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Cow Creek Tribe Pioneer Days Float



Four Generations of the Van Norman Family



The Float..."Honoring Our Past, Present and Future"



Pioneer Day Parade Participants/Cow Creek Tribal members

The Canyonville city main street was alive with the beat of the drum, the extraordinary footwork of some Tribal dancers, candy tossing from Tribal elders and youth and flags waving honoring our Tribe, State and Country during the Pioneer Day Parade August 28, 2010. The Cow Creek Tribe entered a float with the theme of **"Honoring Our Past, Present and Future"**, Thundering water drum group and Tribal dancers Chelsea VanNorman, Brittney Malone, Isabel Jackson and Kathryn Rich kept the crowd entertained and delighted with music and dancing.

The Tribal float, took second place in its division thanks to the hard work of Shiela Crothers, Jim Rich, Teri Hansen, Robert Van Norman, Mike Rondeau, Steve Van Norman, Wayne Shammel, Justin Mathison, Jessica Jackson and multiple casino maintenance employees.

Special points of interest:

Government Office Hrs.:

Mon-Thurs 8am-5pm
Fri 8am-4pm

Roseburg Clinic Hrs.:

Mon-Thurs 8am-5pm
Closed 12pm-2pm

Canyonville Clinic Hrs.:

Mon-Thurs 8:30-4:00
Closed 12pm-2pm

Project Warmth

Project Warmth is a reimbursement program designed to assist children in need with shoes and coats. Cow Creek youth between the ages of newborn through age 16 and who are Tribally enrolled may qualify for assistance. No income guidelines or service area requirements are necessary. Each child may access this program once per year. Up to \$25.00 per coat and \$25.00 per pair of shoes will be reimbursed to the parent or guardian who purchased the items. Please include the name and address of the person who will be reimbursed, circle the item and write the name of the child on the receipt. Submit receipts to the attention of Cindy Delay, Program Assistant. Any questions can be addressed to Cindy at the Tribal offices 541-677-5575 or 800-929-8229.

Tribal Food Program

The Tribal Food Program is open every month on the second Tuesday from 9-12 and the fourth Tuesday from 1-4 p.m. at the Tribal offices in Roseburg. Applicants must be a Cow Creek Tribal member/family to receive assistance. Applications will not be mailed. However, upon arriving you will be able to complete your form and receive your food. This program is qualified by "income self-certification" and Cow Creek Tribal enrollment with no service area requirements. Food will not be delivered. Please contact Cindy Delay at the Tribal office with any questions.

Student Rental Assistance Program

The Student Rental Assistance Program is a relatively new program designed to help college students with rent during the school year. This program will assist Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. Students can contact the housing department to obtain an application. If you are a continuing student, an application must be resubmitted annually to continue receiving assistance. Funding is limited for this program, therefore applications must be received as soon as possible. If you have any further questions please contact the Housing Director, Justin Mathison at 1-800-929-8229.

Day Care Assistance

Applications continue to be accepted for the Tribal Child Day Care Program. This program serves the area of Klamath, Deschutes, Lane, Jackson, Josephine, Douglas and Coos counties. To qualify, applicants are required to meet income guidelines, must be living in the Tribal service area, attending either school, work or a training program and the child or children must be enrolled with the Cow Creek Tribe. Currently, there is a waiting list. If you have any questions please contact Rhonda at the Tribal office.

"Recovery on Turtle Island" New Alcoholics Anonymous Meeting



We are excited to announce the start of an Alcoholics Anonymous meeting on September 26, 2010 at the Cow Creek Government Office, South Building. The first meeting will be held right after drum practice on Sunday evening at 6PM. The name of the group is "Recovery on Turtle Island". Turtle Island is the name commonly used in Indian Country for North America. This is an open meeting, which means, all Tribal members and the public are welcome. You do not have to be an alcoholic to attend. The first meeting will include a potluck prior to beginning the meeting. Attendees for the Drumming Group are also invited to participate in the pot luck. Transportation is available for the AA portion; please call Teri Hansen at the Cow Creek Government offices, 541-672-9405.

Tribal Committees, Commissions and Boards Moving Forward

Gradual progress continues on the formation of various committees, commissions and boards serving the tribe. The Tribal Board of Directors have completed the appointments of many Tribal members to both the Housing and Utility Boards over the past year. The Tribal Health Director has appointed members to the Alcohol and Drug Advisory Committee and is nearing completion of appointments to the Health Advisory Committee.



Some committees yet to be filled are the Education, Child Protection Team, Natural Resources, and History Committees. Scope of work and defined objectives for these committees must be finalized prior to any appointments.

Interested Tribal members must be at least 18 years old, have transportation, and for some committees, may be required to pass a criminal background investigation. Having a background in the area of interest is helpful, but not mandatory.

Recently, the Tribal Board of Directors adopted a revised Tribal Gaming Ordinance and Rules which included an increase in the number of Gaming Commissioners from 3 to 5 members. Therefore, additional appointments to the Tribal Gaming Commission will be required. Tribal members interested in the Gaming Commission positions will be required to meet certain criteria and must complete a Class III gaming license application and, will be subject to the same background investigation as a Man-

agement employee of Seven Feathers Casino Resort. Interested members must be at least 21 years old with no felonies within the last 10 years.

Tribal Gaming Commissioners are not allowed to game at Seven Feathers Casino Resort. However, they may game at other gaming establishments or venues.

Tribal members who are interested in serving on various committees, boards and commissions are encouraged to express their interest by submitting a letter to the Tribal Government Office, Attn; Tribal Administrator, 2371 NE Stephens Street, Roseburg, OR, 97470. Those who have recently submitted interest letters are considered active and will be considered for any upcoming board, committee or commission openings.

Flute Making Class

Johnny Martin, flute instructor, will be coming to teach a class in Native American Flute Making at Bare Park on October 2-3, 2010 from 9:30 am to 4:00 pm. Lunch will be provided for registered participants.

Tribal members that made a flute at culture camp this year are welcome to bring their flute to work on more and receive instruction on notes and how to play. Gary Burroughs will be helping us again in this area. The supply of flutes is limited so one per family, please. Everyone is welcome. For further information and to register please contact Louis La Chance at 541-677-5575



Five Western Oregon Tribes Present at State Fair

Tribal veterans, drummers and dancers from the five Western Oregon Tribes met in Salem on the opening day of the Oregon State Fair to provide an educational entertainment program to the public. A Color Guard comprised of Tribal veterans representing The Confederated Tribes of Coos, Lower Umpqua, and Siuslaw, The Coquille Tribe, The Cow Creek Band of Umpqua Tribe of Indians, The Confederated Tribes of Grand Ronde, and The Confederated Tribes of Siletz opened the program along with a performance by Cow Creek's Thundering Water Drum group.



Nick Sixkiller was the master of ceremonies and introduced the Tribal Chairwoman for the Confederated Tribes of Siletz, Dee Pigsley, who gave the welcoming address.

Performances by the Siletz Tribe's Feather Dancers, the Grand Ronde's Canoe Family, a Flutist, and the Thundering Water Drummers entertained fair goers for over two hours on the Spirit Stage. Cow Creek Tribal member, Brittney Malone, also performed a Fancy dance.

Display booths and tables were staffed by each of the five tribes and included information on various components of the tribes such as Tribal government status, economic contributions of tribes, archeological displays and protection information. A children's craft

table was set up as well as displays of canoes from the various tribes.

This event at the State Fair is considered "payback" to the State of Oregon for the free use of the Oregon Pavilion each January for the Gathering of Oregon's First Nations Pow Wow that is sponsored jointly by the Western Oregon Tribes. Everyone who attended had a great time.

The 2011 Gathering of Oregon's First Nations Pow Wow is schedule for January 29, 2011, so mark your calendars.

3rd Annual "GATHERING OF OREGON'S FIRST NATIONS"

January 29, 2011

Oregon State Fair & Expo Center
Salem Pavilion

2330 17th Street NE, Salem, OR

Doors open at Noon

Grand Entry - 1 p.m.

Break - 5 - 6 p.m.

Powwow ends at 9 p.m.

Tribal vendors can contact us at
1-800-422-0232

This event is sponsored
by the sovereign governments of



Nutrition Program New Class

Cow Creek Health & Wellness Center is proud to offer a fantastic new program..."D.I.E.T. F.R.E.E." by Zonya Foco

The **DIET FREE Lifestyle Program** has all of the resources you'll need to learn each of the "Eight Habits That Will Change Your Life." Your healthy weight, blood pressure, blood sugar and cholesterol all await you!

Class materials are free to Tribal members. Upon completion of the program, participants will receive Zonya's "Lickety-Split Meals: For Health Conscious People on The Go".

For more information contact Tricia Hedges at 541-677-5575 or E-mail: thedges@cowcreek.com



Upcoming Health Fairs for 2010

With the last gasp of summer and the waiting for the tomatoes to ripen it is time to plan the fall health fairs. It is fun to meet with all the Tribal members and see what they have been doing the past year. In Redmond the fair is scheduled for Saturday October, 17 from 10:00AM to 2:00PM. Flu shots will be given again. This year the H1N1 is part of the flu shot. Blood sugars, lipid panels, HgbA1C, and blood pressure will be done. There will be special guest speakers during the catered luncheon.

The fall health fair at the Block House is Saturday November 7 from 10:00AM to 2:00PM. Blood sugars, lipid panels, HgbA1C, and blood pressure will be done. The center of the health fair is giving Flu shots. Special displays and handouts with information will be offered. There will be special guest speakers during the catered luncheon. Last year was the largest event for both fall health fairs. The staff at Cow Creek Health and Wellness Center look forward to seeing everyone and promoting wellness to the Tribal families. Letters with information will be sent out to everyone. Please do not forget to send back your information.

New Program Assistant/Back-Up Receptionist



We would like to introduce, Cow Creek Tribal member, Cindy Delay, Program assistant to the Social Services Department and the Outdoor Youth Recreation Program. Cindy was born and raised in Oregon and spent most of her life in the Salem area where she raised her three children and is now the proud Grandmother of five awesome children. Cindy moved to the Medford area prior to living here and beginning work at the Cow Creek Tribal offices. Cindy comes to our organization with experience in working with elders, youth groups, archeology and various social service programs, she is also attending college.

Cindy is currently learning guidelines for the programs she will be operating. Cindy will be the main contact for the Tribal Food Program, Low Income Home Energy Assistance Program and Project Warmth.

Please welcome her by giving her a call to introduce yourself at 1-800-929-8229.

Welcome aboard Cindy!

Cow Creek Health & Wellness Diabetes Program

Doggy Fun Day and

Poker Walk

Saturday, September 25, 2010....Stewart Park Pavilion
Roseburg, Oregon

COME JOIN US FOR A DAY OF DOGGIE FUN!!!

All friendly leashed dogs are welcome.

This promises to be a fun filled day for all!

Registration is free and begins at 9:00am. All events run from 10:00am to 2:00pm.

This is the perfect chance for you to show off that perfect pet!

3rd ANNUAL

Great Prizes & Awards

Fun Dog Contests

- Dog/Owner look alike contest
- Dog costume contest
- Best trick
- Obstacle Course
- Poker Walk



Mini Agility Course

New and Improved!!! We have added new obstacles to the great course that we had last year.

Details provided in information packet.

Top Dog Award

The special honor of "Top Dog" will be awarded to the dog with the most accumulated points during the day.

Place 1st—earns 5 points

Place 2nd—earns 4 points

Place 3rd—earns 3 points

2 points will be awarded just for entering a class.

Food + Fun + Friends

This pet fun day is sponsored by Cow Creek Health & Wellness Center's Diabetes Program. The goal is to promote healthy physical activity in order to prevent diabetes complications.

All classes will be judged by nonparticipating, unbiased dog enthusiasts who are above and beyond bribery and political coercion. Their main qualification is that they *must love dogs!*

For your information packet please contact the event coordinator:

Tricia Hedges at (541) 677-5575, ext. 5512



Over the Counter Deadlines



All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2010. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2010 reimbursement must be received by January 15, 2011.

Please send OTC receipts to the New Canyonville Address:

Cow Creek Health and Wellness Center (CCHWC) Annex-OTC
270 Gazley Bridge Rd
Canyonville OR 97417

It has been our privilege to assist each of you this year in obtaining your OTC preventative products. Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 3, 2011.

If you have any questions, please contact Tamara Robinson at CCHWC 541.839.1347, 800.935.2649 option 2 or trobinson@cowcreek.com.

Contract Health News

Earlier this month, the Contract Health Services Department moved across the street to their new location in the Nesika Building. The move by CHS is part of an effort to better coordinate insurance coverage with the Nesika Health Group for the benefit of the tribal membership. The mailing address and phone numbers as well as all pre-authorization requirements will remain the same. **[please put address and phone number]**

OHP News

Tribal members with no health care coverage other than CHS must apply for the Oregon Health Plan (OHP), every three months as required by federal regulations and live in the tribal service area.

OHP standard reservation list is now open. Next drawing is on September 20, 2010. Department of Human Services will randomly select 20,000 names from the OHP standard Reservation list.

It is important to maintain your OHP eligibility. It can be very difficult to take care of eligibility paperwork when you are sick, hurt or need medicine.

If you need an application for OHP or any help completing the form, please contact Andrea Davis, Community Outreach Coordinator at (541) 672-8533. Amy or Elizabeth in the CHS Department would be pleased to assist you as well.

2011 CHS Applications

Be watching the mail. It is that time again for the **2011 applications to be resubmitted to the Contract Health Office!** Please be sure to fill out one for each member of the family so we can keep your file current. This is a federal regulation that must be done once a year.

Reminders:

- The number one reason for denials is no purchase order numbers
- Call before each appointment 2 to 3 days in advance for purchase orders
- **If you receive a statement call their office and be sure that we have been billed-** then forward it to CHS – **DO NOT ASSUME THAT CHS HAS BEEN BILLED**
- Know the name of the business when calling for a purchase order not just the doctors name.
- Only use Emergency Rooms for true emergencies or you may have to pay part or the entire bill

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 JOM Mtg 5-6pm	7	8	9	10 Housing Board 9-10 am	11
12	13	14 Food Pantry 9-12 pm	15	16	17	18
19	20	21	22	23	24	25 3 rd Annual Doggy Fun Day Stewart Park
26 Drumming 4-530 pm Gov Office Boardroom AA Mtng 6 pm	27	28 Food Pantry 1-4 pm	29	30		

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 JOM Mtg 5-6 pm	5	6	7	8 Housing Board 9-10 am	9
10	11 Tribal Inservice Day Office Closed	12 Food Pantry 9-12 pm	13	14	15	16
17 Rerdmond Health Fair 10 am-2 pm	18	19	20	21	22	23
24/31	25	26 Food Pantry 1-4 pm	27	28	29	30

Low Income Energy Assistance Program (LIHEAP)

The LIHEAP Program is gearing up for the coming year's Tribal homes energy needs. The first homes to be served in November will be the elderly and disabled. In December the general Tribal membership may apply for assistance. Income, Tribal enrollment and service area requirements must be met prior to receiving energy payment support. For further information please contact Cindy at the Tribal office.



Summer Time Movie Club has just completed its third year of family fun and education. There were 25-35 Tribal members, parents, spouses, aunts, uncle and Grandparents in attendance during the five sessions that were spread out over the summer. This year various new Tribal program directors were introduced to share about happenings in their departments. "Currently playing" movies, popcorn and soda were the famed prize at the end of each sharing session. If you would like to participate in next year's program or if you might have any topics you would like to see presented, please call Rhonda Malone at the Tribal office 541-677-5575.

Another Fun Jet-boat Experience



The **Elders Rogue River Jet Boat Dinner Excursion** event took place on August 26, 2010 with 22 people in attendance. The elder's traveled down the river, through Hellgate Canyon and listened to the jet boat navigator's stories about the river's current history, movies made on the Rogue and wildlife that lives in, on and near the famous river. The OK Corral Lodge served a tasty meal of ribs, chicken, veggies, drinks and great berry cobbler. The elder's returned to the starting place soaked from the "super-spins" on the river, laughter was shared by all.

Tribal Elder's Dinner @ Seven Feathers



The Annual Tribal Elders Dinner is currently planned for Saturday, November 13, 2010, at Seven Feathers Hotel and Casino Resort. The dinner room is opening at 3:30, entertainment at 4:00, dinner at 4:30, elder who wish to share stories will be starting at 5:15, prize drawing at 6:00 and closing by 6:30. Twenty hotel rooms are reserved for Tribal elders and guest. Please call Rhonda Malone to reserve a place on the chow line and to save your room to nap in, by November 5th, at 1-800-929-8229.



The Earth On Turtle's Back (Onondaga)

Before the Earth existed, there was only water. In the Clouds was Skyland, where a sacred Great Tree grew. The Great Tree had branches that pointed to the four cardinal directions (North, South, East, and West).

An ancient chief lived in Skyland. His wife was with child and she had a dream that the Great Tree was uprooted. Dreams were very important to the Ancient Chief. The chief and his men tried to pull the tree loose, but the tap-root was very deep.

Finally, the Ancient Chief, using all his energy, managed to loosen the soil from around the tree. It was uprooted and laid upon its side. However, the tree left a large hole in Skyland. The chief's wife looked down the hole and saw something glittering like water. She steadied herself on the branches of the Great Tree. However, the branch snapped and broke and she fell down endlessly.

Two Swans saw this woman and flew up to help her so as to cushion her fall. They then realized that the woman was not like them...she did not have webbed feet or waterproof feathers. This creature could not live in the water. All the animals decided that she would die if they did not think of a plan to save her.

After much discussion, they decide that she was made to live on Earth. However, the only Earth was at the bottom of the continuous oceans and streams. The Duck, the Beaver, and the Loon all tried to bring Earth from the bottom to the top of the water. They all failed. Then the Muskrat, decided to try. He took on a determined look and went up and down, until finally he loosened some Earth. However, they knew Earth did not float on water, so Turtle volunteered to carry Earth on his back. Muskrat put Earth on Turtle's back, but her paw marks still remain to this day.

After Earth reached Turtle's back, it began to increase in size until it became what we today call Turtle Island (North America). The Swans flew down carrying Sky Woman to her new home. Sky Woman relaxed and opened her hand (that held those leaves and seeds from the Great Tree). The seeds fell to Earth, germinated and many new trees grew on Turtle Island.

Life on Earth had begun. Today Mother Earth provides us with food, air, water, and shelter. Turtle with the Great Tree on his back is the symbol of the Iroquois Nation. (Caduto, Michael J. and Joseph Bruchac, Keepers of the Earth. Golden, CO.: Fulcrum, Inc., 1989)

Announcements

Births/New Enrollments

Jazmin Eliana Medina, Wyatt Benjamin Spears, Alilah Kay Knighten, Lacey Irene Lavine

Obituaries

No deaths were reported.

Veterans

The Tribe continues to maintain a list of past and present Veterans of the United States Armed Forces for the purpose of bestowing on them, or their family, the Native American Medal of Valor.

The Tribe has also begun a Tribal Honor/Color Guard for community and Tribal activities as requested. Robert VanNorman, is the current leader for the Honor/Color Guard. Please send in your name, current address and phone number along with the branch of service and years served to Rhonda Malone, 2371 NE Stephens, Roseburg, Oregon 97470.

Social Service Program Information

Applications for the various Social Service programs such as Child Care reimbursement, LIHEAP (energy assistance) and Project Warmth are available for Tribal members by calling 800-929-8229 or 541-677-5575 or by coming to the South Building Reception Desk at 2371 NE Stephens St. in Roseburg.

Thundering Water Drum Classes

Drum classes will begin on Sunday, September 26 from 4:00-5:30pm. This Class will be held in the Boardroom at the Government Office in Roseburg. There will be a discussion to decide times and dates of future classes. For more information contact Rhonda or Teri at 541-677-5575 or 800-929-8229.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Reggi at the Cow Creek Government Offices at 800-929-8229. You will be sent an application to fill out and sign. Enclose a photo and mail the completed application back to the Tribal Government Offices for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you.

Address Updates

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices.

Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Office, please recommend that they call the toll free number: 1-800-929-8229.

Cow Creek Band of Umpqua Tribe of Indians
2371 NE Stephens St. Suite 100 Roseburg, OR 97470
Phone: 541-672-9405 Fax: 541-673-0432
Toll Free: 800-929-8229



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