



Wik'uuyam Heeta'

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

Volume 26—Issue 1

January 2016

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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

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The Annual Tribal-State Government-to-Government Summit

On December 16th, 2015, the Cow Creek Umpqua Tribe hosted the Annual Tribal-State Government-to-Government Summit at the Seven Feathers Convention Center in Canyonville, Oregon. The theme, "Changing Oregon—Adding in the Tribal perspective" is one that Oregon has been working on for a while. In attendance were leaders from all 9 of the Federally Recognized Tribes, Governor Kate Brown, State agencies, and other representatives from Oregon government.

The summit opened with a flag procession from the Cow Creek Honor Guard, our own CEO, Michael J. Rondeau, singing the National Anthem, an invocation, and a welcome by Chairman Dan Courtney. "The power of the leaders from the 9 Tribes and Governor Kate [Brown] as they took their seats was immense," said Tammie Hunt, the Cow Creek Tribe's Education Director.

This helped set the stage for the day's many discussions, which started with comments from Governor Brown, as well as the Tribal Chairs. Following them, six cluster groups—Cultural Resources, Economic Development and Community Services, Education and Workforce Training, Health and Human Services, Natural Resources, and Public Safety and Regulation—made reports about addressing Tribal priorities.

While the state of Oregon continues to work toward greater understanding of the native ways of our people, Oregon has one of the best examples in the nation (Senate Bill 770) of Government-to-Government relationships with Oregon Tribes. All messages spoke toward helping to improve communication and consultation between the Oregon government and the Tribes. The goal is to have Tribes at the table early in the planning phase of any programs that directly affect Native Americans or Tribal Communities, and progress is being made toward that ideal situation.

Sharon Stanphill, Health & Wellness Director, said "I would say this year was, by far, the most progressive meeting we've ever had."

This summit was an example of the progressive relationship between the State of Oregon and Oregon's Federally Recognized Tribes.



A Tribal Member Success Story

Tribal member Kelly Crispin Coates is the Water and Environmental Resources Program Manager for the Tribe. **Kelly participated in the Tribe's higher education scholarship program, which helped her obtain a Bachelor's Degree in Aquatic Wildlife Biology and a Master's Degree in Organismal Biology and Ecology, both from the University of Montana.**

After graduating with her Bachelor's degree, and with funding from the Tribe for continuing education, she took an internship with the Salmonid Rivers Observatory Network, where she assisted research scientists with salmon field ecology.

Her work in the Great Bear Rainforest that summer helped her learn that she had a passion for working with salmon. Her internship helped her land a job at the University of Montana as a research specialist. After working for two years in the field of air quality, the river called again and she was accepted as a graduate student at the Flathead Lake Biological Station through the **Organismal Biology and Ecology Program at the University of Montana. For her Master's thesis she studied the salmonid ecology of the Umpqua River.**

After graduate school, she worked for the Pacific Rivers Council on aquatic conservation issues in the Umpqua Basin. **Kelly began working for the Tribe in November of 2011. She started as the Tribe's Fisheries Biologist, and was promoted to the Water and Environmental Resources Program Manager in September of 2014. She coordinates with Federal and State agencies to manage aquatic and environmental resources within the Tribe's ancestral territory and is the lead for Tribe's lamprey conservation program.**

"I am extremely grateful and proud that the Tribe has prioritized funding education and career development for Tribal members," Kelly said. "Without the support of the Tribe, I would not be where I am today."



A Fully Operational and Sovereign Tribal Court

As a native nation which possesses an inherent sovereignty that predates European colonization, the Tribe maintains essential rights of self-determination and self-rule. Some of the means by which the Tribe exercises self-determination is through its various governing institutions. One of the most important of these institutions is the Tribal Court.

The Tribe has maintained a fully operational Tribal Court for nearly 20 years. Currently, the Tribal Court handles a full docket of issues, which includes Indian Child Welfare cases, commercial business disputes, personal injury cases and other similar tort claims, and the registration of foreign judgments, garnishments, levies, and subpoenas. **The Tribe employs a Tribal Court Judge to interpret and apply the Tribe's legal code, and also to preside over the many various cases that are filed with the Tribal Court each year. The Tribe also employs a Tribal Court Administrator to manage the practical operations of the Court. The Tribal Court is financed directly by the Tribe and by multiple Federal Grants which provide funding for critical infrastructure, such as salaries, computer hardware and software, and filing systems.**

The value the Tribal Court brings to the Tribe is well worth all the time, effort, and resources which the Tribe invests in it. The Tribal Court helps advance tribal sovereignty, support tribal economic growth, empower executive and legislative functions, and promote peace, and law and order. Lori Noble, Tribal Court Administrator, is available during work hours for any questions regarding the Tribal Court.

Tribal Board to Travel to Washington State

The Tribal Board will be travelling to Washington for the annual informational meetings in March. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 11th, at 5:30 PM—9:30 PM in the Spruce Room. The second will be in the Port Angeles Red Lion Hotel on Saturday, March 12th, at 12 PM—5 PM in the Juan de Fuca Room.

Maintaining the **Tribe's Integrity, Security,** and Prosperity

Despite their small office on Airport Road in Roseburg, Oregon, the Cow Creek Gaming and Regulatory Commission has a huge role in keeping the Seven Feathers Casino Resort alive and well.

The Gaming Commission's 30 employees (6 of whom are Tribal members) work hard to ensure that the Casino is in compliance with all Federal and State laws required to conduct Tribal gaming. Alicia McAuley, Cow Creek Tribal member and Executive Director of the Gaming & Regulatory Commission, doesn't see this hard work as a burden.

"We're here to protect the integrity and fairness of the Casino," she said, "and to protect the Tribe's assets—not only the money, but also our employees and our guests."

Very specific rules govern all aspects of the Casino. For example, the table games have in-depth policy and procedures for how each game is dealt and played so that it is fair to everybody. The Commission regulates these activities through their surveillance department, who—with the Gaming Inspectors—make up over 20 of their employees.

"We look at surveillance as a protection for our employees," said McAuley. "We get a lot of claims, and as long as our employees are following the procedures, we can say that they were doing what they were supposed to."

As with all kinds of protection, it is rarely easy. **"This is a 24/7 job,"** McAuley admitted. **"There is always something going on, and it's hard to see everything. However, we have a really well-trained surveillance department. I would pit them against anybody. My staff has won several Card-Counting Detection Competitions over the years, and have three trophies from the World Game Protection Conference."** McAuley herself was Card-Counting World Champion in 2006.

If a guest has an issue with the Casino, and is not able to come to a resolution with the chain of command at Seven Feathers, then they can come to the Gaming Commission. Though the Gaming Commission is the primary regulator, they work in conjunction with Oregon State Police Tribal Gaming Section, the National Indian Gaming Commission, and others to confirm that protocol and procedure are being followed, and to ensure that the Tribe is the primary **beneficiary of the Casino's funds. The Gaming Commission also administrate the Oregon Surveillance Network, which works with other casinos to share information vital to the protection of gaming assets in Oregon and the world.**

The Commission has a Board of Five Commissioners: Chairman Michael J. Rondeau, Gerald Rainville, Sherri Shaffer, Carla Keene, and Bobby Dumont, all of whom are Tribal members.

An Update on the Tribal Housing Survey

The Tribal Housing Department recently sent out a Housing Needs Survey to collect data to assist us with improving programs and to get input on future needs of our Tribal Membership. The department would like to thank everyone for their participation in making this survey such a success. To date they have received more than 300 returned surveys, and more are coming in on a daily basis.

Even though the drawing has taken place for the giveaway, the Tribal Housing Department would still appreciate you returning your survey if you have not done so. This data helps us to see what your thoughts are; and be assured that it will be used in further decisions on programs and development.

They would like to congratulate the following individuals who won the prizes in the giveaway:

The winner of the Laptop was Pamela Campbell from Adams, Oregon.

The winner of the XBOX 1 was Josh Malone from Boise, Idaho.

The Winner of the Barbecue was Berdine Yurgalevicz from Canyonville, Oregon.

The Tribal Housing Department thanks you all for your participation in the survey, and looks forward to getting the data back to see how they can better serve the Tribal Membership.



A Long History of Service in the Tribe

Many know Tribal Elder Joyce Sertain from her knowledge of how to make excellent Tribal Regalia, but that is just one of the many services she has offered to the Tribe.

Joyce started making regalia in 1976, and was paid 10 cents per ribbon shirt she made. Since that time, she has donated much of her jewelry, time, and sewing talents to making **regalia for our Tribe and others; and she's still doing it to this day.**

"I enjoy helping out when I can," she says. "It keeps me going. If I get to see even one or two of the kids out there dancing in their regalia and having a good time, it makes my heart fill up with joy."

She has also donated many hours to the Youth Education Program, the Culture Camp at **Bare Park, the Tribe's food bank, the Salmon Ceremonies, Pow Wows, and other** gatherings. Additionally, she has worked hard to learn Takelma so that she can teach this **important part of the Tribe's culture to her great-grandchildren and other Tribal youth.**

"I'll probably never see the day when any of us will be fluently speaking Takelma," Joyce says, "but I hope my children, and my great-grandchildren, will try to learn. I want them to be interested in their culture, and in what I can pass on. To know that it would be used would be wonderful to me."

She also hopes that Tribal members will learn how to make traditional regalia. "I would like for some of the mothers to take initiative to learn," she says with a smile in her voice, "because I won't be here forever."

Though close friends with many Tribal members, such as Vonnie McCafferty and Rhonda Malone-Richardson, Joyce Sertain is—and will continue to be—an example of love and selflessness to *all* those she meets.



The Tradition of the Hunt

Tribal hunters took advantage of the cold weather over the long Thanksgiving holiday weekend to participate in the 2015 Tribal hunts. Congratulations to Tribal members Michele Brim and John Young, who were both successful in filling their tags. Members may apply for Tribal deer and elk hunts that take place on Tribal lands located in the Melrose hunting units. The Tribal hunting season is regulated by the Tribe, and is an additional opportunity for Tribal members to hunt. For any question regarding Tribal hunting, contact Scott Van Norman at 541-677-5575.



The 2015 Hunter's Dinner

Our annual Hunter's Dinner was held on December 11, 2015 at the Seven Feathers Convention Center. We had a small, but very nice, turnout this year. A big thank you to Rhonda Richardson for giving the blessing, Jason Robison for providing a Natural Resources Department update, and Scott Van Norman for his wildlife presentation, which included information on past and present hunting program participants. Also, Stephanie Moore gave a great speech featuring artifacts on our traditional hunting methods. Additional thanks to Tabitha Johnson for event planning and Joyce Sertain for making the medicine bags to present to our hunters.

This year we featured a raffle for both youth and adults. Amara Mata won the youth drawing of a .22 rifle and Art Parazoo won a pair of hunting binoculars for the adult drawing. Congratulations to our lucky winners! Again, thank you to everyone that worked so hard **putting the Hunter's Dinner together and to all that came out and participated. We look**



Donating to Help the Hungry

By Susan Ferris, Public Affairs

On December 11th, the Tribe showed Christmas spirit as it distributed \$22,000 to sixteen food pantries in Douglas County, an annual tradition of over a decade. Dan Courtney, Tribal Chair, gave introductory comments and presented the checks.

“You folks make sure the hungry are fed week in and week out, all year long,” he said. “This is a huge job. I know our entire community joins me when I say thank you.”

The recipients of these donation checks were: AARP Reedsport, Adventist Community Services, Community Care Food Pantry, Dillard/Winston Food Pantry, FISH Drain, Glide Helping Hands, St. Francis Community Kitchen, Roseburg Rescue Mission, the Salvation Army, St. Vincent De Paul of Myrtle Creek, St. Vincent De Paul of Roseburg, UCAN, **the Friendly Kitchen, the FISH Roseburg, St. Joseph’s Community Kitchen, and South Douglas Food Bank.**

Leo Tresselle, the representative for St. Joseph’s Kitchen, commented on the donation. “Receiving these unexpected funds at this time of year is very helpful. We are able to do more for people who are hungry. The Tribe’s giving is appreciated.”

In addition to these donations, the Cow Creek Tribe has assisted Tribal families with food baskets that contain pasta, vegetables, meat, and other basic essentials from our Food Bank Program.

Proceeds for this donation come from the Tribe’s Community Fund as required by the State/Tribal Gaming Compact.



A Thread in the Tapestry of the Community

In the aftermath of the terrible tragedy that took place at the Umpqua Community College on October 1st, the Cow Creek Tribe decided to hold a benefit concert to top off its donation to the victims of the shooting. The concert featured Oregon-grown artists ZZ Ward and Jackson Michelson, who interrupted their normal schedules to come join the efforts to raise money.

“Our heart goes out to the victims of that horrible tragedy, as well as to their families,” said Michael J. Rondeau, Tribal CEO. “We wanted to help contribute to their immediate needs.”

The Tribe and those who attended the concert pledged a combined total of sixty thousand dollars. This amount will be distributed in twenty-four \$2,500 checks to the families of the 9 slain victims, to those 8 who were physically injured, and to the 7 people who were in classroom 15 at the time of the shooting.

Carma Mornarich, Director of the Cow Creek Foundation, said: “On behalf of the Cow Creek Tribe, we are sincerely appreciative for the entire community and the support they’ve given during this tragedy and in the months following. I know that, as a community, we will be able to move forward together.”

Susan Ferris, of the Tribe’s Public Affairs, said: “It is important to remember that we, too, are a thread in the tapestry of this community.”

Proceeds for this donation come from the Tribe’s Community Fund as required by the State/Tribal Gaming Compact.



Tribal Obituary: Darwin Malone - 11/22/15

A Glimpse into the Expanding Horizons Youth Center

The Expanding Horizons Youth Center is located in Tri-City, at the Education and Workforce Center. It is open Monday thru Friday any day a school in South County is in attendance. Children attend from all South Umpqua Schools, Riddle School, and Days Creek Charter School, from when the school lets out until parents pick the children up any time before 6pm. Busing is available from school to the Center, with the exception of Riddle School. Enrollment is currently open for Cow Creek Tribal children grades 4th through 12th. We host an average of 10 to 15 children daily, and offer a variety of services.

Students at the Expanding Horizons Youth Center enjoy a hot, **nutritious meal while completing the day's education session.** Each day brings a new activity and learning opportunity, such as cooking projects, arts and crafts, and lessons focused around Tribal culture and History. Additionally, every Friday is a game day. The children have access to everything they need, including technological resources. The staff are dedicated to providing supervision, tutoring, role modeling, life skills, and other needed services.

We would like to encourage families to visit us here at the Center and pick up a registration packet. For any questions, please contact Amber Lomascola, Center Program Specialist. at 541-860-7297 or ALomascola@cowcreek.com.



Family Day at the Seven Feathers Festival of Trees

The day after the bidding, auctioning and donation of dozens of trees, children and families were invited to look upon the incredible art and care that went into the yearly Festival of Trees event hosted by the Mercy Foundation. During the Family Day event, the Education Department at the Cow Creek Band of Umpqua Tribe of Indians hosted a booth where children and families could sit, play games, and read.

Well over 200 children and parents visited the booth and received additional information regarding the benefits of children reading or being read to at least 20 minutes a day. Children were also given one of the spiral bound *Takelma Together* books.

For more information, please contact Mark Andrews, Youth Development Specialist, at (541) 677-5575.



Don't Forget to File Your FAFSA

The sooner you file, the more money you are eligible for. You can submit your information at <http://www.fafsa.ed.gov> beginning January 1, 2016. You will use your FSA ID to sign your completed information on the FAFSA. You can find the FSA ID on the FAFSA website. Click the TAB marked FSA ID before you complete your FAFSA. If you have questions, please contact Tammie Hunt at 541-677-5575 or thunt@cowcreek.com.

Diabetes Self-Management Group

Are you living with Diabetes or know somebody who is? Are you ready to take control of your Diabetes and learn how to prevent complications?

Our monthly Diabetes Self-Management Classes are designed to help you take control of your diabetes. Each class we have a light dinner followed by a presentation by one of our guest speakers. Prizes are given away at every class.

These classes are designed for those who have diabetes or their partner/caretaker to learn about all aspects of self-management.

Registration is required, so please call either clinic to sign up.

- **Deciphering Labs & Standards of Care**—One of our clinic providers will be going over all of the labs you get drawn during a year of your diabetes care, why they are drawn, and what they mean. Knowing your labs is an important part of diabetes self-care! Registration is Required, so please call either clinic to sign up.

- January 25th, 5:15 - 6:15 PM, Canyonville Clinic.

- **What Should I Eat?**—Knowing what to eat to control your blood sugars can be confusing. Jill Boyce, RD, will be going over what carbs to eat more of, and what carbs to eat less. She will also have some great meal ideas and recipes! A light dinner will be served. Registration is required, so call either clinic to sign up.

- February 22nd, 5:15 - 6:15 PM, Canyonville Clinic.



Hand Drum Workshop

Elder Butch Bochart is coming to teach us how to make our very own hand drums. This class will feature drum frames made by Butch and hands-on instruction on how to work with rawhide to form your drum.

Traditionally, the Tribe used fifes (dried wild parsnip turned into a flute) and foot stomping to create the beat of a mother's heart.

Date: Saturday, February 20, 2016.

Time: 10 AM to 2 PM

Location: Education Workforce Center, 213 S. Old Pacific Hwy, Myrtle Creek, OR.

For more information, and to RSVP, contact Tabitha Johnson at 541-677-5575 or at TJohnson@cowcreek.com.



2016 Youth Drum Dates

These sessions will be the second Tuesday of each month from 4 - 6:00 PM and will be held at the Education and Workforce Center in Tri-City, Oregon.

January 12	February 9
March 8	April 12
May 10	June 14

Contact Rhonda Malone- Richardson at 541-677-5575 extension 5513 for additional information.

Parenting the “Love and Logic” Way

The Cow Creek Government Offices want to invite you to a fun-filled way of parenting: The “Love and Logic” way, from Jim and Charles Fay, PH.D! Join us for dinner and prizes, and learn simple parenting strategies to avoid power struggles over chores, to use techniques far more effective than spanking, to keep parenting easy and fun, and much more!

When: 5:30 - 7:30 PM on March 2nd, 3rd, 9th, 10th, 16th, and 17th (Childcare is provided).

Where: Roseburg Government Offices (South Building conference room)

A small fee of \$25 is required that will be reimbursed upon completion of all six sessions.

Please RSVP with Kayla Knight at 541-677-5575 or KKnight@cowcreek.com.



New Employee Spotlight



Tracy M. DePew - Director of Emergency Management

Tracy has been an EMT since 1978, and has 13 years of experience in Emergency Management. He has worked as an instructor and project manager at Umpqua Community College, and has managed a healthcare emergency management program for the Oregon Health Authority. He has been with Peace Health, the Oregon 2-Disaster Medical Assistance Team, and much more. He was deployed with the team to American Samoa for tsunami relief, and to New York for the super storm Sandy during his time in excellent emergency management service. As Director of Emergency Management, Tracy will be working on Hazard and Crisis Mitigation Planning, training exercises, and response and recovery. Future newsletters will likely contain information that Tribal members can use to be prepared for emergencies.

Update on the Entrepreneurial Workshops

The Entrepreneurial Workshops, designed to help Tribal members and their families learn how to start their own business and become their own bosses, will now be meeting from 6 to 8 PM, rather than what was advertised in the December newsletter. Additionally, child care will be offered for all those who attend.

Special Services and Programs for Tribal Members

For more information on any of these services or programs, or to find services or supports in your area, please contact Matt Droscher, Government Office Social Worker, at 541-677-5575 or MDroscher@cowcreek.com.

Free Douglas County Bus Passes! - The Bus Pass program is offering free monthly passes for Tribal adults, students, Elders, and disabled in Douglas County. These passes are refreshed every month, but there are a limited amount, so request yours today!

Reimbursing for a Safer Tomorrow - The Safety Program is offering reimbursement for car seats and bicycle helmets for each enrolled Tribal youth within the seven county service area.

Energy for Those In Need - The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) is offering energy assistance for those who need it. This is offered once a year for Tribal members in the seven-county service area who meet the qualifications on income and status. Resource and referral information can also be provided.

An Advocate for the Bruised and Battered - The Tribe has obtained a Crime Victims' Services Division grant, and is using that money to partner with several co-located advocates from the Battered Persons Advocacy at the Government Offices, from the Women's Crisis Support Team in Grant's Pass, and from Community Works at the new Government Offices in Medford from 12–1 PM on Thursdays. An advocate is someone to whom you can speak privately and confidentially, and who can help you stay emotionally and physically safe. They can meet with and offer services for those affected by or interested in domestic violence, sexual assault, stalking, and human trafficking. If interested in making an appointment, please call 541-677-5575 for the Roseburg office, or the 24/7 Community Works Help Line at 541-799-4357.



Resources for Those in Unbalanced Relationships - Does your partner control who you see, including friends, family, and spiritual leaders? Does your partner make you have sex when you don't want to? Do you feel respected by your partner? Does your partner shame you in front of your family? Does your partner allow you to spend your money freely? Does your partner make you drink or take drugs? If you answered "yes" to even one of these questions, then your health, spirit, and safety may be in danger. Our Tribe supports you in your well-being through a partnership with domestic violence and sexual assault advocacy centers in the Douglas, Josephine, and Jackson Counties:

Battered Persons' Advocacy (Douglas County): 541-673-7867 or 1-800-464-6543

Women's Crisis Support Team (Josephine County): 541-479-9349 or 1-800-750-9278

Community Works (Jackson County): 541-779-4357 or 1-855-216-2111

Tribal General Council Meetings for 2016

The 2016 meetings have been scheduled at 10 AM on the following dates:

February 14th – May 15th (Nominations Meeting) – August 14th (Annual Elections Meeting) – November 13th.

All General Council meetings are held at the Government Offices: 2371 NE Stephens St, Roseburg, Oregon.

A buffet lunch will follow the meetings. The Food Bank will be open 1 hour before and after each meeting.

2016 Tribal Election Procedures

With the Tribal Council Nominations and Elections approaching respectively in May and August, Tribal members should be sure that they are registered to vote in the Tribe. See the inserted Voter Registration Form.

Even if you are registered to vote in Federal, State, and local elections, you must also register to vote with the Tribal Government Offices, as the Tribe is a sovereign entity with its own elections.

The Board of Directors nomination election procedures are as follows: Any registered Tribal voter present at the meeting may nominate. Each person may nominate one individual for the election in August. **Reminder:** Nominees must be present at the Nomination Meeting to accept the nomination via a nomination acceptance form furnished at the meeting. A nomination is considered complete when the nominee has accepted the nomination in writing.

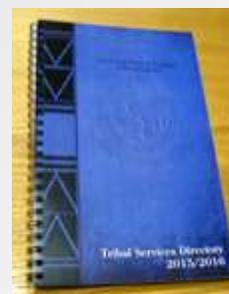
Candidate acceptance forms will be placed on the ballot in the order the nominations were made. Ballot packets including instructions will be mailed out to registered voters of the Tribe from Wicks Emmet, CPA, by July 13th, and are due back to Wicks Emmet by August 12th. If you are a registered Tribal voter and do not receive a ballot, contact the Government Office at 541-672-9405 or 1-800-929-8229 to request one to be mailed to you.

Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration card needs to be completed and turned in to the Government Office by May 13th, 2016. **Reminder:** Voter Registration is closed from May 14th to August 14th, 2016.

As with Federal, State, and local elections, Tribal members must register to vote in the Tribal Board of Directors elections. Registration is only required once. If you have changed your name via marriage, divorce, or for other reasons, a new registration form needs to be completed and turned in to the Government Office. If you would like to register to vote in a Tribal election, you may call the Government Office to request that a Registration Form be sent to you.

Tribal Services Directory

The Tribal Services Directory for the years of 2015/2016 was mailed out to the heads of each Tribal household in May of last year (2015). It contains detailed information on the Tribe's programs and benefits, as well as contact information. If you need another one, please call the Cow Creek Government Office at 1-800-929-8229 and ask for another one to be mailed to you.



Tribal Distribution Checks

Annual Distribution checks were mailed out in November 2015. **Please Note:** Tribal members are subject to income taxation, as the Tribe has not withheld any taxes from this distribution. A 1099-MISC form will be mailed out to all Tribal members over 18 who received a check. If you do not receive this form by February 15th, please call the Government Office to confirm your mailing address. Your distribution income **must** be included on your federal and/or state income tax returns for the year 2015. The Tribe is required to report this income to the IRS, since the distribution checks exceed the \$600 limit set by the IRS.

Form 1040 (**must be used to report your distribution**), on line 21, enter the amount received from Box 3 on your 1099-Misc. form and write in INDIAN TRIBAL DISTRIB. Spell the description exactly as listed here, as this description facilitates the processing of your tax return. This is especially important if you are expecting a refund and want to avoid delays in the return process.

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px;"> Want to stay up-to-date on all events? Check out the Events page at www.cowcreek.com/events/! </div>				1 <u>GO Closed</u>	2
3 AA Meeting	4 Senior Meal Sittercise Class Deadline to RSVP for Entrepreneurial Workshops	5 Senior Meal Water Aerobics Reading Group FAFSA Workshop @ GO Board Room 3-5 PM	6 Senior Meal Sittercise Class Reading Group FAFSA Workshop @ GO Board Room 3-5 PM	7 Senior Meal Takelma Class Water Aerobics	8 Thai Chi Elders' Luncheon @ 7F 12 PM	9
10 AA Meeting	11 Senior Meal Sittercise Class	12 Senior Meal Water Aerobics Reading Group Cooking Class @ Canyonville Clinic 10:30 AM- 1 PM Food Bank Open 9 AM-12 PM @ GO	13 Senior Meal Sittercise Class Reading Group FAFSA Workshop 10 AM-2 PM @EWC	14 Senior Meal Takelma Class Water Aerobics FAFSA Workshop 10 AM-2 PM @ EWC Cooking Class 10:30 AM- 1 PM @ GO	15 Thai Chi	16
17 AA Meeting	18 No Senior Meal This Day. GO Closed	19 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop	20 Senior Meal Sittercise Class Reading Group	21 Senior Meal Takelma Class Water Aerobics Entrepreneur Workshop	22 Thai Chi	23 Winter Gathering and Chili Cook-Off 11 AM-3PM @ Bare Park
24 AA Meeting	25 Senior Meal Sittercise Class Diabetes Self-Management Class @ Canyonville Clinic 5:15 PM- 6:15 PM	26 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop Food Bank Open 1 PM-4 PM @ GO	27 Senior Meal Sittercise Class Reading Group	28 Senior Meal Takelma Class Water Aerobics Entrepreneur Workshop	29 Thai Chi	30

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 AA Meeting	1 Senior Meal Sittercise Class	2 Senior Meal Water Aerobics Reading Group	3 Senior Meal Sittercise Class Reading Group	4 Takelma Class Water Aerobics	5 Thai Chi	6
7 AA Meeting	8 Senior Meal Sittercise Class	9 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop Food Bank Open 1 PM-4 PM @ GO	10 Senior Meal Sittercise Class Reading Group	11 Takelma Class Water Aerobics Entrepreneur Workshop	12 Thai Chi	13
14 AA Meeting Tribal Board Meeting General Council 10 AM @ GO	15 Senior Meal Sittercise Class	16 Senior Meal Water Aerobics Reading Group Entrepreneur Workshop	17 Senior Meal Sittercise Class Reading Group	18 Takelma Class Water Aerobics Entrepreneur Workshop	19 Thai Chi	20 Hand Drum Class 10 AM-2 PM @ EWC
21 AA Meeting	22 Senior Meal Sittercise Class Diabetes Self- Management Class @ Canyonville Clinic 5:15 PM- 6:15 PM	23 Senior Meal Water Aerobics Reading Group Food Bank Open 1 PM-4 PM @ GO	24 Senior Meal Sittercise Class Reading Group	25 Takelma Class Water Aerobics	26 Thai Chi	27
28 AA Meeting	<div style="background-color: #333; color: #f90; padding: 5px; text-align: center;"> Regular Activity Times & Places </div> <p> Senior Meals: 12 PM @ Seven Feathers Casino Sittercise Class: 11-11:30 AM @ South Clinic Water Aerobics: 9-9:45 AM, 10-10:45 AM @ South Clinic Thai Chi: 8-9 AM @ Millsite Park Takelma Class: Adult: 10 AM-2 PM Youth: 3-5 PM @ Expanding Horizons Youth Center (EHYC) AA Meeting: 6 PM @ Government Offices (GO) Reading Group: 10 - 10:45 AM Tue: @ GO Wed: @ EHYC Entrepreneurial Workshop: 6-8 PM @ EWC (Education Workforce Center) </p>					

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

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Fax: 541-673-0432

Toll Free: 800-929-8229



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