

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. ■

6th Annual Native Caring... A Conference to Learn, Connect & Share



March 30 - 31, 2011

Spirit Mountain Casino and Resort
Grand Ronde, Oregon

Come and join other caregivers of Native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You have the opportunity to attend valuable workshops that will enhance your caregiving skills and provide you with a break from your daily responsibilities.

Hosted by:

The Confederated Tribes of Grand Ronde

and Other Oregon partnering Tribes, Coquille Indian Tribe, Confederated Tribes of Siletz Indian, Confederated Tribes of Warm Springs, Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of the Umatilla Indian Reservation, The Klamath Tribes, Burns Paiute Tribe, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians., the State Unit on Aging and Oregon Area Agencies on Aging.

Coordinated by The Native Wellness Institute

For more information, contact: Bonnie Mercier at Grand Ronde (503) 879-2016 or Judy Bowen, Oregon State Unit on Aging (503) 373-1842

Topics Include:

- Power of Positive Thinking
- Heart Healthy
- Nutrition and Fitness
- Stress Management
- Native Wellness
- Financial Fraud & Scams
- Feeling better is more than physical
- Dementia - Challenges
- Living Well - Chronic Disease Self-Management
- Social Security - What is it for You?
- Health issues and concerns of children raised by grandparents.

Tribal member lands DEQ post

By Ron Karten

Smoke Signals staff writer

Tribal member Kathleen Feehan George has been named to a position with the Oregon Department of Environmental Quality.

She is now a liaison to the Eastern Region's new Economic Revitalization Team and also a member of the DEQ's Eastern Region Legislative Team. She takes on this part-time role in addition to running her newly established business, Pendleton-based Cedar Consulting.

Cedar Consulting provides public policy, facilitation and mediation services.

The Economic Revitalization Team works to strengthen Oregon's economic competitiveness by helping communities fill locally and regionally identified economic development needs and opportunities, said George. The team also focuses on increasing coordination among agencies with overlapping regulatory authority on common local government projects.

The DEQ Economic Revitalization Team liaisons help support local communities with business development and job creation while ensuring that Oregon's environmental resources are protected. They can help businesses or local communities navigate regulatory compliance issues so that their project planning can go more smoothly.

"I'm looking forward to working with local communities and business to support job creation," said George. ■

'Ghosts of Celilo' being staged March 4-12

"The Ghosts of Celilo," a musical featuring 15 Native singers, dancers and actors, will be staged at The Newmark Theatre in the Portland Center for the Performing Arts between Friday, March 4, and Saturday, March 12.

Grand Ronde Tribal Royalty and Canoe Family members will participate in the opening night festivities. Based on the childhood Indian school experiences of the late Warm Springs Elder Nathan Jim Sr., this musical has won eight Portland Area Musical Theatre Awards, including best musical.

It tells the story of three children and their quest to escape a boarding school and catch a ceremonial first salmon before their home is destroyed by the rising waters behind The Dalles Dam.

It was collaboratively created by Marvin Ross, Thomas Morning Owl, Chenoa Egawa, Arlie Neskahi and Tom Hampson.

For more information, check out www.ghostsofcelilo.com on the Internet. Tickets range from \$25 to \$55 and are available by calling Ticketmaster at 800-745-3000 or in person at the Portland Center for the Performing Arts box office, 1111 S.W. Broadway.

The production is sponsored by Spirit Mountain Community Fund, the philanthropic arm of the Confederated Tribes of Grand Ronde, which awarded Jane — A Theater Company a \$25,000 grant in 2010. In addition, Spirit Mountain Casino aided the production by purchasing advertising for the performances. ■

TRADING AT THE RIVER



Artist Credit: Amanda Wright (Klamath-Modoc-Yaheoskin)
Trading at the River, Acrylic on Canvas, 17x12" (November 2010)

A Gathering of Native American Businesses & Tribal Enterprises

DATE: April 20-21, 2011
LOCATION: Spirit Mountain Casino
Grand Ronde, OR

"Circling Back and Going Forward
Celebrating 20 years of
Indianpreneurship®"

2011 marks the 9th year of Trading at the River. This is one very special. We will gather on the banks of the Yamhill River at Grand Ronde, Oregon where ONABEN was born two decades ago.

We have much to celebrate about our past and much to talk about for our future. Like the historic gatherings that occurred here and in many places among the traders of this region, Trading at the River is a place where connections are made, business-to-business, tribe-to-tribe, and from past to present.

The 9th annual Trading at the River conference will include:

- An intensive **Business Development Conference** with community discussions, workshops, symposiums, and celebrations.
- A **Trading at the River marketplace** of ideas, products, and services - the famous traditional gathering of Indianpreneurs.
- A **gathering of emerging and established Native CDFI's** convened by the newly established Pacific Northwest Native Capital Development Peer Group which will explore ways of generating new forms of capital to support Native entrepreneurship and tribal-individual joint ventures.
- The kick off for **Innovations in Indianpreneurship® 2012** - a biennial business plan competition and business showcase.
- A **Founders recognition luncheon** that will highlight the last 20 years of tribal economic development.
- A **Business Alliance reception** gathering the region's Native businesses and chambers of commerce.

Featured Speakers:
TRACY STANHOFF
President & Creative Director, AD PRO
Former Tribal Chair, Prairie Band Potawatomi Nation
President, American Indian Chamber of Commerce of CA

CLARA PRATTE (invited)
National Director, Office of Native American Affairs
US Small Business Administration



www.onaben.org
Celebrating 20 years of Indianpreneurship®

Are you a Native American, and interested in a career as a Union Roofer in Portland, OR?



Are you?

- 18 years of age or older
- High School Diploma or GED
- Social Security Card
- Driver's license
- Some form of personal transportation
- Good physical and mental conditioning (Roof temperatures can reach +110 degrees during the summertime)
- **People who like to hike, hike, and be outdoors make the best candidates**
- Adequately read, write, and comprehend English.
- Basic Math skills (adding, subtracting, multiplying, & dividing fractions/decimals)
- **All applicants will be accepted but only 10 will be selected through an interview process.**

We will be having an open house soon!
Great benefits and wages!

CONTACT:
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CTGR
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