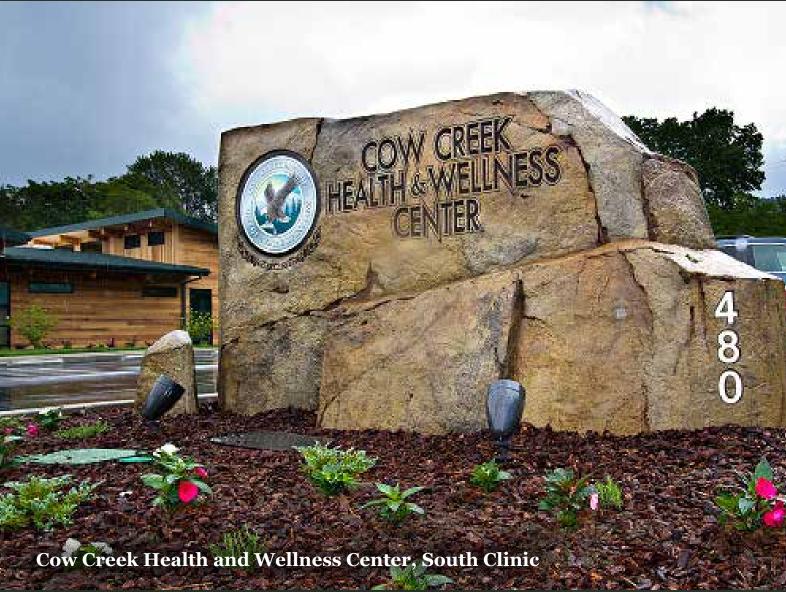


# Wik'uuyam Heeta'

"Friend, Away from Here"

The Official Newsletter of the Cow Creek Band of Umpqua Tribe of Indians



Volume 26, Issue 11 November 2016

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

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### **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

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

## The Diesel Bros. Feature Seven Feathers

The Seven Feathers Casino Resort had its biggest multi-day event yet on the weekend of October  $\mathbf{1}^{\text{st}}$  and  $\mathbf{2}^{\text{nd}}$ . The Diesel Bros., famous from their show on the Discovery Channel, custom-built a truck to give away at the Casino.

Guests earned entries into the drawing when they ate at any of the restaurants, purchased items at the gift shop, or played any of the games. All told, over 5.6 million entries made it into the drawing, meaning that over 50,000 people within 200 miles participated.

The event culminated on the evening of October 2<sup>nd</sup>, where General Manager Shawn McDaniel drew the name of the winner: Brenda M., one of the Casino's top players.

The Seven Feathers Casino Resort and the truck will be featured in Episode 4 of the latest season of Diesel Bros. The episode could air in either November 2016 or January 2017, depending on Discovery Channel scheduling. It will feature the Diesel Bros interacting with Hospitality Director Travis Hill (who was instrumental in arranging the event) and General Manager Shawn McDaniel.





## Tribal Artist Highlight: Chuck Rondeau

Chuck Rondeau grew up in the Olympic Peninsula, with over 10,000 acres of National Forest in his backyard. An avid hunter and fisherman, he was inspired to draw the animals he saw, which was encouraged by having a drawing of a pig published in a local magazine as a child.

His preferred art medium is acrylics and avain photography, but he is skilled in a variety of other styles, both digital and traditional. He was commissioned to paint the eagle painting that was given to the Karuk Tribe (featured in the September 2016 newsletter). He has also submitted several entries to the Oregon Conservation Stamp Contest. His art can be found on his Facebook page "Chuck Rondeau Wildlife Art," and on <a href="https://www.fineartamerica.com">www.fineartamerica.com</a>.

He says that the encouragement of family was essential to his development as an artist. "To the families of artists, encourage your young artist at every opportunity," he said. "Artists, follow your heart. Do what you need to do. Stick to it. You can meet and exceed the challenge of self-improvement."

If you would like to feature a Tribal member artist in the newsletter, then please contact Brick Andreasen at BAndreasen@cowcreek.com.











### **Tribal News**

#### Halloween at the Tribal Gardens

The Youth Education Program and the Behavioral Health Prevention Department sponsored a Halloween party at the Tuú Yap'a Xumá Tribal garden on October 22<sup>nd</sup>.

There were a ton of great activities for the kids, such as the following:

- There was a Tic-Tac-Toe board, where competitors would use tiny pumpkins (some painted black).
- Kids could decorate their own bags for Trick or Treating and prize collection.
- At one station, kids could decorate a special T-Shirt.
- Kids could put on masks, hats, feathers, and more at a photo booth.
- A Touch and Feel table was set up, featuring peeled grapes as "eyeballs", wet spaghetti as "wriggling worms" and many more.
- The "Poke-A-Pumpkin" game was fun for kids, where they could puncture paper-covered cups for a chance at some wonderful prizes.
- As the event went on, there was spoon-racing, a pumpkin launch (see page 10) and much more!

The Behavioral Health Prevention Department had a booth with health and safety tips to keep kids safe during Halloween. Additionally, sloppy joes, vegetable trays, chips, and other festive-themed snacks were available for consumption.

Thank you to all who came and participated!









### **Tribal News**

### ICWA Conference Hosts Impactful Gathering at the Seven Feathers Casino

The Cow Creek Tribe cosponsored the Indian Child Welfare Act (ICWA) conference, held at the Seven Feathers Casino from October 18<sup>th</sup> through October 20<sup>th</sup>, in partnership with the Oregon Department of Human Services. The event housed representatives from the Oregon Government and all nine Federally Recognized Tribes.

The Dancing Thunder Drum Group and the Cow Creek Color Guard opened the ceremony, followed by a Takelma blessing offered by Tribal Elder Joyce Sertain. Cow Creek Chairman Daniel Courtney then gave opening remarks. "It is our hope that this conference will pave the way for new partnerships and understanding," he said.

The conference featured themes like racial disparities in Oregon's Child Welfare System, new ICWA regulations, the effects of trauma on children, culturally responsive models in domestic violence intervention, and much more. In a spirit of sharing, the representatives discussed issues faced by Native American youth, and ways to fix those problems.

During the Culture Night and Banquet on the 19<sup>th</sup>, Cow Creek Cultural Programs Manager Jessie Plueard shared the history of the Cow Creek Tribe's journey toward becoming Federally re-recognized, followed by the Tribe's Crater Lake Legend.









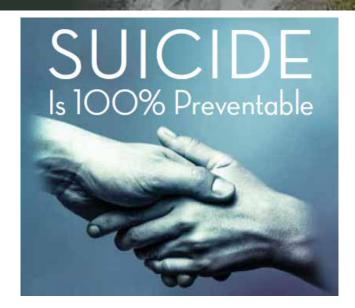
## Messages from the Clinic

#### **Suicide Facts**

- Nearly 30,000 Americans commit suicide every year.
- Suicide Rates for American Indians between the ages of 15 and 24 are 3 times the national average, and suicide is the second leading cause for death in their age group.
- In the U.S., suicide rates are highest during the spring.
- On average, 1 person commits suicide every 16.2 minutes.

#### **Douglas County Resources**

- 24--Hour Crisis number: (800) 866-9780
- Douglas Co Health & Social Services: (541) 440-3532
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)
- Cow Creek Health and Wellness Center Behavioral Health Department: (541) 691-2402



#### **Risk Factors**

- Family history of suicide.
- Previous suicide attempt(s).
- Seeking out ways to harm or kill.
- History of mental disorders, particularly depression.
- History of alcohol and substance abuse.
- Feelings of hopelessness
- Impulsive or aggressive tendencies.
- Local epidemics of suicide.
- Isolation from family and friends.
- Barriers to mental health care.
- Losses (relational, social, work, or financial).
- Physical illness.
- Easy access to lethal methods.
- Homosexual or bisexual orientation, or transgendered identity.
- Being male (for death by suicide).
- Being female (for suicide attempt).
- Being homeless or having run away from home.

### **Warning Signs**

- Actually talk about suicide or a plan.
- Seeking out ways to harm or kill self.
- Saying other things like "I wish I was dead," or "I shouldn't have been born."
- Withdrawal from friends or family.
- Change in eating and sleeping habits.
- Loss of interest in things one cares about.
- Exhibiting impulsivity such as violent actions, rebellious behavior, or running away.
- Complaining of being a bad person or feeling rotten inside.
- Marked personality change.
- Giving away favorite possessions.
- Difficulty concentrating and a decline in quality of school work.

Please call the clinic at (541) 691-2402 if you need help!

## Do's and Don'ts of Talking to a Suicidal Person

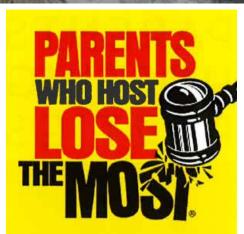
#### Don'ts

- Don't argue with the suicidal person.
- Don't dare him or her to do it.
- Don't ask why. This encourages defensiveness.
- Offer empathy, not sympathy.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy.
- Don't say things like: "You have so much to live for," or "Your suicide will hurt your family," or "Look on the bright side."

#### Do's

- Be yourself.
- Be aware. Learn the warning signs.
- The right words are often unimportant.
- Listen.
- Show interest and support.
- Offer hope.
- Let the person know that his or her life is important to you.
- Be non-judgemental.

## Messages from the Clinic



Providing alcohol to minors is illegal! Underage drinking can be dangerous! It's a Class A Misdemeanor with up to 364 days in jail and \$6250 in fines. BE THE POSITIVE INFLUENCE THEY NEED!

Even if you only provide alcohol for adults at a party, you can be held responsible if an underage person consumes that alcohol.

How can you minimize the chances of this happening?

- 1 Don't buy alcohol for parties when minors will be attending.
- 2 Don't assume that "good kids" will abstain from drinking.
- 3 Buy liability insurance.
- 4 Have the party in a banquet hall instead of your backyard.
- 5 Talk to your teen about the issue.

To learn more, contact the Cow Creek Behavioral Health Prevention Program at 541-672-8533.



Myth #1: Marijuana is harmless.

**Fact #1**: Marijuana use can lead to significant health, safety, social, and learning or behavioral problems. Some short-term consequences include: memory loss, distorted perception, and some trouble problem solving. Long-term effects can include: decreased academic and job performance, cognitive deficits, and lung damage.

Myth #2: Marijuana is not an addictive substance.

**Fact #2**: The desire for marijuana, combined with the withdrawal symptoms, can make it hard for long-term marijuana smokers to stop using the drug. Users trying to quit often report irritability, anxiety, and difficulty sleeping.

Myth #3: Marijuana isn't as bad as cigarettes.

**Fact #3**: Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana, regardless of THC content, are three-to-five times more than among tobacco smokers.

**Myth #4**: Driving while high is safer than driving while intoxicated.

**Fact #4**: In a study reported by the National Highway Traffic Safety Administration, even a moderate dose of marijuana was shown to impair driving performance, since it affects alertness, concentration, perception, coordination, and reaction time — all essential skills for driving. Researchers also found that 17% (nearly 1 in 5) of crash victims under the age of 18 tested positive for marijuana.

Myth #5: Marijuana makes you mellow.

**Fact #5**: Research shows that kids who use marijuana weekly are nearly four times more likely than nonusers to report that they engage in violent behavior.

**Myth #6**: There's little to nothing parents can do to stop their kids from experimenting with marijuana.

**Fact #6**: Kids who learn about the dangers of drugs from their parents are less likely to use drugs than kids who are not.

These facts were drawn from research conducted or referenced by the Office of National Drug Control Policy (<a href="www.whitehouse.gov/ondcp/prevention">www.whitehouse.gov/ondcp/prevention</a>), and brought to you by the Cow Creek Behavioral Health Prevention Program. To learn more, please call 541-672-8533.

## Messages from the Clinic

### Is There Any Truth to the Five-Second Rule?

Have you heard of the five-second rule? It goes like this: If you drop food on the floor, it's safe to eat if you pick it up within five seconds. Any longer than that, and floor germs will have latched onto your food, setting you up for possible food poisoning.

Not surprisingly, it turns out that the five-second rule is not true, according to a recent study. Bacteria can transfer from the floor to your dropped food before you have the chance to say "whoops."

How quickly contamination occurs, however, depends on the food and the surface on which it plops.

#### **Drop that bread!**

Scientists dropped four different foods onto four different surfaces contaminated with a salmonella-like bacteria. First watermelon fell onto carpet, wood, stainless steel and ceramic tile. The watermelon was followed by bread, bread with butter, and gummy candy. The foods were left to sit for 1 to 300 seconds. After each food splat—and there were a total 2,560 splats—the scientists checked the food for bacteria. (Unfortunately, they made no record of how often the bread with butter fell butter-side down.)

Watermelon picked up the most bacteria most quickly, probably because of its moisture. Gummy candies picked up the least.

## The "Casey-Mobile" Visits the Cow Creek Health and Wellness Center South Clinic

The Oregon Health Sciences University's Casey Eye Institute brought their mobile eye exam unit (affectionately referred to as the "Casey-Mobile") to the South Clinic Saturday, November 5th, for most of the day.

There, volunteer optometrists conducted close to 40 no-cost eye exams, looking for serious eye diseases and problems, such as glaucoma. Their aim in these visits is to help Oregonians prevent blindness by catching eye issues early. Many also had the opportunity to receive low-cost prescription eye glasses.

Cow Creek clinic staff, such as dietician Jill Boyce, were instrumental in helping locals attend the eye exams.

Bacteria transferred most quickly from tile and stainless steel to food. Carpet had very low transfer rates.

The longer a food sat on a contaminated surface, the more bacteria it picked

up. So—in that limited sense—the scientists said the five-second rule had a tinge of truth to it. Still, foods were sometimes contaminated within one second of the drop.

The study was published in the journal *Applied and Environmental Microbiology*.

#### Why does it matter?

Every year, 1 out of every 6 Americans is sickened from eating contaminated food or drink, according to the Centers for Disease Control and Prevention (CDC). One way food becomes contaminated is through contact with germ-infested surfaces.

If you drop your food on the floor, it's likely to have at least a few germs on it before you can pick it up. We at Cow Creek Health & Wellness Center ask you to consider that for a few seconds if your food goes "splat", before you decide to pop it in your mouth.





## **Education Corner**

## **Expanding Horizons Youth Center Halloween**

Our Tribal Youth spent the last couple weeks building and analyzing the design of their catapults for our pumpkin-chucking contest. Each youth was allowed to use any materials they chose, but each structure had to be less than 12 inches tall and capable of launching a candy pumpkin. We got to explore words such as: engineering, lever, force, weight, height, and momentum.

The competition was held at our Annual Halloween Party. Each catapult had 3 attempts at the longest launch. We had a winner, Timathy, who rocketed his pumpkin 31 feet, 2 inches, to win our Giant Pumpkin from the Tribal Garden.

Other activities included spider web fractions, and the teal pumpkin project. Each youth that painted a pumpkin teal got to take home a cup of non-traditional Halloween goodies. As some children experience emotional or food sensitivities that prevent them from participating in traditional Trickor-Treating, these goodies allowed them to still have a treat on Halloween.







## **Education Corner**

### **Round Circle Reading Group**

Our Round Circle Reading groups are meant for children ages 0-5. Come to the Tribal Community Center in Myrtle Creek (formerly known as the Education Workforce Center), grab a fun rug to sit on, and read with your children. Refreshments are provided, and every child who attends gets to take home a free book each week!

Tuesdays, 10:00-10:45 at the Tribal Community Center in Myrtle Creek (Formerly known as the Education Workforce Center, EWC)



The Book Kiosks have arrived! They are located in the reception room of the Tribal Health Clinics (Canyonville and Roseburg), as well as outside the playground on Taylor Street in Myrtle Creek. Book Kiosks are small libraries where you can borrow a book, return it when you want, or keep it and simply return another one. No check-out forms are necessary and the Kiosks will be restocked weekly. Books will range in interests for all ages of children through adulthood. For more information or questions, please contact Mark Andrews at 541-677-5575. Remember, 20 minutes of reading every day will help your children's success at school in all grade levels!

### **Youth Education Program Benefits**

Did you know that besides the \$25 School Supply Benefit that Tribal Children can receive, there is a program (the Youth Education Program) that provides supplemental education services to eligible Tribal children, 3-18 years of age, who are still attending school?

This program offers services that cover costs that parents may have of up to \$250 per calendar year. Costs can include sports fees & equipment, school fees, and other educational activities, so save your receipts! Forms can be downloaded on the Cow Creek Website under Forms and Contacts. Look for the YEP





Application, and the YEP Parent Request Forms. Forms and receipts must be turned in by December 15, 2016 for reimbursement. Please allow 30 days for payment.

For more information, call Mark Andrews, Youth Development Specialist, at 541-677-5575, or refer to the Tribal Services Directory.

### **Events**

### **Upcoming Culture Classes**

- New Takelma Class: November 28<sup>th</sup>
   6 7 PM @ Tribal Community Center (formerly EWC)
- Ongoing Takelma Class: November 28<sup>th</sup> 10 AM - 12 PM @ Tribal Community Center
- <u>Basket Weavers:</u> November 28<sup>th</sup> 2 5 PM @ Canyonville Block House
- Youth Drum: December 13<sup>th</sup>
   4 6 PM @ Tribal Community Center
- <u>Family Drum:</u> December 8<sup>th</sup> 5-7PM @ Block House
- Regalia Making Class: November 5th, December 3rd, January 7th, February 11th & 25th, March 11th, April 8th &29th, May 20th 10 AM - 2 PM @ GO Board Room (Subject to change, watch mail for flyers)

For more information on any Cultural Event, please call Megan Taddei at 541-672-9405.

#### For Tribal Elders:

The Elders Annual Holiday Luncheon is scheduled for December 2<sup>nd</sup>, 12 PM, at the Seven Feathers Casino Resort, in the Grape/Huckleberry



Rooms. RSVP with Cindy Grizzle at <a href="mailto:com">cgrizzle@cowcreek.</a> <a href="mailto:com">com</a> by November 25th. Bring a gift to participate in the gift exchange.

### 2016 Festival of Trees

The Tribe, in conjunction with the TMS Call Center, present the Mercy Foundation's 23<sup>rd</sup> Annual Festival of Trees!

The event will be held from December 1-4, 2016. For more information, or to purchase tickets, please call 541-677-4818





- Watch the Oregon Civil War

November 26<sup>th</sup>, Hot Seat Drawings 10 AM - 10 PM Watch the game on the Casino Floor, in the Elements Lounge, in the Steelhead Lounge, or in the Stix Sports Bar

- The Price is Right Live Sat. November 26<sup>th</sup> @ 8 PM Sun. November 27<sup>th</sup> @ 2 PM
- Magician Hart Keene @ The Elements Lounge November 16 - 20, 2016 Wed. 7 & 9 PM; Thu. - Sat. 6 PM, 8 PM, & 10 PM
- Amy Clawson @ The Elements Lounge November 28 - December 4, 2016 Wed., Thurs., & Sun. 7 - 8 PM, 9 - 10 PM Fri. & Sat. 9-10 PM, 10:30 - 11:30 PM, 12 - 1 AM
- That Other Band @ The Elements Lounge December 7 - 11, 2016 Wed. 7 & 9 PM Thurs. - Sat. 6 PM, 8 PM, & 10 PM Sunday 3 PM & 6 PM
- The Hank Shreve Band @ The Elements Lounge December 14 - 18, 2016 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- The Rick Jones Brotherhood @ The Elements Lounge December 21 - 25, 2016 Wed., Thurs., Sun. 7 - 11 PM Frid. & Sat. 8:30 PM - 1:30 AM
- Amy Clawson @ The Elements Lounge
   December 28 January 1, 2016
   Wed., Thurs., Sun. 7 8 PM, 9 10 PM
   Fri. & Sat. 9 10 PM, 10:30 11:30 PM, 12 1 AM

## Government and Programs

### Youth Education Program Benefits Year-End Requests

Please remember to have any requests for services and/or reimbursements submitted by December 15, 2016 in order to receive 2016 benefits. New benefits will start again on the 1<sup>st</sup> of January, 2017.

For any further questions, please call Tammie Hunt at 541-677-5575 or send her an email at THunt@cowcreek.com.

### Kindergarten and Preschool Readiness Class

Is your 2 - 3 year old ready for pre-school? Please join the Cow Creek Educational Staff to learn and prepare for the upcoming school years. Learn what your child needs to know to be a successful student entering pre-school, and how you can help them prepare. There will be free child-care, free materials, free books, and free dinner, as well as a chance to win a new Kindle Fire!

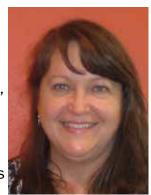
You can expect four fun-filled evenings to prepare you to help your child learn early reading and vocabulary, math, logic, sequencing, and how to deal with stress and nurture positive relationships.

Please call Kayla Knight at 541-677-5575 to RSVP and reserve your place. It will be held from 6:15 - 8:15 PM on November 15<sup>th</sup>, January 3<sup>rd</sup>, March 7<sup>th</sup>, and May 2<sup>nd</sup>. For each class you attend, you earn an entry into the drawing for the new Kindle Fire HD! Attend all 4 classes for a better chance of winning. The drawing will be held on the last night of class. You can see the resources you get below:



### **New Employee Highlight: Susie Puckett**

Prior to working here, Suzie was a Home Visitor with Family Building Blocks, where she helped families with child development, family goal setting, and accessing local resources. She has a Bachelor's Degree in Family Studies and Psychology.



As the Tribal Community Center's new Center Programs Assistant,

she helps make meals for the youth who attend, assists with homework, mentors the youth, and gives guidance. She also goes shopping for supplies, provides receptionist duties, and plans meals. "Working at the Center has been an enjoyable part of my new adventure, and I look forward to many years of working with the youth at the Tribal Community Center."

### **Healthy Living with Diabetes**

Join the diabetes self-management classes if you want to learn how to be the healthiest you can be! In these monthly classes, we review a different topic each month, eat a diabetic-friendly meal, and have giveaways! The next topic is Healthy Eating. Registration is required, so RSVP with Erin Audiss, RD, at 541-672-8533, or Jill Boyce, RD, at 541-839-1345.

### New, Improved Diabetes Prevention Program!

This 8-week program has helped over 50 people so far! Over 400 lbs. have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points! To join, call Erin Audiss, RD, or Jill Boyce, RD, at their numbers above.

### **Holiday Food Bank Packages**

The Food Bank will be open the following dates in December: the 13<sup>th</sup> from 9 AM - 12 PM, the 20<sup>th</sup> from 1 - 4 PM, and the 27<sup>th</sup> from 1 - 4 PM. Holiday packages will be given out each of these days, with a few added holiday food items to make the holidays a little brighter for our Tribal families!

### November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Water Aerobics Nahankuotana Weavers Group 2-5 PM @ BH Round Circle Reading Group	2 Senior Meal	3 Takelma Class  Water Aerobics  Round Circle Reading Groups @ GO	4	Regalia Class 10 AM - 2 PM @ GO Free Eye Exams from Casey Eye 9 AM - 3 PM @ South Clinic
6	7 Exercise Class (FIRST DAY)	8 Senior Meal Water Aerobics Food Bank Open 9 AM - 12 PM Youth Drum 4 - 6 PM @TCC Round Circle Reading Group	9 Senior Meal  Also on the 8th: Round Circle Reading Groups	10 Family Drum 5-7 PM @ BH Water Aerobics Takelma Class	11	12Youth Pow Wow 4:30 PM @ 7F Annual Elders Dinner & Blanket Ceremony 3 PM @ 7F Doors open 3 PM
13 Tribal General Council Meeting 10 AM Lunch Provided Food Bank open after meeting	14 Senior Meal Exercise Class Nahankuotana Weavers Group 2-5 PM @ BH Takelma Class 6 - 7 PM @ TCC	15 Senior Meal Water Aerobics PreSchool Prep 6:15 PM @ TCC Cooking Demo 10:30 AM @ Canyonville	Senior Meal with Guest Speaker Also on the 15th: Round Circle Reading Groups	17 Water Aerobics Takelma Class PreSchool Prep 6:15 PM @ GO Cooking Demo 10:30 AM @ Roseburg	18	19
20	21 Senior Meal Exercise Class	22 Senior Meal Water Aerobics Food Bank Open 1 - 4 PM Round Circle Reading Groups	23 No Senior Meal Today	24 Thanksgiving Day GO Closed No Water Aerobics or Takelma Class	25 GO Closed	26
Also on the 28th: Diabetes self- management class 5 PM @ Roseburg Clinic	28 Senior Meal Exercise Class Nahankuotana Weavers Group 2-5 PM @ BH Takelma Class 6 - 7 PM @ TCC	29 Senior Meal Water Aerobics	30 Senior Meal			

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers

RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Exercise Class: 11 - 11:30 AM @ South Clinic in Canyonville

GO: Government Offices, Roseburg, OR

**TCC:** Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

**7F:** Seven Feathers Casino Resort

BH: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.

### December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Takelma Class	2	3
				Water Aerobics	Elders Luncheon 12 PM @ 7F	Regalia Class 10 AM - 2 PM
				Kindergarten Prep 6:15 PM @ GO	121111011	@ GO
				Festival of Trees See page 12	Festival of Trees See page 12	Festival of Trees See page 12
4	5 Senior Meal	6 Senior Meal	7 Senior Meal	8 Takelma Class	9	10
	Exercise Class	Water Aerobics		Water Aerobics		
Festival of Trees See page 12	Takelma Class 6 - 7 PM @ TCC	Round Circle Reading Group		Family Drum Practice 5-7 PM @ BH		
11	12 Senior Meal Exercise Class (LAST DAY) Takelma Class 6 - 7 PM @TCC Nahankuotana Weavers Group 2-5 PM @ BH	13 Senior Meal Water Aerobics Round Circle Reading Group Food Bank Open 9 AM - 12 PM Youth Drum 4 - 6 PM @ TCC	14 Senior Meal	15 Takelma Class Water Aerobics (LAST DAY)	16	17
18	19 Senior Meal Takelma Class 6 - 7 PM @ TCC  Nahankuotana Weavers Group 2-5 PM @ BH	20 Senior Meal Food Bank Open 1 - 4 PM Round Circle Reading Group	21 Senior Meal	22	GO Closed	24
25	26	27 Senior Meal	28 Senior Meal	29	30	31
Merry Christmas!	GO Closed, No Senior Meals	Round Circle Reading Group Food Bank Open 1 - 4 PM				

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers

RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

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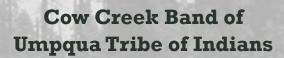
GO: Government Offices, Roseburg, OR

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**7F:** Seven Feathers Casino Resort **BH**: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

> Phone: 541-672-9405 Fax: 541-673-0432 Toll Free: 800-929-8229