

Free online learning source

The information includes:

Everyday life
Math and money
Computer training
Online classes

Work and career information

Check it out at www.gcflearnfree.org ■

Recreation Department hosts Walking Club

The Tribal Recreation Department is hosting a Walking Club, which is a competitive and social activity to track steps and miles walked per day.

The club focuses on low-level impact exercise for beginners with the goal of transitioning Walking Club participants into other fitness activities offered by the Recreation Department.

Participation levels vary from individual and team steps, as well as individual and team miles. Teams consist of three individuals.

The Recreation Department encourages people to sign up since it will be an ongoing activity. Pedometers are available to new participants one week after they sign up. At the end of each month, prizes are awarded. In addition, Weighted Wednesdays set appropriate weight goals for people to reach a target weight by the end of the month. Participants are encouraged to stop by the Youth Education Building to track their weight and body mass index.

Weight is taken privately with only a recreation assistant present and all information is confidential. Like the Walking Club, prizes will be awarded each month to those with the most amount of fat percentage lost.

For more information or to sign up, contact Recreation Assistant Kendra Steele at 503-879-1921 or Kendra.steele@grandronde.org. ■

Looking for scholarships?

There are numerous scholarship opportunities offered for students to apply to each year. The majority of scholarships for fall term/semester are due between January and April of each year.

Don't miss your chance to apply for free money for college. The Tribal Higher Education programs are here to assist you in your application process.

You also can utilize a scholarship search engine to help you locate scholarships. If you use a scholarship search site, be sure to read the privacy policy to ensure you are using a site that will not sell your contact information. A recommended search site to use is www.kaarme.com. ■

Mending Broken Hearts training set

The White Bison Mending Broken Hearts training will return to the Confederated Tribes of Grand Ronde on June 18-20 at the Tribal Education Center, 9615 Grand Ronde Road.

The purpose of the training is to offer a culturally based way of healing from grief, loss and intergenerational trauma, especially for Native American people in the United States and Canada.

The training is free, but attendees must register to attend. Attendees are asked for a three-day commitment and be there from 8 a.m. to 5 p.m. each day.

To register or for more information, contact Karan Scharf at 503-879-2029.

The training is sponsored by the Tribe's Behavioral Health Program and funded through a Meth and Suicide Prevention Initiative grant. ■

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

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.

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. ■

Native Arts Marketing Strategies for Creative Entrepreneurs

A workshop presented by the
Native Arts and Cultures
Foundation and the CTGR Land
& Culture Dept.

Funding provided by the USDA
Rural Business Enterprise Grants
Program



Native Arts and Cultures
Foundation

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www.nativeartsandcultures.org

A marketing and professional skill-building workshop
for Native artists in the visual and traditional arts

Artists who attend will build skills in writing artist statements, pricing, strategies for breaking into the art market, website development and social media marketing. Designed for artists in the visual arts and traditional arts, this one-day workshop will be led by regional Native artists with arts marketing expertise.

Saturday, March 15, 2014
9 a.m. to 4:30 p.m.
Education Building, Room 126
in Grand Ronde, OR

The workshop is free. Registration is required. Register online at <http://tinyurl.com/lee88ud>. The deadline is March 12.

For more information, contact Lisa Watt at (503) 892-6560 or lisa_joel@msn.com