

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 6 June 2018

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

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Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 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)

Tribal News

Dr. Sharon Stanphill Wins Regional Public Health Innovation Award

Cow Creek Health Operations Officer Sharon Stanphill was the regional winner for the 2018 Public Health Innovation Award, given in a ceremony in May. As stated by the nomination announcement, the award is "an effort to honor individuals, Tribes, organizations, and programs that have enriched and improved American Indian and Alaskan Native public health, ... to recognize excellence, achievement, and innovations that are above and beyond the call of service, ... and highlight the work and vision of an individual that has worked to improve health status, implement new programming, address long standing health disparities, and/or increase the visibility of public health concerns."

Dr. Stanphill is a descendant of the Osage Nation, and has served in Tribal communities professionally for the last 26 years. She first joined the Cow Creek Health and Wellness Center in October of 1997 as a preventative care practitioner, dietician, and certified diabetes educator. Since then, she has coordinated the Southern Oregon Tribal Diabetes Prevention Consortium, served on the National Diabetes Program for Indians (SDPI) Diabetes Demonstration Projects Steering Committee, and has–for the last 18 years–been a delegate for the Cow Creek Tribe to the Northwest Portland Area Indian Health Board.

Dr. Stanphill has helped shape the diabetes healthcare system in Indian Country, and has a special interest in assuring information technology is of the highest quality and continues to expand among Tribes and the State of Oregon. She has served for years on Oregon's Governor's Health Information Technology Advisory Committee, where she works for healthcare reform.



Dr. Sharon Stanphill (center) receives the Regional Public Health Innovation Award



Tribal News

Restored: the Colliding Rivers Exploration Station

The Colliding Rivers Exploration Station, which sits above where the Little River meets the North Umpqua River nearly head-on, has once again opened for visitors to learn about the only place in Oregon where rivers meet like this. The Cow Creek Band of Umpqua Tribe of Indians is proud to be a part of this largely volunteer project to restore and improve the visitor center. Other contributors include the Douglas County Museum Foundation, the Umpqua National Forest, and the Bureau of Land Management, as well as the invaluable local volunteers.

The Tribe partnered with the Douglas County Museum to develop and install interpretive panels about the Umpqua in the visitor center, located in the historic Forest Service building. The Cultural Program wrote the text for all Tribal panels, and the Tribe's graphic design business, Anvil NW, designed and printed the panels.

On May 24th, the Colliding Rivers Exploration Station was re-opened in a ceremony for everyone who contributed to this exciting project. Rhonda Richardson, the Tribe's Cultural Development/Language Coordinator, opened the gathering with a Takelma prayer. Jessie Plueard, the Tribe's Cultural Programs Manager, spoke of the historical significance of the Colliding Rivers, as it was the location of a Tribal village. She was one of many who spoke about the effort and dedication that all of the contributors put into the restoration of the building. Tribal Board Member Robert Van Norman also attended the reopening ceremony.

The Colliding Rivers Exploration Station can be found at 121 Glide Loop Drive, Glide, Oregon.



The Colliding Rivers Exploration Station



Cultural Development/Language Coordinator Rhonda Richardson, Board Member Robert Van Norman, and Cultural Programs Manager Jessie Plueard in front of the Center



The cultural displays at the Colliding Rivers Exploration Station

Tribal News

Another Step forward in Self Governance

The Cow Creek Tribe took another step forward in self-governance at the end of May as Umpqua Indian Utility Cooperative (UIUC) staff installed a power transformer near the Government Offices parking lot in Roseburg, Oregon. This allows UIUC to take over Pacific Power service and move the offices onto UIUC Power. The change-over came after two years of extensive negotiations between Pacific Power, Bonneville Power, and the Tribe.

Lonnie Rainville, Government Operations Officer for the Tribe who headed this endeavor, expressed his approval of the accomplishment: "It's critical, in my opinion, to have the ability to provide our own power to the government office. It's been something of a vision of mine since I took over utility management. I want to try to push the utility as far as we can to control our own power, water, and sewer, and achieve self-governance."



UIUC staff install the power closet at the Tribal Government Offices in Roseburg

According to Rainville, this change will save the Tribe approximately \$12,000 a year in utility costs. Furthermore, the arrangement means that UIUC will also be generating an additional \$12,000 of revenue a year. With those savings and income, the project will see a return on investment in under three years.

This comes as the latest in a series of projects to help the Tribe control utilities for all of their properties. As covered in previous issues of the newsletter, UIUC now manages power, water, and sewer utilities for all Tribal properties in Canyonville. In August, the UIUC will be taking over management of power for all the Tribal properties in Tri-City, namely those in Pamela Court, Taylor Street, and Gentry Loop. After that, they look to add utilities groundwork for the Tribe's substantial property from Gazley Road to Stanton Park. This means that any future developments of that land can immediately benefit from Tribal-owned utilities.

Cow Creek Tribal Pow Wow 2018

The 41st Annual Cow Creek Tribal Pow-Wow will be held July 20 – 22, 2018, at South Umpqua Falls. There will be a salmon dinner & potluck on Friday at 7 PM: bring your favorite dish to share! The Grand Entry will begin at 7 PM on Saturday, and the raffle will begin at 10 AM on Sunday.

Please remember this is dry camping only. Water is available during the event. No alcohol, drugs, or weapons are allowed. Volunteers are needed for: fish, fry bread, raffle, garbage, and kid's games. For more information, contact Tammy Anderson at tammy.anderson@cowcreek.com or 541-672-3861.



Emergency Preparedness

Spring Cleaning Protects Homes from Wildfires

Fire officials with the Douglas Forest Protective Association and local fire departments are urging homeowners to take time this spring to create defensible space around their homes to help reduce the risk of property damage in the event of a wildfire, later this summer. Creating defensible space is a relatively simple, effective way to reduce a home's wildfire risk, for little or no cost.

Defensible space is the area around a home or other structure where fuels and vegetation have been treated, cleared or reduced to slow the spread of a wildfire. By having adequate defensible space, the risk of a wildfire spreading from the surrounding vegetation to a nearby home is greatly reduced.

Homeowners can create defensible space by pruning nearby trees, removing underbrush, mowing tall grass, and by removing all dead or dying vegetation within 200 feet of a structure. In addition, pine needles and leaves which have accumulated in gutters, on the roof and other places around the home should also be removed.

In addition to removing excess vegetation, residents should also look at other flammable materials that are stored around their home that could be used as fuel for a wildfire. For example, firewood piles, gas cans, propane tanks, and lumber piles should all be stored at least 30 feet away from structures during fire season. Other common everyday items which are found around homes and are made of plastic, rubber, wood, or other flammable materials are also potential fuel for a wildfire and should be stored accordingly during fire season.

For more information about creating defensible space, contact the Douglas Forest Protective Association or your local fire department.



- Be ready to leave at a moment's notice.
- **Listen** to local radio and television stations for updated emergency information.
- Check emergency kit and replenish any items missing or in short supply. Keep it nearby.
- Arrange for temporary housing at a friend or relative's home outside the threatened area.

For more tips visit redcross.org



Swimming Safety Tips

Is the pool calling your name? Before jumping in, review these Red Cross safety tips:

- 1. Learn to swim well. Know your limitations. Everyone, including experienced swimmers, should swim with a buddy, just in case.
- 2. Teach your children to swim and make sure they follow pool safety rules.
- 3. Adults should actively supervise children and stay within arm's reach of young children and newer swimmers.

- 4. Understand how to help prevent and respond to emergencies around water.
- 5. Fence your pool in with foursided fencing that is at least 4 feet in height. Use self-closing, self-latching gates.
- 6. If you are in a location without lifeguards, such as a residential pool, designate a "water watcher" to keep a close eye and constant attention on children in and around the water.



American Red Cross

Messages from the Clinic

Are You Using Your Teladoc Membership?

The flu and cold seasons continue and many people are having to spend hours at their doctor's office, an urgent care or even the ER. Do you want to spend the time to go to your medical provider when you could still get medical care sitting at home, while you are at work, or even on vacation? Then please give Teladoc a try. It is only a phone call away, and within an estimated 16-17 minutes, you can talk to a medical provider with over 10 years of credible medical experience. Many of our employees and Tribal members who have used this service have saved time and money, and really love this service.

There is no cost to you unless there is a prescription that is needed, and then it would be the prescription co-pay amount. The deductible does not have to be met before you can use this service.

It is highly recommended that a medical history be completed for anyone who would like to use this benefit prior to the need for Teladoc services. The medical history is just like filling out the forms at a medical provider's office. The doctor needs to have

your medical and prescription information in order to provide great medical care. All of this information is confidential and is only reviewed by the treating medical provider at Teladoc.

This benefit is not to take the place of your physician or if there is an emergency, to replace emergency care. This is a benefit that can be used for flu, cold, upper respiratory infections, bladder infections, and many more conditions. When completing the on-line registration, you will be prompted to input Nesika's name. The name you must use is "Nesika Health Group Corp".

If you have any questions, please call Jone Radford, Nesika Health Group, at 541-677-5508.



Freedom from Smoking Sessions

Freedom from Smoking sessions are being held every Wednesday at 4 PM at the Cow Creek Health and Wellness Clinic in Roseburg. This free program prepares smokers for their quit date by offering strategies and support for the big day, as well as discussing the possible use of nicotine replacement therapies. We discuss tobacco use as an addiction and explore the reasons why we use nicotine. To help you stay quit, Freedom from Smoking works on relapse prevention strategies.

Smoking kills more than 480,000 people every year, with 41,000 of these deaths from second hand smoke exposure. A disproportionate percentage of American Indian and Alaska Natives (AI/AN) use commercial tobacco compared to other ethnic groups in the United States. The goal

of the Cow Creek Health & Wellness Clinics and the Freedom from Smoking class is to help Tribal members break the cycle of nicotine addiction and its related diseases to help you live an active and healthy lifestyle.

Talk to your Health Care Provider, or call 541-677-5586, for more information.



CCH&W North (Roseburg) Clinic

Culture Corner

Cultural Displays at the Seven Feathers Hotel & Casino Resort

The Seven Feathers Casino Resort is currently hosting a series of displays in the hallway that connects the hotel to the rest of the resort. These displays feature excellent information on the Tribe's history and culture, as well as historical artifacts of the Tribe.

The displays are divided in to four categories: Land, Resources, People, and Culture, each of which is detailed in a beautiful plaque with information. They are surrounded by tall display screens with rotating images of culturally significant locations and animals.

The Cultural Program worked closely with Seven Feathers staff and I-5 Designs to perfect these designs. In the future, the screens will be used to teach visitors more about the Tribe and its history through videos and rotating text.

If you haven't visited the cultural displays at Seven Feathers, don't wait to come see them!



Cultural Activities Specialist Jennifer Bryant shows Tribal youth the displays during the Spring Break Culture Days

Takelma Cardinal Directions

Taathkaayawaàta

(dot-guy-ah-wada)

Ti'thkaayùk'umata (Deet-guy-ew-k-oo-mada)



Kwent^hkaapòk^htanta (quent-gabok-dahn-da)

Haantatath

(hawn-dah-dot)

Culture Corner

The Majestic Ponderosa Pine

The ponderosa pine tree was utilized continuously by the Nahonkuotana people. The long straight needles were made into storage or trinket baskets by coiling the needles using sinew or finely made cedar bark twine. The k'wál (pitch) was rubbed on the inside to waterproof them. K'wál was also used for healing sore throats or sores in the mouth. The inner layer of bark was eaten raw to heal lung ailments or intestinal illnesses. The needles were also used to rub on hunters to cover their scent while hunting.



Ponderosa Pine Cone and Needles

It's Salmonberry Picking Time

K'al k'elwítkh (Take my basket bucket).

With tepixímsa (spring) upon us, the salmonberries are ripe and ready to be picked. You can identify them by their dark pink blossoms and jagged edge 3 leaf clusters. The berries will turn a soft salmon



Salmonberry Blossom

color when ripe. Driving down a back country road, you can find these berries everywhere. Be careful not to pick from the side of the road as these plants can pick up toxins from the road ways. The Cultural Program has planted five new bushes of salmonberry at the Túu Yap'a Xumá Tribal Garden.

Bifacial Tools

An important tool type for our people is a type that archaeologists categorize as "bifacially-worked tools". This simply means that the tool was worked so that both sides of the tool form the desired shape. An important design feature of the tool was edge angle, or how sharp the edge was. If the edge angle was narrow, then the tool could be used to cut through items. If the edge angle was wide, the tool could be used to perform a task without cutting an item; i.e. cleaning fat or residue from a hide without cutting the hide. Bifacial tools come in many varieties including: knives for cutting, scrapers for cleaning hides, awls or drills for making holes in hide or wood, choppers for cutting meat or making stone bowls, and projectile points for hunting.



A bifacially-worked tool that could have been used as a spear point or a knife



Salmonberry and leaf cluster

Education Corner

Fall Ready! For Kindergarten Classes

Get excited for our next early learning course offerings – Kindergarten Readiness classes will be held this coming fall! We are now offering two classes, one for 3-4 year olds (two years before they begin Kindergarten) and one for 4-5 year olds (the year before they begin Kindergarten). Both series can help prepare your child to be successful in Kindergarten and will give you some more tools to add to your toolbox regarding your child's education. Did you know that Kindergarten success is an early indicator of successes later in life, like high school graduation rates? Ready! For Kindergarten is an evidence based, no cost program, so take advantage of this opportunity and give your child a boost before beginning school!

Each series is made up of three separate classes that meet once per month where we share our successes and challenges and families take home a kit containing educational games and strategies for preparedness. We share a family dinner together and child care is provided. In addition, every family takes home a book or prize every session. Attend one complete series and be entered to win an iPad!

To RSVP, please contact K'Ehleyr McNulty, Youth Development Specialist, at 541-677-5575 or kmcnulty@cowcreek.com.

South County, at the Tribal Community Center			
3-4 year old Class (Tuesdays)	4-5 year old Class (Wednesdays)		
August 21	August 22		
September 18	September 26		
October 16	October 24		

North County, at the Gov. Offices South Building				
3-4 year old Class	4-5 year old Class			
(Wednesdays)	(Tuesdays)			
August 1	August 14			
September 5	September 11			
October 3	October 9			

Teach My Kits - School Readiness

Teach My Kits are available for your early learner! This is an Early Learning Program for all households with Preschool aged Tribal Youth (3-4 years of age) and/or Kindergarten aged Tribal Youth (4-5 years of age). If your child is already in Preschool or Kindergarten, or planning to go next year, these kits will help parents and guardians prepare their children for their next level of schooling.

The Teach My Preschooler Kit (ages 3-4) has everything necessary to encourage reading and introduces other basic school subjects. Teach My Preschooler is divided into four sections: Reading, Printing, Numbers to 100, and Adding and Subtracting. This kit 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, understanding money/currency, telling time, sequencing and logic, and beginner reading. Your child can master over 100 spelling words, analog and digital time, and identify the calendar months and their corresponding seasons. Each set in the kit is fully coordinated to encourage matching and repetition and aims to promote kindergarten and school readiness in just 20 minutes a day. This interactive kit requires adult and child interaction.

To see if you qualify to receive one or both kits, please contact K'Ehleyr McNulty, Youth Development Specialist, at 541-677-5575. A brief information sheet needs to be filled out in order for the Tribe to ship the requested kit to your home address. Only one of each kit will be sent to each household. If you are within the Tribal Service area, please call K'Ehleyr so you can pick up your kit at either the Tribal Community Center in Myrtle Creek, or at the Tribal Government Offices in Roseburg. The kits and shipping are free of charge.

Education Corner

Youth Education Program Eligibility

It's June already; can you believe that we're half way through 2018? That means we have about six months of eligibility left for this year's Youth Education Program benefits. This is a reimbursement based program open to Tribal youth ages 3-18 that helps supplement educational expenses. This can include school tuition and fees, school supplies (paper, pencils, etc.), athletic uniforms and fees, music lessons, and many other expenses and services. If you aren't sure whether an expense qualifies, contact K'Ehleyr McNulty at 541-677-5575 or kmcnulty@cowcreek.com.

Each youth is eligible for a maximum reimbursement of \$275 per calendar year, so this includes educational expenses that may come up over the summer. All required materials are available on our website (http://www.cowcreekeducation.com/educational-programs/) or via post, fax, or email by contacting K'Ehleyr.

Complete applications should be submitted once per year and only Request for Services for each new request following the first. Please direct all questions to K'Ehleyr McNulty, Youth Development Specialist.

Do You Know of a 2018 High School Graduate?

The Cow Creek Education Department is looking for contact information for all 2018 High School Graduates. If you are one, or know of one, please let



us know. Specifically, we are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to thunt@cowcreek.com or call Tammie Hunt at 541-677-5575.

Summer 2018 Expanding Horizons Youth Center Summer Activities

Please join us again this summer for a variety of 3 day classes offered to our Cow Creek youth and their siblings. Students going into 4th -12th grades are welcome. Class times will be from 11 AM to 3 PM at various locations throughout Douglas County. Lunch, snacks, and transportation will be provided to and from Canyonville, the Cow Creek Government Offices in Roseburg, and Wili Tribal Housing. We can accommodate 10 youth per class. If less than 4 participants RSVP for a workshop, it may be canceled. Call 541-860-7296 and RSVP your spot. Please note, these activities are for youth only.

<u>June 18, 19, 20</u>: Visit Wildlife Images, the Bear Motel, and the Grants Pass Art Museum.

June 25, 26, 27: Cooking Classes

July 2, 3: Pow Wow Crafts and Regalia Days

July 9, 10, 11: Flyable Drone Class

July 16 - 27: Tribal Community Center is Closed

July 30, 31, August 1: Art Day "Z"

August 6, 7, 8: Takelma Claymation Day

August 20, 21, 22: Robotics Challenge



The Tribal youth visited the Oakland Museum during last year's activities

Government and Programs

Down Payment and Repair Assistance Programs

Tribal members who are prepared to purchase a home are eligible for Down Payment Assistance (DPA). DPA provides up to \$5,000.00 in Tribally-funded grant money that may be used toward a down payment for a home and/or home purchase closing costs. This program is available to Tribal members living within the United States and eligibility is not based on income level.

Tribal members who already own a home and need to make repairs may apply for the Repair Assistance (RA) program. The RA program provides up to \$5,000.00 in Tribally-funded grant money which may be used toward necessary home repairs. Repair Assistance funds may not be used for cosmetic improvements or elective remodeling. Repair Assistance is also available to Tribal members within the United States, and isn't based on income level.

It is important to note that Tribal Down Payment Assistance and Tribal Repair Assistance are funded from the same source. This means that Tribal members may use up to \$5,000.00 for DPA and/or RA every 10 years, as long as the Tribal member remains in good standing with the Housing Department.

The Housing Department also has down payment and repair assistance programs specifically for low-income families living within the seven-county service area. Low-income grant funds come from our federal Indian Housing Block Grant and provide up to \$5,000.00 toward the purchase of a home and/or making necessary home repairs. A total of \$5,000.00 in low-income DPA/RA funds may only be used once in a lifetime. Income levels used to determine eligibility for this program are based on geographic location, family size, and total household income.

For more information, contact Justin Mathison, Housing Director, at 541-677-5575 or JMathison@cowcreek.com. You may also contact the Housing Admin Assistant, Mel Johnson, at the number above or MJohnson@cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top of the page.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes. The Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG) federally funds this program, and the Tribe administers it.

Tribal rental housing is available to eligible low-income Tribal members. Rent for Tribal housing is based on total household income. Minimum rent is \$100 per month; maximum rent is currently \$800 per month. Most Tribal housing units are located in Tri-City, including 25 new homes under construction over the next five years.

Eligible applicants are approved by the Housing Review Board and placed on a Waiting List. Priority is given to families with the greatest needs in relation to family size, age, disabilities, etc. Applicants on the Waiting List must update their application every six months or risk being removed from the list. The current wait for a home is approximately six months; we encourage any interested families to apply as soon as possible to get on the Waiting List.

For more information, contact our Resident & Self-Sufficiency Manager, Sarah Thompson at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Admin Assistant, Mel Johnson, at the number above or MJohnson@cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

Government and Programs

Keeping You Informed of Medicare Updates

If you haven't done so, please send in your new 2018 statements or 1099s for your reimbursement. Fax to: 541-677-5565, email to cgrizzle@cowcreek.com, or mail to Cindy Grizzle 2371 NE Stephens St, Roseburg OR 97470.

New Medicare Cards Coming Soon

Medicare will mail new insurance cards between April 2018 - April 2019. To prevent identity theft, new cards WILL NOT include Social Security Numbers. Instead each person will get a new unique Medicare Number also known as Medicare Beneficiary Identifier (MBI).

Key	Example		
SSA HICN	123-45-6789-A1		
MBI	1EG4-TE5-MK73		

Note: Identifiers in the above table are fictitious; also, dashes are for display purposes only and are not stored in the database nor used in file formats.

You do not need to do anything to get a new card, but you should make sure your mailing address is up to date with Social Security. Visit ssa.gov/myaccount.com or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct or update your mailing address.

Medicare will NOT call and ask for personal information! Any callers asking for your current Medicare Number, Social Security Number, or money may be criminals trying to steal identities. HANG UP!

When you receive your new Medicare Card, you must DESTROY your previous Medicare Card by shredding it.

Medicare will mail more information with your new Medicare Card- check Medicare.gov for the latest updates.

Medicare Class Seminar

Who: All Tribal Elders & Public, Even if you are already on Medicare Part B Insurance or never have. Bring a friend!



Why: Answer your question, save you money, assistance to sign up!

Where: Grape & Huckleberry Rooms at Seven Feathers Casino

When: Tuesday, June 19, 2018 at 9 – 11:30 AM

<u>Cost</u>: Totally Free! Register yourself and your friend! Public Welcome, but must register as seating is limited!

<u>Partnered Sponsors</u>: UCAN, RSVP, Cow Creek Tribe and SHIBA

Please call 541-492-2102 to reserve your spot. If you invite a friend, you can also register them to save their seat! Limited seating available!







July Elder Monthly Luncheon

ATTENTION ELDERS! You are invited!

The first Friday of each month, we hold our Monthly Luncheon in the Grape Room at Seven Feather's Casino. In July, we will be honoring Tribal



Elder Veterans and their spouses for their service to our Country. Come and enjoy a great lunch, with Bingo to follow!

Please RSVP by calling Cindy Grizzle at 541-677-5575 to reserve your seat. A total headcount is needed to ensure enough food for all our events.

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Luncheon 12 PM @ 7F	2
3	4	5 Senior Meal	6 Freedom from Smoking Class Living with Alzheimers and Other Dementias Class @ GO 1 - 3 PM	7 Senior Meal Takelma Class	8	9
10	11	12 Senior Meal Food Bank Open 9 AM - 11 AM	13 Freedom from Smoking Class	14 Senior Meal Takelma Class	15 Culture Camp 9 AM - 5 PM @ Bare Park	16 Culture Camp 9 AM - 5 PM @ Bare Park
17	18 NILI Language Institute EHYC Explore Grants Pass (p11) 9 Tribes Camp	19 Senior Meal EHYC Explore Grants Pass (p11) 9 Tribes Camp Free Medicare 101 Class @ 7F 9 - 11:30 AM	20 Freedom from Smoking Class EHYC Explore Grants Pass (p11) 9 Tribes Camp	21 Senior Meal 9 Tribes Camp	9 Tribes Camp	9 Tribes Camp
24	EHYC Cooking Class (p 5)	26 Senior Meal EHYC Cooking Class (p 11) Food Bank Open 2 PM - 4 AM	27 Freedom from Smoking Class EHYC Cooking Class (p 11)	28 Senior Meal	29	30

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

No Takelma Classes June 21 through July 26.

Freedom from Smoking: 4 PM @ Roseburg Clinic

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.

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	EHYC Pow Wow Crafts & Regalia Days (p11)	3 Senior Meal EHYC Pow Wow Crafts & Regalia Days (p11)	4 Freedom from Smoking Class	5 Senior Meal	6 Elders Luncheon 12 PM @ 7F	7
8	9 EHYC Flyable Drone Class (p11)	10 Senior Meal Food Bank Open 9 AM - 11 AM EHYC Flyable Drone Class (p11)	11 Freedom from Smoking Class Living with Alzheimers and Other Dementias Class @ GO 1 - 3 PM	12 Senior Meal Also on the 11 th : EHYC Flyable Drone Class (p11)	13	14
15	16	17 Senior Meal TCC Closed	18 Freedom from Smoking Class		Umpqua Falls Salmon Dinner & Potluck 7PM	21 Cow Creek Tribal Pow Wow @ South Umpqua Falls Grand Entry 7 PM
22 Cow Creek Tribal Pow Wow @ South Umpqua Falls Raffle @ 10 AM	TCC Closed TCC Closed	24 Senior Meal Food Bank Open 2 PM - 4 AM TCC Closed	25 Freedom from Smoking Class	TCC Closed 26 Senior Meal TCC Closed	TCC Closed 27 TCC Closed	28
29	30 EHYC Art Day "Z" (p11)	31 Senior Meal EHYC Art Day "Z" (p11)				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

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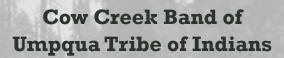
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2371 NE Stephens St. Suite 100

