



# Wik'uuyam Heeta'

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

Volume 25—Issue 12

December 2015

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### What's Up with Exit 99?

Get an inside scoop on the upcoming renovations for the Truck & Travel Center (Page 4)

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### Learn How to Make Money

The Cultural Department will be offering free classes on how to start your own business (Page 6)

### Changes in Senior Meals

Starting February 1st, there will be some changes coming to the Elders Senior Meals (Page 7)

## 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

December 24-25, closing early 23

January 1, 18

## A Brand New Building

By Michael J Rondeau, CEO



NATURAL  
RESOURCE  
DEPARTMENT

As the Tribal population has expanded over the past several years, so too have the services that the Tribe offers. As growth continues in the clinics, the Education Department, and the Natural Resources Department, we've had to add more staff.

As we have seen—and will continue to see—this increase in staffing, office space has grown accordingly. You can see an example of this in the Tribe's existing offices. While the main building of the Tribal Government Offices was enough when it opened in 1997, we had to add the South Programs Building in 2005 to make space for the new members of the Tribal government team.

With the addition of various tribal properties, and the prospect of congress honoring the tribe's 1853 Treaty and establishing a Tribal Reservation, the need for natural resource capacity has grown significantly. Jason Robison, Director of Natural Resources, agrees. "The department will provide key direction and input on a new land use plan, on the National Environmental Policy Act process, and on the Endangered Species Act process," he said. "These contributions are vital to ensuring that all natural and cultural resources are managed in a sustainable, well-balanced manner that reflects the ecological, cultural, and economic priorities of the Cow Creek Band of Umpqua Tribe of Indians."

As a result, the Tribal Natural Resource Program has received a temporary modular unit, that is located behind the main government office. It houses the offices for all aspects of the Natural Resources Department, including Cultural Resources, Archeology, Language, and Fish and Wildlife. Long-term plans call for the construction of an additional office building, but until that time, the temporary office will suffice.







## Standing Proud on a Rainy Day

Citizens of Roseburg and the surrounding communities woke to a steady rain on the morning of November 11th, leaving many to worry that the Veterans Day Parade would lack participants or attendees. However, Roseburg came together to show that they are tougher than a little rain and cold.

Hundreds of people crowded the sidewalks of the historic downtown Roseburg to watch the parade of over two hundred floats, banners, and vehicles. Attendees gave hearty applause for the many veterans and servicemen and women who walked or rode in the parade, and all removed hats to honor the flag, despite the cold.

Many floats and banners proclaimed "UCC Strong" to show support of those affected by the tragedy on October 1st. Dozens of the students there that day walked in the parade to show their support and bravery.

The Cow Creek Tribe also carried a "UCC Strong" banner, and paid tribute to Quinn Cooper with a photo of him on the rear of the float (right center), surrounded by flags and Tribal symbols. The Tribe's Dancing Thunder drum group played from the float, and the veteran Color Guard walked near the front of the parade.





## An Honorable New Responsibility

November brought a momentous occasion for Dr. Sharon Stanphill, Health Director of the Cow Creek Health and Wellness Center. She was appointed to the Fund Distribution Workgroup of the Portland Area Indian Health Service.

This organization was chartered in 1994, and is an extension of the Department of Health and Human Services. This Tribal consultative body is responsible for discussing and developing recommendations for the allocation of funds and other resources in the Portland Area, which encompasses all of Oregon, Washington, and Idaho.

To be elected to the board is a great honor, as it has only nine members and one Federal Liaison and Facilitator. Aside from the Federal representative, the nine voting members are chosen from the Portland Area's 43 federally recognized tribes.

This honor is added to a long list of Dr. Stanphill's exemplary awards and accomplishments, and assures that she will be in an even greater position to help our Tribal members meet their health needs.



### 3rd Annual Winter Gathering

Please join us and show off your cooking skills in the cook-off this year! Last year we had 10 chili's that were tasted and the top 3 took home prizes!! If you have a chili that we haven't tasted yet, bring it!

There are great prizes to be won!

This year we will also be featuring an acorn mush/soup demonstration and tasting. Acorns were traditionally used for many things. They could be turned into flour and cakes to preserve for winter use.

**Date: Saturday, January  
23rd**

**Time: 11:00 am- 3:00pm**

**Location: Bare Park**

For more information or to RSVP  
contact Tabbitha Johnson at

541-677-5575

Or email: [tjohnson@cowcreek.com](mailto:tjohnson@cowcreek.com)

## Creating a New Image



There has been a lot of speculation about what is happening at the Truck and Travel Center on Exit 99 since the Creekside Restaurant was closed in early May. Rumors have circulated that there will be a new restaurant, or that it will be converted into a kid's play area.

The truth is that the Truck and Travel center will be turning into something greater.

The Travel Center General Manager, Terry Weidemier, shed some more light on the situation. He explained that with superior restaurants at the Seven Feathers Casino just across the road, it didn't make much business sense to keep the Creekside Restaurant open. Instead, he has a vision for the Travel Center to be something greater that will work much better with the Tribe's businesses as a whole.

**"Our job is to help enhance all the Tribe's properties in this area."**

"On the I-5 Corridor, the average vacationer travels about 250 miles," Weidemier said. "Exit 99 sits close to 300 miles from both Seattle and San Francisco. We have to figure out how to entice people to drive that extra 50 miles. Our job is to help enhance all the Tribe's properties in this area."

Though they are still in the planning phase, Weidemier and his associates are looking to "get ahead of the curve" in redesigning and improving the Travel Center. They want to add a kid's park, expand the fuel lines, reshape both the interior and exterior of the structure, and add creative landscaping to match the visual look of all the Tribe's local properties. Plans are in the works that will "create a long-term loyalty" in all the customers who stop there, and turn it into a "retail outlet that has a great product mix" that will appeal to all visitors.

"We hope to make everyone feel welcome: the truckers, and everyone else," said Weidemier. "We want to create both a nice operation, and a fun operation."

Though the busy and popular nature of the Truck and Travel Center makes prolonged construction and renovation difficult, particularly during the busy summer months, Weidemier hopes to have all of the renovations complete in around two years. Keep watching for updates on the Travel Center's development in future editions of this newsletter.



## Increasing Benefits for Post-Secondary Students

By Tammie Hunt,  
Education Director

The Cow Creek Education Committee has been discussing the rising costs of a post-secondary education. After much research and many continued discussions, the Tribal Board of Directors has agreed to a few changes. The Board approved benefit increases for full-time students obtaining their bachelor's degree from \$7,000 per year to \$15,000 and graduate students from \$10,000 to \$15,000 up to 4 years depending on graduate degree requirements. This benefit will start in January of 2016.

If you plan to apply for the Cow Creek Educational Scholarship for the 2016 - 2017 school year you will be required to show proof that you applied to at least one outside scholarship to be considered for a tribal scholarship.

Many students are asking, "Why the change?" The Education Department is very aware of how expensive an education can be. We enacted this requirement because we wanted each student to graduate college or university with as little debt as possible. If you are awarded an additional, outside scholarship, it will reduce the amount you may have to borrow through financial aid loans. In 99% of the cases, if an outside scholarship is awarded, it does not affect the amount of your Cow Creek Scholarship.

Why are we letting you know so early? Because most scholarships have a closing date early in 2016 for the 2016 - 2017 school year. Most scholarships require you to have completed the FAFSA. The Cow Creek website ([www.cowcreek.com](http://www.cowcreek.com)) has additional links to other scholarships. Please remember that you should apply for scholarships other than Native American. Most institutions have diversity scholarships that would benefit you. If you have any questions, or would like to discuss your benefits, please contact Tammie Hunt at 541-677-5575 or [thunt@cowcreek.com](mailto:thunt@cowcreek.com)

**The Board approved benefit increases for full-time students obtaining their bachelor's degree from \$7,000 per year to \$15,000 and graduate students from \$10,000 to \$15,000 up to 4 years.**

## A Great Start for the Round Circle Reading Groups

By Mark P. Andrews,  
Youth Development Specialist

The Round Table Reading Groups started this week, and several enthused parents and children were in attendance. These groups are meant for children ages 0-5 who would like to begin exploring books, and are open to all children who want to learn to read, and to parents seeking to learn how to teach their young children.

There is so much more to a book than just what you see on its cover. Uncovering objects, looking at different colors, trying to figure out what is going to happen next – and much more all lead to higher brain functionality. They are a great way to begin exercising the looking, reading, learning, and comprehension skills of young children, not to mention building a wonderful bond between child and parent.

Remember that every child gets a book every day they attend. Light snacks and drinks are made available. Come visit us each week from 10:30 AM to 12 PM at the Government Offices on Mondays, and at the Expanding Horizons Youth Center on Tuesdays as we continue down the wonderful path of reading and learning.

## Don't Forget to File Your FAFSA

The sooner you file, the more money you are eligible for. You can submit your information at <http://www.fafsa.ed.gov> beginning January 1, 2016.

You will use your FSA ID to sign your completed information on the FAFSA. You can find the FSA ID on the FAFSA website. Click the TAB marked FSA ID before you complete your FAFSA. If you have questions, please contact Tammie Hunt at 541-677-5575 or [thunt@cowcreek.com](mailto:thunt@cowcreek.com).





## New Employee Spotlight



**Lori Noble - Tribal Court Administrator, Paralegal**

Lori is happy to be working as the Paralegal for the Legal Department and as Tribal Court Administrator for CCBUTl. She has been in the legal field since 1987 and has experience in water law, real estate, tax, domestic relations, and criminal defense.

She has always loved the ways of the indigenous peoples of the Southwest and Pacific Northwest, especially the spiritual significance of life that shows in their stories, their art and their lives. Although she was born in Canada, she has lived all over the U.S. and in England, and now calls Roseburg her home. She has three grown children and seven grandchildren. She hopes to be a benefit the Cow Creek Band of Umpqua Tribe of Indians for a long time to come.



**Robert Jasperson - UIUC Security Officer**

Robert is honored to be part of the UIUC team! He is trained as both an armed and unarmed security guard. He is certified as a substance abuse counselor and has worked with Adapt in Roseburg for nearly 11 years. He is a retired US Postal Service letter carrier and served three years in the Army as a combat medic and x-ray technician. He and his wife Diane have been married for 42 years in December. Their grandson Zach is a police officer with the Scottsdale Arizona Police Department, which is the primary motivator for Robert's involvement in security work.



**Brian Jones - Licensed Clinical Social Worker**

Brian was born and raised in Topeka, Kansas, and is a member of the Prairie Band Potawatomi Nation of Indians. He has received degrees in social work from Haskell Indian Nations University, the University of Kansas, and the University of Kansas. He has had clinical training and professional experience for over 7 years, and has focused on individual and family therapy interventions, as well as crises interventions. He enjoys exercising the mind, body, and spirit, and has a deep love for all Tribal cultural activities and teachings.

## December Food Bank Hours

Tuesday, Dec 8th, 9 AM—12 PM; Tuesday, Dec 15th, 1 PM—4 PM; Tuesday, Dec 22nd, 1 PM—4 PM

Families that qualify for our Tribal Food Bank will be receiving one turkey and a holiday package with fixings for a holiday meal. The Programs Department wishes you and your family Happy Holidays!

## Want to Be Your Own Boss?

Do you like the idea of being your own boss? Do you want to escape from your current job? Would you like to take your hobby and transform it into the job of your dreams?

If so, you're in luck! The Cultural Department is offering Entrepreneurial Workshops in a series of 12 classes designed to help you reach your goals!

Entrepreneurs are self-driven to create their own businesses, whether they are big or small. These classes will help you determine what type of business is the best fit for you. and how to make it happen.

If you don't live in the service counties, don't worry! We are offering this class virtually! All you have to have are internet capabilities and a computer to log in and join in the fun.

There is no cost for this class; that's right, it's free! What's more, there will be dinner provided at each class. So come one, come all, and learn how to be an entrepreneur!

For more information, or to sign-up for the workshops, contact Tabitha Johnson at 541-677-5575 or through email at [tjohnson@cowcreek.com](mailto:tjohnson@cowcreek.com). Call soon; the deadline for RSVPs is January 4th, 2016!



**EMPLOYEE!!**



**ENTREPRENEUR??**

## Tribal Housing Needs Survey

A survey was recently sent out to each Tribal Household requesting information regarding Tribal Members' Housing Needs. Please remember, this survey needs to be returned by December 15<sup>th</sup>, in order to be eligible for the drawing. Your return envelope with your name on it will be used to enter you into a drawing for one of our three prizes we are giving away. **Prizes being awarded include one of each of the following: XBOX 1, Laptop Computer, Gas BBQ.** You are eligible for the prize give away regardless of where you live.

The survey will only take a couple of minutes of your time and the information will be anonymous. The data will be collected by a third party and the answers the Tribal Members provide will be used to generate a report. The information you provide will only be seen by the housing program and administration. This information will be used to improve programs, create new programs and create new housing options for Tribal Members of all ages.

## Change is Coming for the Senior Meals

Beginning February 1st, 2016, the delicious senior meals for Tribal Elders will be offered only on Mondays, Tuesdays, and Wednesdays at the Seven Feathers Casino Resort. As before, they will not be offered on any day in which the Government Offices are closed. Aside from these changes, the senior meals will be offered as normal.

## Happy New Year to Our Elders!

We'll start the new year with the Elder's Monthly Luncheon and Bingo on January 8th. It will be held at Seven Feathers Casino in the Grape/Huckleberry Rooms. Lunch begins at 12:00 PM and Bingo will follow the meal at about 1:00 PM.

**January** — Have some fun with the "Funniest Winter Hat Contest!" What will your New Year resolution be? Sit and be Fit with "Sittercise!" Try it at the luncheon's 10 minute demonstration. Of course, stick around for bingo! It's Fun! It's Free! You may be the Winner! Don't miss the final round for the Black-Out Prize! We save the best for the last!

**February** — Love is In the Air! We'll have special music. Share a love story, and crown a King and Queen for the most romantic story. We will have an Italian flair lunch with specialties of spumoni ice cream and Italian sodas. There will also be a sweethearts-themed bingo and some lovely prizes. Come join the fun!

**March** — Come celebrate St. Patrick's Day with corned beef, cabbage, and green sparkling cider. Wear green to enter a name drawing. Can you guess how many green jelly beans are in the Jar? Try your luck at bingo!

## Medicare Part B Reimbursement Program

It is time again to send in your new 2016 Benefit Statement and award letter to receive reimbursement of your Medicare Part B insurance premiums. You may choose either Monthly or Annual reimbursement payments. Please write your choice on your documents and mail, fax, or scan/email the document to Cindy Grizzle.

**Monthly Payment**— 2016 SSI Award Letter, Benefit Statement

**Annual Payment**— 2016 SSI Award Letter, Benefit Statement, and 1099.

Beginning Jan 1, 2016 payments cannot be made until all required documents are received by our office. It is the individual's responsibility to notify us and provide these required documents. Failure to do so may result in an interruption or delay in payments. If you do not receive your benefit Statement, you may order one by calling the Social Security Administration at 1-800-772-1213 or go online at [www.ssa.gov](http://www.ssa.gov).

Our office works diligently to get all payments mailed out by the 10<sup>th</sup> of each month. If you prefer direct deposit for your payment, please indicate this on your documents also.

**Note:** It is the responsibility of the Tribal member to notify the Tribe of any changes in your benefits from Social Security Administration SSI/SSD program. Failure to notify the Tribe may result in an obligation to repay ineligible benefits received. Low Income Households may also qualify for State Reimbursements. For any questions, please contact Cindy Grizzle via the information in the above box.

**Mail all Copies to:**  
Attention: Cindy Grizzle  
2371 NE Stephens St, Ste 100  
Roseburg, OR 97470  
**Fax:** 541-677-5565  
**Phone:** 541-677-5575  
**Email:** CGrizzle@cowcreek.com

## Notification of Change in the Over-the-Counter Program

Beginning in the 2016 year, there will be a change with the deadline date for turning in receipts for the Over-the-Counter Program. In previous years, you have had until December 31<sup>st</sup> to hand in receipts to be able to receive reimbursement. Starting in 2016, you will have until December 15<sup>th</sup> to get receipts handed in. The purchase order deadline of November 15<sup>th</sup> will stay the same.



## Fiesta Party! Hands-On Cooking Class

It's time to celebrate the New Year, and what better way than with a hands-on cooking class!

This class is completely hands-on, which means YOU do all of the cooking with Chef Bre Syron and RD assistant Jill Boyce's assistance. We will be preparing a low-fat, healthy, and diabetic-friendly fiesta meal.

Menu includes: Tortilla Soup, Spanish Rice, Salsa, Guacamole, Enchiladas, Tacos two ways, and Key Lime Pie. You won't want to miss this!

Please call Jill, 541-672-8533, or Bre, 541-839-1345, to register. Space is limited, and these classes fill up quickly!

- January 12th, 10:30 AM – 1 PM at the Canyonville Clinic
- January 13th, 5 PM – 7:30 PM at the Roseburg Clinic

## Takelma Language Classes

Come join us in making little moccasins!

**When:** December 3rd, 10th, and 17th; January 7th, 14th, 21st, and 28th.

Classes are held at the Education and Workforce Center (213 S. Old Pacific HWY Myrtle Creek, OR)

**Time:** Adults - 10 AM–12 PM

Youth - 3 PM - 5 PM

**REMINDER:** December 12th is family language day @ Roseburg Tribal Office (10AM–3:30 PM) The activity includes lunch

**YOU MUST RSVP to Rhonda Richardson "Malone"** Cultural Development-Language Coordinator at 541-677-5575 no later than December 9th by 5 PM.

Want to stay up-to-date on all events? Check out the Events page at [www.cowcreek.com/events](http://www.cowcreek.com/events)!

## Round Circle Reading Group

Bring your child to join us for an exciting new program where you can learn to read with and play with your children ages 0-5, and take a book home! There will be light refreshments, and there is no cost!

For any questions, contact Mark Andrews at 541-677-5575.

- Tuesdays: Tribal Office Library, 10–10:45 AM
- Wednesdays: Expanding Youth and Horizon Center (in Myrtle Creek), 10–10:45 AM



## Getting Ready for Kindergarten!

Is your 4 or 5 year old ready for Kindergarten?

Join us in an exciting new program beginning in January that will help your child get ready! This program is at no cost to those who participate in it.

For more information, contact Mark Andrews at 541-677-5575 or at [MAndrews@cowcreek.com](mailto:MAndrews@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 #		
<b>NEW ADDRESS</b>				
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	
<b>Please List All Enrolled Minor Tribal Members Ages 17 Years and Under Who Live at the Address Above</b>				
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	
<b>(Please Note: Tribal Members Ages 18 and Older Must Complete Their Own Address Form)</b>				
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

# December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>                     Want to stay up-to-date on all events? Check out the Events page at <a href="http://www.cowcreek.com/events">www.cowcreek.com/events</a> !                 </div>		1 Senior Meal Water Aerobics Reading Group Tribal History Book Class 2-5 PM @EWC	2 Senior Meal Sittercise Class Reading Group Canned Food Night Festival of Lights 5:30 PM, 5 food cans	3 Senior Meal Takelma Class Water Aerobics	4 Thai Chi Elders' Holiday Luncheon @ 7F 12 PM; Please RSVP	5 Festival of Lights Trolley Ride RSVP 541-677-5575
6 AA Meeting	7 Senior Meal Sittercise Class	8 Senior Meal Water Aerobics Reading Group Cooking Demo 10:30 AM-12 PM @ South Clinic Food Bank Open 9 AM-12 PM @ GO	9 Senior Meal w/ Guest Speaker Sittercise Class Reading Group Charlie Brown Christmas @ UACT For tickets, RSVP 541-677-5575	10 Senior Meal Takelma Class Water Aerobics	11 Thai Chi 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	14 Senior Meal Sittercise Class Diabetes Self-Management Class @ Canyonville Clinic 5:15 PM-6:15 PM	15 Senior Meal Water Aerobics Reading Group Tribal History Book Class 2-5 PM @ EWC Food Bank Open 1 PM-4 PM @ GO	16 Senior Meal Sittercise Class Reading Group	17 Senior Meal Takelma Class Water Aerobics	18 Thai Chi	19
20 AA Meeting	21 Senior Meal Sittercise Class	22 Senior Meal Water Aerobics Reading Group Food Bank Open 1 PM-4 PM @ GO	23 No Senior Meal GO Closing @ 1:30 PM	24 No Senior Meal GO Closed	25 GO Closed 	26
27 AA Meeting	28 Senior Meal Sittercise Class	29 Senior Meal Reading Group	30 No Senior Meal Reading Group	31 No Senior Meal GO Closing @ 1:30 PM	<div> <b>January 2016</b> </div> <div>                     1 GO Closed                 </div> <div>                     2                 </div>	



# January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 AA Meeting	4 Senior Meal Sittercise Class Deadline to RSVP for Entrepreneurial Workshops	5 Senior Meal Water Aerobics Reading Group FAFSA Workshop @ GO Board Room 3—5 PM	6 Senior Meal Sittercise Class Reading Group FAFSA Workshop @ GO Board Room 3—5 PM	7 Senior Meal Takelma Class Water Aerobics Burden Basket Workshop 11 AM—5 PM @ Block House	8 Thai Chi Elders' Luncheon @ 7F 12 PM Burden Basket Workshop 11 AM—5 PM @ Block House	9
10 AA Meeting	11 Senior Meal Sittercise Class	12 Senior Meal Water Aerobics Reading Group Cooking Class @ Canyonville Clinic 10:30 AM— 1 PM Food Bank Open 9 AM—12 PM @ GO	13 Senior Meal Sittercise Class Reading Group FAFSA Workshop 10 AM—2 PM @EWC Cooking Class @ Roseburg Clinic 10:30 AM— 1 PM	14 Senior Meal Takelma Class Water Aerobics FAFSA Workshop 10 AM—2 PM @ EWC Burden Basket Workshop 11 AM—5 PM @ Block House	15 Thai Chi Burden Basket Workshop 11 AM—5 PM @ Block House	16
17 AA Meeting	18 No Senior Meal This Day. GO Closed	19 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop	20 Senior Meal Sittercise Class Reading Group	21 Senior Meal Takelma Class Water Aerobics Entrepreneur Workshop	22 Thai Chi	23 Winter Gathering and Chili Cook-Off 11 AM—3PM @ Bare Park
24 AA Meeting	25 Senior Meal Sittercise Class Diabetes Self- Management Class @ Canyonville Clinic 5:15 PM— 6:15 PM	26 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop Food Bank Open 1 PM—4 PM @ GO	27 Senior Meal Sittercise Class Reading Group	28 Senior Meal Takelma Class Water Aerobics Entrepreneur Workshop	29 Thai Chi	30
31 AA Meeting	<div>Regular Activity Times &amp; Places</div> <p><b>Senior Meals:</b> 12 PM @ Seven Feathers Casino</p> <p><b>Sittercise:</b> 11—11:30 AM @ South Clinic</p> <p><b>Water Aerobics:</b> 9—9:45 AM, 10—10:45 AM @ South Clinic</p> <p><b>Thai Chi:</b> 8—9 AM @ Millsite Park</p> <p><b>Takelma Class:</b> Adult: 10 AM—2 PM Youth: 3—5 PM @ Expanding Horizons Youth Center (EHYC)</p> <p><b>AA Meeting:</b> 6 PM @ Government Offices (GO)</p> <p><b>Reading Group:</b> 10:30 AM—12 PM Tue: @ GO Wed: @ EHYC</p> <p><b>Entrepreneurial Workshop:</b> 5:30—8 PM @ EWC (Education Workforce Center)</p>					

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

2371 NE Stephens St. Suite 100  
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Toll Free: 800-929-8229



To find jobs online, go to [uidchr.com](http://uidchr.com)

Visit us online at [cowcreek.com](http://cowcreek.com)