

Lifestyle Balance Program

Program Goals:

Increase your physical activity and eat healthy! **You** decide how much or how little you want to do. **You** are the boss. **You** set your own goals.

Incentives including Nike products such as water bottles, t-shirts and more will be given at each meeting for those who reach their goals.

For Who? Everyone! Employees of the Confederated Tribes of Grand Ronde, Tribal members, community members and anyone who wants to improve their health.

What is it? A 16-week, individualized program consisting of weekly luncheons and drawings where motivating topics will be presented such as: "Move Those Muscles," "Healthy Eating" and "Talk Back to Negative Thoughts." Participants will set their own healthy lifestyle goal and monitor their own progress.

When? Meetings begin Thursday, April 7 at noon and will continue for 16 weeks. You won't want to miss any of the sessions because prizes and incentives will be given for attendance; however, if you can't make it sometime we can be sure to get you the informational materials to keep you working towards your goal.

Where? Luncheons will be held at various locations on the Tribal campus. Watch for details to come.

Why? Being active and eating healthy are important steps to a healthy and balanced lifestyle. Sometimes, all we need to get us started is an incentive. You won't want to miss the prizes, support and fun.

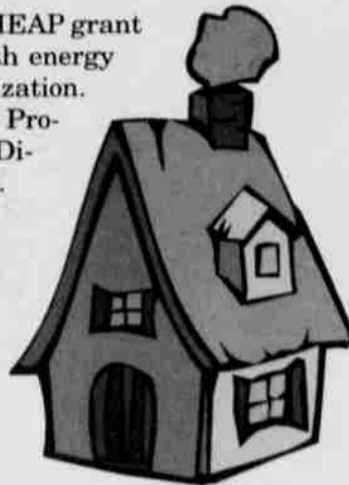
Sign up now. For more information contact Tracy Biery at 503-879-2017, tracy.biery@grandronde.org or Linda Mann at 503-879-2023, linda.mann@grandronde.org.



Grand Ronde Low Income Home Energy Assistance Program

The Grand Ronde Tribe has obtained a LIHEAP grant to assist income eligible Tribal members with energy payments, energy emergencies and weatherization.

This Low-Income Home Energy Assistance Program (LIHEAP) is an annual grant from the Division of Energy Assistance within the U.S. Department of Health and Human Services. Four Tribes in Oregon operate this program and must serve all income eligible Indians on their Reservation or trust lands. Outside of these lands, but within the Tribes service area, Tribes can only serve households with adult members of their own Tribe. For LIHEAP, the Grand Ronde Tribes service area is the Tribe's typical six-county service area (Polk, Yamhill, Marion, Multnomah, Washington and Tillamook counties) plus Clackamas County. Tribal members in these counties must contact Grand Ronde to receive assistance, instead not the community action agency in their area. The Tribal program will allow more Tribal members to be assisted than would otherwise be possible.



There has been a great need for energy assistance especially for weatherization. For income eligible households the program can provide energy assistance (utility bills, fire wood, etc.), crisis energy assistance and weatherization (e.g. furnace repair).

If you are interested in obtaining services please contact Social Services at 1-800-242-8196 for energy assistance and the Grand Ronde Tribal Housing Authority at 503-879-2405 for weatherization.



Grand Ronde Tribal Housing Authority

Calling All Kids! It's A Poster Contest

It's time for the AMERIND Risk Management Corporation, 2005 National Fire and Home Safety Poster Contest, for children currently in grades K-8.

All posters entered are to illustrate a fire safety theme, and must be originals created by the child in crayon, markers or paint on 8.5" x 11" paper.

This year's winner of the poster contest will receive a \$2,000 savings bond in his or her name.

Entry forms are available through the Grand Ronde Tribal Housing Authority office, at 28450 Tyee Road, Grand Ronde, or by calling Shawn Kennedy at 503-879-2401 or 1-800-422-0232, extension 2401.

All entries must be submitted to the Grand Ronde Tribal Housing Authority office no later than Friday, April 29, 2005.



◀ Linda Hale receives a blanket and a plaque presented by the Tribal Housing Authority Board of Directors in thanks for eight years service on the board.

▼ Val Harjo, a three-year board member received a blanket and plaque from Commissioner Michael Watkins, at left, and Housing Authority Executive Assistant Terri White. **Photos courtesy of Housing**



Grand Ronde Gaming Commission Opening

The Grand Ronde Gaming Commission of the Confederated Tribes of Grand Ronde is accepting applications for a Commission member position for a 3-year term. The Grand Ronde Gaming Commission regulates all gaming related activities associated with Spirit Mountain Casino.

The Tribal Gaming Ordinance requires this position to be filled by a non-Tribal member who must have ten (10) years of accounting/auditing background or a bachelor's degree in accounting or related field and at least five (5) years of accounting experience. The applicant must be at least twenty-one (21) years of age.

Commissioners may not hold elective or managerial Tribal positions and may not be employed in or own any interest in or gamble in a gaming operation authorized by the Tribal Gaming Ordinance. Commissioners are independent contractors and expend approximately 40 hours per month to fulfill their responsibilities. Appointment is contingent upon successful completion of a background investigation.

Applications can be obtained by calling Kathy Doane at 503-879-2362. Applications will be accepted at the Grand Ronde Gaming Commission, P.O. Box 155, Grand Ronde, Oregon 97347.

Closing date is 5 p.m. Friday, April 15, 2005.

Interested In Starting Your Own Business? Need Help?

ONABEN A Native American Business Network presents:

Starting A Successful Business

Participants will be offered professional assistance with:

- Feasibility and Business Concept
- Developing a Business Plan
- Financing and Bookkeeping
- Legal Requirements

Classes start on April 6. Call now to register for these classes!

For more information about ONABEN services and to register for classes contact: ONABEN Main Office, Kristi Burns 1-800-854-8289 or Sheila Herber 503-843-4218.

HOME FOR SALE

Lot #9 Grand Meadows



Asking Price:
\$76,100

■ **DESCRIPTION:** This 1997 Marlette home has 3 bedrooms and 2 bathrooms. It is 1,500 square feet. Utility room with washer and dryer hook-ups. Fenced yard. Storage Shed. In wall air conditioning.

■ Submit written offers to the Grand Ronde Tribal Housing Authority. Questions or showings, call Larry Leith at 503-879-2467.