

**NOTICE — Monthly Tribal Council Wednesday Meetings**  
 DATE TIME  
 Wednesday, April 24 ..... 5 p.m.  
*Please note that these times and dates are subject to change if needed.*

**Adult Members' Trust and Minors' Custodial & Rabbi Trust Funds**

Effective Aug. 20, 2012, investments in the Adult Members' Trust Fund and the Minors' Custodial and Rabbi Trust Funds are updated each business day. If you are a trust participant and/or if you are the parent/guardian of a minor member, you can access and review your balance and your minor child's balance by visiting [www.401Save.com](http://www.401Save.com).

To log-in, the initial User ID is your (or your child's) Social Security number, and the initial Password is "00" followed by your (or your child's) membership number. Once logged in, you can customize your User ID and password for security purposes.

If you have any trouble logging in to or using the system, contact the 401Save Call Center at 1-888-700-0808 between 9 a.m. and 5 p.m. Pacific Time, Monday through Friday. ■

**Sacred Hoop Ceremony set for May 11**

The Tribe's Behavioral Health Program is hosting a Sacred Hoop Ceremony at 10 a.m. Saturday, May 11, in the Tribal gym.

The four gifts of the Sacred Hoop are the power to forgive the unforgivable, healing, hope and unity.

The hoop brings healing for all recovering from different traumas and it is also helps strengthen sobriety or wellbriety in the community.

The ceremony is open to all people.

For more information, contact Karan Scharf at 503-879-2029. ■

**Recreation starts yoga, fitness classes**

The Tribe's Recreation Program offers two exercise programs in the Tribal gym. Vinyasa Flow Yoga, led by Melisa Chandler, is offered from noon to 1 p.m. Monday and Friday. The class focuses on synchronization of breath with postures and is an active, athletic form of yoga.

A cross training-style fitness class, led by Recreation Coordinator Matt Mosley, is offered from 5:15 to 6:15 p.m. Monday. Workouts consist of timed stations, max reps and minute-for-minute exercises.

For more information about either exercise class, contact Mosley at 503-879-1369 or [matthew.mosley@grandronde.org](mailto:matthew.mosley@grandronde.org). ■

**Correction** — In the cutline for the secondary Round Dance photo on page 1 of the April 1 *Smoke Signals*, Laila Holmes was misidentified. *Smoke Signals* regrets the error.

**Official Tribal Facebook pages**

- Confederated Tribes of Grand Ronde:  
[www.facebook.com/CTGRgov](http://www.facebook.com/CTGRgov)
- Grand Ronde Tribal Council:  
[www.facebook.com/TheConfederatedTribesOfGrandRondeTribalCouncil](http://www.facebook.com/TheConfederatedTribesOfGrandRondeTribalCouncil)
- Tribal Library:  
[www.facebook.com/CTGRLibrary](http://www.facebook.com/CTGRLibrary)
- Grand Ronde Higher Education:  
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- Grand Ronde Royalty:  
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**Basket weaving**  
with Connie Graves

**Where:** Elders' Activity Center  
**When:** Every Tuesday  
**Time:** 12:30 P.M.

We will be having a basket weaving class every Tuesday that is open to the public. If you have any questions, contact Brian Krehbiel at 503-879-4639

Ad created by George Valdez

**General Council meeting**  
 Sunday, May 5 — 11 a.m.

Valley River Inn Conference Center  
 1000 Valley River Way, Eugene, OR

**Smoke Signals**

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DEADLINE DATE	ISSUE DATE
Monday, April 22 .....	May 1
Monday, May 6 .....	May 15
Monday, May 20 .....	June 1

**Editorial Policy**

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Our editorial policy is intended to encourage input from Tribal members and readers about stories printed in the Tribal newspaper. However, all letters received must be signed by the author, an address must be given and a phone number or e-mail address must be included for verification purposes. Full addresses and phone numbers will not be published unless requested.

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