



Wik'uuyam Heeta'

"Friend, Away from Here"

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



Huckleberry Patch

Image credit: Frank Miller

Volume 26, Issue 8
August 2016

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 5:30 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 1st -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July 4th -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

December 24th & 25th -- Christmas

Tribal Election Results

The Tribal Board Election Results are In

At the August 14th Quarterly General Council Meeting, the Tribal Election Committee presented the 2016 Tribal Board of Directors election results for two positions in this year's election. Daniel Courtney and Luann Urban were re-elected to their previous positions and no new members were elected to the Tribal Board of Directors. Each will serve a four-year term of office.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. The results are shown in the photos below.

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2016 Election and would like to remind tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office and request a tribal voter's registration form.



Daniel Courtney
Chairman



Gary Jackson
Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman
Treasurer



Jessica Bochart - Leuch



Tom Cox



Robert Estabrook



Steve Jackson



George T. Rondeau



Luann Urban



Gerald Rainville

Tribal News

A Meeting of Governments

The Cow Creek Education Department hosted a momentous event on July 19th and 20th at the Seven Feathers Casino Resort: a Government-to-Government Education Cluster Meeting. The Cow Creek Tribe was represented by Tammie Hunt, Education Director, and Mark P. Andrews, Youth Education Specialist. In attendance were representatives from Oregon Governor Brown's office, and also education representatives from all 9 Federally Recognized Oregon Tribes.

In addition to sharing recent educational achievements and brainstorming on approaches to youth education, the 9 Tribes had a chance to provide input on the upcoming federal education

law: the Every Student Succeeds Act (ESSA), which gives each state more flexibility with education requirements. This means that the State of Oregon, and its educational districts, can determine various educational requirements (such as testing) for each individual district.

The Education Cluster, composed of representatives from the Tribes and executive branch agencies, was designed to help Oregon and the nine Tribes work together in partnership along the education spectrum from early childhood to college.

Over the course of two days, the representatives held serious discussions about the law, and committed to the State meeting with each Tribe for more in-depth discussions of their individual educational needs.



Canyonville's 50th Annual Pioneer Day Parade

Canyonville's 50th Pioneer Days Parade will be on Saturday, August 27th. Tribal members can ride on the float or walk with the group, seating is limited and priority is given to elders and the disabled. We need people to toss candy to the crowd. Those interested in participating with the Cow Creek Honor Guard and the Dancing Water Drum Group can contact Rhonda Richardson at 541-677-5575 by August 26th at the close of business.

Firewood Permits Available for Purchase

The Natural Resources Department is now offering permits for purchase to pick up firewood! Don't wait to start collecting, as the wood will go fast. Keep your home warm this winter by securing plenty of wood now! For more information, contact Janet Cooper at JCooper@cowcreek.com or 541-677-5575.



Tribal News

39th Annual Cow Creek Tribal Pow-Wow

The 39th annual Tribal Pow-Wow was held July 15th, 16th, & 17th at the South Umpqua Falls. The event was well received. We had a great attendance at Friday's dinner and Saturday's activities. Friday and Saturday started with the flag raising ceremony. Saturday then saw the kid's games which were great fun.

Saturday's Grand Entry had seven drums and numerous dancers. The family of the late Jack "Tooter" Ansures, recognized/honored, Emcee, Bob Tom (Siletz Tribe) with a Pendleton Blanket for his work over the years with our pow-wow and all of the love and support he has given their family over the years. Also recognized, was Tammy Anderson for all of her work and dedication to the pow-wow.

The event ended Sunday with the raffle. The raffle is always great fun and a chance for everyone to gather one last time.

A great big thank you goes out to those that helped make the Pow-Wow a success:

The Tribal Board, Umpqua National Forest Service, Tiller/Milo Volunteer Fire Departments, Douglas County Sheriff's Office, Seven Feathers, UIDC Maintenance, set-up & clean-up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between.



Tribal News

Note from the Editor

The goal and purpose of the *Wik'uuyam Heeta'* newsletter is to deliver the official news of the Tribe and its programs to the Tribal membership in a prompt and professional manner. The staff and management of the Government Office work hard to fulfill this responsibility, and are deeply aware that they did not accomplish this goal with the July 2016 newsletter.

We are in the process of developing a new format and design of the newsletter. We attempted to utilize a new vendor that just didn't match our desired result. We are aware of the substantial delay in delivery of the newsletter to the Tribal membership in receiving their copy, and have noted the lack of quality in image and even text resolution.

We regret any issues this may have caused for the Tribal membership, and have worked to prevent this kind of delay and lack of quality in the future. We are rededicating ourselves to prompt production and the highest quality of content. We thank the Tribal membership for their patience and understanding in this endeavor.

September Elders' Trip

The Tolowa Tribal Elders will be hosting a lunch for our Tribal Elders during the Brookings Trip on September 21st and 22nd. There are still a few seats available for this trip! To reserve your seat, call Cindy Grizzle at 541-677-5575.

October Elder's Monthly Luncheon

Tribal Elders are invited to our Fall Harvest Celebration Elders' Luncheon! It will feature guest speaker Jessie Plueard from the Culture Department. It will be held at 12 PM on Friday, October 7th at Seven Feathers.



Important Clarification to the July 2016 Newsletter

In the July Newsletter, there was an article entitled "Don't Keep Leftover Painkillers at Home" on page 14. In this article, it states that you should return leftover painkillers to the clinics or Hometown Drug for disposal. This information is incorrect. Neither clinic nor the Hometown Drug is equipped or authorized to take back used medications.

Instead, please return all leftover medications to any of the following locations: Douglas County Sheriff's Office, Myrtle Creek Police Department, Sutherlin Police Department, Reedsport Police Department, or Winston Police Department. They will accept expired prescriptions, over-the-counter medications, medication samples, pet medications, ointments and lotions, vitamins and supplements, or ziplock-sealed liquid medication.

Upcoming Elders Honor Dinner and Blanket Ceremony

Elders, mark your calendars for November 12th, from 3:30 to 6 PM, as the Annual Elder's Honor Dinner and Blanket Ceremony will be held on that date at the Seven Feathers Casino Resort.

Volunteers Needed for Living History Day in Oakland, Oregon

Oakland is holding, in conjunction with a Civil War reenactment, a Living History Day on Saturday, September 17, 2016 and we are looking for tribal members who would be interested in participating either through wearing regalia and answering questions about it, or doing possible basketry demonstrations. If interested, please contact Rhonda Richardson at 541-677-5575 by September 2nd at the close of business.

Annual Tribal Family Picnic

The annual Tribal Family Picnic at Bare Park will be September 12th from 11 AM - 3 PM. RSVP with Kayla Knight at 541-677-5575 by August 28th.

Coming Together for the Future of Tribal Lands

On June 27, 2016, The Cow Creek Tribe took a large step toward a greater understanding with the federal entities that govern the projects that can be carried out on Federal land.

Representatives from the Tribal Board and the Tribe's Natural Resources Department met with representatives from both the Rogue Siskiyou and Umpqua National Forests. Over the past four years, these groups have worked toward this meeting, as all three parties have an interest in renewing the land on which the Tribe's culturally significant stretch of huckleberry plants sits.

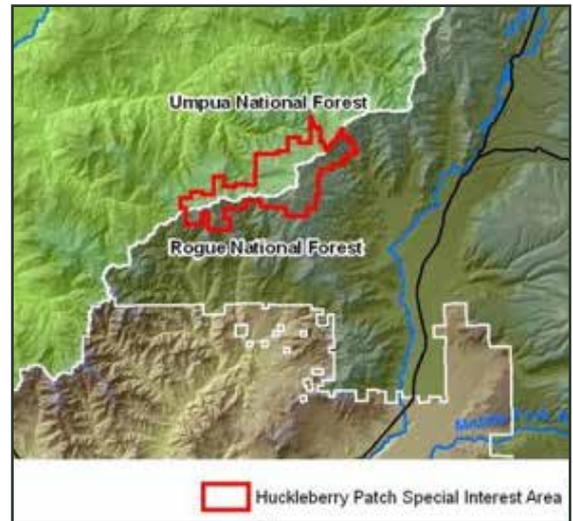
The Huckleberry Patch Special Interest Area (SIA) extends into both the Rogue Siskiyou and Umpqua National Forests, making it difficult to navigate the administrative boundaries and federal legislation that surrounds wide-spread environmental work in a protected woodland.

"This is a big deal," says Jason Robison, the Tribe's Director of Natural Resources, "because we finally have all three parties working together. The Huckleberry Patch SIA could serve as a 'pilot' for how we work across landscapes and across ownerships on common, mutually-beneficial projects. If we can move this forward in the right direction, then we can set the tone for how we would work with these agencies in the future."

While there is still a lot of planning and work to do ahead, such as discussing strategies for restoration and assembling an Interdisciplinary Science Team,

Farewell to Good Friends

Janice Kempke, who has long served the Tribe as a cheerful and efficient receptionist at the Roseburg Government Office's front desk, has moved to Boise, Idaho with her husband.



Jason hopes that this experience will lead to the Tribe being able to take the lead on future environmental projects conducted on Federal lands.

Tribal members have long urged the Board to take action on restoring the Huckleberry SIA, and the Board has listened. It is only through their continued support and influence that allowed for this meeting, in which Chairman Courtney signed a Memorandum of Understanding (MOU) from all involved parties.

"The chairman has done a very good job of listening to the membership and helping us to prioritize this and continue to push forward," says Jason. "It's a good message that the Tribal membership can bring a powerful voice to the Board, who then can provide direction to staff to move forward."

Not long after Janice left, Tabbitha Johnson also resigned as the Tribe's Cultural Education Activities and Events Coordinator. She will still be in the Roseburg area, so she will still be seen at many local Tribal events.



Tribal News

Tribal Member Employee Highlight: Kyle Kennington, Hotel Project Coordinator

Originally from Central Valley California, Kyle graduated from a mountain school, then studied toward a business degree in Accounting with help from Tribal funds. He then worked for over a year at the Gun Lobby before moving to Oregon.

He has been working for the Tribe for quite a while, and has worked with Travis Hill, the Hospitality Director, to apply his skillset to helping the Tribe in any way he can. In his capacity as Hotel Project Coordinator, he gets to see projects through from beginning to end. Every day is a new experience, as he works with various managers on their projects. He coordinates projects with the Hospitality Managers for the Casino's hotel, spa, group sales, the RV Resort, and more.

"It's a privilege for me to work in this capacity," he says. "I see it as serving our members. Everything we do here helps provide benefits and opportunities for our Tribal members."



A Doctor's Appointment from the Comfort of Your Own Home

The Cow Creek Band of Umpqua Tribe of Indians has partnered with Teladoc, a service that provides access to board-certified medical doctors, dermatologists, 24 hours a day, 7 days a week.

Any Tribal member or employee who has the Nesika Health Plan gets COMPLETELY FREE access to Teladoc! You can get help and prescriptions from real doctors on issues like colds, the flu, respiratory infection, sinus problems, ear infections, skin problems, and much more without ever having to leave your home!

Once you have registered your account on www.teladoc.com (or by calling 1-800-Teladoc), you can call, go online, or use the Teladoc app to get in contact with a doctor.



While registering, you will want to have the following information on hand:

- Medications
- Height/Weight
- PCP info
- Allergies
- Health Conditions
- Family History

All registration information must be filled out before you can speak to a doctor, so it is a good idea to register now so that you do not have to go through the process when illness strikes.

For any questions or comments, please contact Jone Radford at 541-677-5508.

Seven Food Safety Tips for Cookouts

By Dennis Eberhardt, MBA, Cow Creek Health & Wellness Center Clinic Director

Nothing beats a backyard barbecue. And if you're cooking out, you want your guests to go home with happy memories—not queasy stomachs or worse. But that's what can happen if harmful bacteria spoil all the fun.

To help prevent food poisoning, follow these 7 tips from the Academy of Nutrition & Dietetics, the U.S. Department of Agriculture, and FoodSafety.gov:

1. Start smart. Always wash your hands before and after you handle any food—no exceptions.

2. Thaw safely. Completely thaw frozen meat and poultry before grilling so it cooks more evenly. Use your refrigerator for slow, safe thawing. Or thaw sealed packages in cold water.

3. Mind the marinade. Marinate food in the fridge, not on your kitchen counter. If you're using marinade as a sauce on cooked food, reserve a portion before pouring it over raw meat and poultry. And if you're reusing marinade that has seasoned raw meat or poultry, first boil it to destroy harmful bacteria.

4. Keep cold food cold and hot food hot. Meat and poultry should be refrigerated until you're ready to grill it. And keep coolers in the shade with the lids closed.

Keep grilled meat and poultry hot until serving it. You might set it on the side of the grill rack, where it will stay warm and won't overcook.

5. Separate. Don't use the same plates, platters or utensils for raw and cooked meat and poultry. Disease-causing bacteria present in raw meat and poultry and its juices can contaminate cooked food.

6. Cook thoroughly. To kill bacteria, cook food to a safe internal temperature. And don't guess—use a food thermometer. Check out the chart below to see what's safe.

7. Don't take chances with leftovers. At the end of your cookout, toss out any perishable food that's been unrefrigerated for more than 2 hours—or 1 hour if it's over 90 degrees outside.

The Cow Creek Health & Wellness Center loves to see you well. Please practice these “safe barbecue” tips and enjoy these summer days.

Safe Minimum Internal Temperature Chart

Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal, & Lamb	145° F (62.8° C), allow rest for at least 3 minutes
Ground Meats	160° F (71.1° C)
Ham, fresh or smoked	145° F (62.8° C), allow rest for at least 3 minutes
Fully cooked ham	Reheat to 140° F (60° C) if packaged in USDA-inspected plant, otherwise reheat to 165° F (73.9° C)
Poultry	165° F (73.9° C)
Eggs	160° F (71.1° C)
Fish & Shellfish	145° F (62.8° C)
Leftovers	165° F (73.9° C)
Casseroles	165° F (73.9° C)



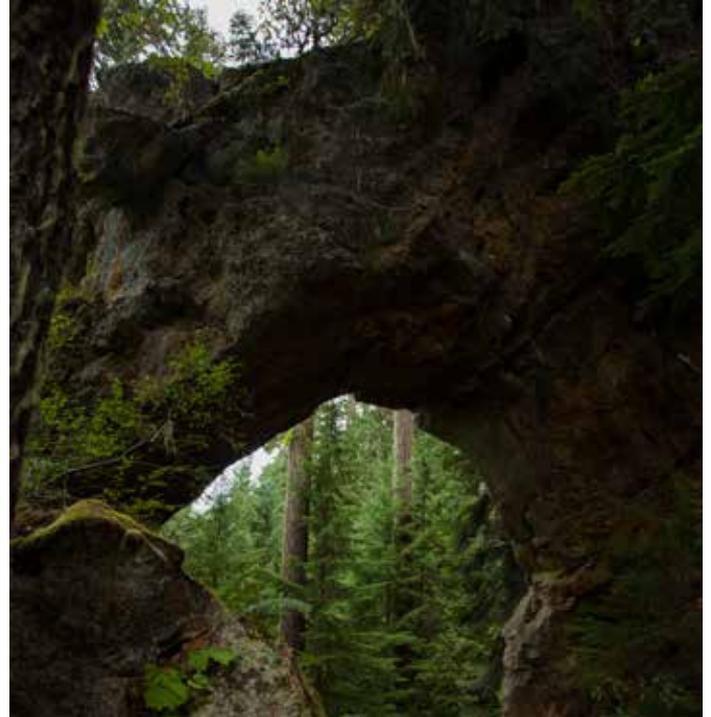
Culture Corner

Cultural Outreach Program Travels to Grants Pass, Oregon

On June 26, 2016, Cultural Arts Outreach Specialist, Brittany Jones, traveled to Grants Pass to hold an interactive cultural arts workshop and teach Tribal members about the Cultural Arts Revitalization Project.

The workshop was focused on creating red cedar bark headbands. These workshops are a great opportunity, not only to learn new cultural arts, but also for Tribal members to get to know one another.

If you have interest in participating in a workshop and live outside of Douglas County, please call Brittany Jones at 541-729-4524.



Rock Formation near the Huckleberry Patch

Image Credit: Frank Miller. Photo made possible by a grant from the Oregon Cultural Trust.

Cultural Outreach Program Travel Itinerary for August - September 2016

August 20th, 2016 Pine Nut & Dentalia Necklaces	Bend, OR (Deschutes County)
August 27th, 2016 Flat Stitch Beadwork	Chico, CA (Butte County)
September 3rd, 2016 Pine Nut & Dentalia Necklaces	Vancouver, WA (Clark County)
September 10th, 2016 Flat Stitch Beadwork	Portland, OR (Clackamas County)

Get Ready for the Tribal Hunt

Tribal hunting season is right around the corner and the hunt should be good with elk and deer numbers at a healthy level again this year. All hunters that received a tag for the 2016 season through the Tribal lottery selection have been sent a notification postcard and a hunter packet. To receive your tag, you must contact the Natural Resource Department for more information at (541) 672-9405. If you have any questions regarding hunting opportunities on Tribal land, contact Scott Van Norman at the Tribal Government office at the number above.



2016 Tribal Member Graduates of Higher Education

As the new school year starts, I am reminded of how valued our Tribal members are and how much their education means to them, their families, and our Tribe. It is always such a joy to see graduation pictures from our members that have earned their Certificates, Associate's, Bachelor's, and Graduate degrees. This past year, the following Tribal members reached their goals of graduation. Some of these graduates are continuing to further their education at a higher level.

Josh Callaway
Agricultural Science
Oregon State University



Shirley Allan
Business - Accounting
Eastern Oregon University

Ian Dahl
Associate of Arts Transfer Degree
Umpqua Community College

Chris Chugg
Social Work
Boise State University



Jodi Johnson
Early Childhood Education
Lake Region State College

Colleen McKague
Dental Hygiene
Coastal Carolina Community College

Susan Galovin
Interdisciplinary Studies
Eastern Washington
University



Stephanie O'Neill
Dental Hygiene
Oregon Institute of Technology

Devin Guenther
Electrical Engineering
Oregon Institute of
Technology



Steven Savage
Criminal Justice
Rogue Community College

Cody Stewart
Computer Science & Media & Digital Art
Southern Oregon University

Sara Robertson
Masters of Business
Administration
West Texas A&M



Lattieca Stewart
Speech & Language Pathology
Prince William Sound Community College

Nick Stratton
Graphic Design
Art Institute of California

Government and Programs

Over-the-Counter Purchase Order Deadline

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2016. The only exceptions to this date will be for members enrolled after November 15th, and members requesting reimbursement for self-pay. OTC receipts for 2016 reimbursement must be received by December 15, 2016. Receipts must be dated and readable. Please send OTC receipts to:



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

Enrolled Tribal members will be able to access the Over-the-Counter program again on January 2, 2017. If you have any questions, please contact Patti Moon at 541-672-8533 or via email at PMoon@cowcreek.com.

Elders' Dance Club Coming Soon!

The Cow Creek Elder Program is pleased to announce a Dance Club for Tribal Elders! It is a great way to have fun, lose weight, and have social interaction. It can also improve blood flow, balance, heart health, range of motion, and bone and muscle strength.

It will be held Tuesdays and Thursdays, from 10:45 AM to 11:30 AM at the Cow Creek Health & Wellness Center South Clinic in Canyonville, Oregon. It will start September 20th, and end on October 27th. If you are interested in participating, please call Adrionna Brim at 541-677-5575.



Financial Peace University Class

Tribal members, you can attend Dave Ramsey's Financial Peace University Class completely free! Ordinarily, a course such as this would cost \$100, but for Tribal members, it's free!

This class is a required prerequisite for eligibility in some of our Tribal programs, such as the Low-Income Rental Assistance Program, the Emergency Assistance Program, and more, so don't miss out!

The classes will be held from 5:30 PM to 7:30 PM each Monday, starting September 5, 2016. It is a course of approximately 12 weeks. They will be held at the Cow Creek Government Offices in Roseburg, in the South Building Conference Room.

We encourage teenagers to join their parents or come individually. Dinner is provided, and you will receive a kit that includes the hardback book, the workbook, and a pack of CD's.

Each class is limited to 10 people, so contact Alexa Houx at 541-677-5575 or AHoux@cowcreek.com today to get registered!




SEVEN FEATHERS
CASINO RESORT

Now Hiring!
MASSAGE THERAPIST

Earn up to \$32 per hour
Bonus @ 6 months and 1 yr
Relocation Assistance
Temporary Housing
Paid Continued Education

To apply and learn more visit us at:
www.uidchr.com

Government and Programs

Make Your Own Take-Out at Home!

Craving Chinese, Mexican, Thai or Italian for dinner? Thinking about grabbing one of those take-out menus from the drawer? Just say no, and make your own healthy 'Take-Out' at home!

Bre Syron, RDN, LD, Chef and Jill Boyce, RDN, LD will be cooking up some healthy versions of take-out favorites. We will have a Chinese takeout favorite with fried rice, a piece of Little Italy, and a Taste of Thai. Registration is required, so please contact Bre or Jill at either clinic to sign up.

Tuesday September 13th 10:30-12:30 Canyonville
Thursday September 15th 10:30-12:30 Roseburg



Healthy Living with Diabetes

The Cow Creek Health & Wellness Center's diabetes self-management classes are for those living with diabetes who want to learn how to be the healthiest they can be! In these monthly classes, we review a different topic, have group conversation, eat a diabetic friendly meal and have giveaways! Our next class topic is Healthy Eating. Registration is required, so please call either clinic to sign up.

Monday, September 26th, 5 PM, Roseburg clinic



Join Our New & Improved Diabetes Prevention Program!

Are you worried about developing diabetes? Do you want to become as healthy as you can be? If so, the Cow Creek Health & Wellness Center's new Diabetes Prevention Program is for you!

This intensive 8-week program has seen results in over 50 people with pre-diabetes and metabolic syndrome. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!!

Take off the pounds this fall and keep them off with customized weekly classes from your own personal Registered Dietitian and Lifestyle Coach! To join our new and improved Diabetes Prevention Program, please contact Jill Boyce, RD at 541-672-8533 or Bre Syron, RD at 541-839-1345.



Free Eye Exams from Casey Eye

OHSU's Casey Eye Exam Bus will be coming to the South Clinic in Canyonville! Exams are open to all Tribal Members, but preference is given to those with diabetes and those without vision insurance. Please allow up to 2 hours for your exam to be completed as you will move between different stations to have the exam done. We will also be helping participants obtain eye glasses as funding allows. To sign up or learn more, please contact Bre (541-839-1345) or Jill (541-672-8533).

Saturday, November 5th, 9 AM - 2 PM.

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	2 Senior Meal Reading Group	3 Senior Meal Takelma Class 6-7 PM @ EWC Reading Group	4 Takelma Class 10 AM - 12 PM YEP Field Trip	5 Elders Luncheon	6
7	8 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	9 Senior Meal Cooking Demo 10:30AM-12PM @ Canyonville Food Bank Open 9 AM - 12 PM Reading Group	10 Senior Meal Takelma Class 6-7 PM Reading Group (LAST DAY at EWC until October)	11 Takelma Class 10 AM - 12 PM Cooking Demo 10:30AM-12PM @ Roseburg	12 2016 Tribal Election Ballot Due by 4 PM Summer Family Gathering RSVP Deadline	13 Huckleberry Gathering Leave casino at 8 AM See pg. 7
14 General Council Election Meeting 10 AM Lunch provided Food Bank Open After Meeting	15 Senior Meal Sittercise	16 Senior Meal Reading Group (LAST DAY at GO until October)	17 Senior Meal	18 Takelma Class 10 AM - 12 PM YEP Field Trip Elder Trip: Leave Casino at 8 AM	19 Summer Family Gathering Family Movie Day 10 AM Elder Trip: Return to casino 8 PM	20
21	22 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	23 Senior Meal Food Bank Open 1-4 PM @ GO Reading Group	24 Senior Meal Takelma Class 6-7 PM @ EWC	25 Farmers Market/ Garden Cooking Class: 10:30 AM @ Canyonville	26	27 Canyonville Pioneer Day Parade
28	29 Senior Meal Takelma Class 6-7 PM Diabetes Self- Management 5PM @ GO Sittercise	30 Senior Meal Walking Club Reading Group	31 Senior Meal Takelma Class 6-7 PM			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Reading Group: 9 - 9:45 AM @ GO (Tues) and EWC (Wed)

YEP Field Trips: 8 AM - 5 PM

Sittercise Class: 11 - 11:30 AM @ Canyonville Clinic

GO: Government Offices, Roseburg, OR

EWC: Education and Workforce Center, Tri-City, OR

For any questions regarding activities, please call the government offices at 541-672-9405.

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Takelma Class 10 AM - 12 PM	2 Elders Luncheon	3
4	5 Senior Meal Sittercise	6 Senior Meal	7 Senior Meal	8 Takelma Class 10 AM - 12 PM Family Drum Practice 5-7 PM @ Block House	9	10 Tribal Family Picnic 11 AM - 3 PM @ Bare Park
11	12 Senior Meal Sittercise (LAST DAY)	13 Senior Meal Food Bank Open 9 AM - 12 PM Youth Drum 4-6 PM @ EWC Cooking Demo 10:30 AM-12PM @ Canyonville	14 Senior Meal	15 Takelma Class 10 AM - 12 PM Cooking Demo 10:30 AM-12PM @ Roseburg	16	17 Living History Day in Oakland, Oregon
18	19 Senior Meal	20 Senior Meal Dance Club (FIRST DAY)	21 Senior Meal Elder Trip: Leave Casino at 8 AM	22 Takelma Class 10 AM - 12 PM Dance Club Elder Trip: Return to casino 8 PM	23	24
25	26 Senior Meal Diabetes Self- Management 5PM @ GO	27 Senior Meal Food Bank Open 1-4 PM @ GO Dance Club	28 Senior Meal	29 Takelma Class 10 AM - 12 PM Dance Club	30	

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Sittercise Class: 11 - 11:30 AM @ Canyonville Clinic

Dance Club: 10:45 AM to 11:30 AM @ Canyonville Clinic

GO: Government Offices, Roseburg, OR

EWC: Education and Workforce Center, Tri-City, OR

For any questions regarding activities, please call the government offices at 541-672-9405.

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

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Roseburg OR, 97470

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