



Smoke Signals

A Publication of the Grand Ronde Tribe

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UMPQUA ■ MOLALLA ■ ROGUE RIVER ■ KALAPUYA ■ CHASTA

European TV eyes Tribe

Travel Channel crew to film at August Competition Powwow in Grand Ronde

By Dean Rhodes
Smoke Signals editor

After receiving national TV exposure in March on the TLC cable show "Little People, Big World," the Confederated Tribes of Grand Ronde will add to its small screen résumé with an upcoming appearance on the European Travel Channel.

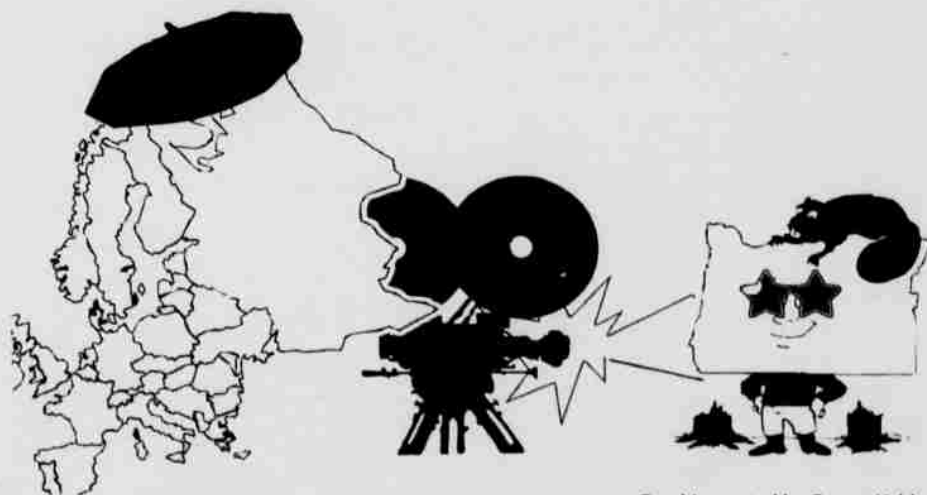
Almost 48 million Europeans will discover Oregon, and the Tribe, when the channel airs a 15-part series called "Oregon Uncovered" beginning in January 2009.

The show will feature the attractions, people and experiences of Oregon. A European Travel Channel film crew began shooting the series in Portland in October 2007 and will wrap in southern Oregon in September.

The film crew will be in Grand Ronde in August during the Tribe's annual Competition Powwow.

"The emphasis will be on the Tribe's culture, outdoor and natural re-

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Graphic created by George Valdez

Back on track

Tribal member Cedar Westley puts a martial arts hold on himself

By Ron Karten
Smoke Signals Staff Writer

Nobody wants to fall off track, but if you do, there's a road back.

Just ask Tribal member Cedar Westley, 20, who lives in Portland and studies martial arts — tai chi and kung fu — at Gregory Fong's Chinese Martial Arts studio in Portland's Chinatown.

Westley's training teaches against showing off or bragging. The group doesn't have contests because, in Westley's words, "It's obvious who's better."

"We don't do belts. There's no real class. One of my biggest problems was how to evaluate myself doing martial arts. There are no tournaments, either. You

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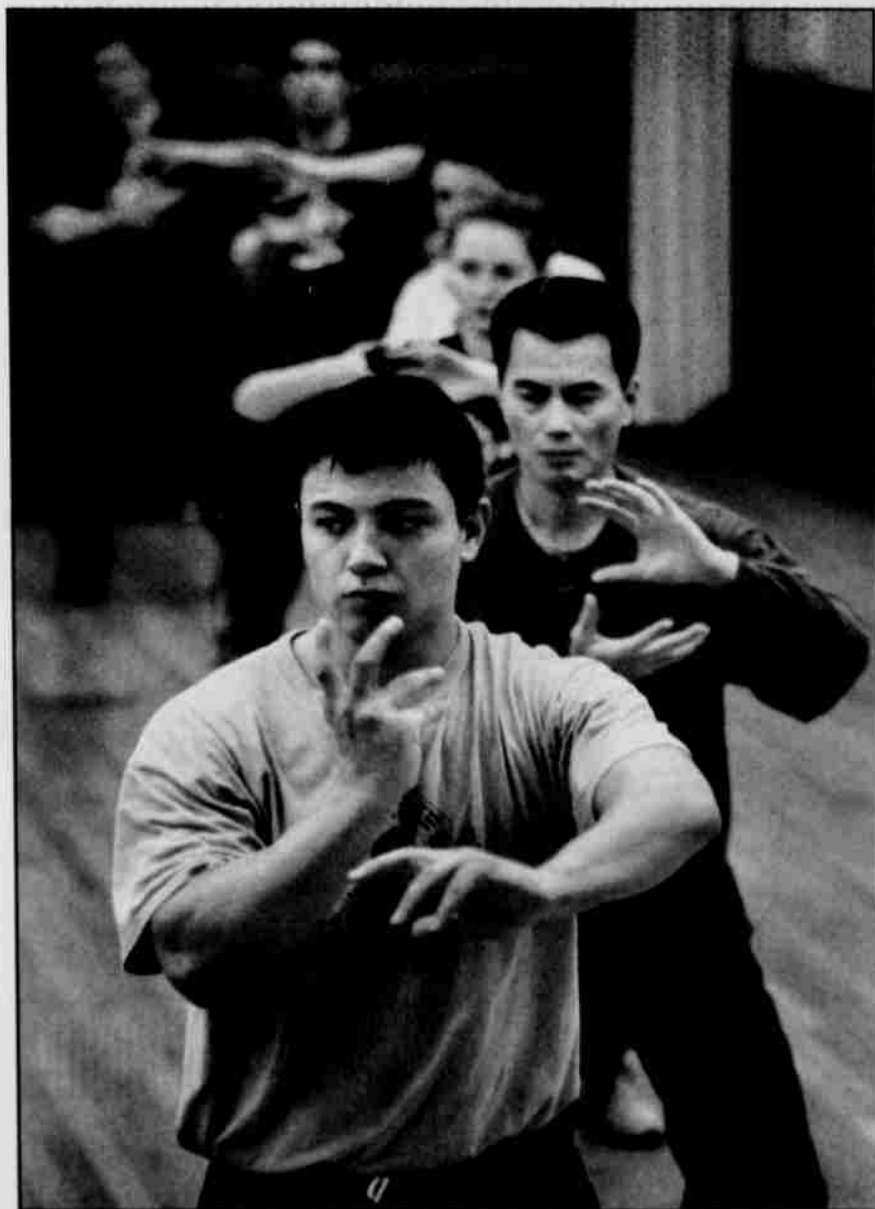


Photo by Michelle Alaimo

Tribal member Cedar Westley, 20, participates in a chen tai chi class at Gregory Fong's Chinese Martial Arts studio in Portland on Monday, April 7. Westley, who also practices kung fu, started taking martial arts when he was 9 years old.

Tribe spent \$20.7 million on Health Plan in 2007

Member Services Manager Debby Larsen details cost-saving plans going into effect July 1

By Dean Rhodes
Smoke Signals editor

The Confederated Tribes of Grand Ronde spent \$20.7 million on the Tribal Member Health Plan in 2007, or an average of \$4,454 per enrolled member, Tribal Member Services Manager Debby Larsen said April 6 during the General Council meeting held at the Valley River Inn in Eugene.

The annual cost includes medical, vision and dental benefits, as well as network access and administration fees and drug benefits.

By far, the largest costs incurred were on the medical side, where the Tribe spent \$19.5 million, or an average of almost \$4,200 per Health Plan member.

Larsen said there are 4,649 members enrolled in the Tribal Health Plan, with 90.6 percent — 4,212 — on the member plan. The balance is comprised of husbands or wives on the spousal plan or Tribal members also covered by the Medicare Supplement Plan.

Broken down by age, the largest percentage of membership is in the 24 years of age and younger group, accounting for 42.5 percent of Health Plan membership. Members in that age group received 23.7 percent of the claims paid in 2007.

Those 45 and older account for

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