

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. ■

Nurturing parents



Photo by Michelle Alaimo

Nurturing Parenting class graduates, front row from left, Victoria Ruiz, instructor Carmen Mercier, Amanda Mercier holding her daughter Ila and Elvin Butler Jr. holding his son Ukiah, and second row from left, Manuel Hernandez-Chavez, Christina Smith holding her daughter Bella Allen, Cindy Smith, Derick Higgins, Amanda Friddle and Michael Shaw gather on Wednesday, May 11, the last day of the 12-week class that was co-sponsored by the Tribe's Children & Family Services and Mid-Valley Parenting of Polk County and was held at the Tribal Community Center.

ATTENTION CTGR TELEPHONE SERVICE

If you have an emergency and need to dial "911" you must first dial a "9" (9911). The only calls that do not require that you dial a 9+ are those made from the CTGR extensions within the CTGR campus and/or those who use CTGR Tel for their home phone service. ■

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.

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. ■



Hunting & Fishing Lifeways of the Grand Ronde People

Who: All Grand Ronde Tribal members.

What: We would like to record your family's hunting and fishing stories for inclusion in the Tribe's cultural and historical collections.

Where: Chachalu: Tribal Museum and Cultural Center

When: Starting September 1st, 2015

How: Contact Stacey Runningbird @ 503-879-2381



Earn your

GED

Do you need your GED?
Do you know someone who does?

Now is a great time to get your GED!
The passing score has been lowered from 150 to **145**

Earn your GED today!
We will help you every step of the way!

Confederated Tribes of Grand Ronde
Adult Education Program – GED
Tracy Biery
503-879-1345
tracy.biery@grandronde.org

Invest In Your Future..... Get Your GED!
General Educational Development

If you suffer from: neck or back pain, headaches, have been injured or seek wellness care for your family, chiropractic care may benefit you!

CALL (971) 266-3450 or go to nunleychiropractic.com to schedule an appointment!



*We accept most insurance, including the Shasta tribal plan in addition to cash patients.

AVAILABLE TREATMENTS:
-spinal & extremity adjustments
-soft tissue massage
-trigger point therapy
-hot packs
-therapeutic ultrasound
-electric muscle stimulation
-therapeutic exercises

Dr. Ashley Nunley, DC is a Grand Ronde tribal member providing chiropractic care at:

Grand Ronde Health & Wellness:
9-5 every Mon & Wed
Portland Satellite Office:
9-5 every Tuesday