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Tribe Hosts 15th Annual Veterans Dinner

Once again, the Cow Creek Tribal Color guard posted the colors for the 13th Annual Veterans Dinner, held in the Seven Feathers Umpqua Grand Ball room on July 4th. The Tribal Color Guard was led by, Robert Van Norman who brought in the Eagle Staff alongside Rhonda Malone. Jessica Jackson commanded the Color Guard members Jerry Ledford, Fred Van Norman, Tom Cox and Ernie Volkman.

The emcee for the evening was Cow Creek Foundation Board Member, Lee Paterson. Senator Ron Wyden was the Keynote Speaker who delivered his remarks to over 750 local veterans and their guest. Senator Wyden praised all veterans for their service and recognized the Cow Creek Tribe for its commitment to veteran's issues.

Other speakers were Douglas County Veterans Affairs Representative, Mary Newman, former Oregon State Representative, Bill Markham, Bureau of Indian Affairs Northwest Regional Director, Stan Speaks and Douglas County Commissioner, Joe Laurence.

The final speaker of the evening was the Oregon Director of Veterans Affairs, Jim Willis who again, as part of his tribute to veterans identified the oldest and youngest male and female veterans in attendance.

Guests for the evening were entertained by local performer, Gretchen Owens and the Glendale Valley Choir.

Special guests were Douglas County Commissioner, Susan Morgan as well as Tribal



Board Members, Tom Rondeau, Shirley Roane, Robert Van Norman, Tom Cox, Yvonne McCafferty, and Tribal Elders, former Chairwoman Sue Shaffer, Clementine Rice, and Linda Kentner.

Schedules:

Government Office

Hrs:

Mon-Thurs 8 AM–5 PM
Fri 8 AM–4 PM

Roseburg Clinic Hrs:

Mon-Thurs 8 AM–5 PM
Fri 8 AM–4 PM
Walk in 8–9 AM
Same Day Appt. 1–2 PM

Canyonville Clinic Hrs:

Mon-Wed 8 AM–5 PM
Thurs 8 AM–4 PM
Walk in 8–9 AM
Same Day Appt. 1–2 PM
Education only on Fri.



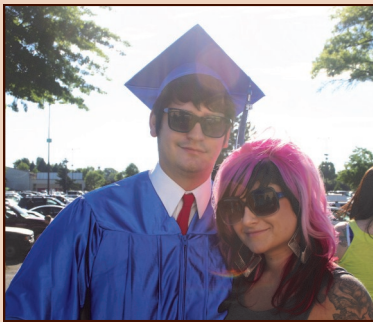
Higher Education Tribal Graduates

Recent Graduates were asked the five questions and following is their responses;

1. What degree or certificate did you earn this spring, or will you earn this summer?
2. From which training facility did you earn your degree or certificate?
3. What other educational opportunities are you pursuing? Are you admitted or transferring into another school?
4. What is/are your career goal(s)?)
5. What advice did you have for other Tribe members who are considering attending post-secondary training?

If you graduated from any post-secondary training in the last year, please contact the education director, Victoria Walker at 541-677-5539 or email her at victoria.walker@cowcreek.com and she will make sure you are featured in the next Tribal Newsletter.

*The due date for applications for Tribal Education Scholarships is **AUGUST 1ST** - applications submitted after this date will be processed for the next term .*



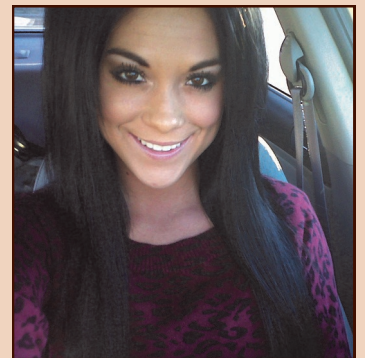
Brandon Ulm

Associate of Applied Science (Computer Simulation & Game Development) Career Pathways Certificate (Computer Game Programming C++) from Lane Community College. I am continuously working on building my skills and portfolio. And looking for any classes that pertain to my field. I am pursuing a career as a Game Character Artist (Brandon was recently offered a job in his field).

Pay Attention and make your schooling your main priority.

Danielle Gogert

This spring I took a course to be a Nursing Assistant at College of Western Idaho. This fall I will be attending Boise State University to pursue a degree in Nursing. Four years from now, I hope to be graduated with my Bachelors in Nursing. I then wish to find a Nursing job in pediatrics due to my love for kids. The advice that I would give to Tribe members, or any other college students is to focus on school. The partying and social life isn't worth risking your education. I know that I am focused on getting my education and starting my career and I would hope other Tribal members are as well.



Shawna Zierdt

B.S. Social Science at Portland State University. Currently, I am getting a Certificate in Permaculture Design Consultation. Grad school is a possibility, but I intend to first spend a year or more in the workforce. Currently, my work is linked with a self-directed study through PSU and with multiple Portland community partners providing the Indigenous community here with access to Traditional foods and plants for cultural use, food, education and economic opportunity via a 20,000 sq. ft. Native garden that is nested within a larger park project. As Portland has the ninth largest urban Indigenous population in the nation, creating access to our plant relatives is important. This is the type of work that energizes me. I get to work in collaboration with many people to vision and create an equitable and sustainable future where we are healing our relationship with the earth, healing relationships with each other, and empowering people to be engaged with their local community and environment. It is creative, challenging and deeply gratifying to effect positive change, espe-

Higher Education Tribal Graduates (continued from page 2)

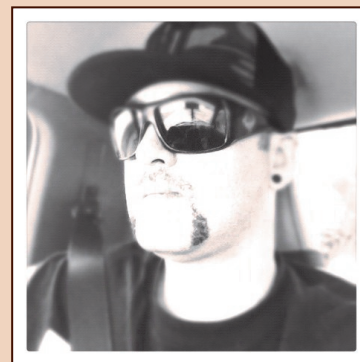
cially with the dynamic support and collaboration of others.

I cannot overstate how important informational interviews, internships and volunteering is to help you decide if a career path is right for you and to provide work experience and professional contacts. In my experience, people want to give you guidance and support. Don't expect to graduate college and have a job at the end. Make great use of networks, find a mentor or two and while you're in college continue to build your resume or portfolio.

I think it is important that I also share that I started my education with a GED, so I had to work through Community College first. I didn't think I was smart enough for college, but as I went along my grades got better and better, as did my confidence. Now I am carrying a 3.7 GPA at PSU. Avoid putting limits on yourself because it is surprisingly easier to succeed than fail.

Ryan Picard

I earned an Associate's degree in Criminal Justice from College of Western Idaho. I will be attending Boise State University in the fall to work on a Bachelor's degree in Business. My career goals are to graduate and get a job with a police department in the Boise area. Some advice I would give to others is to buckle down, and focus on where a degree can take you.

**Jessica Botts**

I am earning a Bachelor's of Arts Degree in History from the University of Oregon.

I would like to earn my Master's degree in History or English sometime in the future, but right now I am hoping to work with the language institute on campus doing some orthography work with Takelma, Cow Creek's language.



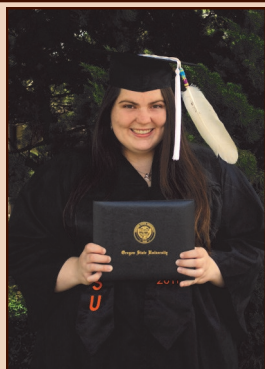
My career goal would be to become a tribal historian and set up a museum and history program aimed at revitalizing tribal history and culture especially for younger members. My advice for anyone pursuing any kind of education past high school would be just to go out and do it and to try and take as many different courses as you can. Taking classes outside your discipline helps you become more rounded as a person and give you different perspectives on many different issues. My last piece of advice would be to pursue something that continually keeps you interested, if you aren't happy with what you are doing change it.

Crystal Derrick

I will be earning my Associate of Arts in Health Care Administration/Medical Records. I will earn my degree through a private university. I decided to go back to work after getting my Associates degree so I am not pursuing further schooling at this time. I also started work at Nesika Health Group in February 2012. My career goal is to work in the health care field or within a health insurance environment. To other tribal members considering attending post-secondary training, I say Go for it!! Follow your dreams; I did, and I will be graduating with almost a 4.0! Between Pell Grants and funding from the Cow Creek Tribe, I did not pay anything for my schooling. Don't just think about going to school, do it!! Best of luck to all.



Tribal Graduates (continued from page 3)



Jennifer M. O'Dell

BFA in Graphic Design, Fall 2011 from Oregon State University

Trying to find a design job presently, Eventually my goal is to work as an in-house graphic designer for a business that is interesting so all my inspiration comes from the surroundings of the business. My advice would be to pay attention to all deadlines for grants and scholarships and even if you don't think you will get it apply anyways, because you will never know unless you try. Also, pick a study that you are interested in, not what will pay more in the end.

Jackie Brunell

Bachelor of the Arts in Theatre from Florida Gulf Coast University. I am not pursuing any other education opportunities at this time. I would ideally love to teach drama, but I am also open to teaching math as well. I am eligible to do either.



I think it is very important to visit schools you are considering attending before making a final decision. I was 100% certain of a school I had planned to attend, until I visited and realized the campus wasn't for me.



Nathan Nichols

Received a Bachelor's degree in Photography from the Art Institute of Colorado, Denver, CO. My goal is to become a photographer of high status. If you start something, finish it out. No one likes a quitter.

Chief Miwaleta Day

Chief Miwaleta Day was held on Saturday, June 2nd, 2012 at the Galesville Park in Azalea, Oregon to honor Miwaleta, our culture and to come together with all the families and friends. The Mid-Oregon Bass Club from Roseburg, Oregon supplied boats for the families to head out on the lake for fishing. Fishing wasn't so great but a few kids did catch some wiggling water creatures. Back on land Jessie Plueard, Tribal Archeologist for the tribe gave an informative talk about life and the surrounding area back in Miwaleta's time. Bob Dunas, Tribal Health Educator also was available and took willing participants on a nature hike around the park. Lunch was catered by Seven Feathers. This activity is set up for next year on June 1st at Galesville, mark your calendars!

Financial Peace Class Kits Available for Purchase

The free **Financial Peace classes** that were previously offered to assist tribal members with becoming more informed and transformed surrounding their own personal finances may now purchase their own kit for \$100.00. This curriculum's weekly lessons addresses Super Saving, Relating with Money, Cash Flow Planning, Dumping Debt, Credit Sharks in Suits, Buyer Beware, Cause and Effect, That's Not Good Enough!, Of Mice and Mutual Funds, From Fruition to Tuition, Working In Your Strengths, Real Estate and Mortgages and The Great Misunderstanding. If anyone is interested in receiving a free kit by attending the series of classes, with 5 or more families, call Rhonda to express your interest or to purchase your kit.

Showing Native American Videos

"Reclaiming Our Children: A Story of the Indian Child Welfare Act" will be shown on Thursday, August 16th in the Tribal Board of Directors room at 5:00. Indian Child Welfare raises a lot of questions when families come into contact with the State Child Welfare System and possible foster care situations. The video is only 30 minutes long. Soup, salad and drinks will be provided. You will also be introduced to Sabra Darcy who is a new tribal employee and will be assisting with ICWA. Call Tabbitha at 541-677-5575 to reserve your space or call Rhonda with additional questions.

"We Still Live Here" a 1 hour video will be shown on Thursday, August 23rd in the Tribal Board of Directors room at 5:00. This video shows how the Wampanoag Tribe (those who made first contact with the pilgrims) on the East coast has been inspired and actively brought their language. Like many Native American stories this one starts with a vision of one person years ago through a dream.

Come sit with us and review this movie, ponder the possibilities and eat some soup, salad and have some soda to drink it will all be provided. Call Tabbitha at 541-677-5575 to reserve your space or call Rhonda with additional questions.

Tribal Garage Sale



The JOM Youth and Committee members will be hosting their first Tribal Garage Sale. Items have been collected from all Tribal Businesses, property division and Government Office for this sale.

Sale will be open for Cow Creek Tribal members only the day prior to the general public sale. Tribal Members must have Tribal I.D. Card present to attend, this will help to keep the general public out until the following day.

Date & Time: Friday, August 3, 2012 – 4:00 pm – 8:00 p.m.
(Cow Creek Tribal Members Only)

Saturday, August 4, 2012 – 9:00 am – 3:00 pm (General Public)

Location: Doug's Diesel – 6482 Dole Rd., Myrtle Creek, OR 97457 I-5 Exit #113

Tribal Hunt Application Deadline

If you are planning to apply for this years Elk/Deer hunts be sure to have your application turned into the Cow Creek Government Office by July 27 at 4:00 pm. Any applications received after this date will be in ineligible for this year. Applying for the Tribal hunts gives you another opportunity to harvest an elk or deer. It will not effect your points or hunts with the state of Oregon. Tribal rules and regulations are available at the front desk of the Government office.



Hydration and Fitness for Cancer Prevention

Please join Cow Creek Health & Wellness Center Education Staff and other health minded individuals on Saturday, July 21, at 8:30 AM for a fun and competitive progressive poker event in beautiful Roseburg, Oregon. This event has been developed to inspire healthier lifestyles and encourage awareness of cancer prevention. The event will be held at the Joseph Lane Middle School Track located at 2153 NE Vine St., Roseburg, OR.

Additional Information

Categories: Ages 1 year to 25 years Ages 26 years to 50 years
Ages 51 years to 100 years

Course: The Progressive Poker component will be won by the highest hand drawn (5 card stud) in each category. An individual must walk one time around the track (a ¼ mile lap) to draw one card and can walk as many laps as they wish in an hour (60 minutes). Each participant can assemble their hand from their choice of drawn cards.

Awards: Gift cards; \$100 (1st), \$50 (2nd), \$25 (3rd) in each category.

Attire: Please WEAR PINK to raise awareness of the importance of good hydration and exercise to promote cancer prevention. For additional information contact: Tricia Hedges 541-672-8533



Tribal Veterans Program

The **Veteran's Program** is continuing to take information and pictures regarding tribal members and their immediate family about the branch of military service, years of duty, what conflict and if you are active or inactive status at this point. If you have pictures you would like to submit, please make a copy, print the name of the individuals in the picture and be sure to put a return address on the back if you would like the picture returned to you. Please send your information to Rhonda Malone or Donna Fields.

Meet Janelle Peterson, LCSW

I have just recently relocated to Roseburg from Klamath Falls, Oregon after living and working there for 22 years as an elementary school counselor. Approximately 8 years ago, I returned to school for a Masters in Social Work and have been providing therapy for children and adults at a local non-profit agency (Lutheran Community Services NW). I have enjoyed my journey as a therapist and value what each individual has taught me. I have a 19 year old son, Jordan who lives near Portland and this change has allowed us to be closer. My husband, Jim and I have a 12 year old daughter, Jessica who is entering 7th grade and is very active in sports and other activities. As a family we enjoy outdoors and traveling which makes this area a perfect environment to explore. Thanks for welcoming me to this organization and giving me this opportunity!



July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AA Mtg 6 PM Gov Office	2	3	4	5 Beading Class Gov Boardroom 2-5 PM	6 Elder's Honor Lunch 12 PM @ 7F	7
8 AA Mtg 6 PM Gov Office	9	10 Food Bank 9-12 PM	11	12	13	14
15 AA Mtg 6 PM Gov Office	16	17 Ice Age 8:15 AM @ Roseburg Cinema	18	19	20 POW WOW @ SOUTH UMPQUA FALLS	21
22 POW WOW AA Mtg 6 PM Gov Office	23	24 Food Bank 1-4 PM	25	26 Beading Class Gov Boardroom 2-5 PM	Tribal Hunt Application due 27 Traditional Intertribal POW WOW @ SOUTH UMPQUA FALLS	28
29 AA Mtg 6 PM Gov Office	30	31				

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Beading Class Gov Boardroom 2-5 PM	3 Elder's Honor Lunch 12 PM @ 7F	4
5 AA Mtg 6 PM Gov Office	6	7	8	9	10	11 Huckleberry Gathering
12 General Council Meeting @ 10 AM AA Mtg 6 PM Gov Office	13	14 Food Bank 9-12 PM	15	16 "Reclaiming Our Children" Video 5 PM Gov Boardroom	17	18 Hellgate Jet boat Trip
19 AA Mtg 6 PM Gov Office	20	21 Medicine Crk Rock Shelter Trip 1 PM	22	23 "We Still Live Here" Video—5 PM Gov Boardroom	24 JOM Youth Rogue River Jet boat Trip	25
26 AA Mtg 6 PM Gov Office	27	28 Food Bank 1-4 PM	29	30 Beading Class Gov Boardroom 2-5 PM	31	

Save the date



"STANDING STRONG"

AUG. 24, 2012

AT THE OREGON STATE FAIR

10 A.M. - 2 P.M.

OREGON'S WESTERN TRIBES CELEBRATING SOVEREIGNTY

Program Eligibility Changes

Tribal Child Care Program and **Low Income Home Energy Assistance Program** are now offered outside of the service area of Lane, Douglas, Josephine, Jackson, Coos, Deschutes and Klamath counties in Oregon. If you are interested in learning more or would like to apply contact Rhonda for the Child Care Program or Cindy for the Energy Assistance Program. Both of these programs, for families or individuals is funded and supported by the Cow Creek Board of Directors

Low Income Tribal Housing

The Cow Creek Housing Program is still accepting applications for the Tribes 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.

Reminder

If you are currently on the waiting list for a house please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get ahold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list your application needs to be updated on an annual basis.

Contract Health News

Important facts about CHS and how it effect's you:

What are some of the member's responsibilities?

- ◆ To read the Contract Health articles to stay on top of any changes to the plan.
- ◆ It is the patient's responsibility to call for a purchase order number **2-3 days** in advance.
- ◆ If it is a new provider CHS needs the business name and telephone number **one week in advance** so that CHS can request a W-9 to be faxed over for accounting reasons. Without that CHS can't issue a purchase order for your date of service.
- ◆ If you have questions on how CHS program works asking family or friends can leave you responsible for the visit. Please call CHS on how and what is required to avoid any problems.
- ◆ It is the member's responsibility to provide CHS with any changes to your insurance or alternate resource such as Medicaid or Medicare for example.
- ◆ Doctor's offices will not be given purchase orders as it is the member that needs to call.
- ◆ **How long is a purchase order good for? Only the date it is issued for, if you are rescheduled call for a new purchase order. All purchase orders are date sensitive.**
- ◆ **The number one reason that a bill is denied is no purchase order on file for the date of service.**
- ◆ **It is very important to update the fact that you have Contract Health at each visit therefore if they do labs the company will know to bill us.**
- ◆ If you receive a statement and it doesn't show that CHS has been billed call the business and be sure they have billed CHS. Most of the time when we get the statement, if they will talk to us they don't have CHS's information.
- ◆ Because of HIPPA rules, healthcare providers are unwilling to share information about their patients.

Please call CHS if you have questions 541-672-8533 option or 800-935-2649.

CHS will have a new employee coming on this month please make her feel welcome when you talk to her.

JOM Program Information

JOM youth field trip to the Rogue River Jet Boats will be taking place on Friday, August 24th, in Grants Pass, Oregon. This will be a "dinner run" and a NO ALCOHOL or DRUGS policy will be enforced, as a reminder this is a family activity and everyone should set a good example. Space is limited, please call Tabbitha at 541-677-5575 to reserve your place. All families who will be attending must meet outside the Government Office at 3:30, call Rhonda if you additional questions.

JOM fish bake that was scheduled for Sunday, August 26th has been cancelled.

JOM parental cost reimbursements should continue to be sent to Rhonda with the request for services form (that can be found at www.cowcreek.com and have receipts or verification of payment attached.

A Tribal Employment Opportunity

The Cow Creek Government Office is pleased to announce the addition of a new position. **Tribal Workforce Development Manager**. If you are passionate about tribal development and want to help tribal members succeed at finding employment within the organization this position may be for you. This new position will be in charge of recruiting potential Tribal Members for current job openings within the organization, and also assisting with coordination of career and enrichment activities. To view a complete job description and qualifications, log onto the Cow Creek website at www.cowcreek.com and click on the Employment tab then, click on the position title to view the job description. If you would like to apply for this position, click on the application link, once you have completed the application click the submit button on the top right hand corner of the first page of the application.

For questions regarding the position please contact the Tribal Operations Officer, Lonnie Rainville at 541-677-5575.

Call for Native Cow Creek Tribal Artists

The Gift Gallery at Seven Feathers seeks entries for original artwork and/or craft items excellently executed by Cow Creek Tribal members, and available for purchase.

Artists should consider the consumers' interest in local tribal traditions. Our guests are nostalgic for the quality arts and crafts of our past. We look for arts and crafts that are unique to the Cow Creek Tribal heritage. Artwork considered for display and sale will include baskets, beadwork, leatherwork, carvings, paintings, regional photography, musical instruments, and more.

We have selected a featured showcase to display your proudly created arts and crafts. The Gift Gallery at Seven Feathers is the perfect venue for high quality Cow Creek Tribal arts and crafts. Both consignment and purchased items will be offered for sale.

Each year, the Gift Gallery at Seven Feathers attracts more than 500,000 visitors. Many of these guests ask for Cow Creek Tribal arts and crafts. Our out of state and out of country visitors are enticed by the unexpectedly exhilarating scenic beauty, rejuvenating lifestyle, timeless discoveries, and vibrant variety of the Cow Creeks' Tribal lands. For more information and an application to participate: please contact Sue Hyers at gifts@sevenfeathers.com or call 541 893-1174.

Important Upcoming Events

Summertime Movie Club @ Roseburg Cinema 7

July 17—Ice Age, Continental Divide **Aug 7th**—Diary of a Wimpy Kid **Aug 21**— Paranorman

Summertime Movie Club began on June 12 with Madagascar 3! And followed up on June 26th with Disney Pixar's Brave. Both movies averaged out with 30 people attending. Jay Walters, Forest Manager for the Tribe spoke about fire safety on June 26th with great participation from youth and adults. Three movies are remaining July 17, August 7 and 21st. After the final movie pizza will be provided at Abby's on NE Stephens and then onto the Medicine Creek Rock Shelters family tour. Please call Tabbitha and let her know if you will be attending any of the movies and/or the field trip to Medicine Creek Rock Shelter. Contact Cindy Delay to RSVP at 541-677-5575.

Medicine Creek Rock Shelter field trip will take place on August 21st and will leave from the offices at 1:00 for those who wish to go. Transportation is provided but with limited space. Any and all are invited to go, car-pooling is encouraged when the vans are full. Everyone is encouraged to bring snacks for their family, we will provide water.

*The Medicine Creek Pictograph is a protected heritage site known to the general public since the 1930s. The large rock overhang bears the drawings of American Indians from the mid-18th century or earlier. Previously, a narrow and somewhat steep footpath took visitors to this familiar shelter. There is now a smooth 0.2 mile **trail accessible to assisted wheelchairs** with an easy grade and a small bridge over a draw leading to the wall of pictographs. Call Tabbitha at 541-677-5575 to reserve a seat or call Rhonda with additional questions.*

Tribal Beading Classes

Tribal Elders have been very eager to learn how to do beading. There will be 2 classes a month in the Government Office Board room. Please call Cindy Delay at 541-677-5575 if you are interested. If you have something you would like to teach please call Cindy as well. Limited beading supplies will be provided—Please bring your projects to share.

Class Schedule

July 26 ,2:00-5:00 PM

Aug. 2, 2:00-5:00 PM

Aug. 30, 2:00-5:00 PM

Announcements

Births/New Enrollments

Emma Jean Sanford

Obituaries

No deaths were reported

Upcoming Events continued

Elders Honor Luncheon

Elders are encouraged to attend the first Friday of each Month in the Grape Room at Seven Feathers Casino Resort from 12-2pm for great stories, great food, and to be honored. Please call Cindy today for your reservations at 541-677-5575.

Elders Trips

Contact Cindy Delay with any questions, concerns, and reservations 541-677-5575.

July **Pow Wow Month**

August 18 **Elders Hellgate Jet boat Trip-** This is a fun trip for all who attend. Boat and Bus seats are limited and you must have reservations no later than Aug 10, 2012. Contact Tabbitha Johnson for reservations and contact Cindy Delay with any questions. 541-677-5575.

September **Annual Family Picnic** at Bare Park will take place on Saturday, September 8th.

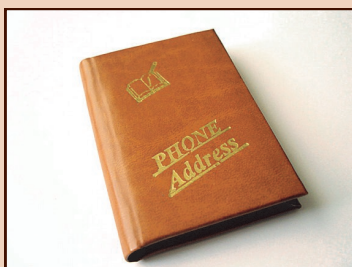
August 11, 2011 will be the **Huckleberry Gathering on the Rogue Umpqua Divide**. This time of year families are encouraged to meet, share stories and bring good food to share. Meeting time is approximately 12:00 noon and usually last for a couple of hours. Call Rhonda at 541-677-5575 if you have any questions.

Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet 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 and Phone Number Updates



Tribal members are encouraged to maintain a current address and phone number 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



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com