

Ranger District seeks input on project

The Sweet Home Ranger District is seeking input on the Cougar Rock Restoration Project that the district hopes will enhance huckleberry production in what once was a traditional gathering area near Cougar Rock. The Forest Service plans to girdle as many as 100 trees within the area and retain about 200 trees per acre. Opening the canopy will increase the amount of light for huckleberry production.

The stands are at about 4,500 feet and the average tree is 9 inches at chest height.

To comment or for more information, contact Sweet Home Ranger District Operations Staff Officer Ken Loree at 541-367-3490.

Comments are due by Feb. 28. ■

Eugene Tribal Wellness Program meets

The Eugene Tribal Wellness Program meets at 10 a.m. Monday, Wednesday and Thursday in the satellite office at 711 Country Club Road, Suite 1A.

All fitness levels are welcome. The program covers strength, cardio and stretching, and discusses strategies for healthy living at home.

The program is free to Tribal members and their spouses.

For more information, call the Eugene satellite office at 541-484-7085. ■

Elder's bingo changes days

Bingo at the Elders' Activity Center has been moved to the second and fourth Fridays of the month instead of the first and third Fridays. Potluck starts at 6 p.m. and bingo starts at 6:30 p.m. ■

K-12 Parent Committee meets

The monthly K-12 Parent Committee meetings are held the last Wednesday of the month from September through June. Meetings are held in the Youth Education Building from noon to 1 p.m. Lunch is provided.

RSVP if you are planning to attend to toni.mercier@grandronde.org or call 503-879-2101. ■

Biden their time



Photo courtesy of Sgt. David House

Tribal member and Staff Sgt. Joshua Simmons, second from right, is joined by other 101st Airborne Division Screaming Eagle Brass Quintet members as they meet Vice President Joe Biden, third from right, after a performance at a dining facility at Bagram Airfield in Afghanistan while Biden was visiting the troops on Jan. 12. Other people the quintet has performed for while they've been in Afghanistan include President Barack Obama in December during a surprise visit, U.S. Ambassador to Afghanistan Karl Eikenberry during a holiday concert at the U.S. Embassy in Kabul, Afghanistan, as well as several performances for Gen. David Petraeus. The band also has performed hundreds of morale concerts for U.S. and Coalition troops at numerous locations around Afghanistan. Other members of the quintet are, from left, Spc. James Walker, Sgt. Jeremiah Sharier, Sgt. 1st Class Guy Machel and Spc. James Liverman on the right.

FREE PARENTING CLASSES

"Make Parenting a Pleasure"

Parents with children between the ages of 0-8 years are invited to participate in

"Make Parenting a Pleasure" parenting classes.

Please join us! Certificate will be awarded upon completion of all six classes.

You will learn skills:

- STRESS STRATEGIES - as parenting is the most important and challenging job there is.
- TIPS FOR COMMUNICATING WITH BABIES AND YOUNG CHILDREN - Parents are their children's first and most important teachers.
- FACTS ABOUT CHILD DEVELOPMENT - Parents and children are all learners.
- DISCIPLINE - There are many positive ways to parent.
- WAYS TO ENCOURAGE POSITIVE BEHAVIOR - Every parent and child is unique.

And Much More!

CLASSES:

Six Consecutive Classes on Wednesdays / April 6, 2011 through May 11, 2011

5:30 - 8 PM at the

Adult Education Building on Grand Ronde Tribal Campus

FREE Dinner Provided

FREE Childcare Provided

INCENTIVES FOR ATTENDANCE

For more information or to register, call Carmen Mercier (503) 879-1646.

Or e-mail at carmen.mercier@grandronde.org.