in February.



Tribal member Lucia Carl was chosen as student of the month for grades K-2 because she is always willing to help clean up the classroom even if she didn't make the mess. She is a great role model for the other kids, leading by example and showing the kids how they should act and behave. She always has a positive attitude and is so kind to everyone in the class, always making sure everyone is included in every activity.



Tribal member Jude Sherwood was chosen as student of the month for grades K-2 because he has been helpful around the classroom and working hard to make good choices. He has been showing great leadership skills.



Tribal member Gideon Sherwood was chosen as student of the month for grades 3-5 because he is always a helpful hand to other students or the teacher, always follows directions the first time he is asked and sets a great example to his peers of how we should be while at K-5.



Tribal member Azaela Anderson was chosen as student of the month for grades 3-5 because she is a very respectful and an amazing individual to have in the class. She really helps out a lot by just listening and is even more of a help by getting the other kids involved when needed. She keeps to herself a lot but if a certain kid is acting up depending on who it is she will hold them accountable. We always appreciate chatting with her and love seeing all her amazing art that she works on. She is a great definition of a leader, role model and friend. So, for all her hard work she puts in we will be sad when she moves into 6-12 but we know she is going to be an amazing student to have over there.

Contributed photos



Timothy Murphy was chosen as student of the month for grades 6-12 because he is a natural leader who inspires others through his responsibility and willingness to help staff and students whenever he's needed. An amazing artist, he uses creativity to express himself and encourage others to discover their own talents. Having participated in Tribal youth programs his entire life, he has grown into a confident teen who leads by example and gives back to his community.

Spirit Mountain Community Fund seeking Hatfield Fellowship applicants

Applications for the 2026-27 Hatfield Fellowship program are being accepted through Friday, May 1. The fellowship program is funded by the Spirit Mountain Community Fund, the philanthropic arm of The Confederated Tribes of Grand Ronde.

Each year, the Spirit Mountain Community Fund sponsors a highly motivated Native American to serve as the Hatfield Fellow and intern in a congressional office. Placement of the fellow rotates through the Oregon congressional delegation to enhance the mutual understanding between leadership in Washington, D.C. and Indian Country. Fellows are given an invaluable opportunity to gain knowledge and understanding of how to navigate the political process in Washington, while working on issues that directly affect Native Americans.

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

This life-changing opportunity is extended to Tribal members from the nine federally recognized tribes of Oregon, as well as Tribal members from any Tribe within the United States, who are currently living within the Pacific Northwest. Preference will be given to members of Oregon Tribes. Applicants must have a minimum of a bachelor's degree (or be graduating in June 2026) and be at least 21 years of age to apply.

The Hatfield Fellowship was created in 1998 to honor Oregon Sen. Mark O. Hatfield's public service to Oregon and the Pacific Northwest. For more information about the program or to apply, visit thecommunityfund.com/grants-programs/hatfield-fellowship/ or go to youtu.be/9QLMuOETaaI to view a Hatfield Fellowship informational video. ■

PacifiCorp to host wildfire webinar

PacifiCorp will host a free wildfire webinar for Oregon customers and community partners Tuesday and Wednesday, March 10-11, to learn about increasing safety during wildfire season and year-round.

The first event will be held from 1-2 p.m. March 10 and include American Sign Language translation. Register at: www.eventbrite.com/e/1980505702871?aff=oddtcreator. The second event will be held from 5-6 p.m. March 11 in Spanish. Register at: www.eventbrite.com/e/1980508121104?aff=oddtcreator. ■

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. ■

FREE Household Hazardous Waste Collection Event

SATURDAY March 21, 2026
9:00 AM – 12:00 PM

Location
 CTGR Campus
 Procurement Building V
 9635 Grand Ronde Rd
 Grand Ronde, OR 97347

For more information
 Lindsay McClary
 Natural Resources Department
 503-879-2387

Oregon Tribal Student Grant applications open for 2026-27

Oregon Tribal members attending college, who need money for the 2026-27 academic year are invited to apply for the Oregon Tribal Student Grant. This program is expected to pay for most or all public college-related expenses — including tuition, housing, books and other costs not covered by other grants — for eligible Oregon Tribal students. It can be applied toward undergraduate or graduate study at Oregon public colleges and universities as well as eligible private nonprofit institutions, where award amounts can go up to the public institution maximum level. After all federal and state grants and scholarships have been applied, the Oregon Tribal Student Grant can be used toward the remaining average cost of attendance.

To be eligible for the program students must be an enrolled member of one of the nine federally recognized tribes in Oregon, enrolled or accepted for enrollment at an Oregon college or university, and have a valid FAFSA or ORSAA for the 2026-27 academic year. Additional eligibility information can be found on the Oregon Tribal Student Grant website.

For more information, call 541-509-7624 or email PublicPrograms@hecc.oregon.gov. ■

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. ■

EMERGENCY KIT ESSENTIAL ITEMS

- Non-Perishable food items
- First aid kit
- Personal medications
- Bottled water
- Flash light
- Extra clothes
- Matches or lighters
- Credit cards/cash
- Important documents
- Blankets
- Batteries

For more information reach out to your local fire agency or contact:
kaylene.barry@grandronde.org
 (503)-879-1701

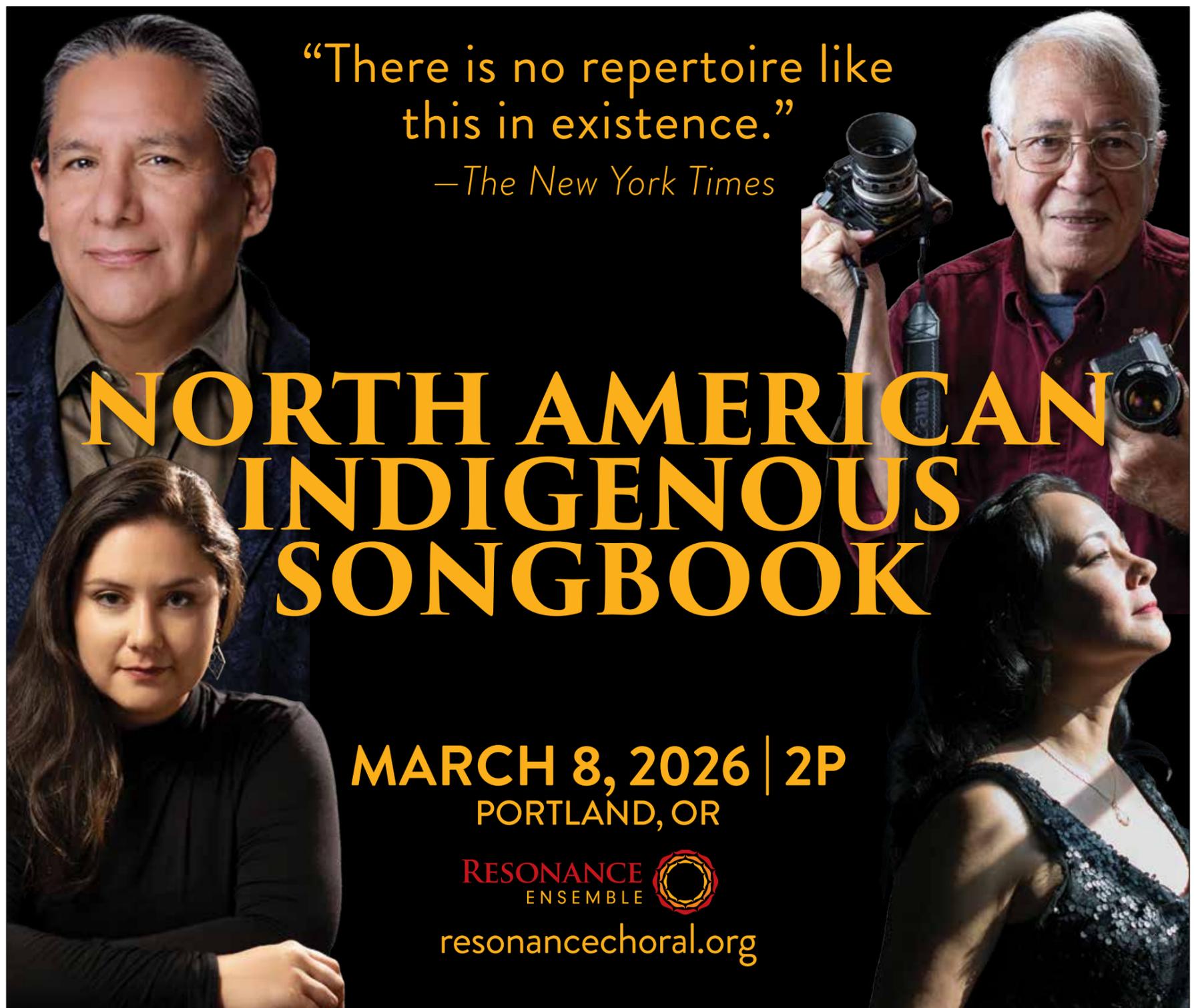



“There is no repertoire like this in existence.”
 —The New York Times

NORTH AMERICAN INDIGENOUS SONGBOOK

MARCH 8, 2026 | 2P
 PORTLAND, OR


resonancechoral.org



Walking On...

Louise Laverne Coulson

Nov. 11, 1939 – Feb. 13, 2026

Tribal Elder Louise Laverne Coulson, 86, of Grand Ronde, walked on peacefully in the quiet morning of Feb. 13, 2026.

Louise was born on Nov. 11, 1939, in Fort Duchesne, Utah, the eldest child of eight children to Lewis Leo Riggs II and Doris Jane LaRose Riggs. Louise was a proud citizen of the Confederated Tribes of Grand Ronde. Throughout her life, she moved numerous times but many of her years she found a home on Tribal lands.

Louise loved her family and called them her greatest blessing of all. She enjoyed people and filling her time visiting with those who could make her laugh. Her giggle came from her belly and once she started to giggle, it was contagious to all that were nearby.

Later in life, Louise was honored to be part of Tribal Elder activities and served as president of the Elder Committee. She enjoyed powwows, Pepsi and NASCAR. Watching her family participate in activities such as sports and car racing were also some of her favorite activities. She was known to rock out to her favorite artists Travis Tritt and Bon Jovi. Louise was always ready to go on adventures and especially liked to visit Lincoln City.

Louise is survived by her six children, Lynelle (Brandon) Passmore, Linda (Bruce) Hale, Mark (Mariah) Shandy, Todd (Tammy) Shandy, Gregg Shandy and Mardell (Darren) Williams; sisters, Una Birchum and Georgene (Terry) Gray; 18 grandchildren and 27 (and counting) great grandchildren, along with numerous nieces and nephews.

Louise married Duane Coulson in 1989 and became a widow in 2014. She was married to Rollie Shandy, the father of her children, from 1958 to 1981. Even after their divorce, Rollie would thank her for all the memories and the six great kids they had together.

As she joins our ancestors who came before her, the love she gave her family remains her greatest legacy. Her strength, resilience and love will continue to guide those who knew her. May her memory always be full of the traditions she held dear with the sounds of rock 'n' roll wherever the music can be heard.

Funeral services and a rosary were held at Saint Michael's Catholic Church in Grand Ronde with burial at the Grand Ronde Tribal Cemetery on Feb. 28, 2026.

In honor of Louise, you can make donations to the Grand Ronde Food Bank, a cause that was especially close to her heart.



COMMUNITY HEALTH
ELDER JUSTICE
Do you feel respected as an elder?

Studies show that a significant amount of Native American Elders (one in three) are actively experiencing physical, emotional, spiritual, sexual, and/or financial maltreatment/abuse/disrespect

nsayka munk-kintaks nsayka ulman tilixam
"we respect/honor our elders"

If you or someone you know is experiencing disrespect and would like support, make a confidential report by calling
503-879-SAFE

Follow up and support will be completed by the Community Health Elder Justice Coordinator

Medical Transport Services

Medical transportation services are available to Tribal members within the six-county service area when an alternate means of transportation is not available. Advance notice required.

Please call 503-879-2078 to schedule a reservation.

Advanced Directives & Power of Attorney

TRIBAL POP UP DRABLE POWER OF ATTORNEY/ADVANCED DIRECTIVES CLINIC

APRIL 3RD, 2026
9AM-4:30PM
@
ELDERS ACTIVITY CENTER
SIGNUP AT CENTER ...OR CALL
503-879-2145 or 503-879-2233
Or email Virginia.roof@grandronde.org

Now Accepting Applications

ADULT FOSTER CARE

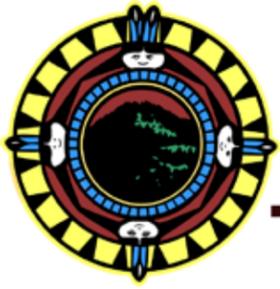
Priority is given to Grand Ronde Tribal Elders, dependent on need and acuity of all Tribal applicants

Eligibility Requirements

- TRIBAL ELDER (55+)
- COMPLETED WAITLIST APPLICATION

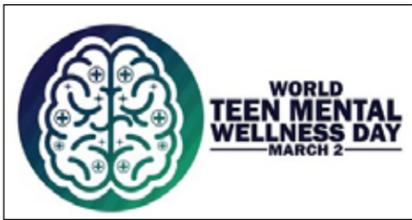
RETURN APPLICATIONS TO ALISHA PARKS SHELL, COMMUNITY HEALTH AND ADULT FOSTER CARE MANAGER
PHONE: 503-879-6542
ALISHA.PARKSSHELL@GRANDRONDE.ORG

If level of need and/or safety concerns at time of admission exceed a Level 2 Classification as defined by Oregon Department of Health Services OAR 411-049-0125, the applicant will be notified of ineligibility



HEALTH & WELLNESS NEWS

World Teen Mental Wellness Day



World Teen Mental Wellness Day is a time to focus on the mental health of teenagers. Mental health is about how we think, feel and handle daily life. Just like physical health, mental health is important for overall well-being.

Teen years can be stressful. School pressure, social media, friendships, family changes and planning for the future can feel overwhelming. Feeling sad, worried or stressed sometimes is normal. But when these feelings last a long time or interfere with daily life, teens may need extra support.

Good mental health helps teens:

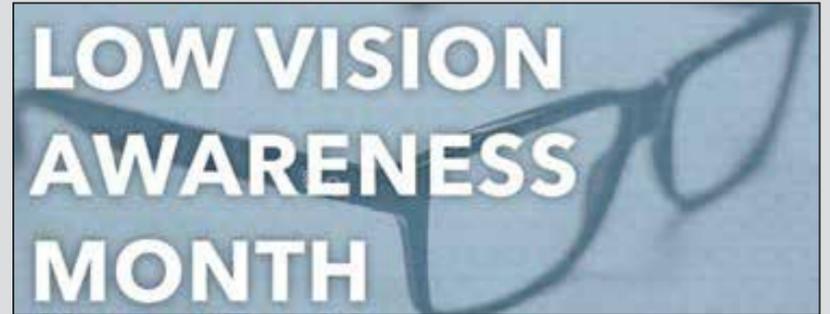
- Feel more confident
- Handle stress better
- Build healthy relationships
- Do better in school and daily activities

There are simple ways teens can care for their mental wellness:

- Get enough sleep each night
- Eat regular, healthy meals
- Stay active through sports, walking or movement
- Take breaks from screens and social media
- Talk to someone they trust about their feelings

It is also important to know the signs that a teen may be struggling. These can include feeling very sad or angry most of the time, pulling away from friends, changes in sleep or eating or losing interest in things they once enjoyed. If these signs appear, reaching out for help is important.

World Teen Mental Wellness Day reminds us that mental health matters. Teens should know they are not alone and that asking for help is a sign of strength. Support from family, friends, teachers and health professionals can make a positive difference. ■



What is low vision?

Low vision means trouble seeing even when wearing glasses or contacts. It is not the same as being blind. People with low vision may have a hard time reading, driving, seeing faces or doing daily tasks.

Common signs of low vision

- Blurry or cloudy vision
- Trouble seeing at night
- Needing more light to read
- Losing side (peripheral) vision
- Seeing dark or empty spots

If you notice these signs, it is important to get an eye exam.

What you can do

- Get regular eye exams. Even if you feel fine, exams can find problems early.
- Manage chronic conditions. Controlling diabetes and blood pressure protects your eyes.
- Protect your eyes. Wear protective eyewear when working or playing sports.
- Ask for help. Vision aids, brighter lighting and training can make daily tasks easier.

Care is available

Many clinics, including Indian Health Service (IHS) and Tribal health programs, offer eye care. Low vision services can help people stay independent and safe.

Remember

Low vision does not mean giving up. With care, support and the right tools, people can continue to live full and active lives. During Low Vision Awareness Month, take time to care for your eyes and encourage loved ones to do the same. ■

Inclement weather!

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather.

Health & Wellness Center staff will make every attempt to call patients during closures. Also, sign up for emergency notifications about Tribal campus closures on the Tribal website at www.grandronde.org or follow the Tribe's primary page on Facebook. ■

What is National Cardiac Rehab week?

National Cardiac Rehab Week was observed in the United States during the second full week in February (Feb. 9–15 in 2026). It is a time to raise awareness about cardiac rehabilitation and how it helps people recover after heart problems.

What is cardiac rehabilitation?

Cardiac rehabilitation (cardiac rehab) is a medically supervised program for people who have had a heart attack, heart surgery or other serious heart condition. It helps you get stronger, learn about heart health and make changes that protect your heart in the future.

What happens in cardiac rehab?

In a cardiac rehab program you will usually:

- Exercise safely with trained staff watching your heart.
- Learn how to eat healthier and manage your medicines.
- Talk about ways to reduce stress and stay positive.

How cardiac rehab helps you

- It can lower your risk of future heart problems.
- People who complete many rehab sessions have a much lower chance of dying from heart disease or having another heart attack.
- Rehab can help you walk further, feel stronger and do more daily activities.
- Learning how to take care of your heart helps you stay healthier long-term.

Why this matters for everyone

Heart disease is one of the leading causes of illness and death in the United States. Cardiac rehab gives people a real chance to recover better and live longer after a heart event. Even if you think you already know what to do for your heart, cardiac rehab teaches you skills that make a difference over time.

Talk to your doctor

Ask your doctor or nurse to see if cardiac rehab is right for you. Many health insurance plans, including Medicare and Medicaid, cover cardiac rehab if you are eligible. ■

March 2026

Diabetes Prevention and Education Newsletter

Colon Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer death in the United States, behind only lung cancer. The National Cancer Research center estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it. Colorectal cancer awareness is important because many cases of cancer of the colon or rectum are preventable. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. A colonoscopy can also detect the cancer at early stages, when treatment is more likely to be successful. Cancer of the colon or rectum is more common in men than women. It is also more common among American Indians/Alaska Natives than people of other races. The median age of diagnosis in the United States is 66 years, while about 78% of newly diagnosed patients are aged 55 and older. Having uncontrolled diabetes can increase the risk of developing colon cancer.

Reminders

The Diabetes Prevention and Education team has teamed up with our Dental dept to offer Diabetic dental exams starting in March. This is a great opportunity to get your yearly exam!

Upcoming Events

- 3/3 Wine, Woman, and Dementia Movie
- 3/6-3/7 Round Dance
- 3/18 Fall Risk Presentation 5-7 tribal gym
- 3/26 Colorectal Cancer Event 10-2 Tribal gym
- 3/30 Diabetes Ed and Prev class 11:30-12:30

Contact Info

Email: charlene.brewer@grandronde.org
jeannette.cavan@grandronde.org
 Phone: 503-879-2002



SMOKE SIGNALS

UMPQUA · MOLALLA · ROGUE RIVER · KALAPUYA · CHASTA

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

NEW NAVY ZIP-UP HOODIES AND T-SHIRTS AVAILABLE



NAVY ZIP-UP:
FRONT & BACK GRAPHIC



TEAL ZIP-UP:
FRONT & BACK GRAPHIC



GRAY ZIP-UP:
FRONT & BACK GRAPHIC



BLACK ZIP-UP:
FRONT & BACK GRAPHIC



BLACK PULL-OVER:
FRONT & BACK GRAPHIC



NAVY T-SHIRT:
FRONT & BACK GRAPHIC



TEAL T-SHIRT:
FRONT GRAPHIC



GRAY T-SHIRT:
FRONT GRAPHIC



BLACK T-SHIRT:
FRONT GRAPHIC



BLACK T-SHIRT:
FRONT & BACK GRAPHIC

T-SHIRTS • ZIP-UP HOODIES • PULL-OVER HOODIES TRUCKER CAPS • BEANIES • PATCHES • STICKERS • FREE SHIPPING!

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| FREE SHIPPING! | | SMALL | MEDIUM | LARGE | X-LARGE | 2X-LARGE | 3X-LARGE | 4X-LARGE |
|---|--|----------|----------|-------|----------|----------|----------|---------------|
| PULL OVER HOODIE (BLACK) \$35 | | | | | | | | |
| ZIP-UP HOODIE (BLACK) \$35 | | | | | | | | Not Available |
| ZIP-UP HOODIE (GRAY) \$35 | | | | | | | | Not Available |
| ZIP-UP HOODIE (TEAL) \$35 | | | | | | | | Not Available |
| ZIP-UP HOODIE (NAVY) \$35 | | | | | | | | Not Available |
| T-SHIRT (BLACK) FRONT & BACK GRAPHIC \$15 | | Sold Out | Sold Out | | Sold Out | Sold Out | | |
| T-SHIRT (BLACK) FRONT GRAPHIC \$15 | | | | | | | | |
| T-SHIRT (GRAY) FRONT GRAPHIC \$15 | | | | | | | | |
| T-SHIRT (TEAL) FRONT GRAPHIC \$15 | | | | | | | | |
| T-SHIRT (NAVY) FRONT & BACK GRAPHIC \$15 | | | | | | | | Not Available |

TRUCKER CAP \$15

BEANIES \$15

PATCHES \$5

STICKERS \$1

Name: _____ E-mail: _____

Address: _____ Phone: _____