

Commitment to fitness revs up with first fitness challenge of the year

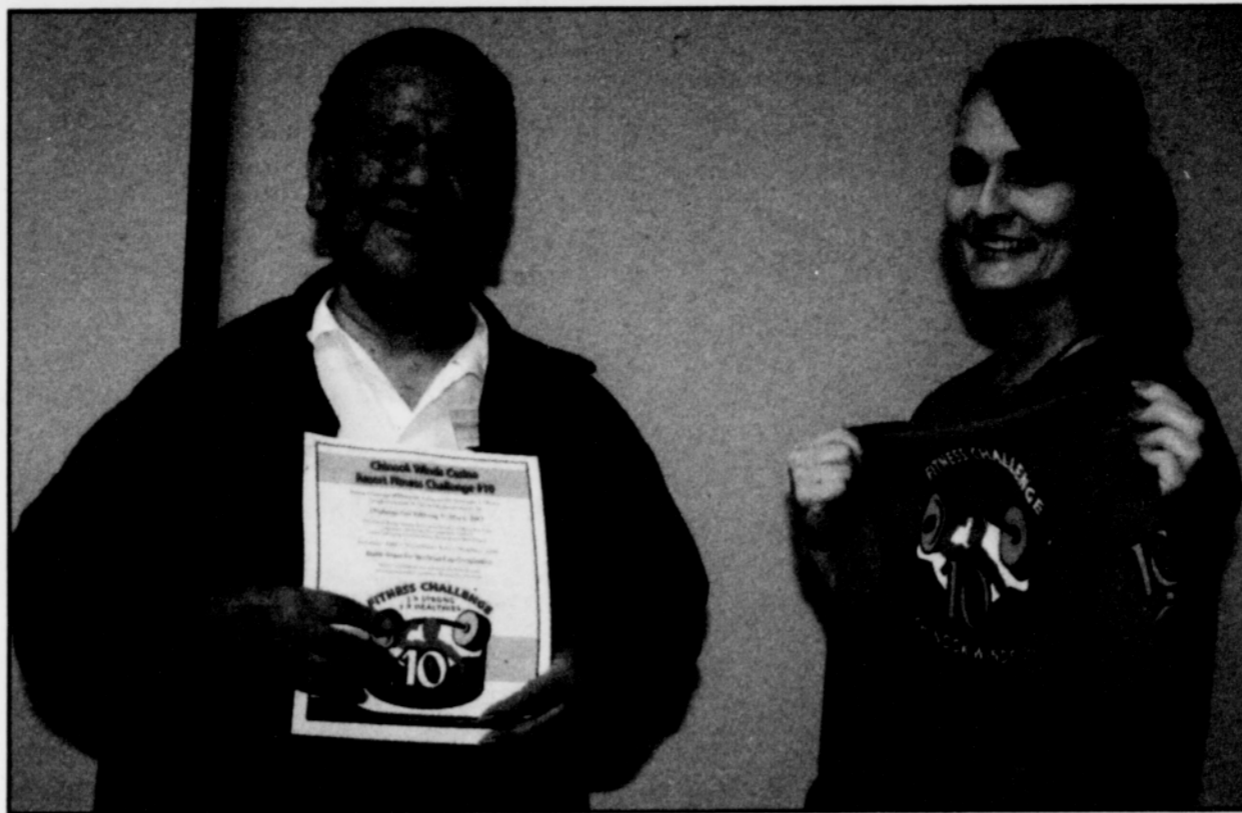
By Teresa Simmons

There are many benefits to working at Chinook Winds Casino Resort. Just a sampling would include health insurance, the location, fascinating people, free lunches and discounts at participating merchants.

Not to be overlooked is Chinook Winds' continued commitment to offer the staff ways to achieve a healthier lifestyle. Each year, the Benefits Fair offers testing for blood pressure, bone density and other non-invasive testing along with the results of free lab tests that are provided to any staff member who chooses to take the time to have their blood drawn at Samaritan North Lincoln Hospital during a specified period of time.

Diabetes classes are available and so are free flu shots. The EASE program offers counseling related to emotional and psychological problems, challenges in relationships and parenting, work difficulties, child and elder care needs, financial difficulties and substance abuse.

With the purchase of Chinook Winds Golf Resort and Fitness Center in 2005, a new opportunity became



Courtesy photo from Chinook Winds staff

Maxie Kinney, fitness center manager, helps Douglas Brown sign up for the 10th Chinook Winds Casino Resort Fitness Challenge.

apparent. Not only is Chinook Winds staff offered membership to the fitness center at a reduced rate, but employees also are encouraged to put their competitive tendencies to use through weight loss challenges.

A personal trainer is available to advise each participant in the proper use of the many pieces of exercise equipment at the fitness center and fitness information is printed in each edition of *Tillicums*, the employee newsletter.

To make the process more enjoyable and easier, the employee dining room has more menu items for the staff with a full-option sandwich bar offering fresh vegetables, chips that have fewer calories, several beverage options other than soda, sugar-free desserts and many lean hot food items. Calorie cards to help determine calorie intake also are provided.

Chinook Winds embarked on its current twice-yearly weight loss challenge, challenge No. 10, beginning with sign-ups on Jan. 10. Weigh-ins began Jan. 17 for the challenge that will run from Feb. 7 through May 6.

To make the competition most effective, cash prizes will be awarded for first-, second- and third-place winners in men's and women's categories, which include percent of body weight lost and percent of body fat lost. Those who utilize the fitness center will be eligible for raffle prizes based on the amount of time spent in the gym.

In 2010, the 149 weight loss challenge participants lost a total of 2,093 pounds, an average of 5.88 percent of each person's total body weight.

Super Party features Mark Rypien, Game Day Million cards, other prizes

See the big game on giant TVs at Chinook Winds where this powerhouse of parties hosts its annual viewing party inside the convention center on Feb. 6.

The 45th Super Bowl will be broadcast live from Texas Stadium in Dallas. The Super Party at Chinook Winds is only \$10 and includes your chance to win \$25,000.

Former NFL pro player Mark Rypien will meet the public from 2-6 p.m. on game day. Rypien was a member of two Super Bowl championship teams and received the MVP award at Super Bowl XXVI when he played for the Washington Redskins.

This age-21-and-older party begins at 2 p.m. and the game starts at 3 p.m. Stadium-style food will be available for purchase as well as beverage specials throughout the game.

A two-part ticket will be given to each guest with entry. The tickets will

be used for drawings that include NFL merchandise, a TV and surround sound, and a barbecue grill.

In addition to drawing tickets, guests also will receive a Game Day Million card at the convention center party. Four two-number combinations are present on each card, one for each quarter.

To win a prize, a game piece must have the correct last digit of the score for both teams at the end of each quarter. Guests have a chance to win \$50 for winning one quarter, \$100 for two quarters, \$1,000 for three quarters and \$25,000 if all four quarters are correct.

In other action, you can watch the game on big screen TVs in the Rogue River Lounge or at Aces Bar and Grill at Chinook Winds Golf Resort. Game Day Million cards will be available at Aces along with food specials and giveaways throughout the game.



Good Fun! Good People! Good Jobs!

Chinook Winds Casino Resort is looking for enthusiastic people to join our winning team. Positions vary from week to week, however, these positions are frequently recruited ones and applications are accepted and screened as openings occur: servers, cashiers, janitorial and dealers.

For a complete listing of current employment opportunities, call our Job Line at 888-244-6665, ext. 8097, or visit our website at www.chinookwindscasino.com. For more information, call the Human Resources Office at 541-996-5800.

Get More Info

For more details on the casino and local community events, visit:

- Chinook Winds Casino Resort: www.chinookwindscasino.com
- Chamber of Commerce: www.lcchamber.com
- Visitor & Convention Bureau: www.oregoncoast.org

Happy Birthday to You!

Every day of your birthday month when you come play bingo, you will receive a free start-up. If you play on your actual birthday, you also will receive a free dauber and duck.

CELEBRATE YOUR BIRTHDAY IN BINGO

All Month Long!

Sun	Mon	Tues	Wed	Thu	Fr	Sat
1 BE MINE	2 WILD WEDNESDAY NIGHTS	3 FREE BINGO	4 FREE BINGO	5 FREE BINGO	6 FREE BINGO	7 FREE BINGO
8 SUPER GAME	9 Ocean Package Day 542	10 WILD WEDNESDAY NIGHTS	11 FREE BINGO	12 FREE BINGO	13 FREE BINGO	14 FREE BINGO
15 WILD WEDNESDAY NIGHTS	16 WILD WEDNESDAY NIGHTS	17 FREE BINGO	18 Marty Stuart Concert	19 Marty Stuart Concert	20 FREE BINGO	21 FREE BINGO
22 MANAGER'S SPECIAL	23 Ocean Package Day 542	24 WILD WEDNESDAY NIGHTS	25 FREE BINGO	26 FREE BINGO	27 FREE BINGO	28 FREE BINGO
29 FREE BINGO	30 Ocean Package Day 542	February 2011				

VALENTINE'S DAY - Monday February 14th will be our Valentine's Day special. Both sessions, we will play an extra game called the Heart game. This game will be \$1 and payout \$500. During the entire session all guests that buy-in will receive a free dauber. During the evening session all guests that buy-in will receive a free Valentine's Day animal.

WILD WEDNESDAY NIGHTS - During the evening session every Wednesday night in February we will have our WILD Wednesday Nights special. All main games will pay \$200 and the 5 of our specials will pay \$500.

FREE BINGO DAY - Every Thursday in February come in for our Free BINGO Day. With your buy-in you will receive a free main session game card. This card will payout \$500 instead of the normal \$200 and it's free!

COSMIC BINGO - Friday the 11th at 20pm will be the return of our Cosmic Bingo session. We took a break through most of the winter, but it is back now and as exciting as ever. If you like to party while you play bingo then this is the session for you. Only \$5 to play all the games, but you must be 21 years of age to play.

SUPER GAME - February 6th come watch the game in Bingo. Bingo will be giving out a special Super Game gift to all that buy-in during the entire session. During the evening session, Bingo will have 3-5-100 payouts.

MONDAYS ARE OCEAN PACKAGE DAY. ONLY \$42! THAT'S A \$36 SAVINGS!