

# KIUYUM-ID



We will be known forever  
by the tracks we leave.

VOLUME 21—ISSUE 3

March 2011

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## Special points of interest:

### Government Office Hrs:

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

### Roseburg Clinic Hrs:

Mon-Thurs 8am-5pm  
Fri 8am-4pm  
Open @ 1:00 on 1st Wed/  
Month

### Canyonville Clinic Hrs:

Mon-Thurs 8:30-5:00  
Education only on Fridays

## 2010 Tribal Programs Review

During 2010, the Cow Creek Band of Umpqua Tribe of Indians administered several programs for the benefit of tribal membership.

### Aid to Tribal Government –(ATG)

The ATG program was utilized mainly for planning, realty services (land into trust), tribal enrollment, elections and inventory. The ATG staff was utilized to plan, forecast and coordinate activities to develop and maintain tribal properties as well as to coordinate efforts for land acquisition and all necessary related projects of the “land into trust” process.

### Education Programs –(Adult Vocational Training, Adult Education, Higher Education and Johnson O’Malley)

During 2010, a total of 63 adult tribal members were assisted with funding from the BIA Education Programs. Areas of study include Aerospace Engineering, biology, chemistry, computer science, computer systems engineering, communications, Digital Systems Technology, English Literature, environmental sciences, Entomology, general engineering, general studies, graphic arts/design, history, journalism management, nursing, organismal biology, and zoology. Three students were assisted in the Adult Vocational Training Program. One hundred thirty six tribal students received direct services from the JOM Program which included tutoring and parental costs

assistance. Group activities provided were the Culture Camp, Pow-Wow, and classes including regalia making and native youth wellness activities such as a River Jet Boat Trip, a Ski trip and the JOM Holiday Pow-wow. During 2010, a total of 100 adult Tribal members were assisted with funding from BIA and Tribally funded education programs totaling \$290,945.68.

### Low Income Home Energy Assistance Program (LIHEAP)

In 2010, a total of 132 families received LIHEAP assistance for energy assistance. In addition to the financial assistance, information packets including budgeting tools were provided to individuals and families in an effort to help them take control of their own possible energy crisis situations.

### Child Care Assistance Program

Last year, 26 families received assistance through the Child Care Program. Recipients utilized this program that provided quality child care while attending work, specialized training, or college. This program provides assistance on a structure payment scale dependent upon the family’s income.

Also provided through this program is assistance for the child care providers of tribal children to attain CPR and First Aid certification.

### Social Service Block Grant Program (SSBG) -

## Tribal Programs Review continued

### **Parenting Program**

Funds derived from the SSBG program were utilized in 2010 to provide parenting packet information and presentations to tribal families via the Family Outdoor Recreation and Fishing Day held at Diamond Lake, OR and the Summer Time Movie Club Roseburg, OR.

Approximately twenty-five (25) families were assisted through these activities.

### **Cultural Development Program**

During 2010, continued efforts were placed on further expanding cultural educational opportunities. During the annual Cow Creek Culture Camp, a traditional salmon ceremony was held in addition to demonstrations and instruction given to tribal families on traditional preparation of salmon.

Collection of baskets, regalia, hunting and fishing gear are continuing and being developed as a living display housed in the Cow Creek Government Office. This display is being utilized to teach tribal children and the community the hunting and subsistence methods of the tribe. Many of these items have been taken to local schools for cultural education presentations. Efforts continue to acquire and expand authentic and replicated artifacts as well as arts and crafts to be displayed.

### **Natural Resources Program**

In 2010, the Natural Resources program thinned and pruned 43 forested acres at Creekside (Ledbetter and Baxter/Foster properties) to reduce hazardous fuel levels. Over 1300 native trees and shrubs were planted on Jordan Creek (Nunes and Berry properties). Most plants were protected with deer-exclusion tubing, mulched all plants with bark mulch or mulch mats to conserve soil moisture, treated competing blackberries. Staff completed our fourth year of "baseline" water quality monitoring on Tribal lands in the Canyonville area. Staff initiated contract water quality monitoring on lower and middle Cow Creek. NR staff continued work with Oregon Department of Fish and Wildlife and Umpqua Fisherman's Association to acclimate steelhead smolt on tribal property and release them into the South Umpqua River. Tribal staff consulted with federal and state and local government agencies on projects affecting our usual and accustomed area as well as tribal lands. NR

staff archeologist and site monitors monitored at least 26 excavation projects in 2010 and facilitated the repatriation of a NAGPRA claim with the Army Corps of Engineers that ended in the reburial of at least 3 individuals and their associated funerary items.

### **Cow Creek Health and Wellness Center (CCHWC)**

During 2010, a total of 648 tribal patients made 5,413 visits to the Cow Creek Health and Wellness Center. This figure includes Cow Creek Tribal members and other federally recognized Indians as well. The clinic is staffed with the following providers and healthcare workers: Physicians, Nurses, Nurse Practitioner, Certified Medical Assistant, Phlebotomist, Podiatrist, Psychologist, Psychiatrist, Nutritionist, Health Educator, Behavioral Health Counselor, Benefits Coordinator and an Alcohol and Drug Counselor.

### **Joslin Vision Network (JVN) Teleophthalmology Program**

In 2010, Cow Creek Tribal Health Clinic staff provided eye exam screenings for diabetic retinopathy abnormalities in 25 patients. The screenings take place in the tribal clinic, but results of the exam are read and analyzed by Indian Health Services at the Phoenix Indian Hospital Ophthalmology Department in Phoenix, Arizona.

### **Heartsaver/Healthcare Provider/First Aid Course**

The Cow Creek Health and Wellness staff offered various certification courses for tribal members and staff during 2010. The classes provided were the Heartsavers CPR classes, First Aid classes and Health Care Provider classes. A total of eight people were certified.

### **Cow Creek Contract Health Program (CHS)**

In 2010, the Cow Creek Contract Health Services staff issued 2,514 purchase orders totaling \$657,365.14 for tribal members utilizing the program Contract Health Services is funded through the Indian Health Service and is restricted to the tribal service area as mandated by federal regulations. This program has eligibility requirements and requires prior approval before each visit to any provider outside the Cow Creek Health and wellness Center.

### **Diabetes Prevention Program (DPP)**

This program is designed to identify pre-diabetic patients,

## Tribal Programs Review continued

provide education and support to make lifestyle changes that will help prevent diabetes and the complications associated with the disease. In 2010, approximately 45 patients participated in either individual appointments or group classes, which included exercise, meal planning and nutrition and health lifestyle choices.

### **Behavioral Health Program**

During 2010, an average of over 88 patients/families received counseling services each month from the Cow Creek Health and Wellness Center. In addition to direct services to tribal members, the Behavioral Health Department was active as part of the Diabetes Management Team as well as provided oversight and facilitation of the Juvenile Crime Prevention Grant.

### **Maternal Child Health Program**

The goals of the Maternal Child Health Program are to educate and provide learning opportunities for pregnant mothers and children, specifically in dental health care. In 2010, more than 200 tribal members and their families participated in the program.

### **Nutrition Program**

The Nutrition Program provides services to 96 diabetic patients annually. This program is not just for diabetic patients, but addresses obesity and cholesterol issues as well. Some activities provided in this program range from individual counseling to cooking classes, community walk/runs, lunch and learn programs, and the Fall Dog Show for patients to show off the uniqueness of their K9 companions.

### **Cow Creek Medicare Part B Reimbursement Program**

Unlike Medicare Part A, which covers a wide range of hospitalization and inpatient services, nearly everyone that has Part B coverage must pay a monthly premium. Medicare Part B is additional coverage to assist eligible recipients to pay for doctor's services, outpatient, and other medically necessary services that are not covered under Part A. This premium is usually deducted from Social Security Income and is the amount that is reimbursable by the tribal program. This program has no

service area restriction.

In 2010, there were 79 tribal members who participated in the reimbursement program for a total of \$27,102.90. This program offers the option of a monthly or annual reimbursement. Those that chose an annual reimbursement totaled 66, while 13 members requested a monthly reimbursement.

### **Tribal Dental Health Program (TDHP)**

The Tribal Dental Health Program provided all enrolled tribal members, regardless of where they reside, a \$1,500.00 benefit in dental care services that included preventative care, fillings, extractions, root canals and crowns. During 2010, 968 tribal members utilized this program for a total amount of \$657,365.14.

### **Over the Counter Program**

In 2010, the Cow Creek Health and Wellness center processed over 727 purchase orders for the Over-The-Counter Program. Over 487 tribal members residing within the tribal service area utilized \$32,212.87 in over-the-counter medications and health products. There were 452 tribal members outside the tribal service area that utilized \$28,797.58 in over-the-counter medications and health products. This program provides funding for health related items such as vitamins, first aid materials, tooth brushes and cold medications.

### **Alcohol & Drug Program (A&D)**

In 2010, the A&D Program funds were utilized in coordination with other tribal programs to enhance activities and services that promote accountability to sobriety, financial independence, social well being and community. Specifically, during the year, the A&D program participated in two tribal health fairs, two "Summer Movie" events, the "Fall Dog Show," as well as numerous Diabetes Clinics. In addition to these prevention activities, the A & D staff conducted over thirty alcohol and drug assessments, started having weekly AA meetings and developed an Alcoholics Anonymous Committee.



## Tribal Programs Review continued

### Nesika Health Group

For 2010, there was on average 276 tribal members enrolled in the Nesika Health Group Insurance Program, with an additional 391 family member dependents. Patient claims for medical services for this group were in excess of \$2 million. More than \$500,000 was paid out for pharmacy, dental and vision services. Tribal members enrolled in Nesika paid between \$50.00 and \$150.00, depending on family size and if they also have Medicare, however, the premium for the insurance is actually \$550.00 per enrollee. To cover the full premium for the tribal member-ship and their families, the Tribal Board has approved an additional \$1,500,000.00 annually for this purpose.

### Tribal Distribution

In 2010, Cow Creek tribal members received a tribal distribution check in the amount of \$700 from tribal gaming and business revenue. In December, 917 tribal members received a total of just under \$642,000. An additional \$407,400 was placed in the Tribal Minor Trust Fund for 582 tribal members under the age of 18 years. There were also 34 new born tribal members that were enrolled and received the initial \$1,000.00 deposited into their Tribal Minor Trust Fund for a total of \$34,000.

### Tribal Elders Monthly Distribution

The Tribal Elders Monthly Distribution Program paid out \$400.00 monthly to 102 tribal elders, for an annual total of \$462,400 in 2010. Tribal members become eligible to receive the monthly elder's distribution when they reach the age of 60.

### Tribal Burial Benefit

In addition to providing \$3,500.00 towards the cost of funeral expenses for tribal members, program guidelines for the Tribal Burial Benefit were modified in 2008 to include burial assistance for tribal spouses. In 2010, the program covered seven deaths. Burial assistance provided by the Tribe totaled \$17,527.91.

### Taylor Street & Pamela Court Housing Program

In 2010, there were 22 tribal housing units available. Of these 22 units, 18 are located on Taylor Street and 4 are located on Pamela Court nearby. All were occupied by Cow Creek Tribal members. Rental amounts for these properties are determined individually based on income.

### Tribal Housing Improvement Program

Sixteen Tribal members received assistance through the Tribal Housing Program during 2010. This program offered \$3,500 to Tribal members for assistance with a down payment on the purchase of a new home or for repairs to an existing home. Total expenditures for 2010 in the Tribal Housing Program were \$81,748.

### Project Warmth

In 2010, a total of 21 families were assisted by Project Warmth for a total cost of \$700. Every family who applied for assistance received up to a \$25 reimbursement on a coat and up to \$25 on a pair of shoes per child.

### Food Program

In 2010, a total of 49 families were assisted with a supplemental food box consisting of canned fruits, vegetables, meats, beans and rice, as well as other food staples, through the Food Program.

## Food Program

The Cow Creek Food Program is available to Cow Creek Tribal families in need. The program is open on the **second Tuesday from 9-12 pm** and the **fourth Tuesday from 1-4 pm** each month at the tribal office in Roseburg. On the **first Saturday of each month from 9-12** Food boxes can also be picked up **BY APPOINTMENT ONLY**. Applications will not be mailed, however, upon arriving you will be able to complete your form and receive assistance. This program is qualified by "income self-certification" and tribal enrollment with no service area requirements. No other member of extended family will be able to pick up food nor will it be delivered by a staff member except under extenuating circumstances. Please contact Cindy Delay at the tribal office if you have any questions at (541) 677-5575.

## Fetal Alcohol Syndrome/Fetal Alcohol Effect Fact Sheet

Fetal Alcohol syndrome (FAS) is the name given to a group of physical and mental birth defects that are the direct result of a woman's drinking alcohol during pregnancy. Fetal Alcohol Syndrome is a series of mental and physical birth defects that can include mental retardation, growth deficiencies, central nervous system dysfunction, craniofacial abnormalities and behavioral maladjustment's. Fetal Alcohol Effect is a less severe set of the same symptoms.

### What babies are "at risk" for FAS and FAE?

Whenever a mother drinks, her baby is at risk for Fetal Alcohol Syndrome or Fetal Alcohol Effect. When a pregnant women drinks alcohol, her baby does too. It is not clear whether there is a threshold amount of alcohol that must be consumed before damage to the baby occurs. According to self-reports from case workers specifically working with American Indians, FAS/FAE (Fetal Alcohol Effect) affects about one out of four individuals.

### According to numerous sources it has been demonstrated that FAS individuals:

- Have difficulty structuring work time.
- Show impaired rates of learning.
- Experience, poor memory.
- Have trouble generalizing behaviors and information.
- Act impulsively.
- Exhibit reduced attention span or is distractive.
- Display fearlessness and are unresponsive to verbal cautions.
- Demonstrate poor social judgment.
- Cannot handle money, appropriate to their age.
- Have trouble internalizing modeled behaviors.
- May have differences, in sensory awareness.
- Language Production is higher than comprehension.
- Show poor problem solving strategies.

### Is There a cure for FAS?

There is no cure for Fetal Alcohol Syndrome. Once the damage is done, it cannot be undone. However, FAS is the only cause of birth defects that can be completely prevented.

### How can FAS be prevented?

The easiest way for a woman to prevent FAS is to not drink during pregnancy. Communities, schools, and concerned individuals can help to prevent FAS/FAD through education and intervention. The best advice for pregnant women is to abstain from alcohol consumption during pregnancy. Women who breastfeed should continue to abstain from drinking alcohol until their babies are weaned.

**Next Newsletter: FAS/ FAE Effective Intervention Strategies and Behavior Strategies.**

## Dancing Shawls Needed

A Warm Springs Tribal member (Casandra Frutos) is asking for donations of pink dancing shawls to gift (give) to cancer diagnosed/survivors/patients. Susan G. Komen Foundation has donated \$700.00 to this project to help families travel to Casandra's events to be honored. The next scheduled "Honoring Ceremony" will be held on December 31, 2011.

If you know how to make "Pow Wow" dancing shawls and would be willing to make a couple and donate them please contact Rhonda Malone at 541-677-5575. Pass the word around if there are any others that would like to make and donate a shawl as well. It would be nice to get a good number donated from this area.

## Pow Wow Meeting

The pow-wow committee will be holding a meeting on March 30<sup>th</sup> at 5:15 p.m. This meeting will be held in the south building. Please plan on attending if you wish to volunteer or you have ideas or suggestions. Contact Tammy Woodruff (541-672-3861) for more information or if you have ideas and will be unable to attend.

## Salmon Sculpture at Government Office



The Salmon Sculpture located at the Cow Creek Tribal Offices is just one of eight sculptures you will find in the Roseburg area. A salmon sculpture and an educational signboard have been placed in designated locations around Roseburg in an effort to educate the community about one aspect of our local heritage.

Students from the Ford Institute Leadership Program worked together to come up with a project that would educate the community about local culture. The Salmon Sculptures were designed, created and painted by local artists. The Salmon Sculptures were designed to add an element of local art and culture, and draw attention to the signboard at each designated location.

Cow Creek Foundation helped to sponsor the Ford Institute Leadership Program for 2010, earning them a sculpture to be placed at the Tribal Offices. The Cow Creek Salmon Sculpture was designed and painted by Tribal member, and artist, Justin Rainville-Mathison.

The Ford Institute Leadership Program is based on the belief that vital rural communities develop from a broad base of knowledgeable, skilled and motivated leaders, a diversity of effective organizations, and productive collaborations among organizations.

Each class attends a series of training sessions which are followed with a class project where the students will then work together to select a project that focuses on course content in a real-world situation. Participants in the Ford Institute Leadership Program are expected to volunteer outside the classroom to complete the project within one year. The Institute provides a \$5,000 match to funds that must be raised by class participants. Funds can be in-kind contribution, volunteer labor, and donations.



## Are You Prepared?



It is human nature that we don't think about disaster until after one has occurred. By that time, however, it is far too late to get prepared and we find ourselves in the position of relying on others to help us out. Neighbors will likely be the first ones available to offer assistance, but if they are also not prepared, then no help will be immediately available as usual first responders such as fire, police, medics and utility personnel will be overwhelmed and unable to assist individuals.

Since the potential for natural disaster is ever present, being prepared is a job that falls to each one of us, individually -- we each should be prepared to help ourselves until such time as outside help becomes available. As was witnessed during the Hurricane Katrina event, outside help can take several days or even weeks to reach people affected by a disaster. Power may be out, roads may be impassable, food and water may no longer be accessible outside of our own home. So, are YOU prepared for a natural disaster?

If your answer is yes, congratulations! If, like most of us, it is no, then I have something for you. It is a disaster preparedness plan that you can complete in one year by committing just one hour of your time per month – or, you can put a few days aside and complete all at once – its your choice. But, the reality is that having such a plan in place can save lives; and the lives saved may very well be those of your family members and pets. Every family unit in the nation should have a disaster preparedness plan in place and should practice at least twice a year so everyone knows what to do should a flood, earthquake, windstorm, tsunami, wildfire or other natural disaster occur in their neighborhood.



If you wish to put together a disaster preparedness plan for you and your family, please visit the Washington State Emergency Management Division's website. This website is full of valuable and practical preparedness information and tips and has the best, down to earth instructional guide that you can print out and use to create your family's disaster preparedness plan. The brochure you will want to print out is called: "Prepare in a Year." They also have great plans for pet and livestock preparedness. Please take time to visit Emergency Management Division today at: [www.emd.wa.gov/preparedness/prep\\_neighborhoods.shtml](http://www.emd.wa.gov/preparedness/prep_neighborhoods.shtml).

If you do not have access to a computer but wish to receive the "Prepare in a Year" instructional guide, please contact either Janice Brock (541-672-9405) or Jhana McCullum at (541-677-5524) at the Cow Creek Government Offices and one will be mailed to you.

## Child Care Reimbursement Program

Applications are continuing to be accepted for the Tribal Child Day Care Program. This program is funded by the Aid to Children and Families Health and Human Services and is restricted to the seven county service area which includes Klamath, Deschutes, Lane, Jackson, Josephine, Douglas and Coos counties. The qualifications required to meet the program guidelines include income verification, residing in the tribal service area, attending school, work or a training program and the child or children must be enrolled with the Cow Creek Tribe. If qualified, the family may be placed on a waiting list. If you have any questions please contact Rhonda Malone at the tribal office (541) 677-5575.

## Arbor Day Celebration/Tribal Orchard and Garden News

**Mark your calendars for April 9<sup>th</sup>** and come join us at the Tribal Orchard and Gardens on the Ravenswood property for a **ceremonial cedar planting** on the North edge of the gardens property facing Interstate-5. We are planting incense cedars and would love your help. **Planting will take place from 9-12** and lunch will be provided afterwards. Bring a shovel, gloves, a camp chair, some snacks and water. Staff will be available for walking tours of the orchard and garden property. RSVP to Reggie at the Government offices by calling 541-677-5575, directions to the location can be provided.

### Tribal Orchard and Gardens Update:

Things have been very busy down at the Ravenswood property! Staff has removed blackberries, brush, weeds and old fencing in preparation for the new deer fencing. New fencing construction will begin on Monday March 14, weather permitting. Staff also met with Steve Renquist, Horticulture Agent with the OSU Extension Service who gave us great feedback on our soil quality and site potential. Steve provided his expertise to help refine our plant list, revise the planting locations and weed treatment. Stay tuned for more developments soon on the Tribal Orchard and Gardens. See before and after pictures below of the blackberry clearing:





# April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 JOM Mtg 5:00 South Bldg	5	6	7	8	9 Arbor Day Cere- mony 9-12 @ Tribal Garden
10	11	12 Food Bank 9-12 pm	13	14	15	16
17	18	19 Outdoor Rec Craft class 4-6 pm Tribal Boardroom	20	21	22	23
24	25	26 Food Bank 1-4 pm	27	28	29	30

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JOM Mtg 5:00 South Bldg	3	4	5	6	7 Food Bank <u>By</u> <u>Appointment Only</u> 9am-11am
8	9	10 Food Bank 9-12 pm	11	12	13	14
15 Gen Council Nominations Mtg 10:00 Am	16	17	18	19 Tribal Infor- mation Day @ Capital Salem	20	21
22	23	24 Food Bank 1-4 pm	25	26	27	28
29	30	31				

## Education Program

### Higher Education Grant Application Deadlines:

If you are planning on starting fall quarter 2011 the deadline for fall applications and to be funded for the 2011-2012 academic year is August 1<sup>st</sup>. To receive an application contact the Education Department (800-929-8229 or 541-677-5575) or go to the Tribal website at [www.cowcreek.com](http://www.cowcreek.com) to print off an application.



Students who are planning on attending a college/university full time for the 2011-2012 academic year please remember to file your FAFSA. Go to <https://fafsa.ed.gov/>.

**The Indian Health Service Scholarship is now available. Go to the website [www.ihs.gov](http://www.ihs.gov) to apply online for the scholarship.**



### **Application Cycle Open**

The IHS Scholarship Program application cycle for the 2011-2012 academic year is now open to Native American Applicants.

#### **Deadlines:**

**New Applicants – March 28, 2011**

## Jerky Available at General Council Meetings

We are very pleased that Tribal members took such great interest in our having the Jerky at the Tribal Council Meeting this last February. This brings us great joy to have our tribe behind our growing company. We have decided to take orders for jerky and have them readily available to you at the tribal meetings. So please contact us prior to the meetings and we will have those ready. You can pay at the time of the meeting. You can call and order through Jacob Ansures or Tabbitha Johnson. We look forward to hearing from you. Thanks again.

Phone # 541-839-6670

Toll Free # 866-766-4372

#### Prices:

4 oz Jerky \$5.99, with tribal discount \$5.00 per bag

8 oz Jerky \$9.95, with tribal discount \$8.45 per bag

Brew Pub \$6.50, with tribal discount \$5.50 per bag

Jerky for Life Both Flavors \$6.50, with tribal discount \$5.50



## Announcements

### Births/New Enrollments

Gabrial Miguel Escalante, Jacob Rolland Kaesemeyer, Piper Kristine Bochart, Serenity Kay Ottosen

### Obituaries

No Deaths reported

## Housing Assistance Program

### Cow Creek Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept applications for the Low Income Rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe. This program can assist eligible tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free homes.

*Applicant must maintain an updated application annually for this program.*

### Tribal Down Payment/Repair Assistance Housing Program

The Tribal Down Payment/Repair Housing Program can assist tribal members with down-payment assistance or home repair assistance. This program is not restricted to the seven county service area.

### Student Rental Assistance Program

The Student Rental Assistance Program is a program approved by the Board of Directors to assist full time tribal students who are attending an accredited college, university, or technical school. Space is limited for this program and is subject to availability of funds.

Should you have any questions, please contact Justin Mathison at (541) 672-9405 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 Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you. Tribal I.D. cards are legal documents and are accepted as legal proof of identity.

## 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  
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Phone: 541-672-9405 Fax: 541-673-0432  
Toll Free: 800-929-8229



ONLINE JOBS...GO TO: [uidchr.com](http://uidchr.com)

Visit us online @ [cowcreek.com](http://cowcreek.com)