

Wik'uuyam Heeta'

"Friend, Away from Here"

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



K-Bar Ranch

Volume 27, Issue 10
October 2017

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)

Letter from the Chairman

The Cow Creek Tribe is a proud member of the Oregon community. As is often said, “a high tide floats all ships.” We are excited to be a part of the partnership that put forward the recent Southern Oregon Trade Career Expo. It was an honor to host the event on our property at the Seven Feathers Convention Center. The volunteers and Tribal staff, especially the eight members of the Tribal Youth Council, are to be applauded for their excellent work in hosting such a successful and important event for the rising generation. For more details on the event, please see page 4 of this newsletter.

It is with great sadness that we hear of the continuing acts of violence in our country. Such acts strike us especially close to home, as we remember the UCC Tragedy and the effects it had—and continues to have—on our lives. We commend the Cow Creek Government Office staff and the “Make Your Ripples Count” movement who are doing their part to spread love and support for victims that we understand all too well.



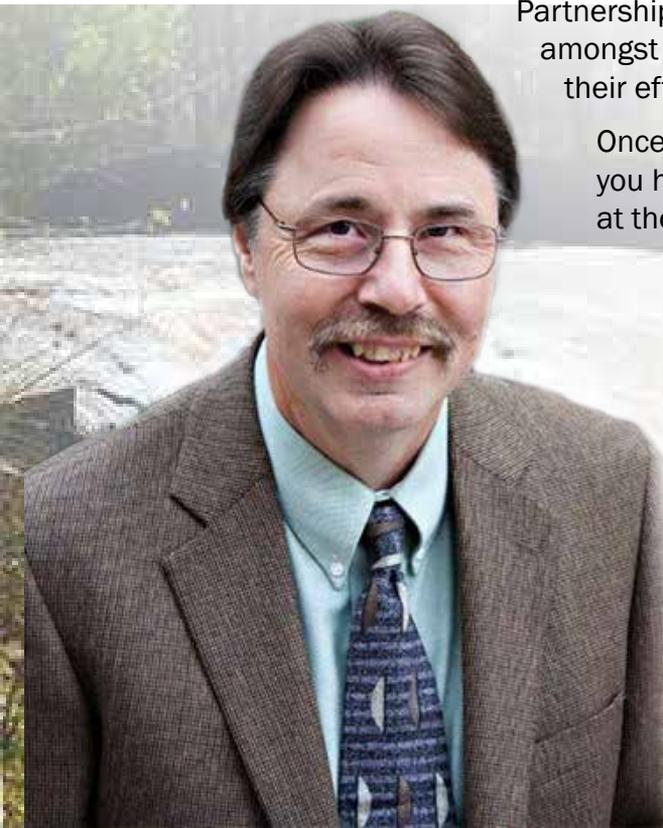
Government Office staff hold signs saying “Love to Las Vegas from Roseburg, Oregon” Signs also feature the “Make Your Ripples Count” logo.

On a lighter note, our Cultural Department is making great strides in working with the Seven Feathers Casino to incorporate even more of our traditional culture into the decor of the building, starting with some very beautiful murals near the Kabi Café. To learn more, please see page 5 of this newsletter.

The Tribe’s Natural Resources Department has been very involved in working with the Umpqua Basin Partnership to represent our desires to preserve our natural resources amongst Oregon’s environmental community. Page 5 has more details on their efforts.

Once again, we are nearing November and the Tribal Distribution. If you have recently moved, please make sure your address is current at the Government Offices.

Dan Courtney,
Cow Creek Tribal Chairman



Tribal News

Cow Creek Tribe Hosts the Southern Oregon Trade Career Expo

On Thursday, September 28th, the Cow Creek Band of Umpqua Tribe of Indians along with Phoenix Charter School and Oregon Dept. of Transportation (ODOT) hosted the first biennial Southern Oregon Trade Career Expo at Seven Feathers Hotel and Convention Resort. The north parking lot and new RV overflow lot teamed with students, heavy equipment, protective service vehicles as well as indoor booth tables brimming with information that students eagerly were standing in line to get to.

The invitation sent out to Jackson, Josephine, and Douglas Counties brought 24 area high schools, estimating 800 students attended the event. Students had the opportunity to engage in informational conversations with exhibitors, ride bucket trucks with Douglas Fast Net, sit in the operator's seat of a paint and sign truck, use surveying equipment, compete in the Wolf Creek carpenter's dry wall screw competition, sit in the cockpit of a Reach Air Ambulance helicopter, use the Jaws of Life to extract a "dummy" victim from an actual car, just to name a few of the many hands-on activities available to students. In the afternoon session, veterans and disadvantaged youth were able to attend and participate as well.

"Our students who attended had a great time," said a representative of Roseburg High School. "They received a lot of information from potential employers and vendors. There were a lot of hands-on activities. Many of our students were asking when the next one was going to take place. Students were texting their friends, passing the word to those who didn't attend, telling them they missed out on a great experience. It was a successful event for the students."

The expo has been in the making for a little over a year with the vision to bring a trade's career fair to the students of SW Oregon. Lane County has been putting on this type of annual event; however, most students who live south of this area cannot participate due to distance. With the increasing demand to fill positions with skilled individuals, it made sense to bring these agencies, businesses, and trade schools closer to the students. The many sponsors and generous



donations in our county understood our goal, and thankfully brought this event to fruition and helped to make it happen.

"It has been amazing working with the Tribe; they have been very passionate about making this a success," says Phoenix School's Thomas McGregor. "It's a learning year for us, since it's the first time we've done this, but we've been more than impressed with how it has turned out."

The event was staffed by 68 volunteers, including 8 members of the Cow Creek's Tribal Youth Council, who took a lot of pride in helping out.

"This is home for them," explains Kelly Warner, Cow Creek Tribal Workforce Manager, "Having our Tribal youth participate in something like this, which they can bring to their peers at school, is a very proud experience for them."

Kelly Warner also commented on why the Tribe was so involved in the expo's creation: "It's about community. The Cow Creek Tribe's business entities wouldn't be what they are without the community, and this is one way we can give back and help build the economy."

To learn more, visit www.empowerthepossible.org.

Working as Part of the Umpqua Basin Partnership

The Cow Creek Natural Resources Department continues to work with the Umpqua Basin Partnership on developing an action plan for natural resources work in the Umpqua Basin.

The partnership consists of a wide variety of organizations, including the Confederated Tribes of Coos Lower Umpqua and Siuslaw Indians, the Partnership for Umpqua Rivers, Federal and State agencies such as the Forest Service, the Bureau of Land Management, the Oregon Department of Fish and Wildlife, and the National Oceanic and Atmospheric Administration/National Marine Fishery Service, as well as other watershed councils and various nonprofit organizations, the local timber agencies, the agricultural community, and other stakeholders.

The partnership hopes that by bringing together a wide variety of stakeholders with different natural

resources priorities, they can get everybody on the same page and develop an action plan that they can all utilize to get natural resources work done in a strategic, coordinated way.



Bringing groups who have different priorities together is a great way to start conversations among the community. They have focused on reaching out to different organizations, and making sure that people are attending—or at least know about—the meetings. By working together, different organizations can combine and leverage their resources and get more work done on the ground to benefit the entire Umpqua Basin.

Cultural Murals in the Seven Feathers Resort

For over 2 years, the Cow Creek Culture Department has been working with the Seven Feathers Casino Resort to incorporate elements of the Tribe's cultural heritage into the building.

The latest installment of this long-term, multi-phase project are four murals, located in the area near the Kabi Café. These depict four culturally significant locations: the North Umpqua Narrows (North wall), the South Umpqua Falls (East wall), Table Rock (South wall), and the Coastal Range (West wall).

Additionally, each mural features the Takelma word for the direction that wall faces:

English	Takelma	Phonetic
North	taat ^h kaayawaàta	dot guy ah wada
South	haantatat ^h	han dot dot
East	kwent ^h kaapòk ^h tanta	gwent gabok dahn da
West	ti ^t ^h kaayùk'umaata	deet guy eww goo mada

Stay tuned for more cultural additions to the casino in future editions of this newsletter.



North mural: North Umpqua Narrows



East mural: South Umpqua Falls



South mural: Table Rock



West mural: Coastal Range

Culture Corner

Pine Nuts

Pine nuts are used on different parts of our regalia, including aprons, skirts, and necklaces.

Pine nuts are gathered in the fall by collecting pine cones and waiting for them to dry. When the cone is dry, it starts to open up and reveal the pine nuts inside. Once dry, you can start the sticky process of pulling the pine nuts out of the cones.

Next, you drill the pine nuts, clean out the meat, and bake the shell. After they are done baking, you will then use the meat, which is high in oil content, to shine the shell.

Once the desired shine is achieved, you are then ready to use the pine nuts on your regalia.



Traditional Use of Fire

Traditionally, our ancestors would use fire to manage the land and maintain habitats for plants and animals. Tarweed and huckleberries are examples of two plant resources that benefit from the use of fire. Tarweed is a yellow-flowering plant whose fields would be burned to roast the seeds, which were used as a food. High mountain meadows would be burned after the harvest to allow huckleberry communities to grow larger and become more productive by keeping the area free of densely packed trees and underbrush. This practice would also provide ideal grazing pastures for deer and elk.



High mountain meadow traditionally maintained by fire

Culture Corner



Tarweed

Tarweed was one of our traditional first foods. It has tiny seeds that were harvested in the fall to be ground into flour. Tarweed grows thirty inches high in open fields. When the plant is mature, it creates a sticky residue, which gives its name. When the seeds are ripe, the fields were burned, leaving roasted seeds in pods. The pods were then beat into baskets and collected. The seeds were ground into meal with a mortar and pestle. The meal was then used to thicken soup or mix with meat to make patties that were cooked on hot rocks. Pioneer ranchers saw the plant as a nuisance, due to it coating the head and legs of livestock, so the plant was mostly eradicated.



Tarweed Gathering Baskets

Ever wonder what we used to gather tarweed seeds? George Riddle gives a great description of the harvesting by writing “Immediately after the fire there would be an army of (female natives) armed with an implement made of twigs shaped like a tennis racket. With their basket swinging in front, they would beat the seeds from the pods into the basket. This seed gathering would only last a few days and every (female native) in the tribe seemed to be doing her level best to make all the noise she could beating her racket against the top of her basket.” You can just imagine working in the fields with all your family to gather enough for the winter.



Takelma Language Corner

Takelma: Wilihàwt^hek^h mena taa'akanì'n

Pronunciation: We-lee-how-tek mehna dah-ahgawn-e-nnnn

Translation: My friend, bear, I hear it.



Messages from the Clinic

7 Steps to Prevent Falls

For older people, a fall can be life-changing. According to the American College of Emergency Physicians (ACEP), one-third of people age 65 or older will have a fall this year that diminishes their quality of life. Once you've fallen, your risk of falling again is twice as high.



That's why it's so important to take steps to help prevent falls, and why ACEP has developed the "Seven Step Fall Challenge." These seven tips can help keep folks of all ages safe.

Step 1: Exercise regularly. This will help improve your strength and balance. Consider tai chi, yoga or any type of activity that improves flexibility and endurance.

Step 2: Make your home safe. More than half of falls happen at home. Remove trip hazards like boxes and furniture from heavy traffic areas. Make sure carpets and rugs are secure. Never stand on chairs or stools to reach for items. Install safety rails in the bathrooms and night lights in hallways, bedrooms and bathrooms.

Step 3: Understand the risks of medications. Some medications can make you feel lightheaded, dizzy or sleepy, which can increase the risk of falling. If you experience these side effects, talk to your doctor or pharmacist. They can help you find other options.

Step 4: Focus on vision. As we age, our vision changes. Get your eyes checked each year.

Step 5: Stay well hydrated. When your body needs water, you can get dizzy and confused. Unless your doctor says otherwise, drink six to eight glasses of water a day.

Step 6: Put your best foot forward. Clogs, flip flops, high heels and shoes that fit poorly can increase your risk of falling. Instead, opt for supportive and comfortable footwear. Talk to your doctor if you have
8 decreased feeling in your feet.

Step 7: Know how to fall. If you start to fall, try to relax your body to reduce the impact. Tuck your chin to protect your head. Roll as you land, which can spread out the force of the fall. Stay calm, and don't get up too quickly. Always keep a phone with emergency numbers within easy reach. If you've fallen before, talk to your doctor about getting a fall alert bracelet or necklace to alert local emergency services if you fall.

Cow Creek Health and Wellness Center Announces 24/7 Nurse On-Call Service

We are proud to announce a new service for all of our patients: 24/7 Nurse On-Call. This gives every patient the ability to call after hours, weekends and holidays and talk with a nurse trained specifically to manage problems over the phone. They are unable to refill prescriptions or start new ones.

If you call our clinic at 541-672-8533 or 541-839-1345, select the #3 on the phone menu. This will connect you to the Nurse On-Call receptionist who will take your information. A Registered Nurse will call back within an hour. It has been our experience that they call back much sooner.

The nurse will ask you some questions about the problem you are having and offer advice. It might be simple steps you can take to help or it might even be to go to the hospital Emergency Department to be seen right away. They are trained to sort out the issues and use nationally-recognized protocols to direct them in arriving at a correct solution for you. We will receive the notes from this encounter the next business day and you should receive a follow-up call from your PCP Team soon thereafter.

There is no charge to our patients for this extended service. We hope that it is not necessary for you to use it, but if you have a need, the Nurse On-Call is there for you.

Please call your pharmacy for prescription refills. Call your clinic during office hours if you have questions. Now, you also have Nurse On-Call after hours, on weekends and holidays.

Messages from the Clinic

Violence Against Women Is Not Traditional

Women were honored and considered sacred as life and care givers. Our traditions, ceremonies, songs and prayers, respect the mind, body, spirit and integrity of all people. We at the Cow Creek Health and Wellness Center are here to listen and help.

Violence can be recognized by control through:

- Criticism and name calling
- Moodiness, anger, and threats
- Overprotection and jealousy
- Denying your perceptions
- Ignoring your needs and opinions
- Decision making
- Money
- Shifting responsibility
- Limiting contact with other people
- Physical Intimidation
- Sexual humiliation
- Physical violence
- Accessing healthcare

If you are experiencing any of these controlling issues or other types of control, talk to someone you trust: a relative, friend, advocate, or healthcare provider. There is help.

You don't have to be alone. Call the Cow Creek Health and Wellness Center at 541-672-8533 and ask for the Domestic Violence Advocate, or tell your clinic provider or mental health therapist. They can help you get help now or make a safety plan to help you stay safe.



"Invite" by Maxine Noel

Government and Programs

Purchased & Referred Care News and Information Corner

Applications

PRC Applications for 2018 will be sent out to you near the end of November.

If you live in the seven county service area (Coos, Deschutes, Klamath, Jackson, Josephine, Douglas and Lane), it is a requirement that you fill out a new PRC application every year for each member of your family to be eligible for health benefits by 1/01/2018. If you fail to receive or lose your application, you will need to go to www.cowcreek.com and print one out. If PRC has not received your application by 1/01/2018, you will not be able to get a purchase order number until your application has been received and processed. If you do not currently have insurance, you must apply for OHP or provide paystubs that show you make too much money to qualify for OHP. If you have insurance, please include a copy of your insurance card with the application. This must be provided with your 2018 PRC application. Please make sure that your address is current with the Government Office so that your application arrives.

PRC will begin paying all claims at a Medicare Like Rate (MLR) per Federal Regulations. This is now called Purchased & Referred Care Rates.

All claims will be processed at this rate. Most all of our providers/vendors we pay are already accepting Medicare so this should not be much of a transition. We have a letter going out to all providers with regulations attached.

OTC

Remember that all Over the Counter receipts need to be into the Government Office no later than 12/15/2017 in order to be reimbursed. Do not let this money go to waste. It is a great benefit for Tribal members.

Reminders

- It is the members' responsibility to call for a PO 2-3 days before your appointment.
- Remember to always make sure the provider has your PRC billing information.
- If you receive a statement, please call the provider and make sure they have your billing information and ask **10** them to bill PRC. We are a payor of last resort.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's Low Income Rental homes. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG), and is administered by the Tribe.

This program can assist eligible Tribal members who are willing to reside in one of the Tribe's low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder: If you are currently on the waiting list for a house, please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get a hold of you, we will be forced to pass you by until we hear from you. Remember that if you are on the waiting list, your application needs to be updated on a biannual basis.

For more information, contact Resident & Self-Sufficiency Manager, Sarah Thompson at 1-541-863-3730, or SThompson@cowcreek.com, or the Housing Admin Assistant, Mel Johnson at the number above or MJohnson@cowcreek.com.

Make Sure Your Address Is Current for Distribution Checks

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

To update your address, mail a Change of Address form to the Government Office, or fax it to 541-673-0432. Those with minor children not living in their households need to make sure that the childrens' updated addresses are on file at the Tribal Government Office to allow for proper notification of events and Trust Fund information. Contact Vanessa Pence at 541-672-9405 for more information on Change of Address Forms.

Government and Programs

Project Warmth: 2017 Payment Deadline **Medicare Part B Reimbursements**

This program reimburses parents/guardians up to \$40.00 per item, 1 pair of shoes and 1 coat per year, per Tribal enrolled child ages 0-17. You can find the application at www.cowcreek.com/tribal-services/human-services/project-warmth/. All requests for reimbursements must be received at our office by November 30, 2017, to receive payments for 2017. When submitting receipts, include a completed application with them for payment processing. We thank you in advance for your promptness.

For more information, please contact Cindy Grizzle at 541-677-5575.



Tribal families who choose a monthly payment will need to submit the new Benefits Statement for 2018. Watch your mail for 2018 benefit statements from your Social Security Office stating the amount you pay for your Medicare Part B Insurance premiums. The Social Security office usually mails out these between October and November the previous year, even if the premium amount remains the same.

For others who request an Annual Reimbursement Payment, please submit a copy of your 1099 to our office as soon as you receive them. Please also watch your mail for your 1099 forms. These should be mailed out by your Social Security Office around January 31, 2018, or later.

Please send your statements to our office ATTN: Cindy Grizzle via email, fax or regular mail as soon as you receive your copy. To avoid a delay in your January 2018 reimbursement payment, please submit a copy of your documents as soon as you receive them.

If you need assistance signing up to begin receiving Medicare Part B Insurance, or for further questions, please call Cindy Grizzle at 541-677-5575.

Food Bank Holiday Hours — Save These Dates! Don't Miss Out on Holiday Boxes

Due to the holidays, Food Bank hours will be different for November and December. We want clients to come to get Holiday food boxes before the Thanksgiving & Christmas rush!

NOVEMBER OPEN DATES

Tuesday, Nov. 7th 9 AM - 12 PM

Tuesday, Nov. 14th 1 PM - 4 PM

(The week before Thanksgiving)

DECEMBER OPEN DATES

Tuesday, Dec. 5th 9 AM - 12 PM

Tuesday, Dec. 12th 1 PM - 4 PM

(The week before Christmas)

FOOD BANK WILL BE CLOSED:

CLOSED- Tuesday, Nov 21st & Tuesday, Dec 19.



Education Corner

New FAFSA Application Date Opens October 1, 2017

Don't leave money on the table. Here's why it's worth the effort to fill out the FAFSA: The FAFSA helps determine whether students are eligible for Federal loans, grants, or work-study programs. Many colleges also require it to be on file for their own need-based or merit-based aid packages. In order to receive your Tribal higher education benefits, the Education Department requires that you complete the FAFSA.

The new application date, October 1, 2017, allows students the ability to use the 2016 tax information to complete the FAFSA. This will reduce the need to go back and update information on your application.

For more information, please contact Tammie Hunt, Education Director, at thunt@cowcreek.com or 541-677-5575.

Important Information for Higher Education Benefits

In order to be eligible to receive your Tribal benefits for Higher Education, the Education Department requires students attending college or university on a full time basis to apply for an additional outside scholarship. Remember that most scholarship applications have a deadline before the month of April 2018 for the 2018 – 2019 school year. Ask your college or university if they have a diversity scholarship. That is a great place for Native American students to find additional funding.

Junior/Senior High School Students: You've Got Mail

Check your postal mailbox in October. The Education Department is sending out your future!!!! Inside this package will be all the necessary items for you to find money, the right college/university, helpful strategies, and all of the deadline dates for submission of applications and testing. If you did not receive your packet, please contact Tammie Hunt at **12** thunt@cowcreek.com or 541-677-5575.

Teach My Preschooler Kits Available

The Cow Creek Education Department is excited to announce a new Early Learning Program for all households with Preschool and Kindergarten aged Tribal Youth.

The Teach My Preschooler Kit (ages 3-4) has everything necessary for encouraging reading for kids and teaching preschoolers the basics. It is designed to give preschoolers an early head start, develop fine motor skills, encourage parent-child interaction, and increase school readiness skills.

The Teach My Kindergartener Kit (ages 4-5) is an all-in-one learning kit that contains unique and coordinated tools to teach spelling, money, telling time, sequencing and logic, and beginner reading. Detailed instructions come with each kit, and the Education Department is also available to answer any questions regarding how to best implement this new and effective learning resource.

Both of these kits are interactive and require adult and child interaction. Please contact Kayla Knight at 541-677-5575 to request a kit be shipped to your home. One Preschool and one Kindergarten kit limit to each household. Both the kits and shipping are free of charge.



Events

October Cooking Demonstrations

Join our Dietitians, Jill Boyce and Erin Audiss, for a fall-themed Cooking & Nutrition Demonstration. All of the recipes are full of flavor and diabetic friendly! Please come hungry because we eat everything we make! All attendees 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 Friday, October 20th to register.

Tuesday, October 24th: 10:30 AM - 12 PM
At the Canyonville Clinic

Wednesday, October 25th: 10:30 AM - 12 PM
At the Roseburg Clinic

Basketball Skills & Prevention Clinic

Youth, please come enjoy a great basketball and prevention clinic, hosted by the Cow Creek Band of Umpqua Tribe of Indians at the Boys and Girls Club in Roseburg on Saturday, November 4, 2017. This event is limited to 80 youth, so don't wait to call and reserve your spot!

Date/Time: Saturday, November 4th, 2017.
Registration opens at
9:30 AM.

Location: Boys & Girls Club 1144 NE Cedar St.
Roseburg, OR 97470

Check in with Darlene Chapman or Sandy Henry for more information or to check for open spots.
541-677-5586 or 541-691-2402.

2017 Youth Pow Wow

When: November 11, 2017

Where: Seven Feathers Convention Center

Time: Doors open at 4 PM, Dinner at 4:30 PM, Grand Entrance 6 PM

Please call Kayla Knight at 541-677-5575 by October 25th to RSVP and order sweatshirts for youth ages 3-18. She can also give you more information.



Annual Tribal Elders Honor Dinner and Blanket Ceremony

We look forward to seeing our Elders for this annual special event. Reservation forms have been sent out to Elders and are due back by October 23rd to reserve your room reservations, dinner ticket, and raffle ticket. Thank you in advance for your promptness.

The doors will open at 3 PM on November 11TH, with registration from 3 PM - 3:30 PM (Raffle tickets will only be given during this registration time).

The Traditional Blanket Ceremony is to honor all Elders turning 60 years of age this year with a complimentary Pendleton blanket. Elders will also be honored with a one-night complimentary stay at the Seven Feathers Casino Resort.

Complimentary Breakfast will be served for Elders Sunday, November 12, from 7 AM - 10 AM in the Huckleberry room near Hotel front desk.

Please call Cindy Grizzle at 541-677-5575 for any questions regarding this event.



Halloween at the Gardens

The Youth Education Program and the Cow Creek Health and Wellness Prevention Program are sponsoring a halloween night at the Tuú Yap'a Xumá Tribal Garden (I-5 Exit 101) on October 21, 2017, from 1 - 3 PM. There will be food,



fun, games, prizes, candy, and pumpkins! Wear your costume to participate in a costume contest. Please no drop-offs! Please bring your own lawn chairs. Please RSVP by October 17, so that we have enough food and prizes.

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Sittercise Class Reading Group	4	5 Senior Meal Takelma class Sittercise Class	6 Elders Luncheon 12 PM @ 7F	7 North Umpqua Hydro-Project Tour 10 AM - 3 PM Basket Class Starts 10 AM @GO
8	9 Columbus/ Indigenous Day - GO Closed	10 Senior Meal Sittercise Class Reading Group Food Bank Open 9 AM - 12 PM	11	12 Senior Meal Sittercise Class	13	14
15	16	17 Senior Meal Sittercise Class Reading Group RSVP Deadline for Halloween at the Gardens	18	19 Senior Meal Sittercise Class	20	21 Halloween at the Tribal Gardens I-5 Exit 101 1 - 3 PM
22	23 Also on the 24 th : Cooking Demo @ Canyonville Clinic 10:30 AM-12 PM	24 Senior Meal Sittercise Class Reading Group Food Bank Open 1 PM - 4 PM	25 Cooking Demo @ Roseburg Clinic 10:30 AM-12 PM	26 Senior Meal Takelma Class Sittercise Class (Last Day)	27	28
29	30	31 Senior Meal Reading Group				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

Sittercise Class: 1 - 1:45 PM @ South Clinic

Reading Group: Tuesdays 10 - 10:45 AM @TCC

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.

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Senior Meal	3	4 Basketball Skills/Prevention Clinic @ Boys & Girls Club in Roseburg 10 AM - 12 PM (Registration 9:30 AM)
5	6	7 Senior Meal Reading Group Food Bank Open 9 AM - 12 PM	8	9 Senior Meal	10	11 Annual Tribal Elders Dinner and Blanket Ceremony 3:30 - 6 PM @7F Youth Pow Wow Dinner 4:30 PM Grand Entry 6 PM
12 General Council Meeting 10 AM @ GO Lunch provided Food Bank open after meeting	13	14 Senior Meal Reading Group Food Bank Open 1 PM - 4 PM	15	16 Senior Meal	17	18
19	20	21 Senior Meal Reading Group Food Bank Closed	22	23 THANKSGIVING DAY - GO Closed	24 GO Closed	25
26	27	28 Senior Meal Reading Group	29	30 Senior Meal Takelma Class		

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Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

Reading Group: Tuesdays 10 - 10:45 AM @TCC

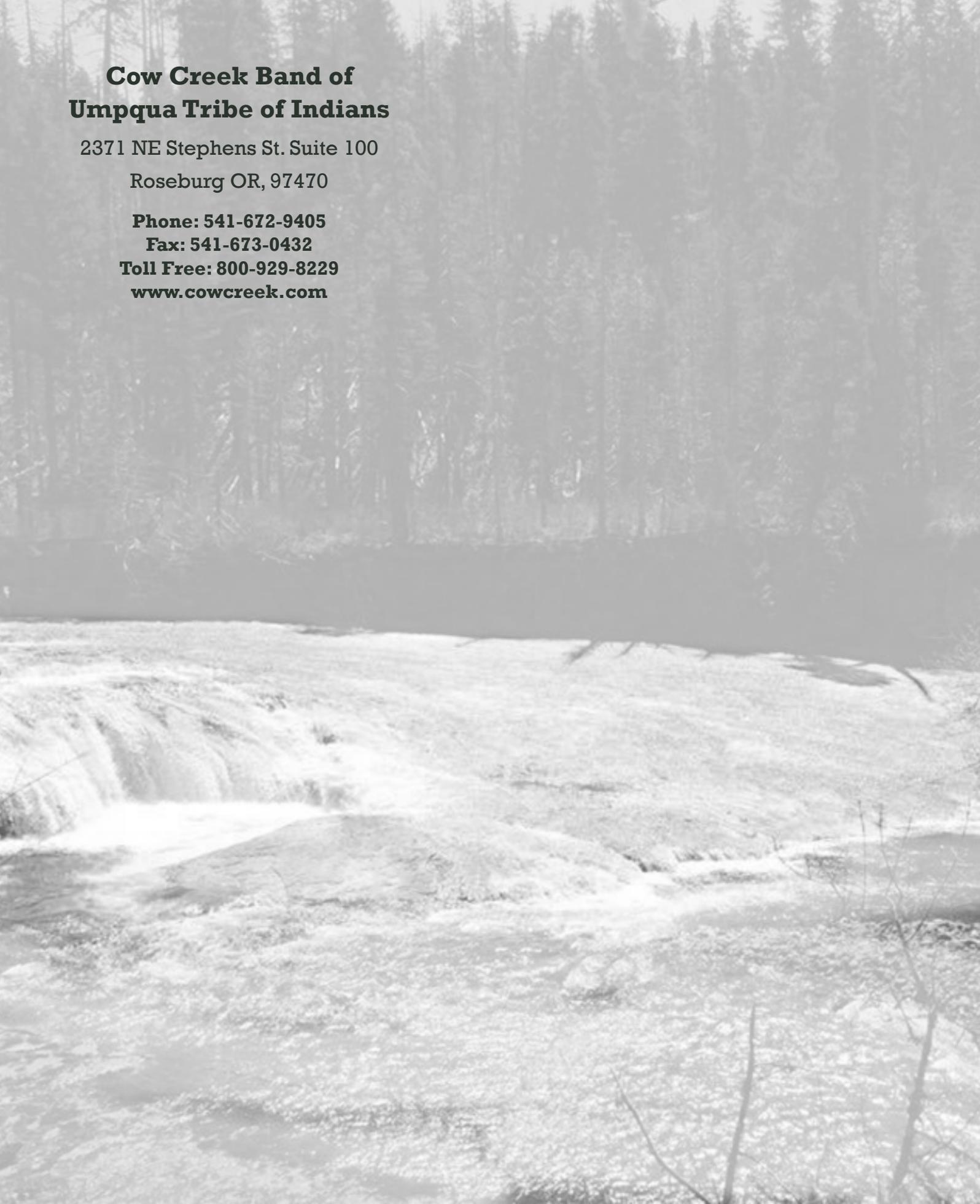
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For any questions regarding activities, please call the Government Offices at 541-672-9405.



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