

Easter photos

— pg. 14

MAY 1, 2025



SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

Tribal Council suspends herbicides use

By Nicole Montesano

Smoke Signals staff writer

ribal Council has decided to suspend the use of herbicides and pesticides on Tribal housing and campus grounds following a campaign by Tribal members.

The suspension does not extend to lands managed by the Natural Resources Department.

Tribal Council member Matthew Haller said the issue has been brought to council numerous times during the last several years.

"There's been constant conversations about doing better for the environment as stewards of the land and people brought forward their wishes that we would just stop, because it goes into the waters and soils, and it's just not the best thing for our lands," he said.

Haller credited Tribal member Amber Eastman in particular, for her work "to make people understand the actual harm that it does to the environment."

Tribal Council has asked staff for recommendations for alternative ways to maintain housing and campus grounds, Haller said. He added that he envisions "a more community-driven approach," such as the community clean-up days held in Willamina.

Eastman, who has made it a personal mission to stop the Tribe's use of herbicides, said she is "deeply grateful for this decision."

"I don't believe it emerged from politics but grew from the voices and hearts of our community members," Eastman said in an email. "It came from Elders, youth, aunties and uncles who raised questions,

See HERBICIDES continued on page 11



Photo by Michelle Alaimo

Tribal member Nakoa Mercier drums and sings during the Fight to Save Willamette Falls rally in Lownsdale Square in Portland Monday, April 21. Behind him, his sister, Tribal member Kyoni Mercier, holds her 1-year-old daughter, Kaiya Mercier, and sings. The trial between the Tribe and Portland General Electric started in the Mark O. Hatfield United States Courthouse Monday, April 21. Closing arguments are scheduled for Tuesday, May 6.

Trial over Willamette Falls focuses on questions of ownership, harassment

By Nicole Montesano

Smoke Signals staff writer

ORTLAND — Officials for Portland General Electric testified in federal court that the utility must own Willer of the Early to an entry while

lamette Falls to ensure public safety and its own operations.

In a trial that began Monday, April 21, at the Mark O. Hatfield United States Courthouse, PGE sought



to condemn and take ownership of 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.

PGE officials argued that being in or around the

See TRIAL continued on page 7

Snowboarder following in family footsteps



Contributed photo

By Nicole Montesano

Smoke Signals staff writer

aving ridden a snowboard since she was a toddler, Grand Ronde Tribal youth Azayla Burrow can't remember a time when she didn't love hitting the slopes.

"I don't remember ever not snowboarding," she said. "I go to Mount Hood Meadows and Timberline. There's still snowboarding at Timberline

Grand Ronde Tribal youth Azayla Burrow, 15, has been snowboarding since she was a toddler. She debuted in a nationals competition in 2022-23. until halfway through the summer and then I work a lot at Timberline through the summer. I work in a restaurant there, hosting and bussing, but it's nice 'cause I get a pass."

Burrow, 15, is the daughter of Randy and Jessica Lampert, and has two sisters, Sacheen and Cheyanne Lampert.

After deciding a few years ago to pursue snowboarding like her older sister, Burrow debuted in a nationals competition in 2022-23. She was

See SNOWBOARDING continued on page 6

General Council meeting

11 a.m. Sunday, May 4
Tribal Council Chambers

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

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

LETTERS

Dear Smoke Signals,

I have been a member of the Confederated Tribes of Grand Ronde since the early 1980s. When I was enrolled, I was proud to be part of a Tribe that was widely recognized as an honorable, generous and welcoming people.

Because I understood the childhood pain my Cascade Chinook mother endured having to hide her Native heritage, I have strived to teach my children and others in our community to honor theirs. Through the years, I have also been enormously proud of our best Tribal leaders who demonstrated honor and integrity, and are still regarded as pillars of our community.

Recently, I have read about accusations brought against Chris Cherry, a (now former) longtime employee of our casino, who was targeted over an otherwise minor workplace incident for obvious political reasons. I then learned that a member of our Tribal Council made the unsound decision to escalate this very petty issue, leading to the Tribe losing a legal case. Such unethical actions should concern every Tribal member for two main reasons.

One, that a member of our council had the poor judgement to bring this about, and two, that it is a terrible example of personnel management done on our behalf.

We are all owners of the casino and are employers so to speak. Treating a longtime employee so poorly sets us back light years in keeping our staff happy and secure in their jobs, Worse yet, to involve law enforcement in a civil matter is unforgivable.

This was done for political gain clearly. I hope the current council members who have the same qualities of our strongest leaders will take action to ensure travesties like this will never happen again.

Thank you,

Valerie Alexander

 $\operatorname{Roll} \#\ 2274$

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 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 closed on Monday, May 26, in observance of Memorial Day.

smok signəlz

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DEADLINE DATE ISSUE DATE

Tuesday, May 6	May 15
Wednesday, May 21	June 1
Thursday, June 5	June 15
Friday, June 20	July 1

MEMBERS OF:

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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.

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IN THE FUTURE



qwinəm-mun (May)

- Sunday, May 4 General Council meeting, 11 a.m., Tribal Council Chambers and via Zoom, 9615 Grand Ronde Road, 503-879-2304.
- Wednesday, May 14 Tribal Council meeting, 4 p.m., Tribal Council Chambers and via Zoom. 503-879-2304.
- Saturday, May 17 Fire Safety Fair, 10 a.m.-2 p.m., Grand Ronde Fire Station, 28480 McPherson Road.
- 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.

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 Juneteenth 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.

Find us on



OFFICIAL TRIBAL FACEBOOK PAGES

Smoke Signals:

facebook.com/SmokeSignalsCTGR

The Confederated Tribes of Grand Ronde:

facebook.com/CTGRgov

Grand Ronde Health & Wellness:

facebook.com/GRHWC

Grand Ronde Children & Family Services:

facebook.com/CTGRCFS

Grand Ronde Royalty:

facebook.com/CTGRRoyalty

Grand Ronde Education Programs:

facebook.com/CTGREducation

Grand Ronde Youth Council:

facebook.com/CTGRYouthCouncil

Grand Ronde Station:

facebook.com/GrandRondeStation

Grand Ronde Social Services Department: facebook.com/CTGRSocialservices

Grand Ronde Food Bank:

facebook.com/GrandRondeFoodBank

Spirit Mountain Community Fund:

face book.com/Spirit Mountain Community Fund

Grand Ronde Cultural Education:

face book.com/Grand-Ronde-Cultural-Education

Grand Ronde Community Garden:

facebook.com/GrandRondeCommunityGarden

Grand Ronde Tribal Police Department:

facebook.com/Grand-Ronde-Tribal-Police-Department

Grand Ronde Employment Services

Facebook.com/EmploymentServices

Vets video



Photo by Michelle Alaimo

Tribal member and U.S. Navy veteran Brandy Bishop is filmed, near the West Valley Veterans Memorial on the Tribal campus, for the Tribal Veterans Service Office Veteran Human Library project Friday, April 25. The project is intended to provide a platform for Tribal member veterans to share their personal story about their military service. The videos will be for veterans to keep and share with their families. Also, a copy will be submitted to the Tribal archives for future generations and research purposes. The videos may also play around the Tribal campus, Chachalu Tribal Museum & Cultural Center and Spirit Mountain Casino.

Clothes Closet open

The Clothes Closet is open from 9 a.m. to noon Friday on the Tribal campus near the Elder 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. ■



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 (1)
- Culture Committee (2) Election Board (1)
- Election Board alternates (2) Enrollment Committee (1)
- Fish & Wildlife Committee (2) Powwow Special Event Board (1)
- Health Committee (1)

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.

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.

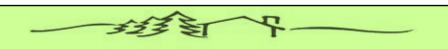
Call to ensure someone is available to assist. People also can sign up for a monthly email for the Food Bank calendar and events, as well as follow the Food Bank on Facebook.

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 3:30 p.m. Friday, May 9, via Zoom. Contact the 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.



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.



2020 — While leading the Tribe through the early days of the COVID-19 pandemic and serving her eighth term, Tribal Council Chairwoman Cheryle A. Kennedy became the longest-serving post-Restoration Tribal Council member. Kennedy, who was 72 in 2020, had also served on an early post-Restoration Tribal Council from May 1985 through September 1986, and on an honorary Tribal Council for a year in 1979.
2015 — The Confederated Tribes of Grand Ronde gifted two basalt

carvings and a large bronze medallion to TriMet for its new bridge across the Willamette River. Along with the bridge's Chinuk Wawa name, Tilikum Crossing, meaning "Bridge of the People," the gifts were meant to remind Portland and its residents that Native Americans have lived and continue to live along the shores of the river since time immemorial.

2010 — The Tribe's new \$1 million fire station was scheduled to open May 5. It was to be operated and managed by the West Valley Fire District and have two firefighters assigned per shift to provide fire and emergency medical services 24 hours a day, seven days a week.

2005 — Comedian and Tonight Show host Jay Leno helped cut the ribbon for the 163-



2015

File phot

room addition to Spirit Mountain Lodge. Tribal Chairwoman Cheryle A. Kennedy said the \$22 million expansion would "bolster the (valley's) economic landscape."

2000 — The Tribe donated \$10,000 to the state Department of Transportation toward the installation of rumble strips on Highway 18 to improve safety on the notoriously-deadly highway.

1995 — The Tribe approved restoration and recreation projects on Upper Agency Creek to restore wildlife habitat and expand recreational and educational opportunities for the public.

1990 — On April 10, Gov. Neil Goldschmidt signed a proclamation declaring May 13-19 as Oregon American Indian Week.

1985 — Smoke Signals announced the winners of the March 23 Tribal Council election. Kathryn Harrison, Henry Petite, Eula Petite, Merle Leno, Mark Mercier and Cheryle A. Kennedy were elected, while a tie breaker was held between Russell Leno and Frank Harrison, who each won 96 votes, for the ninth council seat. Leno won the tie breaker and was elected to council.

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



Tribe holds first Toxics Take Back event

The Grand Ronde Tribe's Natural Resources Department hosted the first Toxics Take Back event Saturday, April 12, to remove household hazardous waste from the Grand Ronde community.



Approximately 40 Tribal and community members used this event to remove paints, oils, pesticides and other hazardous materials from their homes.

https://youtu.be/eYZ46LmG9is

For more information contact Kamiah Koch at 503-879-1461 or kamiah.koch@grandronde.org



Visit youtube.com and search smokesignalsCTGR

Tribal Council approves establishment of Elder Board, bylaws

By Danielle Harrison

Smoke Signals editor

Tribal Council approved the establishment of an Elder Board and its bylaws at its Wednesday, April 16, meeting.

Tribal Council member Denise Harvey cast a "no" vote.

The board will replace the Elders Committee, which has been on pause since mid-December 2024 so that council and staff could develop ordinance amendments and revised bylaws and policies.

The pause was instituted after some Tribal Elders and staff reported concerns with the committee, and Tribal Council determined a break was needed for it and the committee to review policies.

"It's the same makeup as the board before," Tribal Senior Staff Attorney Daneen Aubertin Keller said at a Tuesday, April 15, Legislative Action Committee meeting. "The difference is that the board will be appointed by Tribal Council and it won't have a provision for elections and nominations. That's the primary change."

Tribal Council member Lisa Leno added that some council members and Chief of Staff Stacia Hernandez had a very "robust" meeting with the prior Elders Committee regarding the changes.

"We spent three hours going through this and they provided a lot of comments," she said. "Those have all been included in this draft so I appreciate them looking through it and giving their feedback and thoughts."

Additionally, council approved a resolution amending the General Committee and Special Event Board Ordinance on an emergency basis to rename it the Tribal Committee and Board Ordinance, define "Elder" and provide provisions related to an Elder Board, update meetings and compensation, update the code of conduct and add provision for Tribal Council liaisons.

Harvey also cast a dissenting vote on that resolution.

Also relating to boards and committees, Tribal Council approved several appointments and reappointments.

These included: Reappointing Guy Schultz and Jade Unger to the Ceremonial Hunting Board with terms ending March 31, 2027; appointing Molly Leno and Sam Riding In with terms ending March 31, 2027, appointing Kaylene Barry with a term ending March 31, 2026, and reappointing Pamala Warren-Chase with a term ending on March 31, 2027, to the Culture Committee; appointing Shannon Simi with a term ending March 31, 2027, and reappointing Daniel Stroebel and Tammy Shaw with terms ending March 31, 2027, to the Election Board; appointing Kelly Nelson with a term ending March 31, 2027, and reappointing Debi Anderson, Donna Johnson and Jackie Manyhides with terms ending March 31, 2027, to the Enrollment Committee; reappointing Shannon Simi, Dana Ainam, Anthony Quenelle and Chad Leno to the Powwow Special Events Board with terms ending March 31, 2027; reappointing Russell Wilkinson with a term ending March 31st, 2028, and appointing Lori Sterling with a term ending March 31, 2027, to the TERO Commission; reappointing Richard VanAtta, Lisa Schmid, Levi Liebelt and Jesse Robertson Jr. with terms ending March 31, 2027, and appointing Ramona Quenelle with a term ending March 31, 2027, to the Veterans Special Event Board; reappointing Reyn Leno and Wesley Shaw with terms ending March 31, 2027, and appointing Fabian Quenelle with a term ending March 31, 2027, to the Fish & Wildlife Committee; appointing Valeria Atanacio, Peter Grout, Tyla LaGoy, Tiffany Keppinger and Chris Mansayon to the Education Committee with terms ending March 31, 2027; and reappointing Alan Ham and Charlene Westley to the Health Committee with terms ending March 31, 2027.

In other action, Tribal Council:

 Approved a contract with Cascadia Consulting Group Inc. for up to \$100,000 for completion of a Climate Adaptation Plan;

- Approved the donations of two manufactured homes in Grand Meadows;
- Approved a grant application to U.S. Department of Energy for the Tribal Home Electrification and Appliance Rebates Program for funding up to \$843,310;
- Approved an early work amendment to the contract documents with Perlo Construction of Tualatin for modernization of the second floor of Great Circle Recovery in Salem;
- And approved the enrollment of three infants into the Tribe because they meet the requirements under the Tribal Constitution and Enrollment Ordinance.

In other news, the agenda was set for the Sunday, May 4, General Council meeting. The meeting will be held at 11 a.m. via Zoom and in Tribal Council Chambers, and the program report will be the Grand Ronde Food Bank, iskam məkhmək haws

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

Hotel room rate increase in effect

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. \blacksquare

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. ■

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

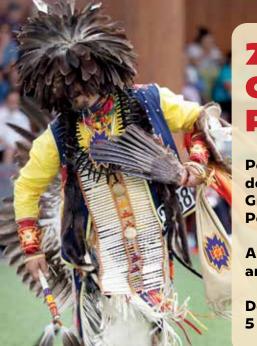
For information contact:

Shannon Ham-Texeira • 503–879–2301 shannon.ham-texeira@grandronde.org



Ad by Samuel Briggs III

Powwow logo contest



Contest Powwow

Powwow SEB is seeking designs for our 2025 Grand Ronde Contest Powwow logo.

Artist will receive \$350 and a powwow jacket.

Deadline to submit is 5 p.m. Friday, May 9

Please submit all designs to:

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



Burrow loves the halfpipe the most

SNOWBOARDING continued from front page

back in 2024 and secured 13th place in her favorite event, the halfpipe, but a broken ankle sidelined her.

Jessica Lampert said in an email that this year, "Azayla came into the season wanting to focus on being a part of the high school team for the Oregon Interscholastic Snowboard Association. She rides on the Sandy snowboard team in the Gorge League."

The OISA has four leagues, Lampert explained, and students compete both individually and as a team.

"As a freshman coming in, she did really well and even took home a first place for halfpipe," she said. "Her women's team was in the top three in their league, earning them a spot at the state championships. At state she took home a second-place individual for halfpipe, ninth in banked slalom and 12th for slopestyle (out of 43). ... Her team earned third in halfpipe overall and second for banked slalom. She received a varsity letter, too!"

Burrow was ranked seventh in the nation, and in late March, she headed to Copper Mountain in Colorado to compete in the United States of America Snowboard and Freeski Association National Championships.

"She competed in only two disciplines in USASA this year, halfpipe and snowboard cross," Lampert said. "In previous years she com-



Contributed photo

Grand Ronde Tribal youth Azayla Burrow, 15, displays medals she has won in competitions.

peted in all disciplines, hoping for an overall title at nationals. After coming off podium placings at states and getting an invitation to both halfpipe and snowboard cross for USASA Nationals she was offered to join another family in Colorado. So, in a rush we fundraised, planned and accepted her spots. She was on a plane all by herself two weeks later heading to Colorado. We are so thankful for all the support. It really does take a village or Tribe."

Burrow placed seventh in the women's 15–16 year old category for the halfpipe event, and said she was happy with her performance.

"I'm really excited; I met one of my goals. I wanted to get in the top eight (for the halfpipe competition)," she said, speaking by phone a few hours after the competition.

Burrow enjoys all her events, but

especially loves the halfpipe.

"It's so fun; you get so much adrenaline," she said. "The weather was perfect today and I felt like the pipe conditions were soft enough, so it helped me not be scared to get up high enough in the pipe. I was really happy with my performance. My first run didn't go so well; I fell, but my second run, I was pretty happy with. I got my grabs."

She said she also enjoys the snowboard cross competition, in which she placed 15th two days later.

"It's also kind of an adrenaline rush; you're just going as fast as you can down the course," she said.

Snowboarding has always been a family affair, Burrow added.

"My mom ... was a professional snowboarder; she went to the World Cup for snowboarding," she said. "She taught me and my sister to snowboard. My dad snowboards, too. He wasn't a professional but he did judging for snowboarding. And then my other sister skies."

Burrow said she originally started racing and competing in events to be like her older sister.

"Now she has to catch up to me," she laughed.

Although Burrow thoroughly enjoyed the experience competing at nationals, she hasn't decided whether to follow her mom's path.

"I want to do more events, but I'm not quite sure if I want to go professional," she said. "It feels like a lot of pressure having to work all the way to get up there, but it sounds really fun. It just seems really hard to do. A few of my goals are just getting my abilities and my skills better. I want to be able to spin more and do better in my competitions, but a lot of it is also for fun. I love my sport."

Lampert said that Burrow "would like to encourage other Native Americans to give snow sports and extreme sports a try. It's a great way to get out in the outdoors."

Burrow said she has enjoyed being in programs encouraging Indigenous people to get involved in winter sports.

"A couple years ago, there was a program called Chill for more Natives to get up to the mountains and we all went to (Mount Hood) Ski Bowl, and that was super fun. But unfortunately, that program lost funding," she said.

Lampert said it is inspiring to see other Native American athletes on the slopes.

"CTGR has had a great partnership with Chill and even though it's unfortunate that they have lost funding there are other programs out there that encourage our BIPOC communities to engage in outdoor learning and recreation like skateboarding, snowboarding and surfing," she said.

Burrow said she particularly wants to encourage girls to try out for the sport.

"Try to just get out there and as much as you can, trying new things," she said. "We want representation for everybody on the mountain; especially the girls. I've met so many amazing girls doing this sport; it's so fun. ... The friend that I'm staying with right now, (in Colorado), I met her through snowboarding. It's a really nice community." ■

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



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Confederated Tribes of Grand Ronde Emergency Services Defensible Space Program

We are excited to announce our new Defensible Space Program!

This program is aimed to help our community reduce potential impacts of wildfire. We will be educating the community on actions that help prepare their homes and properties from the threat of fire. We will also be offering free defensible space home assessments and mitigation services to qualifying properties! Evaluations and recommendations are available to assist property owners in strengthening their defensible spaces.

As the threat of wildfire increases each year, so does the importance of spreading information on how to protect and enhance the resilience of yourself, your home, and property. Reach out today for more information.

For more information please reach out to:

Grand Ronde Emergency Services - 503-879-3473 Kaylene Barry - kaylene.barry@grandronde.org

Closing arguments are scheduled for May 6

TRIAL continued from front page

falls without PGE's authorization is hazardous and must be carefully coordinated.

The Tribe is contesting the condemnation, arguing that PGE is trying to take over the falls, not because of legitimate operational concerns, but to appease other Tribes.

Closing arguments in the trial are scheduled for Tuesday, May 6, after testimony ran a day over the scheduled time.

Attorneys for the Tribe took the lead in defending the lawsuit, while an attorney for the state of Oregon played a minimal role. An attorney for the Confederated Tribes of the Siletz also sat in, asking questions on occasion as a friend of the court, siding with PGE. All four parties will be allowed to present closing arguments.

Grand Ronde Tribal Attorney Rob Greene testified that in a meeting in July 2018, PGE CEO Maria Pope abruptly halted discussions about installing a fishing platform. He said Pope told him, Tribal Council Chairwoman Cheryle A. Kennedy and other staff that the platform was causing friction with the Confederated Tribes of the Warm Springs and the Confederated Tribes of the Umatilla.

"She said PGE couldn't do business that way," Greene said.

Pope was scheduled to testify in rebuttal Friday, April 25, after Smoke Signal's press deadline.

PGE officials said they intend to establish a permanent cultural easement for all Tribes, but that negotiations with Grand Ronde had failed. Grand Ronde staff testified that PGE included conditions that essentially guaranteed the Tribe would be unable to establish a fishing platform.

PGE officials testified extensively that they have significant safety concerns about the fishing platform.

"PGE is obligated to control the site for dam safety and public safety," Senior Manager of Transmission Safety Nicholas Loos told the court.

But in explosive testimony late in the trial, Tribal member and ceremonial fisher Joe Loomis shared a video he shot during the construction of the platform. It showed a torrent of water pouring down from an opened sluice gate, after Plant Manager Jeff Pulliam opened it without warning the construction crew. The video showed Pulliam and another employee looking over a railing at the river, laughing and pointing.

After Judge Michael Simon invited PGE to bring in rebuttal testimony to the video, Pulliam testified by telephone. He said he had seen the Grand Ronde crew before he opened the sluice gate to clear debris from the top of the weir, but had not warned them, despite having an air horn and a megaphone to communicate with people at the falls.

"It looked like it was quite a



Photo by Michelle Alaimo

Tribal member Shannon Ham-Texeira displays a sign during the Fight to Save Willamette Falls rally in Lownsdale Square in Portland Monday, April 21.

distance, they were on the other side of the river, and the amount of water coming through the weir was insignificant so I didn't think there was any danger," he told Simon.

He denied laughing or pointing at the Tribe's crew.

"No, I wouldn't do that; it would be very unprofessional," Pulliam

Pulliam said after that incident, PGE established a policy of warning anyone within the falls area before opening any of the sluice gates.

Tribal Fish & Wildlife Program Manager Kelly Dirksen testified that the release endangered the construction crew by inundating their landing rock and would have made it impossible for him to evacuate anyone who was injured by the release, in part by clogging the jet boat's propulsion system with debris.

David Fullerton, who was the Tribe's general manager in 2018, testified that, "Multiple staff on site that day reached out to Greene or others, because it was a little traumatic." Fullerton said his own text to Greene at the time said, "They're shooting water at us."

Kennedy testified that she had been present during the incident, "seeing those trees come barreling out of that chute and our workers in their little raft were under it. It was very scary, and I feared for the lives of our workers and I called our attorney Rob, and I said, 'Rob, you've got to do something about this, I don't understand what's happening," Kennedy said.

Dirksen detailed his department's extensive safety planning and preparations, and said that PGE's only response when he presented the Tribe's safety plan was to ask for an additional contact.

PGE is licensed by the Federal Energy Regulatory Commission, most recently re-issued in 2005. The license states that PGE "within five years from the date of issuance of the license, shall acquire title in fee or the right to use in perpetuity all lands, other than lands of the United States, necessary or appropriate for the

construction maintenance and operation of the project."

PGE officials said that language requires the utility to own Willamette Falls. However, Mark Lindley, PGE's senior principal attorney for real estate strategy, acquisitions and dispositions, conceded that, "You can lease it; you just have to be able to control it."

Lindley agreed the utility had failed to seek title to the falls for more than 15 years but said it had not realized it was necessary.

"Until late summer of 2018, there was no meaningful dispute that PGE controlled the area and PGE believed that it owned it all," attorney Erick Haynie told Judge Michael Simon in opening statements.

Haynie acknowledged that the utility was aware the Department of State Lands asserted ownership but said officials were unconcerned because the state was not acting on those claims until it authorized the fishing platform for Grand Ronde.

When the DSL granted the Tribe a registration to construct a fishing platform at the site, "It was a real wake-up call for us," Lindley testified.

"For the first time, the state was asserting its right to grant third-party rights," Lindley said. "Up until that time, we had gone back and forth in terms of ownership with DSL but it never rose to affect how we operated, so even though the state had paper rights, it never asserted those rights. We got along. That was the first time the state was asserting its rights and challenging us, and it was necessary to go to war over. ... We really want to make sure that this doesn't happen again."

PGE sought to purchase the site from the state for \$150,000, then filed its lawsuit in 2022, after the state refused the offer.

Assistant Tribal Attorney Kim D'Aquila told the judge, "This case is not about legitimate maintenance and operation. It is about a private company using federal condemnation," to seize the property and protect its relationships with

other Tribes.

"The federal power act is not meant as a tool to eliminate uses a utility views as inconvenient or undesirable, or to resolve property disputes better suited to a quiet title action," D'Aquila said.

The Tribe obtained a ceremonial fishing rule from the state in 2016. It then sought authorization to build a fishing platform but was notified that the state was denying the application while it pursued a study of ownership at the falls.

When the state failed to follow up, the Tribe began negotiating with PGE and engaged in months

of discussion and negotiation, including discussions about how to construct the platform, Tribal staff said. PGE also allowed the Tribe to enter through its property to scout for the best locations for the platform.

Greene testified the study was finally completed in mid-summer 2018 and DSL Director Vicki Walker convened a meeting to review its conclusion that the area is owned by the state. PGE's lone representative at the meeting agreed with the report's conclusion, Greene said.

Shortly afterward, the Tribe filed its application with the state to construct a fishing platform at the falls. The registration was opposed by PGE and by several Tribes, including the Confederated Tribes of the Siletz, Confederated Tribes of the Umatilla, Confederated Tribes of Warm Springs and the Yakama Nation.

Kennedy testified that she is a direct descendant of the chiefs who managed the fisheries before settlers arrived and noted that her people continued to fish at the falls even after being removed to Grand Ronde.

"Those are my people, those are our rights," she said. "We have fished there for thousands of years. Other Tribes came to the falls. We welcomed them there. We potlatched with them. It was a time to get together, to fish together and do business together."

She denied that the Tribe has ever tried to stop other Tribes from using the falls.

"I have invited other Tribes to come and fish on our platform with us," Kennedy said.

Judge Simon asked Kennedy if she knows why other Tribes oppose the platform.

"That's a question we've been trying to get an answer to for a long time," Kennedy said.

In addition to Kennedy, Secretary Jon A. George and Tribal Council members Kathleen George, Brenda Tuomi, Matthew Haller, Tonya Gleason-Shepek and Lisa Leno attended the trial. ■

Proposed enrollment procedure explained at meeting

An informational meeting on the proposed Enrollment Ordinance was held in the Tribal Council Chambers and via Zoom Thursday, April 24.

Senior Staff Attorney Holly Partridge gave a presentation with the latest proposed changes to the ordinance before fielding 90 minutes of questions from the Tribal community.

The discussed proposed changes included: Clarifying the process for applicants six months and older; involving the Enrollment Committee if an increase to the annual enrollment limit is being requested; adding middle initials to the official

Applications will be made available Friday, May 30, before the open enrollment period for accepting non-infant/non-emergency applications that begins Tuesday, June 3 and ends Friday, July 18.

Tribal membership roll; issuing certificates of descendancy to completed Tribal member applications with DNA; removing all sections referencing blood quantum and adding an "enrolled in error" section to reflect the Tribal Constitution.

The main topic of discussion

during the meeting was the proposed procedure for membership applications.

Applications will be made available Friday, May 30, before the open enrollment period for accepting non-infant/ non-emergency applications that begins Tuesday, June 3 and ends Friday, July 18.

A public drawing will be held Tuesday, July 29, to assign numbers to applicants (minor siblings will be bundled together under one number in the drawing to be placed on the list/waitlist together). A final list with the 150 applicants who will be processed for the year 2025 will be published and remaining applicants will be assigned to the waitlist.

After the open enrollment period has been finalized, applications will be accepted on a rolling basis from the waitlist. Completed applications will be date stamped and added to the waitlist to be processed until the annual limit is reached.

The comment period for these ordinance changes closed Thursday, May 1. Tribal Council will then consider the comments and make any changes to the ordinance. Any significant changes to the ordinance will go back out for comments but Partridge said the open enrollment dates are expected to remain

unchanged.

One of the first questions asked was where applications would be made available.

"We are working on being able to do all types of applications," Partridge said. "Walk-in, mail and online."

Partridge directed application seekers to visit the Grand Ronde enrollment webpage, www.grandronde.org/services/member-services/enrollment/, to find the application when it is posted or for any other information/FAQs regarding the constitutional amendment and enrollment ordinance.

Several other questions involved DNA testing. According to Partridge, DNA testing is not required at the time of application submissions. Instead, enrollment staff will coordinate with applicants to get DNA tested at a contracted lab or at the Tribe's lab once their application is to be processed.

Due to open enrollment beginning in the middle of the year, there was some hesitation from the Tribal community that the Tribe would be able to process all 150 applications before the end of the year. Tribal Elder and Enrollment Committee member Debi Anderson concluded the meeting by giving her vote of confidence that the Tribe will be able to process 150 enrollment applications this year.

For a copy of the proposed ordinance, contact the Tribal Attorney's Office at 503-879-4664 or send comments to the Tribal Attorney's Office, 9615 Grand Ronde Road, Grand Ronde, Oregon 97347 or by email to legal@grandronde.org. ■



Tribal Veterans!

Open to Tribal Veterans and their family members

Seeking designs for the 2025 Veterans Summit Logo

Selected artist will receive \$200 and a 2025 Summit Jacket.

Designs due by Friday, May 9, 2025, by 5 p.m.





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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



Hatfield Fellow visits Grand Ronde

By Danielle Harrison

Smoke Signals editor

The 2024-25 Hatfield Fellow Kwani-Fawn Marcellay (Colville) visited Grand Ronde Thursday, April 17, to give Tribal Council and Spirit Mountain Community Fund staff members an update midway through her fellowship in Washington, D.C. and her plans for the future.

"Thank you so much for having me and taking the time today," she said. "I've been able to take part in a lot of really great things as the Hatfield Fellow. I'm also working on a natural resources portfolio in addition to Tribal work...Right now, I've been taking a lot of individual stakeholder meetings with people...and been able to take a more active role with legislative work."

Marcellay is a recent graduate of Portland's Reed College, where she earned a Bachelor of Arts degree in anthropology.

The Tribe established the Mark O. Hatfield Fellowship in 1998 as a living tribute to Sen. Hatfield to honor his accomplishments as Oregon's governor and a U.S. senator.

Each year, Spirit Mountain Community Fund sponsors a highly motivated Native American to serve as the Hatfield Fellow and intern in an Oregon congressional office, enhancing the mutual understanding between leadership in Washington, D.C., and Indian Country.

Marcellay is midway through an eight-month term in Rep. Val Hoyle's office. Hoyle represents Oregon's fourth congressional district and it is the first time her office has hosted a Hatfield Fellow. Hoyle is



Photo by Michelle Alaimo

From left, 2024-25 Mark O. Hatfield Fellow Kwani-Fawn Marcellay (Colville), Tribal Council member Denise Harvey and Spirit Mountain Community Fund Executive Director Angie Sears talk after Marcellay was gifted a Tri-logoed Pendleton blanket during her visit with Tribal Council in Tribal Council's conference room Thursday, April 17. Marcellay gave council and Community Fund staff members an update on her fellowship in Washington, D.C., which she is midway through. The fellowship sponsored by the Community Fund.

also a past member of the Community Fund Board of Trustees.

While studying at Reed College, Marcellay served as president of the American Indian Student Union. She also worked as a legal assistant for her Tribal public defender's office and conducted community-based research for her Tribe related to sexual assault reporting.

Marcellay is the 25th Native American to serve as a Hatfield Fellow. She began her fellowship in November.

"What I've learned is that in a lot of these (Capitol Hill) offices is that unless you're in a district where there are a lot of Tribal members out there who are making their voices heard, it's really hard to keep reminding people about the impact on Tribes because it's not often brought up in those spaces," she said. "It's been my honor to do that as often as I can and kind of just remind people, especially during this time."

She added that it is a "crazy time," to be in Washington, D.C.

"You need to keep talking about the Tribes and how things are impacting them," Marcellay said. "There's not a lot of Native staff members in D.C. and I think on the House side, I've been so happy to know four of them...I've also been really taking advantage of my time in D.C. and really strongly networking there."

Marcellay shared that she applied for a Native American Congressional Internship through the Udall Foundation. She is one of 11 college, graduate and law students from across the United States who was accepted. The internship will begin in September. It is similar to the Hatfield Fellowship, in that it gives Native American students the opportunity to gain experience with the federal legislative process and receive first-hand training on how the government-to-government relationship between Tribes and the federal government works.

"It's one of those things where if I had not done the Hatfield Fellowship, I would have never thought I was capable of applying for the Udall internship," she said.

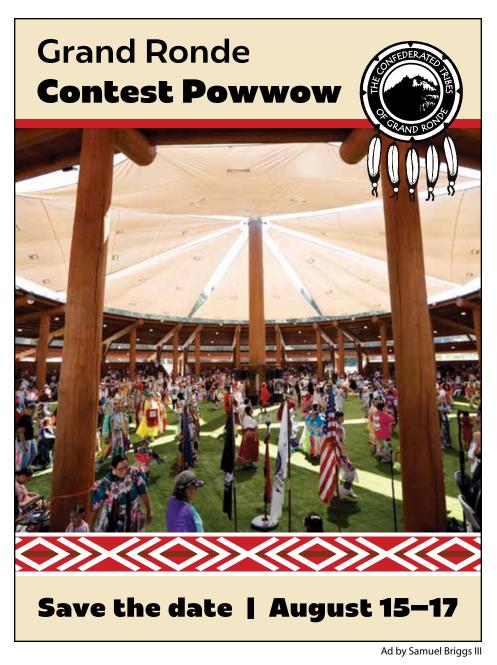
Tribal Council Chairwoman Cheryle A. Kennedy thanked Marcellay for the update.

"What a wonderful experience you're going to have and I wish you well and thank you for coming and being a part of what we're trying to do, and it really is to elevate our status in this country and make sure our rights are recognized." she said.

Then, Marcellay was gifted a dentalium necklace made by Tribal Council Secretary Jon A. George and a Tri-logoed blanket designed by Tribal member Matthew Williams

Applications for the 2025-26 Hatfield Fellowship program are being accepted through Friday, May 2.

Visit www.thecommunityfund. com for more information about the Hatfield Fellowship program and the Spirit Mountain Community Fund. ■







Stephanie King is the Tribe's Elder Justice Coordinator for the Community Health Department. She began her role in July 2024.

Advocating for Elders

By Danielle Harrison

Smoke Signals editor

Stephanie King has been dedicated to helping Elders since she was a teenager and has built an entire career around that passion.

"I've always had a caregiver kind of aspect about me," she said. "It started when I was 16 and my grandma was sick with cancer and I did some caregiving for her. When I was 17, I got my CNA (certified nursing assistant) through Chemeketa Community College while I was still in high school."

Now 34, King serves as the Tribe's Elder Justice Coordinator, a position she began in July 2024.

She first began working for the Grand Ronde Tribe in 2010 in Adult Foster Care until 2019 when she transferred over to Community Health.

"I was a driver/wellness assistant and then when COVID hit, I ended up becoming the COVID relief aide, and did that for a while," King said. "If a Tribal member called and said they had COVID in order to keep them home, I would get a list from them of their needs, groceries and how many people were in their household so I could go do a big grocery haul and deliver it to them so they could stay at home."

After the pandemic subsided, King became a health promotion

to schedule a reservation.

specialist before becoming the Elder Justice Coordinator.

"When the position became available, I had been kind of thinking on it already and it seemed like the type of thing that I had done in the past, just maybe not to that extent," she said.

So far, her favorite part of the job is getting to help the Elders and the most challenging part is the subject matter she helps them with.

"I very much enjoy going andtalking to Elders and listening," she said. "A lot of times they just need somebody to listen and to know that they were heard."

In addition to the Tribe, King has worked at a care facility in McMinnville and has done private, in-home care.

King is 2009 Willamina High School graduate and lives there with her husband and two dogs. In her spare time, she enjoys spending time with family and riding through the sand dunes. She said a little-known fact about her life is that she was raised in a remote logging camp in Alaska.

"You really only lived there if you worked there and I think we had 10 kids at my school," she said.

PUBLIC SAFETY ORDINANCE OPEN FOR COMMENT

Tribal Council has determined that Elders and vulnerable adults in our community have a heightened risk of abuse and there is a need to increase protections. Therefore, Tribal Council adopted amendments to the Public Safety Ordinance on an emergency basis at a meeting held Wednesday, April 2, 2025.

The amendments to the Public Safety Ordinance will provide for (1) mandatory reporting, (2) emergency protective orders, (3) civil penalties for those who commit abuse and fail to report abuse, and (4) other minor technical changes.

Tribal Council invites comments on the amendments to the Public Safety Ordinance. For a copy of the ordinance, contact the Tribal Attorney's Office at 503-879-4664. Send 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 16, 2025. ■

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. ■

POWWOW VENDORS WANTED

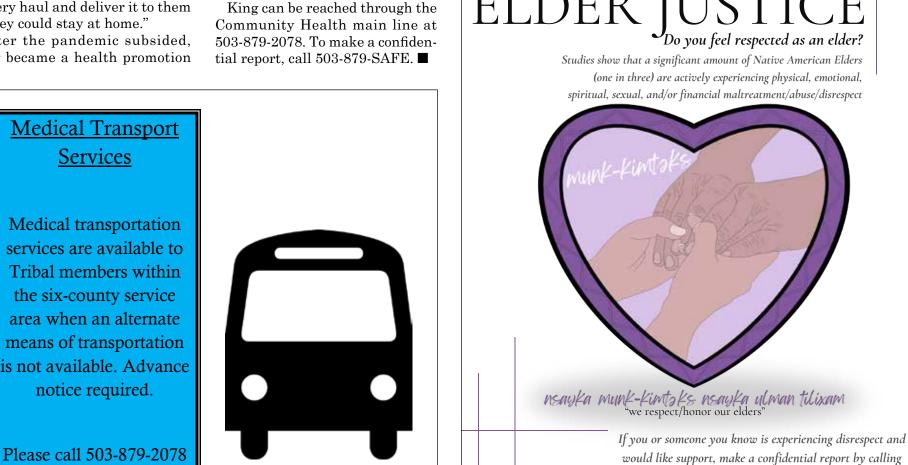
The Grand Ronde Contest Powwow Committee is seeking vendors for the 2025 Contest Powwow, which will be held Friday, Aug. 15 to Sunday, Aug. 17.

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. ■

503-879-SAFE

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

COMMUNITY HEALTH



Tribal members testify in support of state grant program

By Katherine Warren & Nicole Montesano

Smoke Signals staff

Three Grand Ronde Tribal members joined six other students and educators Wednesday, April 9, at the Oregon State Capitol in Salem to testify in favor of renewing the Oregon Tribal Student Grant.

Senate Bill 5525 allocates \$28.5 million — a \$2.5 million increase — for the grant program, which provide funds for Oregon Tribal undergraduate and graduate students attending higher education institutions in the state.

Tribal members Justin Fasana and Darien Leno, both of whom have received the grant, testified to the committee, along with Leno's younger sister, Bayleigh Leno, who attends school in Willamina and is hoping to attend college.

Fasana, who works as a forester in the Tribe's Natural Resources Department, said the grant is crucial to him and other Tribal students.

Darien Leno, a firefighter with the Tribe's Emergency Services Department, told the committee that "I don't know how I would have made ends meet" without the grant.

"It's making my dreams come true of having my college degree," Leno said.

No one testified in opposition to the grant, which is unique in its flexibility, as it pays not only for college tuition, but for associated costs such as childcare, transportation, housing, books and other costs not covered by other grants.

It was first approved by the Oregon Legislature in 2022 and there have been 616 grants awarded so far this year, compared with 412 when the program began.

Tribal Education and Career Coach Melissa Palanuk said 261 Tribal members have applied for the grant in the 2024-25 academic year, a number she expects to see continue to grow.

Part of Palanuk's job is helping students fill out the application. Students interested in applying for the 2025-26 academic year may contact her at 503-879-1345 or email melissa.palanuk@gran-

dronde.org.

There are no income or residence requirements for the grant, but only enrolled Oregon Tribal members attending Oregon colleges are eligible, she said. Palanuk said the Oregon Tribal Grant is designed to help students succeed and that if a student has a bad term or terms, they are not required to pay back the grant.

In a Monday, April 21 press release about the grant, Palanuk said that it was doing "great work for our people."

"They are able to see a path to earning an associate, bachelor's or master's respectively," she said. "Lots of adults are starting school for the first time or returning to school to finish degrees they started five to 15 years ago. One student who had dreamed of becoming a welder was able to start at Portland Community College because of this grant. I speak for all my students when I say that this grant is life-changing and is opening doors they didn't think were possible." ■



Photo courtesy of Angela Fasana

Tribal members Justin Fasana, left, Darien Leno, second from left, and Bayleigh Leno, right, with their grandfather, Tribal Elder Reyn Leno, second from right, testified Wednesday, April 9, at the Oregon State Capitol in Salem, in support of the Oregon Tribal Student Grant. They testified to the Joint Committee on Ways and Means Subcommittee on Education.

It's never too late to heal from addiction.



Eastman is proposing creating a community-led volunteer stewardship program

HERBICIDES continued from front page

expressed concerns, and stood strong for the health of our land and future generations. I sincerely thank our current Tribal Council for genuinely listening and leading with courage and accountability."

The decision was announced during the Legislative Action Committee meeting on Tuesday, April 8.

"I saw that Amber Eastman had worked really hard this last week, and just did a bunch of weeding already in housing," Tribal Council member Lisa Leno said. "So, it's exciting to see our community stepping up and taking responsibility for maintaining those areas in a different way."

Eastman said she has already seen Tribal Facilities Department crews hand-weeding, "demonstrating care, respect and intention."

"These practices reflect the ways our ancestors have always managed and healed the land through respectful relationship rather than control," Eastman said. "I pray our path continues to prioritize community-driven collaboration and deep listening. I hope we uplift and center traditional ecological knowledge and involve our youth, nurturing their relationship with the land. My dream is to see every acre of Tribal land cared for in ways that reflect who we truly are: Resilient, sovereign and deeply connected to this place."

In her presentation to Tribal Council, Eastman said she was speaking "as a descendant of those who fought to reclaim this land, as a steward who believes in our responsibility to protect it and as a survivor who knows firsthand the consequences of environmental poisoning."

She noted that the issue has been brought up numerous times in the past.

"For generations, our people have relied on the land to provide us with medicine, food and materials for our cultural practices," Eastman told the council. "Yet, the widespread use of pesticides does not discriminate between what is invasive and what is sacred...Pesticides kill traditional plants like camas, wapato, and wild strawberries – plants that have sustained our people for generations."

She told the council that when the Tribe stopped using glyphosate earlier this year, it switched to another herbicide, called Surflan.

"It has been proven that Surflan affects and disrupts mycorrhizal networks," Eastman said. "These are the fungal communication networks of tree roots through which our ancestral trees communicate, send distress signals and provide vital networks."

She argued that some other Tribal nations have banned the use of herbicides and pesticides altogether, and that Grand Ronde should follow suit.

Eastman said she is proposing creating a community-led volunteer stewardship program called 'Weed Warriors' or a similar name that reflects the "spirit, resilience and values of our people ... to work in close partnership with the Facilities Department."

She envisions it bringing in volunteers to help with weeding, as well as providing opportunities for Tribal members and young people to participate in "land-based wellness and learning."

FBI surge will support investigations of Indian Country violent crimes, including MMIP

By Michelle Alaimo

Smoke Signals assistant editor

The FBI announced on Tuesday, April 1, it will increase support across the country to address unresolved violent crimes in Indian Country, including crimes relating to Missing and Murdered Indigenous People through Operation Not Forgotten.

The FBI will send 60 personnel, rotating in 90-day temporary duty assignments over a six-month period. This operation is the longest and most intense national deployment of FBI resources to address Indian Country crime to date, according to a press release.

FBI personnel will support field offices in 10 cities, including Portland, Oregon and Seattle. The FBI will work in partnership with the Bureau of Indian Affairs and Tribal law enforcement agencies across jurisdictions.

FBI personnel will be assisted by the Bureau of Indian Affairs Missing and Murdered Unit.

"Crime rates in American Indian and Alaska Native communities are unacceptably high," Attorney General Pamela Bondi said. "By surging FBI resources and collaborating closely with U.S. attorneys and Tribal law enforcement to prosecute cases, the Department of Justice will help deliver the accountability that these communities deserve."

"The FBI will manhunt violent criminals on all lands – and Operation Not Forgotten ensures a surge in resources to locate violent offenders on Tribal lands and find those who have gone missing," FBI Director Kash Patel said.

Indian Country faces persistent levels of crime and victimization. At the beginning of Fiscal Year 2025, FBI's Indian Country program had approximately 4,300 open investigations, including over 900 death investigations, 1,000 child abuse investigations, and more than 500 domestic violence and adult sexual abuse investigations.

Operation Not Forgotten renews efforts begun during President Donald Trump's first term under Executive Order 13898, establishing the Task Force on Missing and Murdered American Indians and Alaska Natives, the press release stated.

Operation Not Forgotten also expands upon the resources deployed in recent years to address MMIP cases. The effort will be supported by the Department's MMIP Regional Outreach Program, which places attorneys and coordinators in U.S. attorneys' offices across the United States to help prevent and respond to cases of missing or murdered indigenous people.

Grand Ronde Tribal member Amanda Freeman is the founder and chair of Ampkwa Advocacy, a nonprofit organization that is dedicated to supporting Indigenous communities by raising awareness for MMIP, promoting safety and prevention and supporting healing through advocacy, education and art.

Freeman's initial reaction, before she had time to fully review the details and broader framing of the initiative was, "This is a strong step in the right direction. Our people have been asking for this kind of response for years, and it's good to finally see the FBI committing more agents and resources to help solve these cases. It doesn't undo the harm, but it's a start. (It's) also a sign that maybe the urgency is finally being recognized at the level it should've been all along. At Ampkwa Advocacy, we've been doing everything we can to bring our people home and keep them safe through our awareness and prevention efforts. I'm hopeful this will open the door for more collaboration, more answers, and more action. We're ready to show up and work together however we can."

After looking more closely and speaking with others who share similar concerns, she said, "This is work we've carried ourselves. Federal involvement in these cases has been inconsistent at best, and any new initiative deserves close attention."

She added, "The announcement outlines a surge of FBI personnel into Indian Country but offers few details about Tribal leadership, long-term planning, or how Indigenous families will be involved and supported. Without that clarity, it is difficult to assess whether this is a meaningful step toward justice—or simply an increase in federal presence without real collaboration."

Freeman's initial hope that this might lead to more answers and accountability still stands, but it is cautious. She explained that she doesn't speak from a place of automatic mistrust, but from lived experience and from a long history of promises made that were not kept.

"We are not fragile," she said. "We are not waiting to be saved. We have learned from experience. That history has made us stronger, more discerning, and more committed to protecting our people on our own terms. We are not looking for symbolic efforts. We are looking for consistency, transparency, and respectful partnerships. And we are looking for assurance that any action taken in our communities centers the voices and safety of Indigenous people — not just the goals of federal agencies."





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



13 smok signəlz MAY 1, 2025

Baller camp

Isaac Freeman, 10, prepares to roll the basketball as skill drills are run during a basketball camp in the Tribal gym Friday, **April 11. The Tribe's Youth Empowerment & Prevention Program, Recreation Program, Fast Break Warriors and Indigenous Unity Our Tool** brought the camp to Grand Ronde. The second annual All-NDN Basketball Tournament took place Saturday and Sunday April 12-13.

Photos by Michelle Alaimo

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TO SEE MORE PHOTOS **VISIT US ON**







Kristopher Becker, 12, runs a drill against Ronnie Battle (Comanche) during the basketball camp in the Tribal gym Friday, April 11.

Youth run warm up drills with Guf Tahamont (Seneca), back, during the basketball camp in the Tribal gym.





West Valley Veterans Memorial Application

Deadline is January 15, 2026

Name (as desired on memorial): DOB: City: Address: State: Zip: Gender: Male/Female (Circle) Phone: Branch: Honorable: Yes/No (Circle) Rank: Place of entry: DOE: Place of seperation: DOS: 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.



Two-year-old Kinzlee Linton heads to her Easter basket with two eggs she collected during the Tribal Housing Department Easter Egg Hunt.

Easter time!

The Tribal Housing Department held its annual Easter Egg Hunt at Tribal Housing Saturday, April 19. Children hunted for about 2,000 plastic eggs stuffed with candy. There were four hunt categories for ages 1 to 2, 3 to 4, 5 to 8 and 9 to 12. Following the Easter Egg Hunt an "Honoring Our Children" mini powwow was held at Chachalu Tribal Museum & Cultural Center gym. The powwow was hosted by the Tribe's Children & Family Services Program to recognize April as National Child Abuse Prevention Month. ■



Sisters, 9-year-old Willow and 4-month-old Ivory Squetimkin, pose for a photo with the Easter Bunny, aka Emergency Services Battalion Chief Robert Mock, before the start of the Tribal Housing Department Easter Egg Hunt.



Two-year-old Nabraska Flowers paints a suncatcher during the "Honoring Our Children" mini powwow.

Photos by Michelle Alaimo

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Carter Soderberg, 5, collects eggs during the Tribal Housing Department Easter Egg Hunt.



Grand Ronde and Veterans Royalty dance as they participate in grand entry of the "Honoring Our Children" mini powwow.

Army Corps releases plan for dam management

By Nicole Montesano

Smoke Signals staff writer

The Army Corps of Engineers has released its long-awaited environmental impact statement on how it plans to manage the Willamette Valley system of dams, a report it began in 2019.

It is the first comprehensive review of the dam management system in two decades, the Corps said.

Tribal Council member Kathleen George said it fell short.

"We need bold and swift action before we lose Willamette salmon forever," George said in a media statement. "The Army Corps of Engineers' big dams kill fish yet its new operations plan is too slow, uncertain and half-hearted to meet the urgency of the moment. A historical decision determining whether Oregon will or won't have Willamette salmon is before us right now. The best science says the Corps' plan falls short. That's not acceptable. All of us who value salmon must demand better."

During the Legislative Action Committee meeting Tuesday, April 15, George went further.

"Some of the improvements would take 20, 30 years," she said. "They don't have the funding to secure them. Some of the projects they've proposed would cost hundreds of millions of dollars that they don't have and it's very unlikely that Congress would appropriate. And so, they've made really no changes to those long-term proposals that are very unlikely to occur, to improve passage to Willamette salmon. So that is viewed by our team, and I think by salmon advocates everywhere, as a real failure, and folks will be doing what they can to

raise awareness about that."

George said the Tribe and other advocates believe that working with partners in Oregon is the "best hope of making improvements," and getting the Corps to, "move more quickly to help our salmon while we still have a few left."

George said the Tribe's Salmon Strength Team has an upcoming meeting with the Corps and that Tribal staff are working on formulating a response.

In 2021, a federal judge ordered the Corps to take several actions to improve water quality and fish passage to avoid "irreparable harm" to endangered salmon and steelhead. However, the report says, the Corps "is reviewing the direct and indirect effects of these construction actions under separate National Environmental Policy Act compliance processes; therefore, they are not assessed in this environmental impact statement."

The report also notes that "The concept of Tribal resources, when viewed through a federal legal framework, is different than Tribal understanding of those resources."

For example, it said, Grand Ronde's statement noted that "Tribal cultures tend not to separate natural, cultural, historical, ethnographic, archaeological, ecological, spiritual, and subsistence resources from each other in terms of labor or categories."

The Tribe emphasized that the dams are driving Chinook and winter steelhead to extinction and that the hydropower from the dams is not profitable. In addition, the Tribe "requested that Pacific lamprey passage be considered at all Willamette Valley system dams and reservoirs."

Open house



Photos by Michelle Alaimo

Confederated Tribes of Grand Ronde Portland Area Office Tribal Services Representative Lisa Archuleta, left, and Tuvi Douglass look through a book in the children's play area of the Portland office during a Social Services and Culture open house Monday, April 21. The office recently moved into a new space in the building.



Tribal Cultural Policy Analyst Greg Archuleta, left, and his niece, Tribal member Dallas Archuleta, peel hazel sticks during the Portland Area Office Social Services and Culture open house Monday, April 21.



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. ■

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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)

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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/





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 7th from 4:30-6PM at the Chachalu Gymnasium

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





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.

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

Seeking Nominations

Continue traditions that build community

The Peacemaker Program is intended to reflect the Tribe's traditional values of using respected members of the community to heal conflicts among its members.

If you know a Tribal member who is held in high esteem in the community and who can work with their brothers and sisters to restore harmony through peaceful resolution, please nominate them today.

Qualified candidates must be: • At least 25 years of age • Be a Tribal member • Be a known and respected member of the community in which she/he lives

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/



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. ■

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/zGhjz2yoZAyV84c69



GED & COLLEGE GRADUATES

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

Saturday May 10 10AM- 2PM Chachalu Cultural Center





A celebration of local food, farmers, hunting, and gathering Free and Open to all community members

> Cooking Demonstations Educational Workshops Informational booths Free community Meal



Organized by Grand Ronde's Food Access and Community Team
Sponsored by Marion-Polk Food Share & The Confederated Tribes of Grand Ronde

Earth Day



Photos by Michelle Alaimo

One-year-old August Reibach sings and drums during the Earth Day Jam in the Tribal gym Friday, April 18. The Lush lamatsin event, sponsored by the Grand Ronde Health & Wellness Center, also included a cake walk, environmentally-friendly activities and dinner.



Copper Chargualaf, 5, decorates a birdhouse during the Earth Day Jam in the Tribal gym Friday, April 18. Youth also had an opportunity to make a bird feeder out of Cherrios.



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. ■

Cedar Circle Home Visiting



Now Enrolling Families for Services

Requirements:

- Tribal Member or Tribal Descendants
- · No referral needed
- Sign-up period: Prenatal-3 months of age (please reach out for exceptions).
- Service length: Prenatal-age five*
- First home visit will mark the official enrollment of family.
- Service area within Clackamas, Multnomah, Washington, Polk, Marion, Yamhill and Tillamook County.

Children will be able to graduate at age three, services will be available through the age of five it happing.

About Cedar Circle Home Visiting

Cedar Circle is a home visiting program that will support parents, caregivers, and babies prenatally through 5 years of age. In this program you will be connected with a Family Support Specialist that will share information about child development and parenting, promote healthy and nurturing parent-child relationships, and provide information and referrals to strengthen families. Our Family Support Specialists have access to supplies for their families to help them meet their needs.

Interested in enrollment?

Jenn Clark Cedar Circle Home Visiting Family Support Specialist 503-879-6713





TRIBAL YOUTH, BO YOU NEED HELP COMPLETING YOUR APPLICATION? WE ARE HERE FOR YOU! IF YOU NEED

SUPPORT IN THIS AREA, PLEASE EMAIL YOUTHENRICHMENT@GRANDRONDE.ORG.







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

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 Hour St, Corvallis, OR 97533 541-753-3699 info@appliedeco.org

Housing chat



Photo by Michelle Alaimo

Tribal Elder David Clark, right, gives a tour of his home in the Tribe's Creekside Elder Housing to National American Indian Housing Council Executive Director Rudy Soto, left, and Director of Operations and Tribal Elder Simone Auger, middle, during their visit to Grand Ronde Thursday, April 24. NAIHC staff made stops in Washington before coming to Oregon where they stopped in Umatilla and Siletz before Grand Ronde. Housing was the topic of conversation, including why housing is important in the community, what future housing will look like in the community and funding for housing. Both Soto and Auger were Hatfield Fellows, a legislative program funded by the Spirit Mountain Community Fund. Soto was the 2013-14 fellow and Auger served in 2020-21.

Community printing circle is May 8

Chachalu Tribal Museum & Cultural Center will host a community printing circle with artist Marie Watt (Seneca) from 1 to 6 p.m. Thursday, May 8.

Participants will experiment, play and learn how to make pressure prints with a professional artist and printmaker. Prints may be optionally contributed to future community-generated artwork for the Grand Ronde and Oregon State Capitol art collections.

No experience is needed, all ages are welcome and light snacks/beverages will be provided. Participants will take their prints home the same day.

For more information, contact Cultural Resources Department Arts Administrator Mack McFarland at 503-879-1888 or Mack.McFarland@grandronde.org. ■



UPDATED INFORMATION

Hatfield Fellow application deadline is Friday, May 2

Applications for the 2025-26 Hatfield Fellowship program funded by Spirit Mountain Community Fund are being accepted through Friday, May 2. Spirit Mountain Community Fund annually sponsors a Native American to sow as the Hatfield Follow and interminent Community Fundamental Pollowship and Community Fundamental Spirit Spirit Followship Pollowship Poll

can 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 monthlong 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. ■

ELDERS LIVING WITH

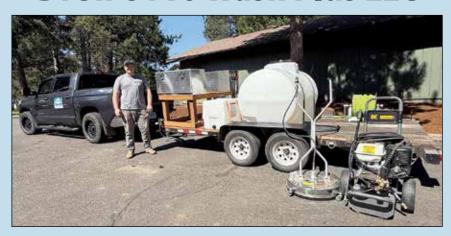
LONELINESS

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 INDEPEDENTLY. THAT THEY WILL CONTINUE TO SEE THEIR FAMILY & FRIENDS, PARTICIPATE IN EVENTS, VISIT...



TERO business spotlight: Drew's Pro Wash Plus LLC



What is the name of your business? Drew's Pro Wash Plus LLC

Where is your business located? *Eugene, Oregon*

What work does your business perform?

Drew's Pro Wash Plus focuses on residential pressure washing, gutter cleaning and other home exterior maintenance.

In what ways did the TERO business grant help your business?

The TERO business grant provided an opportunity for my business to get the proper equipment and set up to efficiently and effectively complete a wide range of job requests. Without the grant, it would have taken my business a long time to properly build a pressure washing trailer, in order to accommodate a larger variety of jobs and opportunities.

How did you allocate the funding provided by the TERO grant:

With the money provided from the TERO grant, Drew's Pro Wash Plus used that toward building a mobile pressure washing trailer set up.

What challenges have you or your business faced when starting up?

The most challenging part of any business is getting started, though the toughest part for me was knowing what purchases would be most beneficial for my business. A lot of research went into figuring out what would be the best way to utilize the TERO grant, as well as how to get the best equipment for the right price.

Once the trailer set up was complete, the next challenge is what most starting businesses face: Getting clients and lining out jobs. This can be an ongoing challenge in any business, though for me personally, having connections and support from the Tribe, family and friends has made it less difficult for my business to get connected with clients and job opportunities.

How important was the business grant to the success of your business?

The TERO business grant was hugely important. Before I was awarded the grant, my business idea was just that, an idea. The main thing missing was the equipment and the money to make the idea a reality. After receiving the grant from the Tribe, I was able to use that money to make that idea possible and have a successful start to my business.

What advice would you have for a new business starting out?

The biggest piece of advice I would offer is to have a strong business plan, and to know from the beginning what your goal for the company is. Everyone has to start somewhere and the beginning is always challenging. If you have a long-term goal and plan, it helps the path you need to take to get there a lot clearer.

Other: Any comments, shoutouts or changes you would like to see with the grant in the future?

I would like to give a shout out to Jacob Boekhoff at the Tribal Employment Rights Office and the other team members that provided me the TERO grant opportunity.

For more information about the grant and other TERO opportunities, contact the TERO office or the TERO director. TERO Office: 503-879-2188 or tero@grandronde.org

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. ■





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Watchlist: 'Confederated Tribes protest PGE lawsuit over Willamette Falls'

(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

Tribal members gathered at Lownsdale Square, across from the Mark O. Hatfield United States Courthouse in Portland Monday, April 21, to drum and sing in protest against Portland General Electric condemning land at Willamette Falls, which would limit Tribal access to the falls.

Inside the courthouse, the Tribe was participating as an intervenor

Local news channel KOIN 6 attended the rally and aired coverage of the demonstration during their evening news hour.

"A rally cry outside the federal courthouse is drumming up opposition to PGE's request to condemn 5 acres of land along the banks of Willamette Falls," KOIN 6 Reporter Joelle Jones said as video of Tribal member Nakoa Mercier is shown, drumming in Lownsdale

The video shows about 30 people gathered in the park with drums

KOIN 6 interviewed Tribal Council member Kathleen George, who was in the courthouse on the first day of the trial. She emphasized the importance that all Oregonians have a right to access the falls.

"If this place is taken into private-property ownership, PGE will determine whether or not Oregonians can go there and under what terms," George said.

Jones explains PGE's stance is that the land is being condemned to ensure public safety at the utility company's hydroelectric station, per the company's right under the Federal Power Act.

The Confederated Tribes of Grand Ronde is now challenging that request because the Oregon Fish & Wildlife Commission previously authorized the Tribe to fish at the falls off a temporary fishing plat-

"Our efforts to restore that fishery, to honor that tradition and to bring those things back home would be ended, essentially," Tribal member Jade Unger said in the KOIN 6 interview.

KOIN 6's coverage of the protests ends with Oregon Gov. Tina Kotek responding to questions about this trial.

"At the end of the day I hope we can respect our sovereign nations, as well as get public access to the falls" Kotek said. "I think that would be great for the area and I think Oregonians deserve to be

Smoke Signals has extensive coverage of this trial on our website and our own video coverage of the rally on our YouTube and Face-

You can watch KOIN 6's coverage at www.youtube.com/watch?v=h-KR02eglgKY or find the video listed on our YouTube "Watchlist" playlist. ■



We want to hear from you!

The Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain. Share your experience, good or bad with us. ■



Position Title	Grade	Min. Start Wage	Max Start Wage	Closing Date
Summer Enrichment Coordinator Aide	5	\$18.86/hr.	\$24.07/hr.	Until Filled
Training Coordinator – Human Resources	10	\$29.76/hr.	\$38.39/hr.	05/05/2025
Tribal Navigator - ODDS - Limited Duration	10	\$61,901.69/yr.	\$79,848.88/yr.	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.	

22

25

20

11

\$176.396.03/v

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\$226,851.26/yr

\$151,691.92/yr

\$32.74/hr

\$61,901.69/yr

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\$248 130 43/v

\$26.42/h

\$330,026.39/yr

\$205,141.88/y

\$42.16/h

\$79,848.88/yr

\$79,848.88/yr

Until Filled

Until Filled

Until Filled

04/28/2025

Until Filled

Until Filled

Nurse Practitioner - Health & Wellness

Physician Assistant - Salem - Great Circle Recovery

Substance Use Disorder Therapist - Portland - GCR

Substance Use Disorder Therapist - Sheridan - GCR

Physician - Health & Wellness



POSTING TITLE	CLOSE DATE	WAGE/SALARY
Amore Waitstaff (*Part-Time)	5/1/2025	\$14.70/hr. DOE + Tips
Cleaning Attendant	5/1/2025	\$18.02/hr. DOE
Guest Safety Specialist I	5/1/2025	\$18.29/hr. DOE
Guest Safety Specialist II	5/1/2025	\$18.55/hr. DOE
Slot Floor Supervisor	5/1/2025	\$23.24/hr. DOE
Advertising/Promotions/Marketing Manager	Until Filled	\$83,914.69/yr. DOE
Assistant Food & Beverage Manager	Until Filled	\$48,329.22/yr. DOE
Bartender	Until Filled	\$16.50/hr. DOE + Tips
Cage Cashier	Until Filled	\$18.29/hr. DOE
Cage Lead	Until Filled	\$18.82/hr. DOE
Casino Beverage Waitstaff (Full-Time & *Part-Time)	Until Filled	\$14.70/hr. DOE + Tips
Cook	Until Filled	\$18.29/hr. DOE
Executive Steward	Until Filled	\$63,586.43/yr. DOE
Food Runner (*Part-Time)	Until Filled	\$18.02/hr. DOE
Host/Hostess Cashier (*Part-Time)	Until Filled	\$18.02/hr. DOE
Hotel Houseperson (*Part-Time) (Limited Duration)	Until Filled	\$18.02/hr. DOE
Mountain View Sports Bar Waitstaff	Until Filled	\$14.70/hr. DOE + Tips
Surveillance Agent II	Until Filled	\$18.82/hr. DOE
Surveillance Agent III	Until Filled	\$21.22/hr. 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 🗸 Job postings are updated every Friday with remaining and new 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.

- 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

https://www.spiritmountain.com/careers Call (503) 879-3737 for application assistance

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. ■

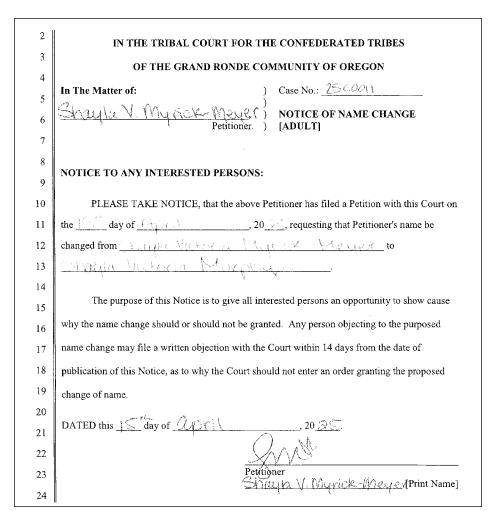




of Pendleton

Paid ad

2	IN THE TRIBAL COURT FOR THE CONFEDERATED TRIBES						
3	OF THE GRAND RONDE COMMUNITY OF OREGON						
4	A made a contract of the contr						
5	In The Matter of:) Case No.: <u>250000</u>						
6	In The Matter of: Case No.: 25000 NOTICE OF NAME CHANGE Petitioner.) [ADULT]						
7							
8	NOTICE TO ANY INTERESTED PERSONS:						
9	NOTICE TO ANT INTERESTED TERROTIO.						
10	PLEASE TAKE NOTICE, that the above Petitioner has filed a Petition with this Court on						
11	the 9th day of April , 2025, requesting that Petitioner's name be changed from Malia Loraing Attes Blanchard to						
12	changed from Malia Loraine Antes Blanchard to						
13	Malia Loraine Ames						
14	ϵ						
15	The purpose of this Notice is to give all interested persons an opportunity to show cause						
16	why the name change should or should not be granted. Any person objecting to the purposed						
17	name change may file a written objection with the Court within 14 days from the date of						
18	publication of this Notice, as to why the Court should not enter an order granting the proposed						
19	change of name.						
20	Digital Oth and A six						
21	DATED this 9th day of April , 2025.						
22	marin Ames						
23	Petitioner Malia AMES [Print Name]						
24	- particular (price)						





Students of the month

The Tribe's Youth Enrichment Program hayu-munk skukum has implemented student of the month awards for K-2, 3-5, middle and high school students. The students of the month for March were named in April.



Aliyana Strobel, 7, was chosen for grades K-2 for her outstanding leadership and the great example she sets in the classroom for her peers. She always follows the class rules and encourages her friends to do better. Aliyana comes into the K-2 classroom with a good attitude every day and is always ready to do anything. She has grown a lot from the last year. We are very proud to see the growth she's made in the K-2 classroom.



Gabe Langley, 13, was chosen as middle school student of the month because he has taken a healthy risk and started drumming and singing with us on Wednesdays. He has shown that he is committed to learning by following direction and being enthusiastic. Gabe's enthusiasm and commitment to learning culture is also why he was chosen.



Erik Bly, 11, was chosen for grades 3-5 for showing tremendous maturity and growth throughout his time in 3-5, from the start until now. He's not afraid to step up and be a leader when needed and is very patient when it comes to playing with or around kids younger than himself. Overall, Erik can be a great role model for the younger guys in 3-5.



Marie Quenelle, 14, was chosen as high school student of the month because of her leadership during our culture practice. She models the behavior that we admire. She is genuinely happy to be dancing. She also shows the other students and adults what to do. Her commitment to culture is why we chose Marie for the student of the month.



Tribal Library merges with Regional Library Service

The Tribal Library has merged with the Chemeketa Cooperative Regional Library Service, said Tribal Librarian Kathy Cole.

Tribal members can now get books from libraries in Polk, Yamhill and Marion counties, as well as access to many free programs.

Tribal Library patrons should visit the Tribal Library and update their information and obtain a new Regional Library Service card. For more information, contact Cole at 503-879-1488. ■





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.SMOKESIGNALS.ORG

Ad by Samuel Briggs III

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



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



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

Grants and Contracts Accountant

\$70-75K/yr \$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

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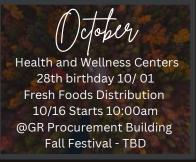
GRHWC PROJECTED lush lamatsin EVENTS 2025



9/20 - Location & Time TBD

Canoe Races (tentatively)

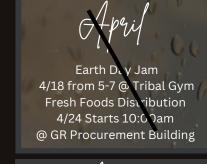
















*All events are subject to change, please look out for our official fliers on the GRHWC Facebook page

Walking On...

Roxanne Gayle Teeter (Lanier)

April 15, 1960 – April 8, 2025

Tribal Elder Roxanne Gayle Teeter (Lanier) passed away Tuesday, April 8, 2025, surrounded by her loving family, at the age of 64 in her Hillsboro home.

Roxanne Gayle Lanier was born on April 15, 1960, in Portland, Oregon. She attended Delta Vocational Center in Colorado where she received her licensed practical nurse training in 1985. She returned to higher education later in life, where she completed her registered nurse training in 2018. She was so proud of this accomplishment!



Roxanne had a fierce determination along

with a little stubbornness. She was a very proud Elder of the Confederated Tribes of Grand Ronde.

She loved and enjoyed her family and gatherings in her back yard, and the yearly family reunion at powwow time. She enjoyed discovering her genealogy and facilitated getting a purple heart for her great-uncle who went missing in action during World War II.

Roxanne loved 60s and 70s music, especially The Beatles and secretly liked 90s country and Eminem.

She enjoyed long drives on back roads, cooking Saturday morning breakfast and getting pedicures. She was a big Goonies fan and a huge Bigfoot fan. She took great care of her African parrots Yoda and Maggie and had a soft spot for kitties.

Her favorite pastime was crocheting and she took pride in gifting her creations. She also created some very pretty bead work and would gift those creations as well. Her favorite color was purple and tie dye. She loved peace signs and coffee.

Roxanne was a caregiver by her very nature. She cared for all those around her, which led her to the calling of being a nurse. Even outside of her career, she took care of people, doing everything she could to help ease the pain of others and lift them up.

She was always there for her family whenever they needed her, be it in person or over the phone. She earned her RN while battling cancer like a warrior in 2017. The cancer was removed successfully at that time. She found out in March 2025 that it had returned.

Roxanne is survived by her husband, Dave; sister, Shereena Bates (Bill); brother, Ken Lanier (Taunya); daughters, Crystal Lanier (Cliff), Cassie Moore (Greg), Markie Ashby (Matt) and bonus children Elizabeth Teeter and David Teeter. She is also survived by 10 grandchildren, Celina, Desa, Daniel, Samuel, Katerikayia, Eli, Abbey, Maddie, Mila and Maverick; and five great-grandchildren, Onah, Citlali, Keanu, Alejando and Emilia.

She was preceded in death by her father, Lyle Lanier and mother, Sharon Beard.

Funeral services were held Friday, April 25, at the Tribal gym, followed by a gravesite service at the Tribal Cemetery, with a meal at the Elders Activity Center.

 $\label{lem:continuous} Duyck \& \ Van De Hey \ Funeral \ Home \ in \ Forest \ Grove \ assisted \ the \ family.$

Lori Cole Weber

Dec. 24, 1957 – April 19, 2025

Tribal Elder Lori Cole Weber passed away on Saturday, April 19, 2025, at the age of 67.

Funeral service details were not available before press time.

AAsum-Dufour Funeral Home in Albany is assisting the family.

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



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. ■







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!!!



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.







Health & Wellness Tribal DNA testing information

Clients must be fully registered with the clinic prior to the testing. It can take three to five business days once all their information is submitted.

The patient cannot schedule with the lab until after registration is complete.

Unregistered patients cannot show up with papers in hand and do the test the same day.

The link for the registration form is registration-form-use-forall-2023-24.pdf (grandronde.org) or it can be emailed and mailed. Patients should contact registration at 503-879-1325 or 503-879-2096.

To complete registration, a copy of a state birth certificate and a copy of a parent's Tribal identification is needed.

Registration information can be mailed to the address on the form, faxed, emailed or dropped off at the clinic.

The link for the registration form can be found on the Tribe's main website www.grandronde.org, under "Services – Health and Wellness." The link to print the form is on the bottom of the page, called "New Patient Registration Form."

Once everything is submitted and the registration process is complete, the patient can schedule with lab. \blacksquare

Health & Wellness Center entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

COMMUNITY HEALTH:

BRAIN HEALTH PROGRAM

REACH OUT TO COMMUNITY HEALTH FOR SUPPORT IF YOU OR A FAMILY MEMBER ARE EXPERIENCING ONE OR MORE OF THE FOLLOWING:

- *
- A RECENT DIAGNOSIS OF DEMENTIA OR COGNITIVE IMPAIRMENT
- *
- INCREASED DIFFICULTY WITH TASKS LIKE DRIVING, FOLLOWING A RECIPE, OR USING THE PHONE
- *
- INCREASED FORGETFULNESS, CONFUSION, OR LOSING TRAIN OF THOUGHT
- *

FEELING OVERWHELMED AS A CAREGIVER OF A LOVED ONE STRUGGLING WITH BRAIN HEALTH CONCERNS OR MEMORY LOSS

WHAT WE PROVIDE:

- Early in home cognitive screenings
- Biweekly or monthly check ins
- Assistance with navigating the complexities of dementia care resources
- Strategies for preserving independence for those in the early stages of cognitive impairment
- Caregiver support groups, check ins, and resources
- Personalized support to fit your individual situation

FOR MORE INFORMATION CONTACT COMMUNITY HEALTH AT 503-879-2078

Service offered at the Cheryle A. Kennedy Public Health Building





Registered Dietitian Nutritionist

Becky Tohnson

Becky Johnson is a Registered Dietitian Nutritionist able to work one-on-one with any HWCeligible patient at the Cheryle Kennedy Public Health Building. Becky has been licensed as a dietitian since 2019 after completing a Master of Science in Human Nutrition degree at Oregon Health & Science University and dietetic internship with the Veterans Administration Portland Health Care System. Becky has previously work as a dietitian and nutrition services manager at Samaritan North Lincoln Hospital in Lincoln City and dietitian and health education manager with

the Cow Creek Band of Umpqua Tribe of Indians in Canyonville. She enjoys working with individuals of all ages, using the power of food and nutrition to create personalized eating plans and set goals to improve or maintain health. This includes both managing chronic health conditions (such as chronic kidney disease, heart disease, food allergies/intolerances or digestive problems) or promoting optimum nutrition at different life stages (such as early childhood, youth athletes, pregnancy, or older adulthood).

Contact Details

For appointments contact the Public Health Department front desk at 503-879-6701 OR contact Becky directly at 503-879-6711 or <u>Becky Johnson@grandronde.org</u>.

Service offered at the Cheryle A. Kennedy Public Health Building



Behavioral Specialist

Taylor Gustafson

Taylor works with children and their families to address challenging behavior seen in the home, public and/or school. She currently has openings and is welcoming new clients. Together, Taylor will work with the child and parent(s) or guardian(s) to address concerns and recommended healthy changes that have been shown to lower the specific behavior being addressed. Taylor has the ability to work with schools and programs the child is engaged in to help create collaboration and consistency across locations. Taylor received her bachelor's in psychology at Western Oregon University. She has worked in the field for 7 years and has partnered with The Confederated Tribes of Grand Ronde for 4 years. She has education and training in working with a multitude of diagnoses including multiple levels of Autism. Taylor incorporates a whole person approach when creating a

Contact Details

tailored plan for each client.

For appointments contact the Public Health Department front desk at 503-879-6701 OR contact Taylor Directly at 503-879-1697 or Taylor gustafson@grandronde.org

smok signəlz MAY 1, 2025

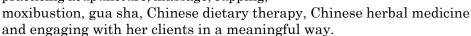


New acupuncture/massage service at Health & Wellness Center

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,



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)
- 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! ■





SMOKE SIGNALS

UMPQUA, MOLALLA, ROGUE RIVER, KALAPUYA, CHASTA

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

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ZIP-UP HOODIE (TEAL)	\$35							Not Available
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T-SHIRT (BLACK) FRONT GRAPHIC	\$15							
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