



# Kiuyum-id

We will be known forever by the tracks that we leave.

Volume 25 — Issue 10

October 2015

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### Takelma Dedication

A new building was dedicated by a prayer spoken in the Takelma language (Page 2)

### Annual Picnic at Bare Park

Food, fun, and prizes were had on a sunny Saturday afternoon event. (Page 3)

### Scholarship Opportunities

Learn about scholarship and higher education opportunities, and maybe win an iPad (Page 5)

### Do You Want Your Money?

Distribution checks are coming in November, so make sure your address is current. (Page 8)

## Schedules

### Government Office Hours

Monday - Friday 8 AM to 5 PM

### Roseburg Clinic Hours

Monday - Friday 8 AM to 5:30 PM  
No Walk-Ins. Please Call for Same-Day Appointment

### Canyonville Clinic Hours

Monday - Friday 8 AM to 5:30 PM  
No Walk-Ins. Please Call for Same-Day Appointment

### Office Closures

October 12 - Columbus Day  
November 25 - Close at 1:30 PM  
November 26-27 - Thanksgiving



## Stronger Than Tragedy

Due to immediate media coverage, the entire nation knows about Thursday, the first of October. The Umpqua Community College shooting was a horrifying tragedy whose wrongness defies description with mere words, and for the citizens of Roseburg, for the surrounding communities, and for the Tribe itself, the blow fell far too close to home. Three employees of the Tribe were directly affected by that day's events.

Roseburg is not some large town where an event like this can be easily ignored; no, everyone who lives here knows someone who was affected. Family, friends, neighbors; everyone felt the pain that came with the nine deaths and multiple wounded victims. But that same closeness that distributes the hurt allows for a kind of camaraderie that still stands strong in the face of the tragedy. Hundreds of people from Roseburg, Tribal members, and even Governor Brown herself, flocked to Stewart Park that same night for a candlelight vigil in honor of the victims.

The rapid response time of the community was stunning, such as the massive influx of blood donor volunteers, pastors, counselors, and other needed assistance that was where they were needed within a handful of minutes. Government officials, including Congressman DeFazio, Senators Wyden and Merkley, Governor Kate Brown, Commissioners Morgan and Freeman, and even our own Michael Rondeau, were there within 24 hours, offering what aid they could.



The Tribe, too, has rallied to offer what services it can for the families and friends of the fallen and wounded. The Tribal Government Offices and Seven Feathers Casino Resort, as well as the general Tribal members, opened their doors and offered free counseling to those who needed it. For those Tribal employees who were affected, the Tribe is rallying to provide them the support and assistance they need.

True, there are dark and terrible things in this world, but there are also loving, kind, and good people all around us. Roseburg, the Tribe, and all of Oregon have shown that together we are stronger than tragedy.

## A Takelma Blessing over Broken Earth

Tribal Member Rhonda Malone gave a dedicatory prayer in Takelma over the lawn behind the Government Offices in September, where the Umpqua Indian Utility Cooperative is breaking ground for a new building.

The modular building will be the new home for the Natural Resources department of the Cow Creek Government offices, since they have grown out of the available space in the South Annex Building next to the main Offices. It should be completed by contractors in December of this year.

Rhonda, who has been heavily involved in the efforts to help the Cow Creek tribe re-learn their native Takelma language, wrote the prayer of blessing and delivered it in the presence of many of the Offices staff, who can be seen in the photo. Below are the words of the prayer, with the approximate English translation in parentheses.

Hap ke em naas (Creator)  
 K<sup>h</sup> wi nax teh (my kinsmen)  
 Tek ux hi teh (in front of my heart)  
 Ke (there)  
 He' tat<sup>h</sup> (there on that side, toward yonder)  
 Mii hii (it is said)  
 Ha 'ga hem s gi (in middle of the field)  
 Wili t<sup>h</sup> k<sup>h</sup> (my house)  
 Tkaa (dirt/earth)  
 De winit' (going ahead)  
 Hap ke em naas (Creator)  
 Alti tuu wuuk (It is good)



## The Coos History Museum Grand Opening



Tribal CEO Michael Rondeau attended the recent grand opening of the Coos History Museum, where he was pleased to meet with several important people, including Oregon Governor Kate Brown, who had come to speak at the proceedings and opening ceremony.

The museum marks a huge celebration of culture and history, and is an amazing tribute to the dedication and hard work of the native peoples of the area.

The museum is located in Coos Bay, Oregon, and is open from Monday to Friday, 10 AM to 6 PM. It is filled with all manner of historical displays and artifacts, and is worth a trip to see it.





## Fun and Sun at Bare Park

The Tribe recently enjoyed a great time at the Annual Tribal Picnic at Bare Park on September 12th. There were plenty of great activities, delicious food, traditional music, and raffle prizes so that everyone would have a good time.

The weather was perfect for a picnic, and allowed for everyone to enjoy the festivities. Both familiar and new faces could be found amidst the crowd of over 100 people who attended, such as Sue Shaffer, the second Eldest Tribal member, visiting guests, and even brand new additions to the Tribe, such as little Kashlyn Wylie.

Among the good food was a delicious assortment of produce from the tribal gardens, such as watermelon, cantaloupe, and tomatoes.

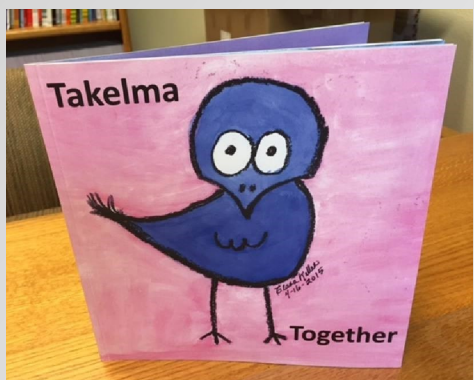
Dancing Thunder, the Tribe's excellent drumming group, also attended and provided a great rendition of traditional Tribal music. Among their regular members, there were two young new additions: Miguel Barocio and Kiana Sinohui.

The children in attendance also had plenty of fun with the kid's activities, which included gunny sack races, a tug-of-war, and a water balloon toss, which helped them cool down after a hot day of fun.

To finish off the festivities, there was a raffle with some excellent prizes. It was an amazing way to bid farewell to a summer full of events.



## Takelma Together On the Front Page



The Cow Creek Tribe has once again made its way into the Roseburg-based newspaper *The News Review*; but this time, it made the front page of the Tuesday, September 8th edition, with the Tribe's first Takelma language book, *Takelma Together*.

Reporter Scott Greenstone interviewed Tammie Hunt, the Tribe's Education Director, about the book. As to why it is a picture book, she said that "The best way to revitalize the language is to put it into the hands of early learners."

The article details the Tribe's attempts at spreading the newly rediscovered language out to its members, as well as the motivations behind the book's style and composition. The article also delves into how the language was lost,

as well as how the Tribe managed to find their lost language through the Smithsonian Institute. Those interested can read the article on *The News Review*'s website, although it requires a subscription to read the full text.

The Tribe is still planning on distributing more copies of *Takelma Together*, so if you are interested in obtaining a copy, then please contact Tammie Hunt at 541-677-5575 or at [thunt@cowcreek.com](mailto:thunt@cowcreek.com).

## A Good Year for Firewood

It has been a good year for the 2015 Tribal Firewood Program. The Tribe instituted this program to help its members have enough firewood for the winter, and offered a great discount for Tribal Elders as well.

Tribal Elder and former Cow Creek Tribal Board Member Shirley Roane and Kit Davis recently picked up their firewood, and had this to say: "Thanks to the Tribe for the wood program. It's a long trip from Springfield, but we will sure enjoy it this winter."

The Tribe hopes to implement this program again next year, so keep your eye on the newsletters next summer for more details as to when it begins and how to get your firewood.



## A Sad Departure, But A Momentous Promotion

Though the Cow Creek Government Offices will miss having Carol McKinney since she retired after 30 years of incredible service, they are proud to have the stellar Vanessa Pence be promoted to fill her shoes.



Vanessa will be the new Executive Assistant to the Board of Directors. She will be helping the Tribal Board with their needs, and will also be in charge of Tribal enrollment, address changes, name changes, and creating Tribal ID cards.

## To Astoria and Back Again

By Cindy Grizzle, Programs Assistant



We had a successful trip, involving twenty-three total Elders, where we spent two days exploring five different destinations full of Oregon's northwestern coastal history.

On Thursday, August 13<sup>th</sup>, we first stopped at the Evergreen Aviation Museum, where we enjoyed the Air and Space Museums and the IMAX Theater, with lunch at the Space Museum's café. Though it is difficult to see everything in one visit, it was interesting to see all the aircraft, rockets, and especially the Spruce Goose.

After a short trip up Highway 101, we stopped at the Tillamook Cheese factory, where we heard a presentation on its history, saw the production line, and enjoyed some yummy ice cream cones. From there, we traveled to Astoria, and had an awesome dinner at the Baked Alaska Restaurant. The rooms where we stayed had a spectacular view of the mouth of the Columbia River, and a hot, enjoyable breakfast on the patio, near a beautiful water fountain.

The next morning, we traveled up the mountain to the Astro Column, where we learned about its history. Due to the erosion from the constant wind, sun, and rain, the column is under restoration for the second time, and a large part was covered up.

We picked up lunch at Subway, which we took to the Fort Stevens State Park. A Park Ranger joined us for lunch, and we enjoyed trading stories about the history of the park and of the Tribe.

Our final stop was the Camp 18 Logging Museum, Restaurant, and Gift Shop. Founded by Gordon and Roberta Smith and Maurie Clark, this museum started as a few rusty pieces of equipment and grew into what it is today. The dinner and hospitality were wonderful!





## A Proud Tribute to Fallen Tribal Members



Plenty of fun was had at the Seven Feathers Fall Classic Rodeo on September 19th and 20th, but renowned rodeo announcer Wayne White made sure to emphasize the Tribe's influence in organizing and providing funding for the event.

The biggest Tribute to the Tribe, however, came at the start of the rodeo on Saturday, where White introduced the Seven Feathers Riding club, who stood at attention while Nadine Jackson and Tribal Board

Member Gary Jackson led a horse with no rider around the arena in tribute to all of the members of the Tribe who had passed away during the last year.

"We remember that it hasn't always been as good down here for the Tribal members as it is today," White said of the rider-less horse was meant to symbolize. "Today they have opportunities that the older Tribal members never had. As we say goodbye to each and every one of the Tribal members that have passed away this year, we also say hello to the brand new ones just coming on."

Just before the singing of the National Anthem, Robert Van Norman brought out the Eagle Staff in honor of all Tribal Veterans who have "done a phenomenal job of seeing to it that we remain free in the United States of America."

## Huge Steps in Cultural Rediscovery



Around 80 years ago, the Cow Creek Band of Umpqua Tribe of Indians suffered a huge cultural blow as the last fluent speaker of the traditional language of Takelma, Frances Johnson, died. For decades, knowledge of how to speak the Tribe's ancestral tongue faded. However, the Tribe recently discovered materials, both written and voice recorded, at repositories from all over the country which would be vital to the Tribe's language revitalization efforts.

Since then, the Tribe's Government, Leadership and staff have been working hard to reintroduce the Takelma Language to the tribal membership.

"We started this process to revitalize our language approximately four years ago," says Rhonda Malone, the Language and Cultural Development Coordinator, "it's been a slow process, but our Elders have shown an interest and provided support from the beginning. More recently, we've seen our tribal youth express an interest in the language by asking for a specific sentence or word that might be related to hunting; for example, Tkam, which means elk. This consistent delivery of language information to our Tribal membership is helping to reawaken some aspects of our culture, such as the ability to pray in Takelma for tribal activities, events and community gatherings. Language is a connection to our culture."

Tribal members young, old, and everywhere in between have embraced Takelma. Even Tribal teens have shown an interest in the language, as evidenced by Lance Gipson's illustration of (wokit<sup>h</sup>), Takelma word for frog. Rhonda is hopeful about the revitalization of the language and the effects of its use. "As Tribal members from birth through age 100+ learn, use and teach Takelma, we will begin to see cultural bonds strengthen and grow within each person."

The Tribe continues to spread awareness and proficiency of their linguistic and cultural heritage through weekly classes that are currently scheduled to take place every Thursday at the Cow Creek Tribe Education and Workforce Center in Tri-City, Oregon from 10 AM – 12 PM for adults and 3 PM – 5 PM for youth.



For more information about these classes, see the article in the Events section on page 6 of this newsletter. Any questions can be directed to Rhonda at [RMalone@cowcreek.com](mailto:RMalone@cowcreek.com) or 541-677-5575 ext 5513.

## Native American College Night

All Native American high school students and their parents are encouraged to come to the Government Office Boardroom for the chance to plan for a future in higher education and beyond.

There will be food, representatives from Universities, scholarship information, and also the chance to win the new iPad Mini in the raffle!

Contact Tammie Hunt at 541-677-5575 or at [thunt@cowcreek.com](mailto:thunt@cowcreek.com) for more information.

**When:** October 29, 2015, 6 - 9 PM

**Where:** Cow Creek Government Offices Boardroom



## The Jim Pepper Project

Triangle Productions is touring its original play about Native American musician Jim Pepper, who is famous for having the first Native American song to reach the Top 100 Pop Charts, and will be at the Seven Feathers Convention Center in November! It features two Cow Creek Tribal dancers: Lottie Hamrick and Allen Mata.



Additionally, there will be a workshop immediately afterward for anyone who is interested in music, drama, and theater.

Both the performance and the workshop will be free of charge, but will still require an RSVP.

Call Kayla Lowell to reserve your seat at 541-677-5575

**Performance:** 11 AM, November 7th, at the Birch Room in the Seven Feathers Convention Center

**Workshop:** 12:15 AM, November 7th, at the Birch Room

## Takelma and Leatherworking

Come learn how to bead a leather pouch for your dance regalia and learn a few Takelma words during October! Food and a great time are provided at the Youth and Work Force Center in Tri-City, Oregon. There will be two classes available; one for Tribal adults and one for Tribal youth.

**Adult classes:** 10 AM–12 PM

**Youth classes:** 3:30 PM–4:30 PM

**Dates:** October 1, 8, 14, and 29th

Additionally, there is a single all-family activity up north at the Tribal Government Offices in Roseburg from 5:15 PM to 7:15 PM on October 30th.

Please call in advance to be notified of any changes.

To RSVP, or to ask any questions, please contact Rhonda Malone at 541-677-5575 ext 5513, or at [RMalone@cowcreek.com](mailto:RMalone@cowcreek.com).

## Honor Dinner and Blanket Ceremony

Our annual Elder's Honor Dinner and Blanket Ceremony is fast approaching! There will be great prizes in the raffle, and if you turned 60 years of age this year, you will receive a Pendleton Blanket!

This event is invitation only, so be sure to RSVP with Cindy Grizzle at 541-677-5575 or at her email: [CGrizzle@cowcreek.com](mailto:CGrizzle@cowcreek.com).

We realize that many Elders will be traveling, so there will be a one-night complimentary room for this event; though you need to RSVP to qualify. When you call, be sure to be ready with the following: Room Type (regular or handicap, 1 or 2 beds, smoking or non, pet or non), Two Names Attending Dinner (Elder and spouse, or Elder and 1 guest), and the Arrival Date. Do not call the casino for reservations unless you plan to stay for more than one night.

We will be having dinner early so that Elders can support their descendants in the Youth Pow Wow immediately after the dinner.

**Date:** Saturday, November 7th

**Time:** 2:30 PM (Blanket Presentation) 4–6 PM (Dinner)

**Where:** Seven Feathers Casino Resort, Cedar Room

## Join the Veterans Day Parade

This year, Veterans Day falls on Wednesday, November 11th, and the Tribe plans on proudly representing ourselves. We invite all Tribal members, their spouses, their family, and their friends to attend the Douglas County Veterans Day Parade to show how we continue to support the community. The Tribe will have two entries: a float, and a banner which will read "UCC Strong" in honor of those affected by the tragedy at UCC.

If you are interested in walking behind the float, please contact Rhonda Malone by phone at 541-677-5575 ext 5513, or by email at [RMalone@cowcreek.com](mailto:RMalone@cowcreek.com).

**When: November 11th, 11 AM**

**Where: Downtown Roseburg, Oregon**

## Fall Cooking Demonstration



Join Dietitian and Chef Bre Syron with her trusty assistant Jill Boyce, RD, for a Fall themed Cooking & Nutrition Demonstration. This month we will be preparing Cider and Sage Pork, Bacon Brussels Sprouts, Crockpot Lasagna, and Pumpkin Pudding.

All of the recipes are low-fat and diabetic friendly! Please come hungry because we eat everything we make! Everybody who attends will have a chance to win a prize.

We do **require registration** for all of our cooking demonstrations so we prepare enough food. Please call either clinic by October 15<sup>th</sup> to register.

**Demo Time/Location:**

**Roseburg Clinic:** Monday, October 19<sup>th</sup> 5:15 PM-6:45 PM

**Canyonville Clinic:** Tuesday, October 20<sup>th</sup> 10:30 AM -12:00 PM

## Diabetes Self-Management Monthly Group

Are you living with Diabetes or know somebody who is? Are you ready to take control of your Diabetes and learn how to prevent complications?

Our classes are taught by trained healthcare professionals including Registered Nurses, Registered Dietitians, Pharmacists, and Medical Providers.

In these classes you will learn about things such as: how to prevent or delay complications, how to improve your A1c, importance of diet, exercise tips and techniques, how to maintain willpower in a world of temptation, how to manage your medications and the importance of regular exams.

Please join us monthly for healthy snacks, prizes and valuable information!

**Registration is required** so please call either clinic to sign up.

**Kick Off Class: October 26th 5:15 PM**, Canyonville Clinic-Join us for food, prize drawings and a presentation by one of our clinic providers.

**Diabetes & You: Monitoring & Medication:** November 16th, 5:15 PM Canyonville Clinic-Presentation by our Pharmacist, who will answer all of your medication questions. Our RD's and RN will also be available to help you with any monitoring questions you may have.



## Flu Shot Season

In order to get a flu shot, all Tribal members can call either the Roseburg or Canyonville clinic for an appointment. Additionally, the Cow Creek Health and Wellness Center will be offering flu shots to Tribal members at the General Council on Sunday, November 8th.



## Make Sure Your Address Is Correct for Distribution Checks

If your address has changed, then you need to make sure that the Government Office knows about it; otherwise, you may not receive your distribution check in November.

The Address Change form is now attached in this newsletter, on the opposite page from this article. Just fill it out and mail it to the Government Office address provided on the form or fax it to the Government Office fax: 541-677-5565.

Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. Youth-related events and Trust Fund information won't be relayed properly if addresses aren't correct for them as well.



## You've Got Mail!

Junior and Senior high school students, check your postal mailbox in October, because the Education department is sending out your future!

Inside this package will be all the necessary items for you to find money, to pick the right college or university, to utilize helpful strategies, and to know all of the deadline dates for the submission of applications and testing.

If you did not receive your packet, please contact Tammie Hunt at [thunt@cowcreek.com](mailto:thunt@cowcreek.com) or 541-677-5575. Please note that it is now a requirement for students attending college or university full time to apply for an additional outside scholarship.

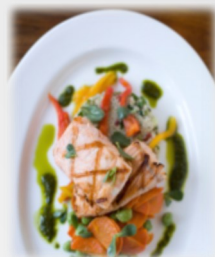
Remember that most scholarship applications have a deadline before the month of April. Make sure to submit your FAFSA as soon as you can in the beginning of 2016. The sooner you apply, the more money you are eligible for. Even if your parents have not completed their taxes, you should still submit your FAFSA. You can always go back in and correct or add information.



## Elder's Senior Meals

Adrianna Brim continues to deliver on the excellent and delicious Senior Meals every Monday through Thursday at the Seven Feathers Casino Resort.

For a schedule of meals, or just to find out more information about them, contact her at 541-677-5575 or at [ABrim@cowcreek.com](mailto:ABrim@cowcreek.com).



**When: Monday—Thursday, 12 PM**

**Where: Seven Feathers Casino Resort**

**NOTE:** Due to lack of space on the calendar on pages 10 and 11, the senior meals do not appear on some days. However, they will still continue to be served on the above mentioned schedule unless otherwise stated on the calendar.

## Sitting Exercise Classes

Cindy Grizzle and Adrianna Brim are proud to announce Sittercise!

It is a fun way to get some good exercise while sitting down, and includes stretching, warm-ups, near-aerobic activities, cool-downs, and relaxation.

Classes started on Monday, October 5th, and will continue to go on as long as people keep coming. Elders, come see for yourself how great this easy exercise is for you! Please call Cindy Grizzle at 541-677-5575 to sign up.

**When: Mondays and Wednesdays, 11—11:30 AM**

**Where: Canyonville, Cow Creek Health and Wellness Center**







# Change of Address Form

Cow Creek Band of Umpqua Tribe of Indians  
2371 N.E. Stephens Street, Suite 100  
Roseburg, OR 97470  
(541) 672-9405

Current Last Name, First, Middle		Tribal Roll#		Date
		SS #		
NEW ADDRESS				
Physical Street Address	City	State	Zip Code	Date of Birth
Mailing Address	City	State	Zip Code	<input type="checkbox"/> Male <input type="checkbox"/> Female
Home or Cell Phone	Message Phone			
New Name Change (attach copy of social security card)		Reason for Name Change		
		<input type="checkbox"/> Married <input type="checkbox"/> Adopted <input type="checkbox"/> Legal Name Change <input type="checkbox"/> Other		
Veteran <input type="checkbox"/> Yes <input type="checkbox"/> No		Branch of Military	Service Era	
Please List All Enrolled Minor Tribal Members Ages 17 Years and Under Who Live at the Address Above				
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
(Please Note: Tribal Members Ages 18 and Older Must Complete Their Own Address Form)				
By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify that the above information is correct. I also agree to have my information updated to accounting, Nesika, and the Tribal Clinic.				
SIGNATURE:		<input type="checkbox"/> Self <input type="checkbox"/> Parent/Guardian		DATE SIGNED:

*Administrative Use Only:*

☐ Accounting   ☐ Nesika   ☐ Clinic   ☐ Housing   ☐ Enrollment

# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Senior Meal</b> 12 PM @ 7F  <b>Takelma Class @ EWC</b> Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM	<b>2 Blood Drive</b> 10-3 PM @ GO  <b>Elder Luncheon</b> @ 7F 12 PM–2:30 PM	<b>3</b>
<b>4 AA Meeting</b> 6 PM @ GO	<b>5 Senior Meal</b> 12 PM @ 7F  <b>Financial Peace Class @ EWC</b> 5:30– 7:30 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>6 Senior Meal</b> 12 PM @ 7F  <b>Tribal History Book Class</b> 2-5 PM @ EWC	<b>7 Senior Meal</b> 12 PM @ 7F  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>8 Senior Meal</b> 12 PM @ 7F  <b>Takelma Class @ EWC</b> Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM	<b>9</b>	<b>10</b>
<b>11 AA Meeting</b> 6 PM @ GO	<b>12 No Senior Meal This Day, GO Closed</b>  <b>Financial Peace Class @ EWC</b> 5:30– 7:30 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>13 Senior Meal</b> 12 PM @ 7F	<b>14 Senior Meal</b> 12 PM @ 7F  <b>Takelma Class @ EWC</b> Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>15 Senior Meal</b> 12 PM @ 7F	<b>16</b>	<b>17 Poker Walk</b> 10 AM– 12PM @ Canyonville
<b>18 AA Meeting</b> 6 PM @ GO	<b>19 Financial Peace Class @ EWC</b> 5:30– 7:30 PM  <b>Fall Cooking Demo Class @ Roseburg Clinic</b> 5:15 PM– 6:45 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>20 Senior Meal</b> 12 PM @ 7F  <b>Tribal History Book Class</b> 2-5 PM @ EWC  <b>Fall Cooking Demo Class @ Canyonville Clinic</b> 10:30 AM– 12 PM	<b>21 Senior Meal</b> 12 PM @ 7F  <b>Financial Peace Class @ EWC</b> 5:30– 7:30 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>22 Senior Meal</b> 12 PM @ 7F	<b>23</b>	<b>24</b>
<b>25 AA Meeting</b> 6 PM @ GO	<b>26 Financial Peace Class @ EWC</b> 5:30– 7:30 PM  <b>Diabetes Self-Management Class @ Canyonville Clinic</b> 5:15 PM  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>27 Senior Meal</b> 12 PM @ 7F	<b>28 Senior Meal</b> 12 PM @ 7F  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM– 11:30 AM	<b>29 Senior Meal</b> 12 PM @ 7F  <b>Native American College Night</b> 6 PM– 9PM @ GO  <b>Takelma Class @ EWC</b> Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM	<b>30 Takelma Language Family Day @ GO</b> 5:15 PM–7:15 PM Bring regalia, lunch included	<b>31</b>



November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 AA Meeting</b> 6 PM @ GO  <b>Tribal History Book Class</b> 2–5 PM @ EWC	<b>2 Senior Meal</b> 12 PM @ 7F <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>3 Senior Meal</b> 12 PM @ 7F	<b>4 Takelma Class @ EWC</b> Adult: 10 AM— 2 PM Youth: 3 PM— 5 PM <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>5 Senior Meal</b> 12 PM @ 7F	<b>6</b>	<b>7 Jim Pepper Project</b> 11 AM @ 7F <b>Workshop afterward</b> 12:15 PM @ 7F  <b>Elder Honor Dinner &amp; Blanket Ceremony</b> Blanket: 2:30 AM @ 7F Dinner: 4—6 PM
<b>8 AA Meeting</b> 6 PM @ GO  <b>Tribal Board Meeting General Council</b> 10 AM @ GO	<b>9 Senior Meal</b> 12 PM @ 7F <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>10 Senior Meal</b> 12 PM @ 7F	<b>11 Senior Meal</b> 12 PM @ 7F <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>12 Senior Meal</b> 12 PM @ 7F  <b>Takelma Class @ EWC</b> Adult: 10 AM— 2 PM Youth: 3 PM— 5 PM	<b>13</b>	<b>14 Moccasin Workshop @EWC</b> 10 AM— 2 PM
<b>15 AA Meeting</b> 6 PM @ GO	<b>16 Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Diabetes &amp; You Presentation</b> @ Canyonville Clinic 5:15— 6:45 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>17 Senior Meal</b> 12 PM @ 7F <b>Tribal History Book Class</b> 2-5 PM @ EWC	<b>18 Senior Meal</b> 12 PM @ 7F <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>19 Senior Meal</b> 12 PM @ 7F  <b>Takelma Class @ EWC</b> Adult: 10 AM— 2 PM Youth: 3 PM— 5 PM	<b>20</b>	<b>21 Takelma Language Family Day @ GO</b> 10 AM—12 PM Bring regalia, lunch included.
<b>22 AA Meeting</b> 6 PM @ GO	<b>23 Senior Meal</b> 12 PM @ 7F  <b>Financial Peace Class @ EWC</b> 5:30— 7:30 PM <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>24 Senior Meal</b> 12 PM @ 7F	<b>25 Senior Meal</b> 12 PM @ 7F  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM	<b>26 No Senior Meal This Day, GO Closed</b>	<b>27</b>	<b>28</b>
<b>29 AA Meeting</b> 6 PM @ GO	<b>30 Senior Meal</b> 12 PM @ 7F  <b>Sittercise Class</b> @ Canyonville Clinic 11 AM— 11:30 AM					

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