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"5th Annual Gathering of Oregon's First Nations"

The 5th Annual "Gathering of Oregon's First Nations" Pow-wow was sponsored by the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, the Coquille Indian Tribe, the Cow Creek Umpqua Tribe and the Confederated Tribes of Grand Ronde. More than 5,000 people filled the Oregon State Fairgrounds Pavilion in Salem on January 26, 2013. Tribal members from all nine federally recognized tribes of Oregon were invited to participate in the event themed "Celebrating Healthy Traditions". The event featured arts, crafts, hands-on demonstrations, dancing and drumming. Over 17 drum groups, including Cow Creek's own Thundering Water Drum group, participated in the day-long event. Cow Creek also had several dancers. Umpqua Indian Foods were selected to make gift baskets as prizes for the dance contests. The Tribe provided transportation for over two dozen tribal members to attend the event. There were over 30 vendors selling Native American jewelry and crafts.



The event was also the location for the showing of the video "Standing Strong; the Tribal Nations of Western Oregon" which was developed by all five western tribes and produced by Cow Creek's very own Creative Images in honor of Oregon's Sesquicentennial. Each tribe

provided their own historical material and featured speakers. There is a general information portion at both the beginning and end of the video that emphasizes the importance of recognizing tribal sovereignty and the governmental status of the Oregon Indian tribes. "Standing Strong" will be shown on Southern Oregon Public Television on Sunday, February 24, 2013 at 8 p.m.



Schedules:

Government Office Hrs:

Mon-Fri 8 AM-5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

Canyonville Clinic Hrs:

Mon-Thurs 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

Education only on Fri.

Office Closures

Feb. 18 Presidents Day

Natural Hazard Mitigation Plan

PLEASE JOIN US FOR A SPECIAL TRAINING EVENT

The Tribe has taken steps to protect life and property of both tribal members and outside community members in the event a natural disaster strikes in our area. The Tribe cooperated with FEMA and developed a Natural Hazard Mitigation Plan ("NHMP") so it would be prepared for the possibility of several different types of natural hazards, all of which are common in the Northwest region. This NHMP has been fully approved by FEMA. The Tribe is very excited to have completed this goal and wishes to invite you to join the Tribe for a training event so together we can be more aware and prepared, both individually and as a part of the Tribe for these types of hazards.



**YOU ARE INVITED TO ATTEND
A SPECIAL TRAINING EVENT ON THE TRIBE'S
FEMA-Approved
NATURAL HAZARD MITIGATION PLAN
Sponsored by the
COW CREEK BAND OF UMPQUA TRIBE OF INDIANS**

Date: March 13, 2013 **Time:** 4:00 pm to 6:00 pm
Place: Seven Feathers Hotel & Casino Resort
Huckleberry Room, 146 Chief Miwaleta Ln, Canyonville, OR
Speaker: Glen B. Coil, Hazard Mitigation Specialist and Plan Author

Please join us for this important 2-hour emergency training event. Learn about the significance of this document, your role, and where the Tribe goes from here -- not only in the Tribal community but also within the surrounding communities.

Refreshments Will be Served

Volunteers are Awesome!

I would like to recognize some wonderful people whom have helped with our Food Bank Program in the past year. The following are a group of very special people whom have helped our program:

**Joyce Sertain
Reggie Sergeant
Dayhlia Dumont
Susie Puckett**

**Sue Jones
John Jones
Sandy Dumont
Britney Malone**

Government Office employees assist with unloading of food orders each month, all the help is very much appreciated.

In addition to the Volunteers listed above the Tribe has four Tribal Elders, Berdine Yurgalevicz, Loretta Corbett, Clementine Rice and Clara Keller, that come in every month and help fold the Newsletters to prepare them for mailing. These ladies work diligently to ensure the Newsletters get out in one day. Their help is greatly appreciated.

Contract Health News

- The days are getting longer and next month will bring daylight saving time along with spring. As you will soon be gearing up for vacations and spending more time outdoors be sure your 2013 apps are in and your eligibility is current in case Mayhem (accident) visits you.
- What is your responsibility in case of an accident?
- If the CHS office is closed call on the next business day for a purchase order.
- Have the name of the Urgent Care or emergency room and their phone number that you visited.
- Emergency rooms are for true emergency's not minor abrasions, sunburns, colds or tooth pain these are things that you need to go to Urgent Care for.
- In the case of an emergency you are allowed 72 hrs. to obtain a purchase order.
- If the Urgent Care or Emergency Room tell you to follow up with you primary care remember to contact CHS for a purchase order. All purchase orders are date sensitive and you need a new purchase order for each date of service.
- Having surgery? Be sure to call at least 7 days before to get it pre-approved.
- If you are seeing a new doctor or facility call 7 days in advance so CHS can get the new vendor set up.
- Always call 2 to 3 days in advance to get a purchase order for your visit. If you have questions call CHS at 541-672-8533 option 1.

Tribal Board Goes to Washington




RED LION HOTEL

The Tribal Board will be travelling to Washington for the Annual informational meetings in March. The meetings have changed a little this year with the Health and Wellness Center holding their Health Fair at the same time. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 8 at 7 Pm in the Alder Room and the Health Fair will be located in the Pine Room.

The second meeting and Health Fair will be held in Port Angeles at the Red Lion Hotel on Saturday March 9 at 1 PM. The meeting will be in the Juan de Fuca Room and the Health Fair will be in the Olympic Room.

Volunteer Highlight



My name is Dahlia Dumont, I'm sixteen and I am a junior attending the South Umpqua High School. I have been a volunteer for our Tribal Food Bank Program for a while now. I am earning service hours for my focus class, and Russell Devoogd is my teacher for that class. I love to read, hang out with my friends, and sketch while working on art. I also like volunteering for anything available. I love working with Tabbitha, Cindy and seeing my cousin Shanna Jones every time I volunteer. I currently have seventeen and a half hours of community service so far. I'm always happy, helpful, sweet, kind, and very Tall!!! My favorite colors are pink and red. I love to help other families in need. I know it seems boring, but I encourage others to think about helping Cindy with the Tribal Food Bank and you are helping other families in need of food and they greatly appreciate it, which makes the task rewarding. I hope everyone had a great Christmas and a Happy New Year! My favorite food is Mac & Cheese and I love hot chocolate.

--DAHLIA DUMONT

Over-the-Counter Program hires New Coordinator



Effective February 1, 2013, Christy Sanford became the new Over-the-Counter (OTC) program coordinator. With this change the new program hours are Monday through Friday 8:30 AM to 5:00 PM.

If anyone has any questions, please contact Christy at the Cow Creek Health and Wellness Center in Roseburg at 541-672-8533 option 2 or 800-935-2649 or csanford@cowcreek.com

Hunting News-Tribal Rights Hunting

Official Tribal-rights hunting for Cow Creek tribal members has rapidly expanded over the last couple of years. Beginning with our reservation elk hunt, then expanding into a reservation deer hunt, the Tribe now intends to this year further extend reservation-based tribal hunting opportunities, with future potential expansions into reservation-based fishing and gathering.

In the future, the Tribe intends to adopt seasons and regulations for off-reservation hunting, fishing and gathering in order to allow Tribal members to exercise reserved treaty rights within the Tribe's traditional area.

However, until such time as the Tribe has officially sanctioned and regulated off-reservation hunting, fishing or gathering, Tribal members may **not** hunt, fish or gather off-reservation using treaty rights.

Our treaty rights are a collective legacy to be handed down to future generations as best we can manage; they do not belong to tribal members individually.

When fishing, hunting or gathering off-reservation, you must obey local non-tribal seasons and regulations, until such time as tribal off-reservation seasons and regulations are established.

Every year Oregon Fish and Wildlife Department (ODFW) make changes in the Oregon Big Game Regulations. Sometimes it's hard to keep track of, this year is no different. Two major changes are the "mandatory hunt reporting" and the "changes to cow elk hunting." ODFW requires you to report on all hunting tags. This will help them compile information to better manage wildlife for the future. To report you can go to www.reportmyhunt.com.

Also, something you should be aware of before applying or going hunting this year. Starting in 2013 antlerless elk hunting on National Forest lands on the west slope of the cascades will be reduced for almost all hunters, muzzleloaders, rifle, archery, and including those disability permits. Make sure to always review the hunting regulations in the area you plan to hunt each year for any new changes.

Elk herds in the Umpqua National Forest are becoming a concern for the Oregon Fish and Wildlife. Tod Lum of ODFW says "numbers are down, by reducing the number of cow elk harvest will help to increase the numbers of elk in the area." He also stated, "This will relieve a little pressure and give the cow elk a brake." For more information you can visit: <http://www.dfw.state.or.us/> or call 541-440-3353.

YMCA Packets for JOM Program

JOM has YMCA packets available. This is for any JOM participants' family to join the YMCA for one month for free, and if you decide to join they will waive the joining fee. There are a lot of activities coming up, so keep an eye out for the flyers and any information in the future. For more information contact Tabbitha Johnson at 541-677-5575

Thundering Water Drum

Practice will be February 9th and 23rd, March 9th and 23rd, April 13th and 27th.

All practices will be at the Block House behind the casino, in Canyonville. Pot luck is 12-1 p.m. and drum practice is from 1-4 p.m. all tribal families are welcomed to attend.

Drum practice may be cancelled on March 9th, call Teri Hansen or Rhonda Malone at the Tribal offices with any questions regarding drum practice.

Natural Resources Adds a Cultural Development Coordinator Position



Welcome Rhonda Malone, the new Cultural Development Coordinator, to the Natural Resources Department. Rhonda began working for the Tribe 21 years ago in the Human Service Department and most recently served as the Human Services Director.

Rhonda is now following her passion in Tribal culture and is excited to be working on the Takelma language Revitalization Project and the development of a long range plan for Tribal culture as well as working to reintroduce past life ways, rituals and other relevant cultural materials for Tribal members. Many other projects will be developed and shared with the general Tribal membership on several occasions.

Basketry classes, huckleberry family gathering, culture camp and other classes and activities, as developed, will be only a small part of Tribal member's cultural revitalization plan.

Rhonda will continue to be actively involved in the Veteran's Program and Thundering Water Drum group.

If you have any questions or comments do not hesitate to contact her at the Tribal programs building or by phone at 541-677-5575 ext. 5513.

Voter Registration Information

As with federal, state and local elections, tribal members must register with the tribe to vote in the tribal board of directors elections.

Registration is only required once, however it is the members responsibility to keep an updated address on file with the Tribal Government Office. If you have been married or divorced and have changed your name a new registration needs to be turned in as well. Voter Registration forms are available at the Government Office.

Looking for Pictures



Old pictures of *Huckleberry Lake, South Umpqua Falls* or other local pictures of families and cultural significance are being sought. If you have pictures please make a copy and write on the back of the photo the location, approximate year and who maybe in the photo. Please send copies to Rhonda Malone, do not send originals as photographs will be kept on file.

Veteran and active military pictures are being sought on a continuous basis from tribal members. If you have any pictures you would like to share please make a copy, write on the back who it is in the photo, branch of service and years of services, location taken as well as age. Please send copies to Rhonda Malone, do not send originals as photographs will be kept on file.

Job Opportunity with the Natural Resources Department

Hello, Tribal members! The Natural Resources department hopes that you had a good holiday season, and will hopefully be getting more sunshine soon. This month, we would like to announce a wonderful opportunity for members with a green thumb. The Tribal Gardens are in need of an Assistant Gardener. If you are interested in the position, please go to <http://www.cowcreek.com/employment>, and mail your application and resume to: Attn: Human Resources to the Cow Creek Government Office, 2371 NE Stephens St., Roseburg, OR 97470.

The Tribal member who gets hired for the position would need to perform the following essential functions:

Pruning and maintenance of fruit trees, nut trees and berry bushes.
 Planting and maintenance of vegetable garden.
 Operation and maintenance of irrigation system.
 Operation of garden equipment including tractors.
 Work with Tribal businesses harvest and composting.
 Work with seasonal or part time staff as crew leader.
 Work with Tribal members and volunteers on maintenance and harvest.
 This position will work weekends.
 Other duties may be assigned as needed.



We are looking for someone who possesses the following qualifications:

- ◆ High school diploma or GED, required.
- ◆ College education, preferred.
- ◆ 1 to 3 years experience in organic gardening, pruning, composting, vegetable and fruit propagation and irrigation.
- ◆ Must have knowledge of fruit tree management and maintenance.
- ◆ Must have experience in operating farming equipment.
- ◆ Basic mechanic abilities
- ◆ Valid Oregon Driver License and the ability to comply with the company's Drivers Policy.
- ◆ Ability to handle multiple priorities and tasks.
- ◆ General understanding of the Cow Creek Umpqua Tribe.



Besides the Assistant Gardener position, Tribal members are welcome to volunteer at the Gardens; extra pairs of hands are always needed. For those of you not familiar with the Tribal Gardens, you can reach them by driving to exit 101 off of Interstate 5. The Tribal Gardens are visible from the highway, but many people in the area probably drive by and do not realize the Gardens' potential.

If you wish to obtain produce from the Tribal Gardens, you can reach Kenneth Grizzle, the Orchards and Garden Specialist, at 541-530-6979. Plans are in the work to expand the gardens and improve their capacity. Currently, we offer a fine selection of winter vegetables, but once the warmer spring weather comes around, we will be able to produce a much wider range of fruits and vegetables. The Gardens really are a valuable resource to our Tribe's future, and much of the Garden's products are used at our very own Seven Feathers Casino and Resort.

3 Steps to Help Your Family Eat Healthier Meals

My Native Plate Placemats Show You How



You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1 1/2 inches.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.
- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.

- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov

Click on *Printable Materials*, then *Nutrition*. Best if printed on a color printer.



Produced by
IHS Division of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov

***Cow Creek Band of Umpqua Tribe of Indians
DIABETES SUPPORT GROUP***

Diabetes is a difficult 24/7 job.

***This is a chance to learn from those
who know it best...***

The people who live with the disease.

***Meetings will be held the first Thursday
of the month from 5 pm to 7 pm.***

- Learn
- Share
- Get Help
- Get Control

***The February 7th and March 7th meetings will
be held in the **Huckleberry Room** beginning
at 5:00 PM until 7:00 PM.***

Meeting Hosts:

LaDon Snyder

Tricia Hedges

All are welcome to attend!

Beverages will be served.

For more information please contact;

Tricia Hedges at 541-672-8533, Ext. 5512



THE PACIFIC LAMPREY AND MR. CROW

Please join us for a very special dinner with Elmer Crow, Nez Perce Tribal Elder. Mr. Crow heads up the Nez Perce Tribe's lamprey recovery program in Lapwai, Idaho. He has worked relentlessly over the past several years on the protection and restoration of Lamprey.

A free dinner will be held at the Tribal Government Office Board Room on Wednesday February 27th, 2013 from 5:00-7:00 pm.

Pacific Lamprey is a native fish species to the Umpqua Basin, and one of the oldest fish alive today! Their fossil record dates back 500 million years! An adult Pacific Lamprey can grow up to 2.5 feet long. A common misconception is that lamprey are a type of eel. In fact they are a completely different species. The Lamprey is a culturally important species to the Cow Creek Umpqua people.

We invite you to come have dinner with us, ask some questions, hear some native stories and have some fun!!

Call Rhonda Malone, Cultural Development Coordinator by Friday February 22nd to reserve your space for dinner at 541-677-5575

Financial Peace Classes Offered Again



A Course in taking control of your money is being offered once again. Classes will begin Tuesday, March 5 and will continue for six weeks ending April 11th. The class will be from 5 PM to 7 PM in the Board Room at the Tribal Government Office located at 2371 NE Stephens Street in Roseburg.

Dave Ramsey FPU owner and instructor, takes a relatively boring subject and provides entertainment and education surrounding subjects about paying off debt, easy ways to save money, life insurance-what type is best for your family, investing in your youth's education and many other topics. The sessions will be covered in a one hour DVD presentation with discussion to follow. Lonnie Rainville will be the course facilitator. Course material will be provided one per household and the evening is FREE OF CHARGE.

For further information and to register contact Tabbitha Johnson at 541-677-5575 no later than February 28, 2013.

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 AA Mtg 6 PM Gov Office	4	5	6	7 Elder's Culture Class 2-4 PM Board Rm @ Gov Office	8	9 Drum Practice 1-4 PM @ Blockhouse Dinner/Movie 6-9 PM @ Gov Boardroom
10 General Council Mtg—Gov Office 10 AM AA Mtg 6 PM Gov	11	12 Food Bank 9-12 PM	13	14	15	16
17 AA Mtg 6 PM Gov Office	18 Presidents Day—Offices Closed	19	20	21 Elder's Culture Class 2-4 PM Board Rm @ Gov Office	22	23 Drum Practice 1-4 PM @ Blockhouse
24 AA Mtg 6 PM Gov Office	25	26 Food Bank 1-4 PM	27	28		

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Elder's Honor Lunch 12 pm @ 7F Grape Rm	2
3 AA Mtg 6 PM Gov Office	4	5 Financial Peace Class 5-7 PM Boardroom @ Gov Office	6	7 Financial Peace Class 5-7 PM Boardroom @ Gov Office	8 Tribal Board Mtg & Health Fair-Kelso, WA 7 PM	9 Tribal Board Mtg & Health Fair-Port Angeles, WA 1 PM Drum Practice 1-4 PM @ Blockhouse
10 AA Mtg 6 PM Gov Office	11	12 Financial Peace Class 5-7 PM Boardroom @ Gov Office	13	14 Financial Peace Class 5-7 PM Boardroom @ Gov Office	15	16
17 AA Mtg 6 PM Gov Office	18	19 Financial Peace Class 5-7 PM Boardroom @ Gov Office	20	21 Financial Peace Class 5-7 PM Boardroom @ Gov Office	22	23 Drum Practice 1-4 PM @ Blockhouse
24 AA Mtg 6 PM Gov Office	25	26 Financial Peace Class 5-7 PM Boardroom @ Gov Office /	27	28 Financial Peace Class 5-7 PM Boardroom @ Gov Office	29	30
31 AA Mtg 6 PM Gov Office		Food Bank 1-4 PM				

Announcements

Births/New Enrollments

Braylon Shawn Gilchrest, Sandra Lee Potts, Cooper Leslie Bochart, Madilyn Aiyanna Cajero, Austin James McAuley

Obituaries

Rosa Lee Gosslin

Program Information

Tribal Energy Assistance Program-

This program is for Low Income Tribal families in or out of the Tribal Service Area. Applications are available at our website at cowcreek.com or call our office to have one mailed to you.

Project Warmth-

This is a Tribal program that will reimburse expense, once a year, of one coat and one pair of shoes for each registered Tribal child age 0-16. Applications can be found on our website at cowcreek.com under the Human Services Tab or you may call our office to have one mailed to you.

Elder's Program-

Elder's Luncheon this year is on a quarterly basis so we will meet 4 times a year at Seven Feathers in the Grape Rm, with the first meeting being the first Friday in March, be sure to **"save the date" Friday, March 1st, 2012 at 12:00 pm.**

Pink Shawl-Please note this year our Pink Shawl Project workday will be held quarterly with the first meeting to be held on Tuesday, Mar 5th 4-6 pm. Please contact Cindy Delay 541-677-5575 if you have questions with any of the above programs and events.

Basket Classes

Mark your calendar for upcoming Basket Classes beginning March 7. There will be a series of four classes. Call Rhonda for more information at 541-677-5575 as these classes are still in the planning stages.

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 your address has changed the Change of Address forms are available on the Cow Creek Website to print and mail or call the Government office at 541-672-9405 to have one mailed to you.

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