

## Watershed Workshop

Portland Environmental Services' Community Watershed Stewardship Program in partnership with Metro presents (Keeping out of) Muddy Waters 2 workshop on Thursday, March 22 from 9 a.m. to 4:30 p.m. at PSU Smith Center Vanport Room.

The workshop is for homeowners, landowners, project managers, public officials, teachers and other concerned citizens who need or want to participate in ecological restoration.

**Break-out sessions include:**

- The Endangered Species Act
- Green Stormwater Solutions
- Erosion Control
- Native Plants, Invasive Plants and Revegetation
- Site Assessment and Plan Development
- Community Collaborations
- Restoration Resources
- Tips from the Field
- How Individuals Can Help the Fish and Maintenance Planning.

**Presenters include:**

- Rosemary Furfe, National Marine Fisheries Service
- Karen Streeter, Clackamas County Watershed Environment Services
- Martha Mitchell, Natural Resource Planner
- George Kral, City of Portland Env. Services Revegetation Specialist
- Dawn Hottenroth, City of Portland Env. Services Erosion Control Specialist
- John Nage, Clackamas County Erosion Control Specialist
- Eric Metz, Oregon Division of State Lands
- Willamette Basin Specialists

**General questions:**

Ry Thompson  
E-mail: ryt@bes.ci.portland.or.us  
Phone: 503-823-7753.

**To register by March 8:**

E-mail: wilsonl@metro.dst.or.us

## New Refill Option at Tribal Pharmacy

The pharmacy at the Health and Wellness Center now offers you an additional way to request refills and advice. In addition to being able to access our refill line 24 hours a day you can now request refills through our general e-mail at: [pharmacy@grandronde.org](mailto:pharmacy@grandronde.org).



Please be aware that refills can take up to 24 hours to be filled if your prescription needs to be authorized by a medical provider. The route of communication to us does not change the amount of time it will take us to fill your prescription. It is always a good idea to call ahead for your prescription needs.

Our policy will allow us to fill your maintenance medications up to one week in advance, please be sure to call or e-mail us before you run out.

**24 HOUR REFILL LINE  
503-879-2342**

[pharmacy@grandronde.org](mailto:pharmacy@grandronde.org)

## Funds Available to Help Pay for Youth Activities

A fund to help young people pay for activities is available to low-income Polk County families.

They can be used by a family facing difficult circumstances and are unable to pay for their child's participation.

The Dallas Resource Center and Main Street Center in Independence have scholarship money that can be used for programs such as ballet lessons, softball, after-school soccer, swimming passes or Scout dues, for example.

They can also be used for "pay to play" sports at school. Funds may also cover equipment or supply costs such as uniforms.

To qualify, the family must be able to show:

- That their income is within 185 percent of the poverty level;
- Or that they have had some difficult circumstances and the family has no other scholarship/resource available to them;
- Or has received a partial scholarship and needs support for the remainder of the fee.

The youth must be between infancy to 18 years of age and be a resident of Polk County.

These funds are made possible by the Polk County Commission for Children and Families.

To apply, call the Dallas Resource

Center at 503-623-8429 or Main Street Center in Independence at 503-838-0531.

### INCOME GUIDELINES

Number in Household	Total household monthly gross less than
2	\$1,705
3	\$2,140
4	\$2,575
5	\$3,009
6	\$3,444
7	\$3,879
8	\$4,314

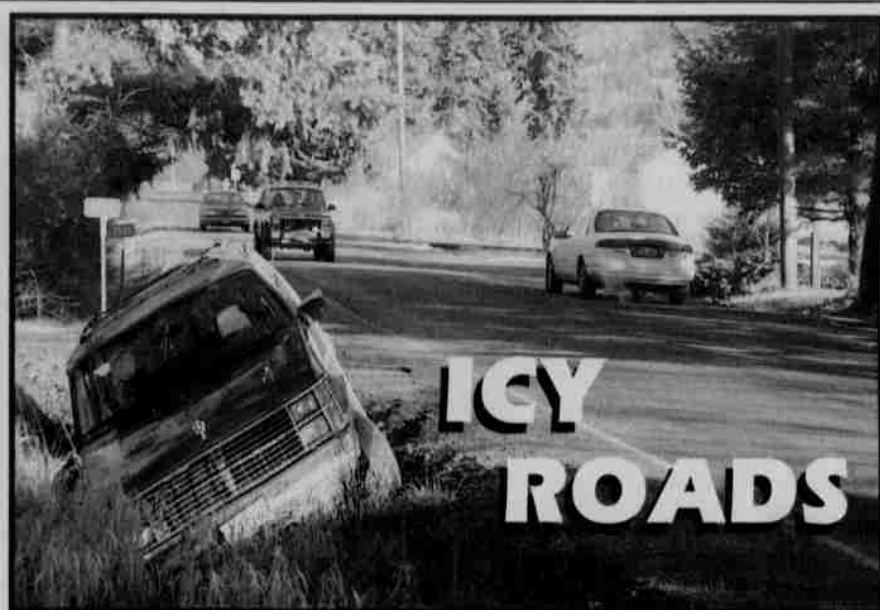


Photo by Justin Phillips

**SLIPPERY** — Icy, winter conditions hit the Grand Ronde area again in early February. Locals awoke to treacherous road conditions and one unlucky driver was caught off guard by the slick roads. Be careful in the mornings and remember that spring is just around the corner.

## 1840-1940s Fashion Show in Polk County

The Polk County Museum and Historical Society is planning an 1840-1940s fashion show on Saturday, March 31 from 2 to 4 p.m. They would like to include Western Native American clothing from the different Tribes that came to the Grand Ronde Reservation in the 1850's. If you have clothing from that era that you would like to loan for this fashion show or for more information, please call Elizabeth Moser at 503-623-4643 (home) or 503-623-6251 (museum).

## BUSINESS BASICS WORKSHOP SERIES

**Exploring Business Ownership**

**Wed., February 21** — Explore trends in business entrepreneurship and the feasibility of your own ideas.

**The Artists in Business**

**Wed., February 28** — Discuss assessing value to your art and promoting yourself and your art effectively.

**Better Business through Better Communication**

**Wed., March 7** — Discussions on the role of communication and the importance of understanding how it impacts you and your business.

**Setting Yourself Apart, Creative Marketing Plans**

**Wed., March 14** — Identify different marketing methods and discuss which ones would benefit your business the most.

**Choosing Your Business Structure**

**Wed., March 21** — Discussions on the advantages and disadvantages of types of business structures and the importance of understanding how it will impact you and your business.

This series of classes are hosted by the Portland State University's Urban Center. They are offered at Grand Ronde, Siletz and Umatilla from 5:45 to 7:45 p.m. on the evening indicated above.

To register, please call Perri McDaniel at the Grand Ronde Small Business Development Center at 503-879-2487 or 1-800-422-0232, ext. 2487; or Kristi Kelso at ONABEN at 503-968-1500.

**CLASSES ARE FREE AND OPEN TO EVERYONE**

## 2nd Class Offered in Salem

*Small Business Development and ONABEN presents:*

### Starting a Successful Business

**Interested in starting your own business? Need help?**

**Oregon Native American Business and Entrepreneur Network is here to help. Sign up for ONABEN's Starting a Successful Business class.**

- This class is open to non-Native Americans as well as Native Americans.
- Participants will be offered professional assistance with:
  - Feasibility of Business Concept
  - Developing a Business Plan
  - Financing & Bookkeeping
  - Legal Requirements
- Participants have the opportunity to talk with a variety of experts:
  - Attorneys
  - Licensed Bookkeepers
  - Marketing Specialists
  - Financial Resources

### Call now to register for the next class!

- Grand Ronde classes start on Wednesday, February 28 and are every Wednesday through May 16 at the Grand Ronde Small Business Development office.
- Salem classes will be held on Tuesday evenings, starting on March 13. Time and location to be determined soon.

**CALL NOW TO REGISTER:** Sheila Herber at 503-879-2492  
Barbara Lake at 503-879-2476  
Toll-free at 1-800-422-0232