



**BIG SANDY**  
RANCHERIA

## **COUNCIL MEETINGS**

### **GENERAL COUNCIL**

Sunday, March 25, 2018

Sunday, June 24, 2018

Sunday, September 30, 2018

Sunday, December 16, 2018\*

### **TRIBAL COUNCIL**

Wednesday, January 31, 2018

Wednesday, February 28, 2018

Wednesday, March 28, 2018

Wednesday, April 25, 2018

Wednesday, May 30, 2018

Wednesday, June 27, 2018

Wednesday, July 25, 2018

Wednesday, August 29, 2018

Wednesday, September 26, 2018

Wednesday, October 31, 2018

Wednesday, November 28, 2018

Wednesday, December 19, 2018\*

*\*change due to holiday*

# **Smoke Signals**

## **February 2018**

A MESSAGE FROM TRIBAL COUNCIL

Munahoo Tribal Members,

The Tribal Council hopes that everyone is getting through the winter season happy and safe, and enjoying this time of year with family and friends.

Big Sandy Rancheria is a busy place at this time. We have many new activities for the community happening in the gym each week. Check out the flyers that are included in the newsletter. There is something for everyone. We are also preparing and planting now at the Community Garden.

We are starting to see changes for the Distribution department. They are working on the foundation for a new warehouse to be constructed soon. During this construction they are still in operation at the smoke shop.

The 17th Annual Big Sandy Rancheria Pow Wow is on May 19-20, 2018. We now have the flyer circulated as well as the forms for vendors and Princess/Brave contestants. The Pow Wow is always a wonderful event each year.

Our next General Council Meeting will be on Sunday, March 25, 2018 at 10:00 AM. We hope that you will make a point to attend. The Tribal Council will give reports on each department of the tribe as well as an update on our economic development progress. The General Council meetings are a great opportunity to share ideas or concerns as well as hear information about tribal operations.

Finally, the Tribal Council is always available for Tribal Members if you have questions or concerns. We are available at the office or by email or telephone and welcome your communication.

# Elder's Corner



Munahoo to all our BSR Elders! We hope you are all doing well, and have a Happy Valentines Day this month.

During the month of January six of our Elders' attended a Caregiver Training held at the Chukchansi Gold Resort & Casino. This training was put on by the California Indian Manpower Consortium (CIMC).

Topics covered included: Role of the Caregiver, Consumer Rights, Mental and Physical Conditions, Aging Process, Observation and Reporting, A Safe Environment, Infection Control, and Universal

Precautions. CIMC offers several workshops during the year. We will include flyers in upcoming newsletters. You can call Patty or Sharon for more information.

In February, our Elders will meet on Thursday, February 15<sup>th</sup>. We will be doing a cookie exchange and continue working on our scrapbooks. If you would like to join us please call our office, and we will have a scrapbook for you. We will also make plans for our next outing. We meet at 1:00 p.m. in the gym. The Community Services Department will be doing some activities as well with us. Be prepared for nutrition activities and light exercise! Also, on Thursday, February 15<sup>th</sup>, Diane Aznar, the Health Insurance Counseling and Advocacy Program (HICAP) representative will be at the gym in the morning. She will have a table set out with information for you on Medicare Benefits, Rights, etc., and is available to sit down and meet with you. If you need to speak with her but can't make this date, you can call her at (559) 224-9117 or visit their website at [valleycrc.org](http://valleycrc.org).



## **BSR Smokeshop Hours**

**Monday – Friday: 8am – 7pm**

**Saturday – Sunday: 10am – 6pm**

**Phone # 559-855-5210**

**BIG SANDY  
RANCHERIA**



**Community  
FOOD  
BANK**

**NEXT FOOD BANK**

**THURSDAY February 15, 2018**

**10-12pm**

**Big Sandy Head Start Parking Lot**

## February Birthdays

Julie Adkins  
Gilbert Beecher  
Rudy Colmenero  
Stephanie Coston  
Autumn Davis  
Robert Davis  
Robert Harlan  
Rebecca Hodges  
Logan Johnson  
Nadiyah Johnson  
Teresa Johnson

Rayetta Lara  
Constance Lewis  
Kristine Lewis  
Michael Minihane  
Phillip Moore  
Winston Moore  
Zachariah Oliver  
Naomi Orosco  
Giovanni Patty-Gallo  
Jonathon Reid  
Annie Riley  
Douglas Riley  
Fabian Riley

Virginia Riley  
Robert Robertson  
Quintin Rodriguez  
Samuel Samaniego  
Shaniah Samaniego  
Michael Sandoval  
Grant Sewell  
Theodore Stankewitz  
Michael Turner  
Paul Valles  
Theresa Williams-Lundy

## Employee of the Month



The BSR employees nominated Edwina Begay and Randy Lugo as the employees of the month of January!

Edwina works with our Big Sandy Head Start. She started in 2012 as a Child Care Assistant, and is now the Program Assistant. She is a great role model for our little ones, and she is a great team player.

Randy is our Surveillance Supervisor, and has been with us for about 1 year. He always has a positive attitude, and willing to help where he can. We are lucky to have these two awesome employees.

Congratulations and keep up the good work!

# Head Start



## February 2018

On February 14th the Head Start will have a Valentine's Day card exchange. Children are more than welcome to bring in cards to share with friends. Please be on the look out for more info.

Parents with cold season in full force we appreciate you giving your kiddo time to rest and recuperate from the cold. Remember to call the Head Start (855-7600) to let the staff know your child will be absent.

Perfect attendance for the month of December: Brayden Connelly-Maldonado, Whalen Edd, Dakota Furr, Tahnoni Perez, Irissa Riley, Jaydyn Vella, Mason Walker, Raelynn Walker, and Stephen White. Great job!

Quilting will start every Friday from 10 am-2 pm if anybody is interesting in quilting and learning how to quilt please contact Teacher Edwina.



## Special Day Reminders

Policy Council Meeting

TBA

Valentine's Day Card Exchange

**February 14, 2018**

Community Food Bank

**February 15th, 2018**

Closed: Staff Development

Day

**February 16th, 2018**

Closed: Winter Break

**February 19th-23rd 2018**

Head Start Reopen:

**February 26th, 2018**



# ICWA

*Social Services Department*  
By Elizabeth Taylor

## EMERGENCY FOOD SUPPLY/ INFANT SUPPLY

Don't forget, the ICWA Department has an Emergency Food Supply Program that Tribal Members may use twice a year. You get a 3-day supply of healthy food items to feed a family of four. There is also an Emergency Infant Supply Program which will provide a 3-day supply of formula, diapers, and wipes. If you are in need, come by and see me, or just stop by the Admin building.

If you have any questions or concerns please remember my door is always open, I can be reached at 559-374-0049, 559-917-7135 or you can find me in the admin building.

**Elizabeth Taylor** Community Services Manager/ ICWA ETaylor@bsrnation.com



## Housing Department

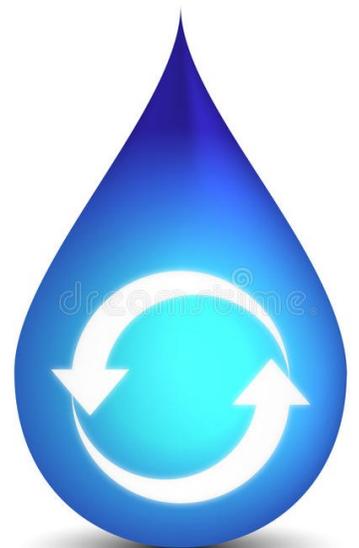
**We have had a few issues with clogged sewer lines recently. It is important to pay close attention to what gets poured down the drain or flushed down the toilet. Be sure to scrape food off of plates before putting them into the sink. Also, any kind of grease should not be poured down the drain. Also, baby wipes and or feminine products should not be flushed down the toilet. There was a failed leach field at one residence that needed repairing which was caused by oversaturation. A running toilet will put constant demand on leach field soil which is not the**



**intended design. Not only does it waste valuable water, but it also will cause leach field failure. We are available for a home inspection if there are any issues that need addressing. Homes that have a wood burning stoves should be inspected regularly for soot accumulation. We now have a chimney sweep that we can bring out and clean the flue if it needs to be done. Please don't hesitate to call the housing office for any assistance.**

## Water Department

**We are currently producing approximately 12,000 gallons per day. The chlorine residuals remain consistent at 2 ppm for pre-treatment and 5 ppm for final effluent. Our treatment plant has been in service for six years now and a couple of the electronic components have needed replacing. The technician from the manufacturer came out and replaced one of the electronic control modules on the uranium removal vessels. Also, the main control panel for the water treatment alarm system had to be repaired as some of the wiring had been damaged and had been triggering false alarms. All of the components of the water treatment and distribution system are now working properly. There were also a couple of leaks that have been repaired around the Rancheria. Please do not hesitate to call and report any leaks so they can be addressed as soon as possible.**





# EPA/Gap

## Garden Time

Looking for people to come out and help. We need input on what we will be growing. I am looking for help from the Elders. We would like to plant some herbs, medicine, and indigenous plants. If you would like to come out and help, let me know. Happy to see you any time.

## Vector, Recycling and clean up time is Here

WOOD STOVE AND PELLET STOVES ARE STILL AVAILABLE!  
FOR INFORMATION FEEL FREE TO CALL, OR COME BY THE EPA  
OFFICE

IF ANYONE IS IN NEED OF A  
CLEAN UP DAY, AND NEEDS A  
DROP OFF FOR APPLIANCES  
SUCH AS STOVES, OLD FRIDGES,  
ECT. LET ME KNOW.

### Home Mosquito Inspection Checklist

Birdbaths, fountains,  
and lawn ornaments  
Potted plants and plant  
saucers  
Ornamental ponds,  
water gardens, and other  
water features  
Leaks from hoses and  
faucets  
Pet water bowls  
Tire swings  
Wagons and other  
outdoor toys  
Canoes, kayaks, and  
other boats

Tarps and car/boat  
covers  
Unmaintained pools  
Rain barrels, Clogged  
gutters or downspouts,  
Uncovered garbage/  
recycling bins  
Livestock troughs  
Wheelbarrows and carts  
Tree holes  
Leaks under structures  
Buckets, flowerpots,  
vases, and other  
containers  
Discarded tires and  
other debris  
Clogged drains and  
catch basins  
Low areas or poor  
drainage

Outdoor light fixtures  
Not sure where to start?  
Contact  
the EPA Office  
technicians can help you  
identify problem areas  
and suggest solutions.



Any questions feel  
free to contact  
Lynnette Thompson  
559-374-0066 Ext 204  
Big Sandy Rancheria  
P.O. Box 337  
37387 Auberry Mission Rd.  
Auberry, California 93602  
Thank you for your time and  
help!

Big Sandy Rancheria

# Building Healthy Relationships



Saturday  
February 3rd, 2018  
5pm-8pm

*A Healthy  
Relationship doesn't  
drag you down it  
inspires you to be  
better.*

Dinner will be served



For More Information Please Contact:

Community Service Program

(559) 374-0066 ext. 214, 219 or 206

37387 Auberry Mission Road, Auberry CA 93602



# RECOGNIZING MOTHERS EVENT

Please come and join us  
**Saturday March 3rd, 2018**  
**1:00pm-3:00pm** @ BSR  
Gymnasium. Please bring  
your families as this will be  
a Family Formation Event.  
Lunch will be provided

*Mothers*  
hold their child's hand for a moment  
and their heart for a  
*Lifetime*



**For More Information Please Contact:**  
**Community Service Program**  
**(559) 374-0066 ext. 214, 219 or 206**  
**37387 Auberry Mission Road, Auberry CA 93602**



# AMERICAN INDIAN EDUCATION CONFERENCE



## March 17th- 21st

The 41st Annual California Conference on American Indian Education "Indian Education: Anything is Possible" offers the opportunity to share traditional and academic teaching and learning. This conference honors the commitment of family and all those who have contributed to the advancement of Indian Education in California.

### Conference Goals:

- ♦ To advocate academic excellence and educational opportunities for American Indian Families, educators, tribal leaders and board members.
- ♦ To provide opportunities for networking among American Indian families, elders, tribal leaders, students and educators.
- ♦ To recognize achievements of distinguished educators, parents and students.
- ♦ To honor our elders, who are our most revered teachers.

This trip to Los Angeles will be for ages 13-17 years old. Those interested in attending must be drug, alcohol, tobacco and violence free who want to create and maintain a healthy lifestyle. Participants must have a 2.0 GPA and no F's. Participant must submit a paragraph essay and special progress report by February 15th, stating why they would like to attend this trip. Please submit essay's to Community Services Program by the deadline listed above. Space is limited



**For more information on this trip please contact:**

CAP Staff @ (559) 374-0066 ext. 206

Rebecca Riley @ (559) 374-0066 ext. 219



# Sweat Ceremony



**When: Saturday February 10th, 2018**

**Time: Dusk 5:00pm-7:00pm**

**Location: 51743 John West Rd.  
Oakhurst Ca 93644**

Big Sandy Rancheria will be transporting those who are serious about learning and participating in a ceremonial sweat. If you would like to join BSR on this cultural trip please sign up with the Community Services Program by Friday February 2nd, 2018.



**For More Information Please Contact:**

**Community Service Program**

**(559) 374-0066 ext. 214, 219 or 206**

**37387 Auberry Mission Road, Auberry CA 93602**





## San Joaquin River Gorge Hike February 23

**Meet @1pm @BSR gym-Return 5pm**

San Joaquin River Gorge Trail is a 2.2 mile moderately trafficked out and back trail located in Auberry, California that features a river and is good for all skill levels. The trail leads to the bridge that stretches across the river.



An activity presented by  
SEDS at BSR



Erin Wick is our Trainer for all of the newly added Fitness classes. She owns her own business as a strength and conditioning coach, and lives with her husband and two children in Prather. She worked at Sacramento State as assistant director of strength and conditioning in August 2012 until June 2015. She served as the assistant director of strength and conditioning at Furman in South Carolina. Prior to Furman, she was a personal trainer in NYC after completing her master's degree. As a graduate student she was also a strength coach at Humboldt State teaching college classes and athletes (2007-09), while taking an internship at the University of Washington in the summer. A three-year member of the rowing team at Rutgers (2001-04), she graduated from her alma mater in 2005. She later added a Master of Science in Kinesiology from Humboldt State in 2009.

# Group Regalia Class



Want to get a head start on your Regalia for the 2018 Pow Wow? Come join the Community Services Program every **Saturday 10am-2pm**. Please keep in mind this class takes a lot of dedication, a good attitude and a willingness to learn!!! Children must have an adult with them at all times. A light lunch will be served.



**For More Information Please Contact:**  
**Community Service Program**  
 (559) 374-0066 ext. 214, 219 or 206  
 37387 Auberry Mission Road, Auberry CA 93602



## Elder Outreach



### **New Activities & Classes for Elders at BSR**

- 1<sup>st</sup> Wednesday of the month: 2pm Trip to Fresno Farmers' Market (return by 5pm)
- 2<sup>nd</sup> Wednesday of the month: 1:15pm-2pm Walk & Weights
- 3<sup>rd</sup> Thursday of the month: 1pm - 2pm Elder Meeting & Dietitian Talk
- 4<sup>th</sup> Wednesday of the month: 1:15pm-2pm Fit & Flexible



## Circuit Training

Open to all ages

Jan/Feb on Mon 6-6:45pm & Wed 5:15-6pm & 6-6:45pm



Learn the proper techniques in strength training, and have a coach available to teach you. Learn how to write your own personal circuit with or without equipment. Come in at anytime during the class for as long or as short as you like!

- Improve energy levels
- Increase strength & endurance
- Create a healthy habit in 2018





# Sports Clinics

Thursday Nights 6-6:45pm

Starting January 18 – Basketball Season

Basketball clinics that show you drills and exercises that can help you improve your game, and give you the edge you want!  
Basketball in the winter, Softball in the spring and Volleyball in the fall!



only at  
BSR GYM with  
Erin



# CARDIO & CORE

MONDAYS & WEDNESDAYS

2:30-3:15PM

EXCEPT FOR 1ST WEDNESDAY OF THE MONTH

Starting January 22 @ BSR Gym

Start your year off right by focusing on improving your endurance and CORE strength. Each class will start off with a warm-up before going on a 1-mile jog/run/walk outside. We'll come back & go through CORE circuits, conditioning drills and cool-down.



Only at  
BSR GYM w/ Erin



# Strength & Conditioning

Tuesdays & Thursdays 2:30-3:15pm

Starting January 18

By focusing on high intensity interval training and various strength circuits you are able to gain a huge benefit in a short amount of time! The class is adaptable to all levels!



Only at  
BSR GYM with Erin



# Fit & Flexible

Tues 6-6:45pm & 4th Wednesdays (Elder Focused) 1:15-2pm

The primary focus of this class is flexibility through movement. There will be a dynamic warm-up, with light cardio requirements, yoga flows and static stretching with some isometric strengthening activities with bodyweight. Yoga mats are provided. All ages are welcome!



AT BSR GYM  
WITH ERIN



# Cultural Family Movie Night

Come and join us  
February 9th and 23rd from 6pm-8pm  
for a Cultural family movie and healthy style  
dinner. Community Activities Department will  
provide curriculum from an array of topics. This  
event will help with family Unity.



Participants will be making healthy side dishes to go with the healthy family style dinner and cultural movie. Please come and enjoy great movies with your family and community.



**For More Information Please Contact**  
Community Services Program  
(559) 374-0066 Ext. 206, 219, or 238



# FAMILY VOLLEYBALL NIGHT



Please come and join us February 1st and 15th from  
6pm-8pm for a night of Family Volleyball. Teams must have  
one youth on the court at all times. All community  
welcomed...

Big Sandy Rancheria Community Activities Program will promote and  
provide access to good healthy lifestyle choices. Participants will  
learn healthy habits while spending time with one another at this  
Family Formation Event.



**For More information please contact:**  
Community Services Program  
(559) 374-0066 ext. 206, 219, or 238



**ATTENTION!!!** This Activity is moving to Tuesday Nights

# TEEN NIGHT



6  
p  
m  
-  
8  
p  
m

We in the native youth community celebrate together, we cry together, and we experience important events with each other. The young people are the most important aspect of a Native American community; they are the keepers and preservationists of what defines us as a people. We face obstacles from addiction to the loss of our culture, but our generation is trying to overcome them. The dream of helping indigenous youth attain a higher form of education, to explore the world. And then, to come back to their communities to improve tribal life through information, love, and compassion. Teen night will consist of the following activities:

- Teen Pregnancy Prevention
- Trust Building Exercises
- Healthy Communication Workshops
- Role Play
- Open Discussions with Peers

**Ages 13yrs-17yrs 18yrs if still in high school**

**For More information please contact:**  
Community Services Program @ (559) 374-0066 ext. 206  
Rebecca Riley @ (559) 374-0066 ext. 219



# FAMILY BEADING



COME OUT AND PARTICIPATE WHILE LEARNING  
VARIOUS BEADING TECHNIQUES, STYLES AND  
DISTINGUISHED PATTERNS. EARRINGS, NECKLACE,  
MEDALLIONS, AND MOCCASINS ARE SOME  
EXAMPLES OF THE TYPE OF ARTISTIC BEADING  
PROJECTS. IT IS NEVER TOO LATE TO LEARN!!!!

**ATTENTION!!!!**

**THIS ACTIVITY IS NOW ON MONDAY  
NIGHTS FROM 6PM-8PM....**

**FOR MORE INFORMATION PLEASE CONTACT:**  
COMMUNITY SERVICES PROGRAM  
(559) 374-0066 EXT. 206



# February 2018

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Sports Clinic 6-6:45pm Family Volleyball 6pm-8pm	2 Free Weights 9am-8pm Family Movie Night 6-8pm	3 Building Healthy Relationships 5-8PM
4 SLMBC Church Services 9:45/11:00	5 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	6 Free Weights 9am-8pm TULE RIVER FOOD COMMODITIES 10:30am-12pm STRENGTHENING & CONDITIONING 2:30-3:15pm FIT & FLEXIBLE 6-6:45pm Teen Night 6pm-8pm	7 Free Weights 9am-8pm ELDER'S TRIP FRESNO FARMER'S MARKET 2-5PM Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	8 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Sports Clinic 6-6:45pm Family Volleyball 6pm-8pm	9 Free Weights 9am-8pm Family Culture/ Movie Night and Cooking Class 6-8pm	10 Regalia Class 10am-2pm  SWEAT CEREMONY 5pm-7pm
11 SLMBC Church Services 9:45/11:00	12 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	13 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	14 Free Weights 9am-8pm ELDER'S OUTREACH -Walk & Weights 1:15-2pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	15 Free Weights 9am-8pm FOOD BANK 1PM ELDER'S MEETING AND DIETICIAN TALK 1-2PM STRENGTHENING & CONDITIONING 2:30-3:15pm SPORTS CLINIC 6-6:45pm FAMILY VOLLEYBALL 6pm-8pm	16 Free Weights 9am-8pm Family Movie Night 6-8pm	17 Regalia Class 10am-2pm
18 SLMBC Church Services 9:45/11:00	19 TRIBAL OFFICES CLOSED PRESIDENT'S DAY	20 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	21 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	22 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Sports Clinic 6-6:45pm Family Volleyball 6pm-8pm	23 Free Weights 9am-8pm SAN JOAQUIN RIVER GORGE HIKE 1-5PM Family Culture/ Movie Night and Cooking Class 6-8pm	24 Regalia Class 10am-2pm
25 SLMBC Church Services 9:45/11:00	26 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	27 Free Weights 9am-8pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	28 Free Weights 9am-8pm TRIBAL COUNCIL MEETING 11AM ELDER'S OUTREACH -Fit & Flexible 1:15-2pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm			

# March 2018

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Sports Clinic 6-6:45pm Family Volleyball 6pm-8pm	2 Free Weights 9am-8pm Family Movie Night 6-8pm	3 RECOGNIZING MOTHERS EVENT 1-3PM
4 SLMBC Church Services 9:45/11:00	5 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	6 Free Weights 9am-8pm TULE RIVER FOOD COMMODITIES 10:30am-12pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	7 Free Weights 9am-8pm ELDER'S TRIP Fresno Farmer's Market 2-5PM Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	8 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Family Volleyball 6pm-8pm Sports Clinic 6-6:45pm	9 Free Weights 9am-8pm Family Culture/ Movie Night and Cooking Class 6-8pm	10 Regalia Class 10am-2pm
11 SLMBC Church Services 9:45/11:00	12 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	13 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	14 Free Weights 9am-8pm ELDER'S OUTREACH -Walk & Weights 1:15-2pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	15 Free Weights 9am-8pm FOOD BANK 10AM-12PM ELDER'S MEETING AND DIETICIAN TALK 1-2PM Strengthening & Conditioning 2:30-3:15pm SPORTS CLINIC 6-6:45pm FAMILY VOLLEYBALL 6pm-8pm	16 Free Weights 9am-8pm Family Movie Night 6-8pm	17 Regalia Class 10am-2pm
18 SLMBC Church Services 9:45/11:00	19 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	20 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	21 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	22 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Family Volleyball 6pm-8pm Sports Clinic 6-6:45pm	23 Free Weights 9am-8pm Family Culture/ Movie Night and Cooking Class 6-8pm	24 Regalia Class 10am-2pm
25 GENERAL COUNCIL MEETING 10AM SLMBC Church Services 2PM	26 Free Weights 9am-8pm Cardio & Core 2:30-3:15 Circuit Training 6-6:45pm Family Beading 6-8pm	27 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Fit & Flexible 6-6:45pm Teen Night 6pm-8pm	28 Free Weights 9am-8pm TRIBAL COUNCIL MEETING 11AM ELDER'S OUTREACH -Fit & Flexible 1:15-2pm Cardio & Core 2:30-3:15 Circuit Training 5:15-6pm & 6-6:45pm Open Gym 7-8pm	29 Free Weights 9am-8pm Strengthening & Conditioning 2:30-3:15pm Sports Clinic 6-6:45pm Family Volleyball 6pm-8pm	30 Free Weights 9am-8pm Family Movie Night 6-8pm	31 Regalia Class 10am-2pm

## **Big Sandy Rancheria Transportation Services**

We will be reducing transports to one day a week. Please make sure that you schedule your transport as soon as possible.

To schedule an appointment please call:

Tammie Walker at the office

374-0066 ext. 214 or by cell 348-7454

**Or stop by the gym in the FAD OFFICE**

**YOUR APPOINTMENT MUST BE MADE AND VERIFIED WITH TAMMIE WALKER BEFORE YOUR SPOT CAN BE RESERVED FOR THE TRANSPORTATION SERVICES. SCHEDULE APPOINTMENTS ONLY WITH TAMMIE . 24 HOURS PRIOR FOR LOCAL TRANSPORTS AND 1 WEEK IN ADVANCE FOR FRESNO TRANSPORTS.**

The transporter will wait for 15 minutes after your scheduled departure. If you do not arrive in time, your appointment will be canceled and can be rescheduled with Tammie only. There are new rules for the transportation services, please call the transporter for a copy of revised rules. Transportation services are for Big Sandy Rancheria tribal members.

The transporter cannot transport kids to school that have missed the bus. All CVIH appointments are to be scheduled with CVIH transporter. If the CVIH transporter is unable to transport you, they will need to reschedule your appointment. This applies to all medical, dental, nutrition & referral appointments.



Big Sandy Rancheria  
PO Box 337  
Auberry, CA 93602