

Natural Resources sets Hunters Education Field Day

The Natural Resources Department's Parks and Recreation program is coordinating a Hunters Education Field Day on Saturday, April 22, at the Natural Resources office, 47010 S.W. Hebo Road.

Registration for the class must be accomplished online at the Oregon Department of Fish and Wildlife website. There is a \$10 per student fee.

The class is open to both Tribal and nonTribal members ages 9 to 17 by the beginning of the 2023 hunting season. The class is only the field day and students must have attended either a conventional course or an online course before the field day. There are limited spots for the field day, so if interested, sign up as soon possible.

In Oregon all youth hunters age 17 years and younger must pass a certified hunter education class before hunting unless they are participating in the Mentor Youth Hunter Program (youth age 9 to 14 eligible).

The minimum age to hunt big game is 12 (at the time of the hunt) and hunters age 13 and younger must be accompanied by an adult 21 years of age or older when hunting (unless on land owned by parent or legal guardian).

Hunter Education can be completed with a conventional classroom course or online course with a hands-on field day.

Class size is limited in all of these courses. Students must attend all sessions of the course they sign up for.

All students must register online at <https://myodfw.com/articles/how-register-hunter-and-bowhunter-education-field-days-and-outdoor-skills-events>.

For a full list of youth hunter regulations, please follow this link: <https://myodfw.com/articles/hunting-opportunities-youth>.

For more information, contact Parks and Recreation Coordinator Jerry Bailey at 503-879-2337. ■

Community Fund seeking Hatfield Fellow applicants

Applications for the 2023-24 Hatfield Fellowship program funded by Spirit Mountain Community Fund are being accepted through May 31.

Spirit Mountain Community Fund annually sponsors a Native American to serve as the Hatfield Fellow and intern in an Oregon congressional office. Placement of the fellow rotates through the Oregon delegation to enhance mutual understanding between leadership in Washington, D.C., and Indian Country.

Fellows are provided an opportunity to gain knowledge and understanding of how to navigate the political process in Washington, D.C., while working on issues that affect Native Americans.

Fellows begin their Capitol Hill experience in November with a month-long orientation at the American Political Science Association, which is followed by an eight-month term working in a congressional office. The fellowship includes a monthly stipend and relocation and travel expenses.

The fellowship is for Tribal members from the nine federally recognized Tribes in Oregon, as well as members of Pacific Northwest Tribes. However, preference will be given to members of Oregon Tribes. Applicants must have a bachelor's degree or be graduating in June 2023, and be 21 or older.

For more information, visit thecommunityfund.com/grants-programs/hatfield-fellowship or go to youtu.be/7TOnNoFgUYs to watch an informational video about the Hatfield Fellowship.

The fellowship was created in 1998 to honor the late Sen. Mark Hatfield's public service to Oregon and the Pacific Northwest. ■



Veterans and Family Members of Veterans

You are invited to Foundational Yoga

Class #1: Wednesday, April 26, 2023 at 5:15 p.m.

Class #2: Thursday, May 11, 2023 at 12:15 p.m.

At the Community Programs Building "Building Q"

Why yoga?

Yoga is a low-impact exercise and has been shown to lower stress hormones in our bodies and increases the production of endorphins . Yoga can be used as a tool to help you be more reflective and calm which helps you positively manage stress.

We will explore breathing techniques, mindfulness exercises and provide an introduction to basic yoga poses.

Each attendee will receive a yoga mat, a fitness kit, and will be entered into the gift card drawing.

If you would like a zoom link, email: CTGR TribalVSO@GrandRonde.Org

(Due to the size of the yoga mat, they cannot be mailed and must be picked up at the Veterans Service Office).



Introducing our yoga instructor

My name is Diana Robertson. I started practicing yoga in 2018 and it has been one of my strongest tools to healing. I've been teaching yoga since January 2021. My focus is foundational yoga. The core of my teaching is to offer the fundamentals of yoga to allow your body, mind and spirit to heal and align naturally. Anyone can learn this practice. It's simple and the healing benefits are so rewarding. I am excited to be able to bring this to our community and look forward to connecting with others who want to learn about yoga.

