

Massage at Health & Wellness

Hi, my name is Shawna Ray. I have been a licensed massage therapist in the Yamhill and Polk county area for eight years. I will be at the Health & Wellness Center on Mondays providing massage therapy as an on-site contractor and I am contracted with Shasta.

Contact 971-241-4323 by text or voice message to schedule appointments. Co-pay still may apply. I'm looking forward to working with those in the community to deliver a holistic approach to pain management, relaxation and overall wellness. ■

Clothes Closet open

The Clothes Closet is open from 9 a.m. to noon Friday on the Tribal campus near the Elder Activity Center at the end of Blacktail Drive.

The Clothes Closet accepts clothing, small appliances and pieces of furniture, electronics and household goods that are clean and in good condition. It does not accept books, large TVs or furniture, but there is a community board where people can post those items.

For more information or emergency clothes, contact Lori Walker-Hernandez at 559-847-7565. ■



CTGR Wellness Warrior Logo Design Challenge

DESIGN WHATEVER YOU THINK REPRESENTS WHAT A "WELLNESS WARRIOR" IS.

WINNING DESIGN WILL BE PRINTED ON HOODIES THAT WILL BE GIVEN OUT AS PRIZES THROUGH THE YEAR. ARTIST WILL RECEIVE \$100 AND A HOODIE WITH THEIR DESIGN ON IT.

WINNERS ANNOUNCED @ MENTAL HEALTH WALK IN MAY

CONTEST DEADLINE MARCH 30TH

more info call 503.879.4533
Email submissions to: Angey.Rideout@grandronde.org



YOUTH GRAND RONDE GONA 2024

MARCH 28TH & 29TH AT 08:30AM

REGISTRATION
Scan the QR code to register for the event

CONTACT US
503-879-2034
yep@grandronde.org
9615 Grand Ronde Rd., Grand Ronde, OR 97347

GRAND RONDE Youth Empowerment & Prevention

NATIVE WELLNESS Institute

Attention All Artisans

Now accepting bids for our Junior Miss crown.

Submit full design that includes:

- The Confederated Tribes of Grand Ronde logo including feathers.
- Court Year 2024–25.
- Title: Junior Miss Grand Ronde.
- Crowns must be completed and delivered by July 19, 2024.

Must submit photos of progress when requested.

Bid deadline is Friday, March 29, 2024. (deadline is firm and no bids will be accepted after 5 p.m.)

Mail bids and designs to:
CTGR Royalty c/o Shannon Simi
9615 Grand Ronde Road
Grand Ronde, OR 97347

Questions: Call Shannon at 503-879-1358 or email shannon.simi@grandronde.org

*Bids and designs can be sent to the above email address.



NOW HIRING WILDLAND FIREFIGHTERS



Competitive Wages + National Dispatch + Overtime + Hazard Pay + Training

Application period:
February 9 – April 12

CTGR Natural Resources
Forestry Technicians:
Entry Level / Intermediate / Engine Boss / Crew Boss / EMT

Visit www.grandronde.org/employment/ or scan the QR code to apply.

Contact Andrew Puerini at 503-879-1696 or Jim Pinder at 503-879-2332