

COMMUNITY NOTEBOOK

Potluck to feature cultural institute

The Monmouth Senior Center's monthly potluck on Friday will include international students from Monmouth English Language and Culture Institute.

The students will have a display about their culture. Some of them may bring cuisine from their country to share.

Bring a main dish, salad or dessert for the noon lunch.

High Street Band at EHWC Legacy

Eola Hill Wine Cellars Legacy Vineyard, 1600 Oak Grove Road, West Salem, is bringing in swing, Motown group The High Street Band for its first outdoor concert on Saturday.

Admission is \$15 per person and includes commemorative wine glass. Concert attendees are welcome to bring blankets and lawn chairs. Food and wine will be available on site.

Gates open at 3 p.m. and the show starts at 5.

For more information or to order tickets, go to www.eolahillswinery.com.

Chefs' Night Out tickets available

Tickets are on sale now for the 17th annual Chefs' Night Out, a fundraiser for Marion-Polk Food Share.

Chefs' Night Out will be held on Oct. 4 from 4 to 7 p.m. at the Salem Convention Center.

The event, sponsored by Bonaventure Senior Living, is an opportunity to sample the finest culinary creations from over 45 local food and beverage purveyors, and enjoy live music by the Orvil Ivie duo and the Mark Seymour-Baker Band.

Discounted tickets are available between now and Aug. 31 for \$65 per person. Beginning Sept. 1, they will be \$75. A special discount rate of \$50 per person is available for purchases of six or more tickets.

Tickets are available at www.chefsniteout.org.

AMVETS to host veterans lunch

Area veterans are invited to stop by for a free hot dog and fixings on Saturday from 10 a.m. to 3 p.m. at the parking lot at Roth's in Independence. The Veterans Appreciation Day event is hosted by the AMVETS Post No. 1776.

For information: 503-837-0630.

Exchange seeks host families

ASSE International Student Exchange Programs (ASSE), in cooperation with local high schools, is looking for host families for boys and girls between the ages of 15 to 18 from a variety of countries, including Norway, Denmark, Spain, Italy and Japan.

The exchange students have money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests.

To apply or for more information: 1-800-733-2773 or go to www.host.asse.com.



JOLENE GUZMAN/Itemizer-Observer file

The Grand Ronde Tribe's Contest Powwow attracted 260 Native American dancers to compete for more than \$35,000 in prize money in 2014.

Contest Powwow on tap

Itemizer-Observer staff report

GRAND RONDE — One of the largest powwows in the Pacific Northwest will kick off in Grand Ronde on Friday.

The Grand Ronde Tribe is hosting its annual Contest Powwow at the Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road), Friday through Sunday.

In 2014, the event attracted 260 Native American dancers to compete for prize money — more than \$35,000 total — in 20 categories. New this year, drummers also will be competing for prize money, \$20,000 in all.

The Contest Powwow is open to the public, with plenty of space to view the grand entries and dances.

Host drums will be Bad Soul. Registration begins at 5 p.m. on Friday, followed by the first grand entry at 7 p.m. The tribal royalty coronation also

If You Go ...

What: Contest Powwow.

When: Friday, Saturday and Sunday.

Where: Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road).

Admission: Open to public. Parking \$1 or can of food.

For more information: 503-879-1920 or www.grandronde.org.

will be held Friday night.

On Saturday, activities begin with a parade between the powwow grounds and Fort Yamhill State Park at 10 a.m., followed by Grand Entry at 1 p.m. Dancer registration deadline is at 2 p.m., with another grand entry set for 7 p.m.

A final grand entry will be held Sunday at 1 p.m.

Master of ceremonies will be Fred Hill. Head judge will be Charles Tailfeathers, and Fred Ike Jr. will be the arena director. Sidrick Baker Jr. will be the head drum judge.

Parking is available at the Uyxat Powwow Grounds for \$1 or a donation of a can of food. There also will be a shuttle running from Spirit Mountain Casino to the powwow grounds. Camping is available at the powwow grounds for \$5.

In addition, there will be numerous food and Native American craft vendors in attendance.

No pets are allowed inside the powwow arena. Also, the powwow is a drug- and alcohol-free event. That includes marijuana, which is illegal on tribally owned grounds.

For more information: 503-879-1920; www.grandronde.org.

Celebrate bees at Left Coast Cellars

Left Coast Cellars, 4225 N. Pacific Highway (99W), Rickreall, will host a celebration from noon to 3 p.m. Saturday in honor of World Honey Bee Day.

The event includes honey extraction demonstrations, beekeeping education and the debut of the winery's 2014 Queen Bee Bubbly sparkling wine.

The event is free. Tastings and food are available for purchase.

For more information: hospitality@leftcoastcellars.com.

All welcome at annual block party

Dallas First Christian Church will host its annual block party from 3 to 6 p.m. on Sunday at the church, 1079 SE Jefferson St., Dallas.

Activities will include a dunk tank, face painting and a kids' bounce house. Free hot dogs, popcorn and cotton candy will be served. Participants may play bingo and win school supplies. A free bicycle tune-up station has been added this year.

For more information: 503-623-2569.

Featured artist will display photos

The Dallas Public Library featured artist for the month of August is photographer

Sara Shuford. A selection of her photos and mixed media pieces will be on display at the library, highlighting her unique use of abstraction and the realism of her photographic images.

Shuford specializes in candid portraits and abstract mixed media work, but classic cars are among her favorite subjects, as well. Even though her photography background has largely focused on children's portraits and sports photography, her photos exhibit her sense of wonder and imagination.

VBS at Dallas First Christian Church

Dallas First Christian Church will present Vacation Bible School from Aug. 17 to 21.

This VBS will run in the evenings, from 6:30 to 8:30, and includes children and adults.

Materials will be Sonrise Nation Park Theme. This park will be set up in the church basement where participants will experience God's presence through Bible stories and fun.

For more information: 503-623-2569.

Saturday morning yoga at the winery

An outdoor morning yoga class will be held from 10:30 to 11:30 on Saturday at Left Coast Cellars, 4225 N. Pacific Highway (99W).

Cost for the class is \$10,

free for wine club members. The fee includes a complimentary wine tasting after the class, or stay for brunch and a glass of wine.

Bring a yoga mat.

Lions cruise-in slated for Saturday

The Central Lions Club will host its fourth annual cruise-in from 9 a.m. to 3 p.m. on Saturday in Riverview Park.

All are welcome to see the classic cars and listen to classic tunes by the riverfront.

Monmouth library to celebrate 20

The Monmouth Public Library will celebrate 20 years in its current building with a party from 2 to 4 p.m. on Saturday at the library, 168 Ecols St. S., Monmouth.

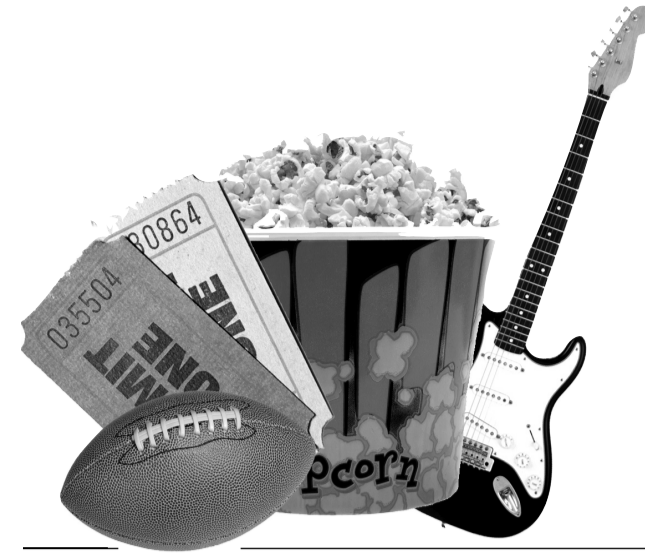
The event will feature cake, punch, door prizes and displays. Come join in the fun and walk down memory lane.

For more information: 503-838-1932.

Free art activities presented by IDA

The Independence Downtown Association will present Art in the Park from 11 a.m. to 1 p.m. on Tuesday in Riverview Park, 50 C St., Independence.

The event will include Zumba Kids, Musik Garten and The Grove.



COMMUNITY CALENDAR

Community Calendar is a listing of upcoming events taking place in Polk County that are open to the public. To submit an event for calendar consideration, please send it at least two weeks before the actual event date to the Itemizer-Observer via fax (503-623-2395) or email (ioneus@polkia.com).

WEDNESDAY, AUG. 12

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Monmouth-Independence Chamber of Commerce Lunch Forum** — Noon, Polk County Fire District No. 1 Station 90, Independence. Bring a sack lunch. 503-838-4268.

• **Free Blood Pressure Check Clinic** — 2 to 3 p.m., West Valley Hospital (surgery admitting area), 525 SE Washington St., Dallas. 503-623-7323.

• **Monmouth Senior Center Music Jam** — 6:30 p.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Open to the public; musicians of all types welcome. 503-838-5678.

• **Music in the Park** — 6:30 p.m., Main Street Park, Monmouth. Student Loan String Band (newgrass). Free. www.ci.monmouth.or.us.

THURSDAY, AUG. 13

• **James2 Community Kitchen Meal** — 4:30 to 6 p.m., Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. Free; everyone welcome. 503-623-8429.

• **Monmouth-Independence Rotary Club** — Noon, First Baptist Church, 1505 Monmouth St., Independence. Visiting Rotarians, guests and prospective Rotarians are welcome to these luncheon meetings. Free. 503-838-4884.

• **Polk County Bounty Market** — 10 a.m. to 3 p.m., Academy Building lawn, on the corner of Main and Academy streets, Dallas. 503-623-2564.

• **Movies in the Park** — 8:30 p.m., Riverview Park and Amphitheater, 50 C St., Independence. "Pacific Rim," rated PG-13. Free. www.independencemphitheater.com.

• **Dementia Support Group** — 9:30 a.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. A group for people coping with a loved one with Alzheimer's or dementia. 503-838-5678.

• **Sounds of Summer** — 6:30 p.m., Rotary Performing Arts Stage, corner of Main and Academy streets, Dallas. Parish Gap, soft rock. Free. Business.dallasoregon.org.

• **Young Professionals Networking** — 5:30 to 7 p.m., Limeberry Frozen Yogurt, 109 E. Ellendale Ave., hosted by Michael Toepfer, Berkshire Hathaway HomeServices Real Estate Professionals. After-hours social event for Polk County young professionals, aged 21-45. 503-623-2564.

• **Luckiamute Watershed Council** — 7 p.m., Volunteer Hall, 144 Warren St. S., Monmouth. The group will discuss fundraising and other business. Free. www.luckiamutelwc.org.

FRIDAY, AUG. 14

• **Altered Attitudes Alcoholics Anonymous** — Noon, Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. 503-399-0599.

• **Monmouth Senior Center's monthly potluck** — noon, Monmouth Senior Center, 180 Warren St. S., Monmouth. Free. Bring main dish, salad or dessert. 503-838-5678.

• **Guthrie Park Acoustic Music Jam Session** — 7 to 10 p.m., Guthrie Park Community Center, 4320 Kings Valley Highway, Dallas. Free (donations accepted). 503-623-0809.

• **Arc of Polk County Dance and Karaoke Night** — 6:30 to 8:30 p.m., Academy Building, 182 SW Academy St., Dallas. For adults with intellectual and developmental disabilities. Admission: \$3 (staffers and providers admitted free). Snacks available for purchase. 503-949-5552.

• **River's Edge Summer Music Series** — 7:30 p.m., Riverview Park and Amphitheater, 50 C St., Independence. Twangshifter, rockabilly. \$5 suggested donation. www.independencemphitheater.com.

• **Grand Ronde Contest Powwow** — 7 p.m. first grand entry, Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road), Grand Ronde. 503-879-1920.

• **Redgate Vineyard summer concert series** — 6 to 9 p.m., Redgate Vineyard, 8175 Buena Vista Road, Independence. Diamondback. 503-428-7115.

SATURDAY, AUG. 15

• **The Original Independence Farmers Market** — 9 a.m. to 2 p.m., Umpqua Bank parking lot, 302 S. Main St., Independence. 503-881-9950.

• **Independence Riverview Market** — 9 a.m. to 2 p.m., Riverview Park and Amphitheater, 50 C St., Independence. 503-910-8193.

• **Grand Ronde Contest Powwow** — 10 a.m. parade, 1 p.m. first grand entry, Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road), Grand Ronde. 503-879-1920.

• **Independence Fly-in and Van's Homecoming** — 7 to 10:30 a.m. pancake breakfast, noon hamburger lunch. Independence State Airport, 4905 Airport Road, Independence. The fly-in, breakfast and lunch are open to the public. Aviation related seminars, vendors and a silent auction. Breakfast, \$5; Lunch, \$6; no cost to browse vendors, view planes or attend seminars. www.eaa292.org/flyin.

• **Lions Club Cruise In** — 9 a.m. to 3 p.m., Riverview Park, 50 C St., Independence. See classic cars, listen to classic music. Free.

• **Monmouth Public Library** — 2 to 4 p.m., 168 Ecols St. S., Monmouth. 20-year anniversary celebration. Cake, punch, door prizes and displays. Free.

SUNDAY, AUG. 16

• **Dallas Wingdingers RC Flying Club Indoor Fly** — 1 to 3 p.m., Whitworth Elementary School gym, 1151 SE Miller Ave., Dallas. 503-623-7288.

• **Rogue Farms Summer Concert Series** — 3 p.m., Rogue Farms Hopyard, 3590 Wigrich Road, Independence. Take in the views, sip on an ale, cider or soda. Free. All ages welcome. 503-838-9813.

• **Grand Ronde Contest Powwow** — 1 p.m. first grand entry, Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road), Grand Ronde. 503-879-1920.

• **Independence Fly-in and Van's Homecoming** — 7 to 10:30 a.m. French toast breakfast, noon hamburger lunch. Independence State Airport, 4905 Airport Road, Independence. Breakfast, \$5; hamburger lunch, \$6.

• **Dallas First Christian block party** — 3 to 6 p.m., Dallas First Christian Church, 1079 SE Jefferson St., Dallas. Activities for all ages. Food and school supplies. Free. 503-623-2569.

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SHAMANIC HEALING



Shamanism was the first spiritual practice which predates all religions. The word "shaman" comes from the Tungus peoples, a central Siberian tribe and means "one who sees in the dark." Shamanic healers engage with the spirits to determine illnesses from a spiritual perspective.

- Soul Retrieval - lost soul parts due to trauma
- Extraction - clearing localized illness
- Divination or message from the spirits
- Power animal retrieval - given a spirit animal for guidance and protection
- Healing with spiritual light
- Soul remembering - a symbol to remind you of your true self
- Unravel curses from the past
- Remove spirit intrusion or possession
- Cutting emotional ties that bind
- Psychopomp - guiding souls of the dead to cross over
- Clearing of home, property or business
- Healing ancestral lines

Marian Simon, MA
SHAMANIC PRACTITIONER & COUNSELOR
 Specializing in Spiritual Healing & Development
503-831-0158
simonart@teleport.com • <http://mariansimon.com>

REUNIONS

• **Dallas High School Class of 1960** — Dallas High School Class of 1960 will host its 55th reunion on Sept. 11 through 13. Reservations are due by Aug. 15. Sept. 11 will be a potluck from 5 to 7 p.m. at Dallas City Park, old section. On Sept. 12, the group will meet at 5 p.m. for social hour at Pressed Coffee & Wine Bar, followed by a buffet dinner at 5:30. A brunch will be on Sept. 13 at Murphy's. RSVP: Bonnie Sullivan, 503-364-8740, or 503-910-1160, or via email sullysb@netzero.net.

• **Independence High Class of 1950** — Independence High School's Class of 1950 will celebrate its 65th class reunion on

Aug. 21 with a luncheon at Rock-n-Rogers Farrol's Restaurant in Rickreall. Farrol Webb had been a classmate. There are 34 survivors out of 51 in the class, the largest ever to be graduated from IHS. Cost of the luncheon is \$14.99. It begins at noon, but classic cars will be on display beginning at 11 a.m. For more information or to register: 503-838-1353 or via email at jcoppliger@aol.com. The annual All School Reunion will be at 11 a.m. on Aug. 22 at Henry Hill Educational Support Center, 750 S. Fifth St. Anyone who ever attended Independence High School is welcome to attend. The lunch will cost \$15.