



Wik'uuyam Heeta'

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

Volume 25—Issue 11

November 2015

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Name of the Newsletter

The newsletter gets a new name, and it's all thanks to Takelma and a group of Elders (Page 2)

All Together, Once a Year

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An Early Start on Learning

The Education Department announces new programs to teach kids 5 and below (Page 5)

A Few New Faces

The Tribe gets several new and exceptionally qualified employees for the YEP and EWC (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

November 11th, 25th—27th

December 24th—25th

From the Chairman's Desk



I would like to start with my heartfelt condolences to those affected by the shooting at Umpqua Community College on October 1st. Specifically, I want to share how truly sorry I am for one of our own employees who lost a family member, and recognize our staff for coming together and providing great support for each other and those affected by this terrible tragedy. We truly have outstanding people representing our Tribe.

I was able to attend the National Congress of American Indians' Annual Convention in October. There are many challenges and opportunities facing our Tribe and Indian Country. Some of the breakout sessions I attended provided good information on the current policies around the Indian Child Welfare Act, health, sovereignty, lands-into-trust regulations and modernization, and strategies for building a sustainable economy for tribal communities.

Another important topic of discussion at NCAI was organizing the Native Vote. Tribal communities can play a significant role in the policies affecting their community by providing a good turnout in local, state and national elections. When tribes exercise their vote, more attention is given to native issues by elected officials and government agencies. If you're not registered to vote, please register to vote in the 2017 Election. Also, I encourage you to register to vote for tribal elections as well, by contacting the Government Office.

I would like to assure our Tribal members that our Tribal Board of Directors is committed to protecting the best interests of the Cow Creek Band of Umpqua Tribe of Indians. Efforts to block the transfer of lands for gaming by the Coquille Tribe in Medford are of the utmost importance. We continue to work at the local, state and national level to prevent the devastating effects that a Medford casino would have on our Tribe.

Recently, at a Seven Feathers luncheon, our Tribal Elders were presented with a taste of technology. A special acknowledgment to Tribal Board Member Vonnice McCafferty is in order for being the driving force behind our Elders Notebook Program. Tribal Elders were given the opportunity to receive a free computer, providing another way to communicate and enrich life for our respected Elders.

I am happy to announce that the Cow Creek Tribal Identification Card has been approved as proof of legal presence by the Driver & Motor Vehicle Services (DMV). Please look on page 3 of the newsletter for more specific information about its use.

As the holidays approach, I would like to wish everyone a happy and safe holiday.

-Daniel Courtney, Chairman of the Board

Rediscovering a Long-Lost Meaning

A simple question about the translation of the Takelma words that make up the newsletter's title sent Rhonda Malone, the Cultural Development and Language Coordinator, and a group of Tribal Elders on a grand search for meaning during the month of October.

Since the newsletter's conception, it has been known as *Kiuyum-id*, but in the 25 years since then, the meaning of that Takelma phrase had been lost. The only clues to its translation were a few vague memories that indicated that it had something to do with greetings, friends, and long distances.

After dedicated, yet grueling, hours of pouring over Takelma dictionaries and discussing possible interpretations, Rhonda—along with Tribal Elders Ralph Young, Clara Keller, and Clem Rice—finally deduced its meaning.

"Wik'uuyam heeta' means 'friend away from here,'" said Clem. "The 'id' on the end of the old name sounds exactly like the word 'heeta'," which means 'away from here' in Takelma."

She further explained that due to a lack of much written reference material 25 years ago, the creators of the newsletter probably chose the name by the sounds of the words, rather than the correct spelling.

The new spelling has this pronunciation: week oo yam heeda.

As the newsletter moves on with its new name, *Wik'uuyam Heeta'*, may it always be the voice of a friend, reaching out across the distances between this Tribal family.



Honor for Proud Warriors

Did you know that there are over 150,000 Native American Veterans alive today? Or that there are over 24,000 American Indians and Alaskan Natives currently active in the armed forces? It's true—and it shows that Native Americans have proud warriors in both modern and ancient times. In fact, the 44,000 Native Code Talkers in World War II (and the thousands more that served in World War I), turned the tide in the Allies' favor. For years, there have been no memorials that honor these proud Native American veterans; but that is all about to change.

The National Museum of the American Indian, a branch of the Smithsonian, has finally been authorized by Congress to create a National Native American Veterans Memorial, which will be proudly displayed in the National Mall in Washington DC. This memorial will honor the service of American Indians in all branches of the U.S. Armed Forces, and will be a lasting tribute to their legacy.

The advisory committee will begin regional consultations in January of 2016, and plan to dedicate the memorial sometime during 2019.

Spook-tacular Family Fun

Over 65 People had a fantastic time at the “Halloween at the Tribal Gardens” event on October 24th. Kids had a great time picking out pumpkins, enjoying delicious candy and treats, and playing games to win prizes. The Youth Education Program would like to thank everyone who helped and attended.



Proudly Display Your Tribal Membership

By Dirk Doyle, Tribal Attorney

Tribal Identification Cards are important expressions of a Tribe's inherent sovereignty, and tangibly confirm that an individual is indeed a Tribal member, who is due all the rights and responsibilities of such membership. Just as States can issue drivers licenses or other identification to its citizens, so too can the Tribal government issue a Tribal I.D. card to its members.

Though local, State, and Federal governments should accept Tribal I.D. cards in place of state I.D. cards, many agencies have specific requirements for identification that causes them to reject a Tribal I.D. card. Whether a Tribal I.D. will be accepted varies from agency to agency.

Airports: The Transportation Security Administration (TSA) generally requires I.D. to “bear your name and other identifying information such as photo, address, phone number, social security number or date of birth.” They also accept I.D.s from “Federally recognized, tribal-issued photo ID.”

Alcohol: Whether a Tribal I.D. is recognized as a viable I.D. for the purchase of alcohol depends on the state in which you live. For example, Oregon is not clear as to whether it will accept Tribal I.D. The state of Washington, however, does accept them, as long as the Tribe has notified the Board that it intends to use a Tribal I.D. for this purpose, and that it meets the other requirements, such as the name, photo, date of birth, and so forth.

Courthouse: Unfortunately, each county and state has different requirements on what forms of I.D. can be used, and some of those requirements are vague; for example, Multnomah County requires “current (not expired) state or federal issued” I.D. Others simply require “government-issued picture identification” without defining what that means.

Guns: In Oregon, to buy or transfer firearms, the purchaser must provide an I.D. that bears “a photograph and the date of birth.” He or she also needs a separate I.D. with an address, if the first does not have one. As such, it's unlikely that a Tribal identification could be the sole form of I.D. for the purpose of buying a firearm.

Transportation: The Oregon Department of Transportation (ODOT) says that a Tribal I.D. can be used as proof of U.S. Citizenship, legal presence in the U.S., current full legal name, identity, and date of birth when applying for an original, renewal, or replacement Oregon driver's license, permit, or I.D. card.

Tribal members should confidently present their Tribal I.D. cards as though it were a State I.D. when interacting with local, state, or federal governments and agencies. If that agency refuses to accept the Tribal I.D., then respectfully comply with the agency's requirements, but also notify the Cow Creek legal department as to which agency rejected it, and why, so that they can work with that agency to recognize the Tribe's sovereignty.



Annual Elders Dinner and Blanket Ceremony

Nearly 120 Cow Creek Tribal Elders and their guests attended this year's annual event to honor new Elders as they reach 60 years of age and receive their honorary Pendleton Blanket.

It was an honor to see so many of the eldest Tribal members there, such as Sue Shaffer, Harold Bochart, and Walter Lerwill.

It was a great time for all involved, and featured speeches from Russell Cox, music from the Dancing Thunder drum group, a prayer in Takelma from Elder Clem Rice, and flute music from Susie Puckett.



Youth Pow Wow

The annual Youth Pow Wow was held at the Seven Feathers Casino Resort on Saturday, November 7th.

There were a lot of great moments, such as the Grand Entrance (right), the youth Tee Pee game (bottom right), and honoring the Tribal Elders in attendance (bottom center).

One very important event was the transferring of the Youth Eagle Staff from Veteran Elder Robert Van Norman to Tribal youth Nicholas Lowell (bottom left).



New Programs for Early Learners

2016 is going to be an incredible year for our Tribal children in regards to preparing for Kindergarten and helping our children ages 0-5 in building healthy brains, and for getting them interested in reading and learning. The Education Department is preparing three programs that are aimed at pre-k reading and listening skills, and enhancing brain development:

Language is the Key: In this program, parents read to their children and talk about the books in an engaging way that allows for children to interact with parents and the book being read. Beginning in December, parents and their non-school aged youth can meet, pick out a book, and not only read but create interactions where the children learn and develop healthy language skills. The program uses naturally occurring parent-child interactions to use easy activities, such as play and looking at picture books, to help parents teach language to their children. Healthy snacks and refreshments will be provided, and the children may take the book home with which they are reading and playing.

Vroom Program: Advances in brain studies confirm what many of us have long known: the first five years of life are critically important to children's future learning and success. Every time we connect with youth, it's not just their eyes that light up—it's their brains. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds. Our goal for this program is to support parents and caregivers in making a positive impact on their children's brain development by brain-building during shared moments and using the networks, products, and people who surround them.

Ready for Kindergarten: Children who come to school eager and prepared start ahead and stay ahead during the vitally important early years. This program uses researched methods of helping parents prepare their children for their upcoming education. It's both fun and easy to do! The Ready to Learn program will show you ways to interact with your child in "purposeful play" for 5 to 10 minutes a day, along with reading together for 20 minutes a day. Doing these two simple things each day can make an incredible difference for your child and will impact the rest of his/her school career and beyond!

These programs will take place in two locations: In Myrtle Creek at the Expanding Horizons Youth Center, and at the Tribal Government Offices in Roseburg. Classes will start sometime in December or January, but keep an eye on your mailbox for additional information about these exciting programs! For more information, contact Mark Andrews, the Youth Development Specialist, at 541-677-5575 or MAndrews@cowcreek.com.

Youth Education Program Benefits Year-End Requests

Please remember to have any requests for services and/or reimbursements for your youth submitted by December 15, 2015 in order to receive their 2015 benefits. New benefits will start again on the 1st of January, 2016. For any further questions, please call Tammie Hunt at 541-677-5575 or send her an email at THunt@cowcreek.com.



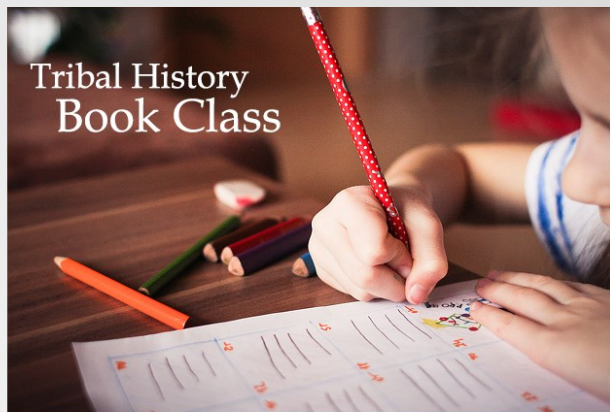
Tribal History Book Class

Make sure that your child is planning to come to the Tribal History Book Class! Not only will the youth who attend learn about the Tribe's long history, but they will also have the chance to make and publish their very own book!

In each of the 16 sessions, the youth will learn a piece of history, and have the chance to create pages for the book. At the end of the sessions, the pages they have made will be published into a hardback book for them to keep. This is something they shouldn't miss!

When: Nov. 17th, Dec. 1st and 15th, 2 PM – 5 PM

Where: Youth & Workforce Center, Tri-City



Dream Catcher Workshop

Legend has it that these were hung over the bed and that bad dreams would be caught in the web of the Dream Catcher and could not find their way out. Only the good dreams would make it through the webbing and find their way to the person sleeping below.

Come join us for a fun afternoon of making dream catchers so you can enjoy a full night of rest with happy dreams.

When: November 14th, 10 AM to 2 PM

Where: Youth & Workforce Center, Myrtle Creek



Takelma Language Classes

Come join us in making pine nut and dentalia necklaces at the Education and Workforce Center!

(213 S. Old Pacific HWY Myrtle Creek, OR)

When: November 12th and 19th; December 3rd, 10th, and 17th (December will feature moccasin crafts).

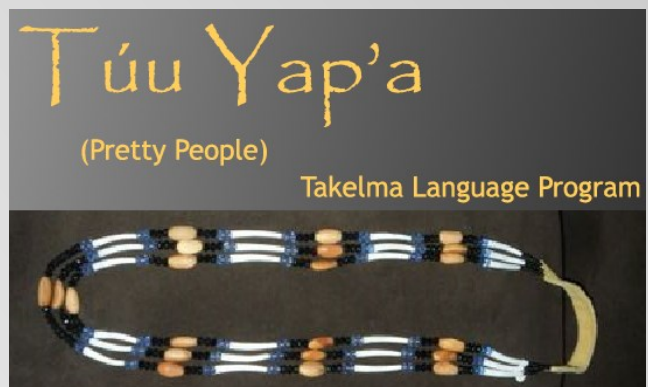
Time: Adults - 10:00 a.m. - 12:00 p.m.

Youth - 3:00 p.m. - 5:00 p.m.

Please RSVP to Rhonda Richardson "Malone" Cultural Development-Language Coordinator @ 541-677-5575 the day prior to class.

REMINDER: November 21st and December 12th are family language nights @ Roseburg Tribal Office

When: 10:00 AM-2:00 PM - Includes Lunch



Elder Activities

Cindy Grizzle and Adrionna Brim are proud to provide a variety of activities for the Elders of the Cow Creek Band of Umpqua Tribe of Indians.

- Sittercise at the South Clinic:

- Mondays and Wednesdays, 11 to 11:30 AM

- Water Aerobics at the South Clinic:

- Tuesdays and Thursdays, 9 AM to 9:45 AM, and from 10 AM to 10:45 AM.

- Elders' Senior Meals at Seven Feathers:

- Mondays through Thursdays, 12 PM

- Tai Chi at Millside Park:

- Fridays, 8 AM to 9 AM

These activities will not happen any day the Government offices are closed. See the calendar on pages 10 and 11 for further details.

Want to stay up-to-date on all events? Check out the Events page at www.cowcreek.com/events!

Umpqua United Benefit Performance

Come see two amazing Oregonian artists, ZZ Ward and Jackson Michelson, in performance at the Seven Feathers Casino Resort!

Tickets are \$75, and 100% of the proceeds will go to the Umpqua United Foundation, to go back into the community in need. There will also be a raffle and other fun events.

When: Saturday, November 21

- Jackson Michelson: 5 PM
- ZZ Ward: 8 PM

Where: Seven Feathers Casino Resort



Umpqua Valley Festival of Lights

The Umpqua Valley Festival of Lights is back for its 22nd year! Come see thousands of lights from November 23rd to January 1st! The festival opens at 5:30 PM each night, and costs \$10 per car at the entrance to River Forks Park.

Also, the Cow Creek Tribe is sponsoring a special night on December 2nd, where you can waive your admission fee with the donation of five canned items! All canned food that is donated will be given to local food banks.

Regular Nights: November 23 to January 1, 5:30 PM, \$10 admission

Canned Food Night: December 2nd, 5:30 PM, 5 cans of food for admission



Elders Holiday Luncheon

The annual Elders Holiday Luncheon will be held on December 4th at the Seven Feathers Casino Resort.

Come for delicious food, great company, and exciting activities with fellow Tribal Elders!

Please call ahead to RSVP with Cindy Grizzle at 541-677-5575.

Where: Seven Feathers Casino Resort, Grape/Huckleberry Room

When: December 4th, 12 PM



Round Circle Reading Groups

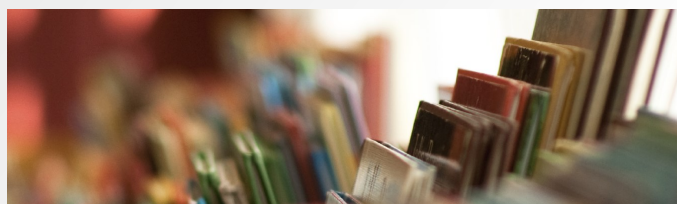
Come and join us for an exciting new program from the Education Department: Round Circle Reading Groups!

Learn how to read and play with children ages five and under at no cost to you, and take a book home! There will also be refreshments! This new program will start in the month of December.

Tuesdays: 10 AM - 10:45 AM, Tribal Government Offices
Library in Roseburg

Wednesdays: 10 AM—10:45 AM, Expanding Horizons
Youth Center in Myrtle Creek

For more information, please contact Mark Andrews at 541-677-5575 or MAAndrews@cowcreek.com.



New Employee Spotlight



Amber Lomascola - Center Program Specialist

Amber is our new Center Program Specialist. She has over 20 years of experience working with youth, and is passionate about teaching and helping children in any way she can. She has 4 kids, and her husband is currently employed at the Seven Feathers Casino Resort. She used to drive a school bus, but is very happy to be hanging up that hat so that she can work one-on-one with kids and really make a difference in their lives.



Megan Taddei - Center Assistant (Part-Time)

Megan is our new part-time Center Assistant at the Employment Workforce Center. She has over 13 years of experience working with youth. She is the proud mother of 2 children of her own and the soon-to-be stepmother of 2 more. She has a passion for teaching and connecting with youth, which makes her perfect for her new job. She is excited to start her new career at the EWC, and is looking forward to staying in the area and working with the Tribe and the Community.



Mark Andrews - Youth Development Specialist

With 30 years of experience as an educator, Mark is well qualified to be the new Youth Development Specialist. From Pennsylvania to Montana and from Washington to here in Oregon, Mark taught in public education until he became the World Wide Professional Development Director for the International Society for Technology in Education. He is tremendously excited to help create educational programs for Tribal youth that will help them succeed in schools, and so that he can work with schools and teachers to inform of Tribal cultural needs and illustrate the true history of local Tribes.

Over-the-Counter Purchase Deadline Fast Approaching

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2015. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2015 reimbursement *must be received* by December 31, 2015. Receipts must be dated and readable.

Please send OTC receipts to:

Cow Creek Health and Wellness Center -OTC
2371 NE Stephens
Suite 200
Roseburg OR 97470

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 2, 2015.

If you have any questions, please contact Christy Sanford at CCHWC 541-672-8533 or csanford@cowcreek.com



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

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AA Meeting 6 PM @ GO Tribal History Book Class 2–5 PM @ EWC	2 Senior Meal 12 PM @ 7F Financial Peace Class @ EWC 5:30– 7:30 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	3 Senior Meal 12 PM @ 7F Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	4 Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Financial Peace Class @ EWC 5:30– 7:30 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	5 Senior Meal 12 PM @ 7F Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	6 Thai Chi 8 AM–9 AM Millsite Park	7 Jim Pepper Project 11 AM @ 7F Workshop afterward 12:15 PM @ 7F Elder Honor Dinner & Blanket Ceremony Blanket: 2:30 AM @ 7F Dinner: 4–6 PM
8 AA Meeting 6 PM @ GO Tribal Board Meeting General Council 10 AM @ GO Food Bank Open After Council @ GO	9 Senior Meal 12 PM @ 7F Financial Peace Class @ EWC 5:30– 7:30 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	10 Senior Meal 12 PM @ 7F Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic Food Bank Open 9 AM–12 PM @ GO	11 Financial Peace Class @ EWC 5:30– 7:30 PM Veterans' Day Parade 11 AM @ Roseburg Seven Feathers Charity Sale 9 AM–3 PM @ 7F	12 Senior Meal 12 PM @ 7F Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	13 Thai Chi 8 AM–9 AM Millsite Park	14 Dream Catcher Workshop @EWC 10 AM– 2 PM
15 AA Meeting 6 PM @ GO	16 Financial Peace Class @ EWC 5:30– 7:30 PM Diabetes & You Presentation @ Canyonville Clinic 5:15– 6:45 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	17 Senior Meal 12 PM @ 7F Tribal History Book Class 2-5 PM @ EWC Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	18 Senior Meal 12 PM @ 7F Financial Peace Class @ EWC 5:30– 7:30 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	19 Senior Meal 12 PM @ 7F Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	20 Thai Chi 8 AM–9 AM Millsite Park	21 Takelma Language Family Day @ GO 10 AM–12 PM Umpqua United Benefit Performance: ZZ Ward and Jackson Michelson 5 PM, 8 PM @ 7F
22 AA Meeting 6 PM @ GO	23 Senior Meal 12 PM @ 7F Financial Peace Class @ EWC 5:30– 7:30 PM Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	24 Senior Meal 12 PM @ 7F Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic Food Bank Open 1 PM–4 PM @ GO	25 No Senior Meal <u>GO Closing @1:30 PM</u>	26 No Senior Meal <u>GO Closed</u>	27 GO Closed	28
29 AA Meeting 6 PM @ GO	30 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM Charlie Brown Christmas @ UACT RSVP 541-677-5575					<div>Want to stay up-to-date on all events? Check out the Events page at www.cowcreek.com/events !</div>

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal 12 PM @ 7F Tribal History Book Class 2–5 PM @ EWC Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	2 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM Canned Food Night Festival of Lights 5:30 PM, 5 food cans	3 Senior Meal 12 PM @ 7F Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	4 Thai Chi 8 AM–9 AM Millsite Park Elders' Holiday Luncheon @ 7F AM– PM Please RSVP	5 Festival of Lights Trolley Ride RSVP 541-677-5575
6 AA Meeting 6 PM @ GO	7 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	8 Senior Meal Water Aerobics Cooking Demo 10:30 AM–12 PM @ South Clinic Food Bank Open 9 AM–12 PM @ GO	9 Senior Meal with Guest Speaker 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM Reading Group 10 AM–10:45 AM @ EHYC	10 Senior Meal 12 PM @ 7F Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	11 Thai Chi 8 AM–9 AM Millsite Park Hunters Dinner 6 PM @ 7F RSVP 541-677-5755	12 Takelma Language Family Day @ GO 10 AM–3:30 PM Lunch included.
13 AA Meeting 6 PM @ GO	14 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM Diabetes Self-Management Class @ Canyonville Clinic 5:15 PM– 6:15 PM	15 Senior Meal 12 PM @ 7F Tribal History Book Class 2–5 PM @ EWC Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	16 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM Reading Group 10 AM–10:45 AM @ EHYC	17 Senior Meal 12 PM @ 7F Takelma Class @ EWC Adult: 10 AM– 2 PM Youth: 3 PM– 5 PM Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	18 Thai Chi 8 AM–9 AM Millsite Park	19
20 AA Meeting 6 PM @ GO	21 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	22 Senior Meal 12 PM @ 7F Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic Food Bank Open 1 PM–4 PM @ GO	23 No Senior Meal GO Closing @ 1:30 PM	24 No Senior Meal This Day. GO Closed	25 GO Closed	26
27 AA Meeting 6 PM @ GO	28 Senior Meal 12 PM @ 7F Sittercise Class @ Canyonville Clinic 11 AM– 11:30 AM	29 Senior Meal 12 PM @ 7F Reading Group 10 AM–10:45 AM @ GO Library Water Aerobics 9 AM–9:45 AM 10 AM–10:45 AM @ South clinic	30 Senior Meal 12 PM @ 7F Reading Group 10 AM–10:45 AM @ EHYC	31 No Senior Meal GO Closing @ 1:30 PM	GO Closed	

**Cow Creek Band of Umpqua
Tribe of Indians**

2371 NE Stephens St. Suite 100
Roseburg, OR 97470

Phone: 541-672-9405

Fax: 541-673-0432

Toll Free: 800-929-8229



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