



Lio Norwest, right, watches as Kelly Dirksen adjusts the seat on his bicycle during the Fall Bike Rodeo. Dirksen, Tribal Fish & Wildlife Program manager, volunteered his time at the bike safety inspection station where brakes and air pressure in tires were checked and seat adjustments were made if needed, among other things.

Fall Bike Rodeo

On Saturday, Oct. 24, the first Fall Bike Rodeo was held at the Tribal gym. Two hundred and seventy-eight people attended the event that focused on bike safety, especially the importance of wearing a helmet. Free helmets were given to attendees who wanted one and six people won bikes and two won specialty helmets. There were tables that offered measuring for helmets, a bike safety video, helmet fittings, stickers for helmet decorating, bike safety inspections and a bike safety skill course. The event is planning on being held annually.



Nolen DeLoe maneuvers through a set of cones as Grand Ronde Tribal Police Officer Tim Hernandez follows him through a bike safety skill course during the Fall Bike Rodeo. Grand Ronde Tribal Police Department officers taught bike safety along the course.



Tribal Elder Faye Smith is helped by Tribal Elder Raymond Petite with her helmet fitting at the helmet fitting table during the Fall Bike Rodeo.

Visit the Tribe's [facebook](#) page to see more photos

Photos by Michelle Alaimo

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. ■

What is an internship?

An internship (full-time/part-time) is a real-world experience related to your career goals and interests.

Internships can be what helps you stand out in your job interviews after college. Most employers look for a combination of formal education and experience. It may, but does not have to be related/connected to your academic major or minor.

Internships can be done during the academic semester and/or summer. There are several varieties of internships: some are paid, some are not and some offer credit toward graduation (from Stony Brook University's Career Center).

Not only are you gaining valuable hands-on experience, you are also networking and making connections to professionals in your future career field. CTGR Higher Education encourages students to explore internship opportunities to supplement their college education. ■