

O'Downey's Offers Irish Pub and Family Dining

By Natasha Kavanaugh

O'Downey's brings s taste of Ireland to Depoe Bay with its family-oriented pub-style restaurant that features casual dining, televised sports and music, giving a warm and inviting Irish atmosphere for the whole family.

O'Downey's also offers a wide variety of spirits, from a selection of lagers, fine wines, domestic and imported beers to Jameson's and Tullamore Dew Irish whiskeys along with its northwestern Irish fare.

Penny Barclay, owner of O'Downey's, emphasized the name of her restaurant is in memory of her brother, Patrick Downey.

Barclay has a bachelor's degree in nutrition and food management, an associate's degree in travel and tourism and currently is studying for her master's in travel and tourism management.

Alfred Stein, head chef, has a culinary degree.

"He comes to us highly experienced," says Barclay.

"I was trained by an internationally acclaimed English chef at a famous accredited British pub in Florida," adds Stein.

Home of the Blarney Burger, O'Downey's offers other entrees, including corned beef and cabbage, bangers and mashed, Guinness Irish stew, sheppard's pie and fish and chips, plus prime rib on Saturdays. Entrées currently range from \$6.50 to \$14.95.

Come in and enjoy a homemade dessert like chocolate mousse, heavenly and apricot steamed pudding cake topped with a sweet raisin sauce. Stop in to see recently added items.

On March 15 and April 16 from 9 p.m. to midnight, O'Downey's brings

in The Purple Cats, featuring Henry Cooper. The group plays originals and covers, blues, R&B, Cajun and swampy tonk played the right way.

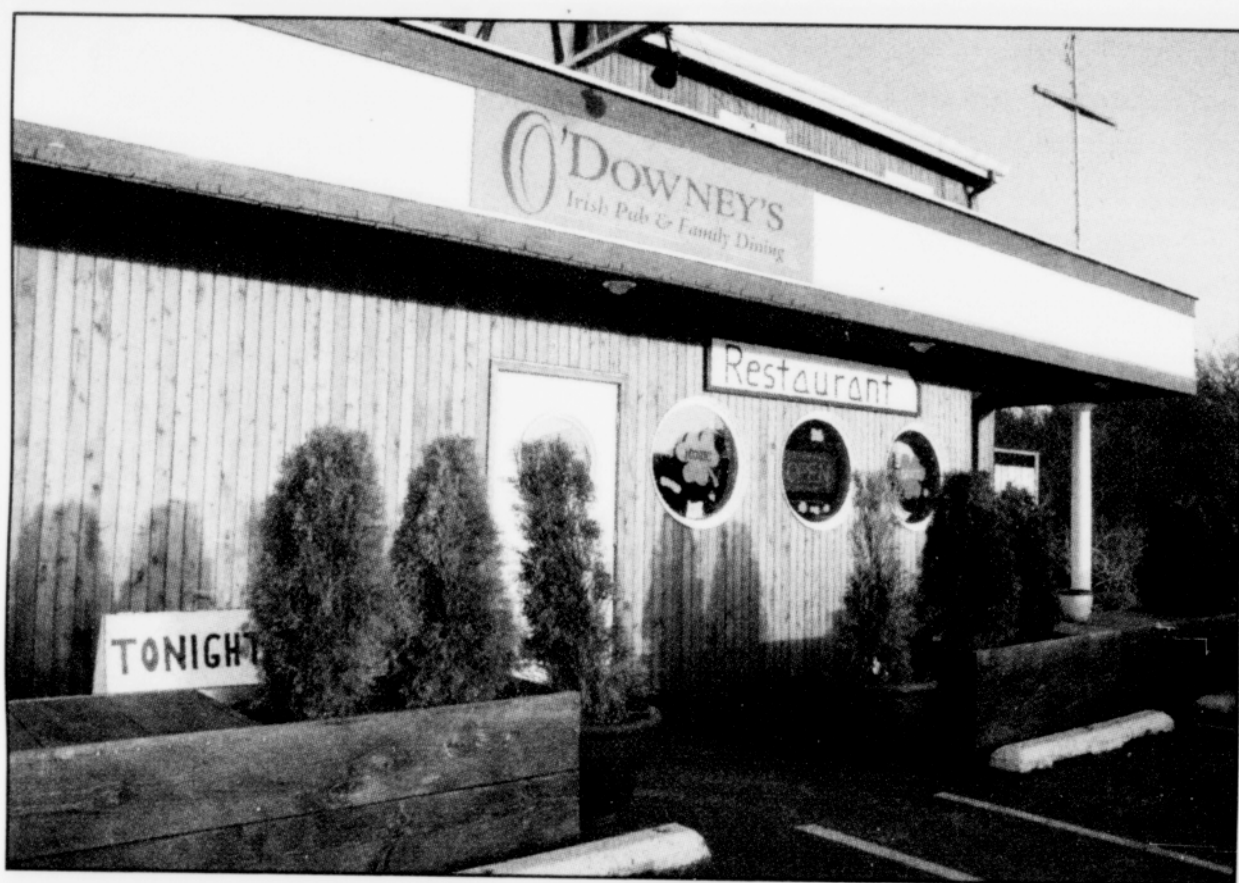
On Sundays at 7 p.m., local artists come together for a music jam, the "best on the coast," says Barclay.

O'Downey's is located at 272 SE Highway 101 in Depoe Bay, Ore., just south of the bridge. Off-street parking and wheelchair access are available in front of the building.

O'Downey's is open Tuesday through Friday, 11:30 a.m. to close; and Saturday and Sunday, 9 a.m. to close.

For more information, call 541-765-4441.

O'Downey's Irish Pub & Family Dining, inside (right) and out (left)



Photos by Natasha Kavanaugh

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economic structure. The signing of Public Law 95-195 in 1977, which restored government-to-government relations between the Siletz Tribe and the federal government, started this process. The Siletz Tribe was the second in the nation – and the first in Oregon – to achieve restoration.

The Siletz Tribe was among the first to become a self-governance Tribe, giving Tribal government more control over services provided to Tribal members. Under self-governance, the U.S. government provides general funding to the Tribe (rather than to specific programs), then Tribal employees and the Tribal Council decide how funds will be spent.

Significant Tribal accomplishments since 1977 include opening a health clinic in 1991; building more than 100 homes and multiple dwellings for Tribal members, including the newest units at Neachesna Village in Lincoln City; completing the Siletz Dance House in 1996; opening the Tenas Illahee Childcare Center and the Siletz Gas & Mini-Mart in 2003; opening the Logan Road RV Park in Lincoln City in 2004; and opening the Hee Hee Illahee RV Resort in Salem in 2006.

Chinook Winds Casino in Lincoln City opened in May 1995. In June 2004, the Siletz Tribe purchased the former Shilo Inn adjacent to the casino and opened Chinook Winds Casino Resort.

Chinook Winds Golf Resort opened in April 2005 when the Tribe purchased the former Lakeside Golf and Fitness Center in Lincoln City. The combination of Tribal employees and those at Chinook Winds Casino Resort has allowed the Siletz Tribe to become the largest employer in Lincoln County.

The Siletz Tribe has honored its tradition of sharing within the community by distributing more than \$7.9 million through the Siletz Tribal Charitable Contribution Fund and other Tribal resources. Chinook Winds has donated more than \$1.75 million in cash and fund-raising items since 1995. It also provides in-kind donations of convention space for various fund-raisers as well as technical support, advertising and manpower for events.

The Tribe purchased the Imprints printing business in Lincoln City in 2008. It also opened the Tillicum Fitness Center, a new gymnasium and a new USDA food distribution warehouse in Siletz in 2008.

Tribal offices in Portland, Salem and Eugene now are housed in Tribally owned buildings. The Eugene office moved to its current location in 2005, the Salem office did the same in 2006 and the Portland office moved to its current location in 2008.

The Tribe also played a lead role in opening Siletz Valley School in 2003 and the Siletz Valley Early College Academy in 2006.

2010 Exercise Challenge: Take 1 Spring Into Action

When: March 1 through May 31

Why: To improve health, get exercise, enjoy the spring weather and feel better

Who: The Spring Into Action exercise challenge is open to:

- Siletz Tribal members
- Any member of a Siletz Tribal member's household
- Tribal employees
- Patients at Siletz Community Health Clinic

How: Just start (or continue) your exercise program.

- If you are just starting out, start slowly. This might mean starting with just five minutes at a time and adding a few minutes each week until you achieve (or get closer to) the recommended 30 minutes of planned exercise on most days of the week.
- If you are getting some "intentional" movement but not the recommended 30 minutes on most days (at least five days/week), why not step it up and try to achieve that goal.
- If you currently get 30 minutes of intentional movement most days, continue what you are doing – or add something new to your day.

So what's in it for me?

- Your body will appreciate it! Regular exercise helps to control or lower blood glucose, cholesterol level and blood pressure – even if you don't lose weight.
- All participants will be invited to attend a potluck meal at the area offices (Siletz, Portland, Salem and Eugene) on June 4 to celebrate our success. Prizes (incentives) will be awarded.
- Receive recognition for your participation

What kinds of exercise "count"?

- Do you still have your pedometer from a previous exercise challenge? If so, use it! Thirty minutes of walking equals about 3,000 steps.
- Do you work out at a gym on a regular basis? That time counts!
- Do you enjoy walking during your lunch hour or breaks? Count that time.
- Do you work in your garden? Mow your grass? Hike the hills? Yes, that time counts, too.

Choose your way to move – **just move!**

Sign Up: March 1-5 at any Tribal office